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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

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www.eshore.ca

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Agreement#: 40718537



The second of two big bottle drives on the East Shore took place on April 27 and was a huge success. Over \$3,000 was raised between the two drives to help secondary students get to the coast for their year-end trips in June. This group represents 17 students going to Salt Spring Island for an Agricultural/Marine Biology excursion. The other group is going on a Juan de Fuca trail hike. Students, parents and staff would like to warmly thank the community and businesses who supported this fundraiser, particularly all those who saved bottles and contacted us for pick up. Also, big thanks to **Newkey's Pub, Junction Creek Hub, The Lakeview,** and especially the **Crawford Bay Market** (and Steve at the bottle depot) for their generous donations. Also thank to the siblings of these students for being great rockstar supporters and lending a hand!

Some community members also made cash donations to the cause... The students warmly thank you. Parents and teachers also recognize the incredibly hard work done by these dedicated kids leading up to the drive as well.

Kate Page, Proprietress
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MS Issues

by Ingrid Baetzel
Service-Focused

I am one of those customers who chooses service over quality of product more often than not. The most elegant meal in the world can be served to me with a rotten attitude (not something we experience here on the East Shore, as a general rule) and I will return it to the kitchen over a standard-fare cheeseburger sold with friendliness, authenticity and humour.

I am enjoying watching many local businesses choosing the path of service-focused industry, which has always felt to me like the reaching out of a hand in recognition and warmth. I have found myself choosing not to re-frequent an establishment that doesn't embrace good service as an integral and important facet of their business.

In mid-April, community business owners and members were invited to a wine and cheese event at Kokanee Springs Golf Resort. Invitees got a sneak peak into the newly renovated Woods Pumphouse Grill (previously Bunkers) and met the new team of KSR. Guests were welcomed and introduced to the management team and faces who will be serving various aspects of the resort this season. There were complimentary wine samples and an array of cheese/meat/veggie platters to enjoy. The new Executive Chef, Randal Harrison, milled about the floor with samplings from his new menu, all of which were tasty and innovative.

General Manager Rowley Ramey introduced Chef Randal by calling him "an innovative and dynamic culinary professional with 25 years of experience and

formal culinary training. Randal has adopted a style that emphasizes fresh seafood, meats and produce based on international flavours."

KSR is presenting a very service-first, locally-aware face to the community this year. (See their ad in the centre spread for a great golf deal this season). It is noted in the welcome upon entering the restaurant and they are stretching their awareness back into the East Shore market and making efforts to reconnect.

After some seasons of feeling somewhat disconnected from the resort, I look forward to seeing if they can re-establish themselves as an industry that genuinely cares about their region and the population surrounding them.

In the meantime, we've got some new and returning places to get a meal opening up again! Here's to another fabulous season, East Shore - kick it off right!

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FALL FAIR ... WHAT IS IT TO YOU?

Dear Editor:

Though Food Roots has been keeping the FALL FAIR alive for the past two years (of the 102 years it has been going), things are gradually morphing. Some of the judged categories (produce, canning, crafts, farm products, kid art...) are so sparsely "attended" that ribbons are barely needed. The hall is not exactly filled with behemoth amounts of our local bounty! I am not sure why folks do not enter their garden and studio delights, but I do encourage us all to consider if this is either humility, the changing times, or something else.

The exterior activities during the Fall Fair seem to have taken over. The farmer's market, tea, bake sale, raffles, demos, games, live music... Is this what the Fall Fair has evolved into? Is this all okay with the community? When I ask around, there seems to be a resounding "YES!"

So the question is this: does anyone on the East Shore want to champion (take-on/coordinate/manage) the JUDGING aspect of the Fall Fair? If yes, tell us! If not, let the Fall Fair evolve accordingly. It has been awesome for the last two years; fun, juicy, engaging, a true celebration of autumnal harvest, an excuse to come out and mingle during epic gardening days, and a continuation of the previous 100 years of Fall Fair dedication, pride, and historical relevance. I am proud of what we are, what we do, and how this community comes together to prove it year after year. But we need to stay relevant.

Food Roots DOES have great activities planned for SATURDAY SEPTEMBER 13, 2014, including an

"Iron Chef" competition, a healthy farmer's market, food contests, taste-testing, Fall Fair Tea, bake sale, live tunes, games, kid activities, food demonstrations, and hopefully the popular needlework show and the famous photography exhibit. **At this point, the interior judging will not necessarily be part of the day's events.**

Each area has an organizer who takes it on with gusto and love, using available support and resources from the ever-expanding Food Roots group. If you are interested in being a part of redefining your local Fall Fair, or in taking on a particular aspect, contact us. Fran Kinder @ 227-9416, or Jacqueline Wedge @ 227-6803.

I am tentatively holding a small **Fall Fair meeting on Monday May 19** in the evening, so call me if you are interested in becoming involved. We don't bite... usually...

Peace and carrots.

Jacqueline Wedge, Crawford Bay

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and
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THANK YOU MARY

Dear Editor:

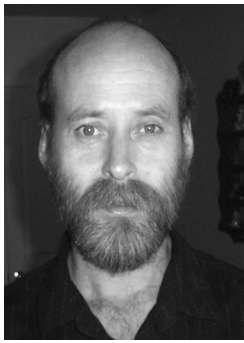
The retirement of Mary Donald, our longtime community nurse, leaves us all poorer. She has been such a source of practical knowledge and thorough care. For the past 18 years she has helped us a lot with Joe having a very challenging & complicated illness.

Numerous times I called Mary for advice when all the nurse's hotline would tell us was to take him to the hospital (something that is not easy with a reluctant patient who has problems on a weekend or when the roads are bad).

There was a time when Joe needed daily transfusions. He was not sick enough to keep him in the hospital and he was too sick to take him every day for the four hour of treatments. We hired Mary. Dr. Malpass had full confidence in her abilities. She was able to work in less than perfect conditions. The missing IV pole got replaced by a hook in the wooden beam on the ceiling. It worked just fine and we have kept it as a memento.

With gratitude we wish her all the best and hope there is still an avenue for her to share all the knowledge she has accumulated and to be able to show how much she cares.

Christa Nagel and Joe Gnilka
Kootenay Bay



RDCK Area "A" Update

by Garry Jackman,
Director, Area "A"

COLUMBIA BASIN
TRUST COMMUNITY INITIATIVES PROGRAM (CIP):

Last month I summarized a program offering new funding from Columbia Basin Trust called Community Directed Funds. This month I want to review what transpired with the local recommendations for disbursement of funds from the Trust through the Community Initiatives Program which has been around for several years now.

The CIP funds were initially allocated to each local government in the basin, including incorporated towns and cities plus rural electoral areas, based on an apportionment formula which considered both population and property tax base. A few years ago this was converted to population base only which was actually to the disadvantage of some areas, such as ours, but was to the advantage of enough other areas for it to pass a Board vote. For this reason Area A has been receiving a \$30K allocation for the past few years, which is the minimum for any participant whether they have a population of a few hundred such as some of our smaller village partners in the RDCK or around 2000

permanent residents as in Area A (based on what we each declare on our census forms).

The total funding for the RDCK in 2014 is \$1.23M and the total funding requested through several hundred applications was \$2.17M. The demand for funding from Area A is typically a much more challenging ratio, with only \$30K available but \$114K being requested from along the east shore, greater Creston, Nelson area and beyond. This is not unexpected, as many of the activities held in the northerly portion of Area A are not easily attended by residents from the Wynndel area (or vice versa), particularly in the winter. Also, many activities and services in Creston and Nelson are important to east shore residents. We are in the complicated position of not providing everything we need for ourselves plus not having one distinct 'core' to migrate towards when needs exceed local offerings. This makes it very difficult to allocate funding. Again this year I thank the community volunteers from all along the Area who help in the evaluation and making recommendations for grants to be sent to the next RDCK Board meeting.

Given the funding limitations, several of the applications were reviewed but not funded. Out of the 52 grants to consider, only 23 received funding and due to funding limitations most received only 1/2 to 1/4 the requested amount.

TRANSIT:

During a public meeting a few weeks ago a comment came up about receiving 'zero' transit service for Area A. I commented on changes that had been made

over the past year which are relevant to the east shore. Actually, back in January 2013 I outlined some of the then impending changes to increase service along the west arm and to coordinate the schedule with the ferry so you can meet the ferry with comfort both coming from and going to Nelson and beyond. In addition, Area A has had transit on a few days per week from Creston to Wynndel for several years. Note that residents from the Wynndel area pay for that service, and residents from the northerly section of Area A pay a small amount towards the greater transit network which connects to Nelson and beyond. Further, there is a Health Connection transit service from Creston to Cranbrook and from Balfour to Trail to assist in getting to medical appointments. If you are using the Health Connection you may receive special coordination of your tests and consultations so that you can make the return trip later in the day. If you need to know more, please go to the BC Transit webpage or call them directly. If you want a bus along the east shore then community members will need to come together, sign petitions indicating they would commit to ride the bus and I can take it forward to BC Transit. As I have stated at various meetings and discussions in the last few years, BC Transit has been mandated to double their ridership between 2010 and 2020. They will most easily accomplish this by increasing service in heavily populated areas, but the extensive reworking of the West Kootenay transit system shows they are also actively making improvements near us. However, in order to obtain the 80% share of BC Transit funding and start new routes people need to signal that the ridership potential is real.

COLUMBIA BASIN RURAL DEVELOPMENT INSTITUTE (CBRDI):

Last August I made reference to the CBRDI (hosted by Selkirk College Castlegar campus) and their maps with statistical analyses based on census and other data. In the past few weeks the RDI has released additional reports and studies which may be of interest to you. Go to cbrdi.ca to have a look at what they have released to date and what is on the horizon. Since I am on the advisory committee I have been given access to the beta version and I am impressed by the amount of data and ability to zero in to several communities. Community briefings about the site and how to use it will be held in larger communities between May 6 through 14 (check website for dates) prior to the site being available to the general public.

If you have questions or concerns regarding the Regional District or community issues please contact me by calling 250-223-8463 or e-mail gjackman@kootenay.com.



Guiding Hands Recreation Society's

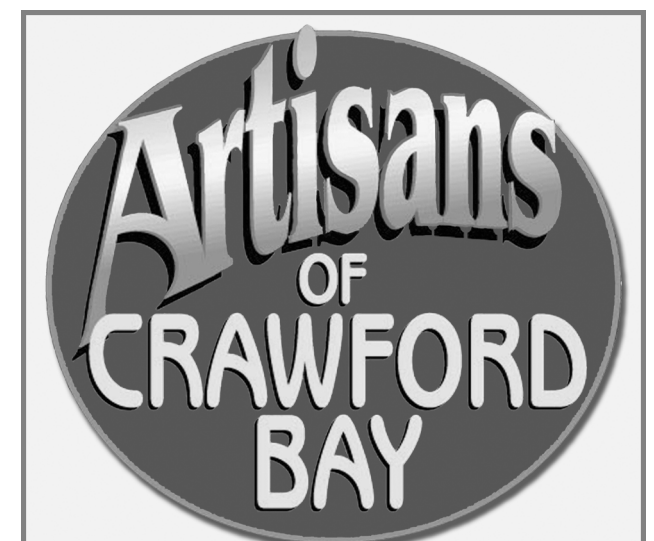
Tipi Camp Nature Retreat

Summer 2014 Event Calendar

- June 29:** **Social potluck, Open Tipi's and AGM - everyone welcome!**
Celebrating 27 years of Tipi Camp. Water taxis available from 10 to 12. and returning between 2 and 5.
- July 4-6, July 6-8 or July 4-8** **Family Nature Weekend**
Families of all ages join storytellers and circle leaders to appreciate the magical web of nature in the Kootenays through imaginative stories, riddles, fireside chats and hands on cedar weaving and other nature crafts.
- July 12-18:** **WISE Teen Mountain (Camp I)**
Youth 13-16 years old join experienced guides for a trek into nearby mountains. Self-discovery, cooperation and nature awareness highlight the program.
- July 21-26:** **WISE Children's Camp I (Kids Camp I)**
Children 9-12 years old learn and play in a program designed to build self-esteem, respect for each other and appreciation of nature.
- July 28-Aug 3:** **WISE Teen Mountain (Camp II)**
Youth 13-16 years old join experienced guides for a trek into nearby mountains. Self-discover, cooperation and nature awareness highlight the program.
- Aug 5-10:** **WISE Children's Camp II (Kids Camp II)**
Children 9-12 years old learn and play in a program designed to build self-esteem, respect for each other and appreciation of nature.
- Aug 11-17:** **Karuna and Paul Erickson - Heart Yoga: Embracing Your True Nature**
Let go, relax, breathe, open your heart and return to the joy of your true nature. Heart Yoga is a loving and gentle practice that is strengthening, energetic and awakening.
- Aug 18-28:** **YA! Experience (Young Adult Program)**
A transformative experience for young adults, aged 17-21. This 11 day mountain adventure blends First Nation traditions and modern culture to focus on leadership skills and self-development.



For additional information or to register, please visit www.tipicamp.bc.ca or contact us at tipicamp@theeastshore.net or 250.505.3173



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Word on the Mainstreet WE ASKED ON FACEBOOK....

Who is your personal hero? What or who is the world's greatest evil?

Tommy Douglas. Greatest evil...Greed
Ken Vaughan-Evans, Creston

My personal hero is my father, because he knows how to be happy. And I think the world's greatest evil is when one human being looks at another human being as less than they are..
Kira Dinim, Gray Creek

Tommy Douglas. Greatest evil...Greed
Ken Vaughan-Evans, Creston

Christopher Titus, for taking a seemingly horrid life and turning it into joy and laughter for the rest of the world. The greatest evil (though I don't believe in evil) is the support of ignorance.
Matthew Schellhorn, Vancouver

Hunter S Thompson. Selfishness.
Tyler Erlandson, previously of Riondel

Snowden for his sacrifices and opening our eyes. Harper and all western governments for thier pure evil.
Nick Hurst, Nelson

To many to mention. Evil? The politicians that make promises they do not keep!
Verna Keraiff, Trail

Edward Snowden. Oil companies and banks.
Michelle Moss, Gray Creek

My aunt is my hero. The greatest (as in good) evil? French wine.
Niki Wood, Nelson

Heroes? Anyone who lives life on their own terms. Greatest evil? Those who would try to stop them.
Kurtis Staven, Crawford Bay

I have a number of heroes, not the least being Stephen Lewis and Romeo Dallaire. The greatest evil is probably summed up as greed, which comes out in so many ways.
Nora McDowell, Boswell

My greatest heroes are my daughter and my step-daughters. They teach me every day to let go of the stuff that is

not important and to just breath. The greatest evil is those who hold back resources that could make even one person's life better.
Pam Spiers Newcomen, Crawford Bay

PLANT SALE

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MAY 11TH
11-2**

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BAY SCHOOL**

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Getting to Know You

Mainstreet's Proust Questionnaire



Julia Middlebrook

1. What is your idea of perfect happiness?
I'm pretty sure that my idea of perfect happiness will change many times during this lifetime.
2. What is your greatest fear?
*Not finding true happiness in this life...
That, or ants and stuff...
Or!!! Falling is a really big fear!*
3. What is your greatest extravagance?
I could see that being spending money to see and go everywhere, all over the world, when the time comes.

4. What is the trait you deplore in others?
Non-acceptance.
5. What is your favorite journey?
The journey I go on every day when I write.
6. If you could sit down to lunch with anyone, living or dead, real or not, who would it be?
I would like to sit down for lunch with the most successful makeup artist of all time.
7. What is your greatest regret?
Not having the courage to stand up for myself a few times.
8. When was the greatest time of your life?
The summer of 2013... but I have a feeling life will get better, so that's just the greatest time of my life so far.
9. When and where were you happiest?
Right here and now.
10. What are you most grateful for?
My mind and my family.
11. If you were to die and come back as a person or thing, what do you think it would be?
A GoPro camera for Red Bull.
12. What is your most treasured possession?
My writing books - my poems.
13. Who is your heroe in real life?
My brother.

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Riondel Volunteer Fire Rescue Services

by David Soanes, Fire Chief

Riondel Volunteer Fire Rescue Services are part of the Regional District of Central Kootenay (RDCK) Fire derestriction and the 2013 Annual Report has been released.

The RDCK Fire Service Mission Statement is as follows:

“Our mission is to save lives, minimize property loss and protect the environment. We will actively participate in our communities, serve as role models, and strive for excellence while providing service in a safe manner.”

Riondel Fire Rescue is part of the RDCK and shares this mission statement. There are 17 Volunteer Fire Departments within the RDCK coverage area.

In 2013 Riondel Fire Rescue Services was the eighth busiest department out of the seventeen with 61 emergency calls.

These calls comprised of:

- Automated Alarms: 1
- Burning Complaint: 1
- Motor Vehicle Incidents: 7
- Miscellaneous: 1
- First Responder (Medical): 45
- Fuel Leaks/Spills: 4
- Wildland Fire: 1
- Electrical: 1

Call volume was down 13% for the 2013 year from the previous 2012 Year.

- 2013 - 61 Emergency Calls
- 2012 - 70 Emergency Calls
- 2011 - 72 Emergency Calls
- 2010 - 52 Emergency Calls
- 2009 - 66 Emergency Calls

Riondel Fire Protection area presently serves a nine kilometre boundary. The RDCK recognizes a 13 kilometre boundary and we are currently exploring the feasibility of extending this Fire Protection Area to 13 kilometres along with the feasibility of a satellite facility within the south end of Crawford Bay to extend the Fire Protection Area and also to enhance Rescue and Medical response times. We also have an agreement with Balfour Harrop Volunteer Fire Department for mutual aid in a fire incident.

Contact: Fire Chief, Riondel Fire Rescue Services: Non Emergency: 250-551-1352. Emergency: 911



Hidden Taxes

by David George

LIBRARIES occupy **this**, my twelfth column. We have three along the East Shore including Creston, plus a

new one in Yahk. In provincial political double-speak, three of these libraries are small, and are called Reading Centres by the government. Only Creston is still called a public library. Only Creston still receives an operating grant from the province.

Since 2009, bean-counting bureaucrats have refused to continue giving paltry amounts of money to Reading Centres. If the grants had been continued, it would have amounted to a total of about \$64,000 for all of the Reading Centres in the province, of which there are, or used to be 17. The Liberals also cut public library funding to 78 percent of former amounts.

In October 2009, I wrote a *Mainstreet* column for the East Shore Community Library/Reading Centre in which I challenged the provincial government to restore 78 percent of the funding which it used to give Reading Centres. In Crawford Bay's case, that would have been about \$1,500.

Two NDP MLA's asked questions about reading centre funding in the legislature on September 22 2009. One of them, Robin Austin, MLA for Skeena even quoted my letter to him on October 5 in his questions to Margaret McDiarmid, then Minister of Education. He basically asked her how cutting public library funding by 22 percent and eliminating the grants to reading centres could be said to advance the government's program to increase literacy. Of course, like any good government minister she ducked the questions and blathered on and on about how wonderful the Liberals' \$180 million literacy initiatives were.

On October 21, 2009, I appeared by video conference in Nelson before the Select Standing Committee on Finance and Government Services asking what I called the \$64,000 Question about restoring reading centre funding. Our MLA Michelle Mungall was on that committee then, but the majority of members were Liberals. Guess how the committee voted.

Five years down the road, where are we? Because residents of the East Shore wisely voted a small amount of tax money each year, Riondel, Crawford Bay, and now Yahk have functioning libraries. Creston also has benefited from this.

You may have heard that there has been no increase in the funds available for Riondel and Crawford Bay for a few years. While this is true, it must also be said that there has been no decrease in tax funding either.

We did have a rather close call this year, however. Gary Jackman reports that the Regional District of Central Kootenay committee which determines how to spend our tax dollars met and seriously spoke about cutting reading centre budgets in half in order to make up for a perceived shortfall in other areas.

To Gary's great credit he spoke eloquently about other ways to make up needed funds, and it was decided not to reduce the tax-funded grants to the reading centres. You might want to thank him by sending him an email to: gjackman@kootenay.com or phone him at home, at 250-223-8463.

So how much does it cost us to have our libraries? An average homeowner on the East Shore pays only about \$3.00 per month in taxes to support four libraries. That is per property, not per capita, by the way.

Kootenay Lake Lions have helped out with a grant, and more than \$1,200 has been raised through Sunday Market book sales by donation over the past three years.

Look for the library book sale table at the Crawford Bay Sunday Markets this year, starting June 29.

What else could be done to increase library funding? Get library cards from all of our area libraries. Riondel, Crawford Bay, Yahk and Creston will very cheerfully give residents, even summer residents, a card. Every new card from Creston increases the amount of funding available from the BC government, which will act to increase reading centre funding also.

If you bring a Creston card to Nelson, they will give you the right to take out books (only books, though) from the Nelson Public Library without paying their non-resident fee.

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Fifty Westshore Residents Tour Pilot Bay Lighthouse

The Friends of West Kootenay Parks

submitted by Susan Hulland

On April 11, more than fifty Nelson and area residents were introduced to the Eastshore's finest historical tourism resource, Pilot Bay Lighthouse.

The visitors were part of the group, Learning In Retirement (LIR), a not-for-profit organization founded in 2009 in partnership with Continuing Education at Selkirk College.

The LIR experience was hosted by Ymir resident, Bill Bryce, President of the Friends of West Kootenay Parks Society (FWKP) and Susan Hulland, author of *The History of Pilot Bay Lighthouse*. Bill outlined the history of *The Friends*, which was established to work with BC Parks to enhance visitor experience in local parks. Susan presented history and told stories about the 111 year old heritage structure.

FWKP, which is a registered charitable organization, has spearheaded restoration, maintenance and promotion of the lighthouse since the light was decommissioned in 1995. Other projects include replacement of the Silver Spray Cabin and preservation of the Slocan Chief cabin, both in Kokanee Glacier Park. Information: fwkp.kics.bc.ca

LIR offers the 50+ community opportunities to explore old and new interests in a relaxed and stimulating environment. Field trips such as this one to the East Shore is just one of many programs offered. Information: Selkirk.ca/ce/courses/learning-retirement. Both groups welcome East Shore members.

May 2014 *Mainstreet* 5



RDCK Resource Recovery Facilities

VICTORIA DAY HOURS OF OPERATION

All waste facilities will be closed on Monday, May 19, 2014

Summer hours will be in effect at the Crawford Bay Transfer Station with additional opening on Thursdays from May 1st, 2014 (9am to 3pm)

For more information, contact the Recycling Council of BC Hotline at 1-800-667-4321
RDCK at 1-800-268-7325
or our website: www.rdck.ca



Tom's Corner

by Tom Lymbery

Who Missed the Last Ferry?

Len Clark came to our store every day for his mail, a flat 50 of Players cigarettes, and whatever groceries his wife had asked for. He had been noticing Lymbery's apparently uncomfortable stance, and said, "Arthur, what you need is a chiropractor." Dad heeded Len's suggestion, and unbelievably that very day a traveler who was too late for the last sailing of the Nasookin turned out to be the expert he needed. That one treatment fixed the twisted muscles which had resulted from lifting timbers standing next to the wharf onto the sand. In order to build the new house under the store Dad had purchased all sorts of building material from the CPR's luxury hotel at Balfour which had been torn down and the parts sold in 1929 - 31. The sternwheeler had brought these to our dock, and the deckhands slid the timbers across to leave them propped up on the upper side of the wharf. But Dad needed to have them flat on the sand so that they could be skidded by a horse to the construction site.

Between 1931 and 1947, the large sternwheeler SS Nasookin made three trips daily between Fraser's Landing (Balfour) and Gray Creek. Since the last sailing was 4.30 p.m. we often rented cabins to latecomers. A Kaslo man told me many years later of his experience in about 1933, when he and a partner were driving their Model A home from working on prairie threshing crews. They had time to catch the last boat, but as they were coming down Oliver Road (then the

northbound road to the ferry), a wheel came off their car and rolled down the steep bank into what is now Cedar Grove campground. Scrambling down the bank and the labour of getting that wheel back made them miss the ferry. This was in late October, so Hilary May (Harper) had left her seasonal job running our Auto Camp and restaurant. I didn't remember this, but he recalled that as a rambunctious five-year-old, I had somehow upset a plate of their supper onto the floor!

I can remember some carloads of Gypsies (Romani) missing the ferry and setting up their large round tent in the Auto Camp, where they all slept with their feet in the middle. Dad had to serve them in the store as they wanted to bargain the prices down, so he had to add some cents to everything to allow their discounts. One of the things the girls wanted was five cents worth of lard - to go on their long dark hair! Lard was less than 20 cents a pound so they got about a quarter-pound for five cents. I often think of this when the commercial comes on for Nice & Easy Shampoo - which is so close to Nice and Greasy! Another ploy they used was to produce a \$50 bill for gas after their tank was filled, but my Dad had change. (Even a \$10 bill could be hard to handle in the cash-strapped Depression.) Where have all the Romani people gone? Many went into auto body work, but they don't seem to wander the country any longer.

Once a bus carrying black baseball players arrived late one summer evening. They rekindled someone's driftwood fire on the beach and sat around it singing in harmony most of the night. I can remember waking sometime in the early morning and hearing the songs still going.

Sometimes people who needed accommodation had no money, so they would barter whatever they had. A salesman had used up his cash due to a car accident, and offered Dad his Longines watch, which had one of the first expansion wristbands.

We may still have this one in a box somewhere.

Page 157 of *Tom's Gray Creek, Part 1* has a photo of an army truck waiting to board the ferry in 1941. These army trucks started to arrive about 4 p.m., so they were not late - but there were 24 of them, far too many for the Nasookin's capacity. A telegram had been sent to Nelson to make sure the boat could handle the bunch, but somehow that telegram read four trucks, not 24. Captain Malcolm MacKinnon had to come to the store himself to phone to authorize extra trips, starting at 6 a.m. the next day. Fortunately their trucks were not too high for the 8 ft. door to the main deck and two could fit on the bow, and by afternoon they were all on the road to the coast.

They didn't miss the ferry, but in 1948 some very tired men appeared at the Auto Camp looking for meals and accommodation. They had hiked the Gray Creek pass for the Calgary Power company, who were looking into the possibility of connecting to the power grid where all suppliers are interconnected. Their trip had needed much bushwhacking, as there were no trails until they reached George Oliver's trap line route. They caught the next day's Greyhound to return to wherever they had parked a vehicle. Since we were not yet on any power line the concept of the grid system was a mystery to us - until in 1951 Richie Deane was planning the CM&S line to Kimberley. Some of those who missed the last ferry trip in those years had no idea that there was a ferry with a hefty charge to cross - \$1.50 for car and driver and 25 cents per passenger. They might have just that much cash, but they could possibly run out of gas money fairly soon (even if it was only 25 cents per Imperial gallon.)

"Gas and run" was a term never heard - where could a car run to? About 1946 a couple of young men came too late for the boat, asked about the ferry, and then wanted gas in their car. They got five gallons and then headed south without paying. Dad immediately phoned the BC Provincial Police in Creston who caught them easily. When searched, one had ten cents in a corner of his pants pocket but nothing else. They had stolen the car in Lethbridge. Surprisingly the salesman whose car it was had rented another vehicle and happened to be in Creston at that time!

In last month's *Mainstreet* article about salespeople, I missed including one of my mother Kathleen's favorite stories. After a Kellogg salesman had finished his supper, Mother asked, "What would you like for breakfast?" His reply - "I never eat breakfast!"

Kootenay Lake Ferry Schedule			
Mountain Standard Time			
(& Pacific daylight Saving Time)			
Starting May 20th			
Leaves Balfour		Leaves Kootenay Bay	
6:00 AM	Anscomb	6:50 AM	
7:40 AM	Anscomb	8:30 AM	
8:30 AM	Balfour	9:20 AM	
9:20 AM	Anscomb	10:10 AM	
10:10 AM	Balfour	11:00 AM	
11:00 AM	Anscomb	11:50 AM	
11:50 AM	Balfour	12:40 PM	
12:40 PM	Anscomb	1:30 PM	
1:30 PM	Balfour	2:20 PM	
2:20 PM	Anscomb	3:10 PM	
3:10 PM	Balfour	4:00 PM	
4:00 PM	Anscomb	4:50 PM	
4:50 PM	Balfour	5:40 PM	
5:40 PM	Anscomb	6:30 PM	
7:20 PM	Anscomb	8:10 PM	
9:00 PM	Anscomb	9:50 PM	
10:40 PM	Anscomb	11:30 PM	
12:20 AM	Anscomb	1:00 AM	

Those extended ferry hours we were enjoying in the summer of 2000 (6:50 AM to 1 AM!) made it harder to miss the last ferry. This Kootenay Lake ferry schedule was published in

Mainstreet, July 2000.



Community Connections Spring is Keeping Us Busy

by Greg Blackwell

Earlier this year we wrote about various grant funding sources, current projects underway for 2014, and spring grant application activity. By way of example, we have been in full swing with RDCK's sponsorship of CBT's Community Initiatives and Affected Areas Program ("CIP" - public review held April 14) and Area A Recreational #9 Grants. Community Connections is pleased to have sponsored a number of these grant applications and is optimistic about their support.

The RDCK CBT/CIP grant funding is intended to foster activities that each community deems important and to find projects supported by the community that might otherwise not be undertaken. The April 14th review at Gray Creek Hall had a panel of community members from Wynndel to Riondel, as well as Garry Jackman, to review the many submissions. There were many more submissions and requests for funding than there was money. And as you can imagine, this makes the process very challenging for the panel. Our hats are off to these volunteers for such dedicated effort.

The RDCK Area A Rec#9 grant funding program is a local commission which has the authority to carry out recreational programming activities within the Area.

As one can imagine, this is a broad area of application, and with the coming of spring and summer activities, receives a high number of requests this time of year. The Rec#9 Committee meets in late April and will inform all submitting groups of the support they have received.

Both of these grant application review and award processes emphasize the need to have your homework and research done ahead of time. It's valuable to stay well ahead of deadlines, be as clear and thorough as possible, and as such, provide a high quality, stand out application. Thank you to all the submitters with their visions for the enhancement of opportunities in our community. And congratulations to all who have, and are yet to be awarded community support and funding.

In 2013, Community Connections commissioned a small project to update the online Business & Community Directory for the East Shore. These two listings contain contact information on more than 230 organizations and are accessed through Community Connections (www.cconnections.ca), Kootenay Lake Chamber of Commerce, and *The Mainstreet* websites. The directory is handy and easy to use, an organization can be found by searching business or owner name, city or multiple-business type. We maintain the listings, and updates can be easily made by sending

a note to skootenaylake@gmail.com. The possibility exists for this to be an add-on business component for someone already engaged in a printing & publishing endeavor. Give us a call if you're interest in discussing this idea.

...so you think you're funny?

Announcing the 2nd Annual Kootenay Gut Buster Comedy Contest!

Held early July, place & time TBA

Winner will get a 5-minute spot at the 2014 Kootenay Gut Buster!

Bring your material & we will coach you!

Call Paul at 250.551.5005 for info.



At the moment, we are building the agenda and making arrangements for our 3rd Annual Spring Forum called "What's Happening". It will be held Saturday, May 3 at the Crawford Bay School, doors open at 12:30pm. Last year's focus was on new business on the east shore, community services updates, and a wide variety of events and activities by local groups. This year, we are enhancing the overview of east shore services,

giving focus to the general economy of the Kootenays, and continuing our interest and awareness in local business and activities. We hope by the time you read this you enjoyed attending the Forum, took something valuable from it, or have heard positive comments about the event. Let us know what you think.

To contact Community Connections www.cconnections.ca or please call or email our Administrator Greg Blackwell at 250-227-9218x5505 or cell 250-509-0751, at skootenaylakecss@gmail.com or gblackwell@theeastshore.net, or drop by our office 1-4pm Wednesdays at Crawford Bay School.

East Shore Health Strategies What Is Next?

submitted by the East Shore
Community Health Society

All are invited to come out on May 8, from 6:30 to 8:30 pm at Crawford Bay School to hear the final results of the health and emergency services study conducted on the East Shore over the past four months. The East Shore Community Health Society is pleased to invite advisory committee and other interested community members to engage in next action steps.

The final results and recommendations of the Health and Emergency Study undertaken by Selkirk College nursing students and Gregg Neelin, Manager of Community Education and Work Place Training reflect the opinions of almost 300 residents who completed the survey, 75 people who came out to community meetings in Riondel, Crawford Bay and Boswell and 35 residents who participated in the final Gray Creek meeting.

The East Shore Community Health Society will present their priorities coming out of the study at their Annual General Meeting on June 24, 2014 at 7 pm in the Learning Place at Crawford Bay School. To ensure voting rights at the AGM please ensure your membership in the Society is up-to-date. Memberships are available at the meeting on May 8 or from current board members.

Selkirk College students and staff, and the ES Community Health Society are grateful to all those who participated in the community meetings and survey. The students fell in love with the East Shore and loved the food that was served at the community meetings. Thanks to the community halls, the organizations, advisory committee members and individuals who made possible this successful community process. Let's continue to Stay Healthy on the Best Shore.

Thank you's.

Wow! One thing we learned during the Health and Emergency Strategies study is the importance of eating while meeting. Extraordinary efforts by many individuals and businesses kept all the participants of the community meetings healthy and happy over the past four months. Since the meetings were mostly held at mid-day due to the work schedule of the Selkirk students, we had such support from the Boswell Hall members with their memorable chilli, Kathy Donnison who knows how to feed the masses, Bob's Bar and Grill for the Riondel spread and the fabulous goodies served up the Riondel Seniors. Thank you so much! Thanks to the hall societies for your support, the *Mainstreet* coverage, Barefoot Handweaving, Kootenay Forge, Junction Creek Hub, and Selkirk College Community Education staff. Verna Mayers made cookies and more cookies even through a knee replacement operation. Wow! All are appreciated and hope we didn't miss anybody. What an extraordinary community effort.

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www.futures.bc.ca

Growing communities one idea at a time.

Health & Happiness

by Dr. Sid Kettner

Sneaky Sugars

Sugar is not all bad. We need a certain amount for good health, especially energy. And sugars occur naturally in good foods, such as fruit. However, in our modern world, most of what we take into our bodies comes from the processed and refined food we purchase—sugar coated cereals, soft drinks, desserts, jams, fruit punch, candy bars, doughnuts and ice cream. It may be called dextrose, corn sweetener or high fructose corn syrup—but it's sugar.

We don't need that extra sugar. Those unnecessary and destructive calories are "sneaked into" our bodies but they provide no real nutrient value. And they deposit themselves as fat in all the wrong places.

Sugar is one cause of the obesity epidemic. That, in turn can lead to high blood pressure, diabetes and heart disease. The American Heart Association recommends limiting daily intake of extra sugar (beyond that in natural fruits, nuts and veggies) to 100 calories or less for most women and 150 for most men. Even one can of soda has 130 and most Americans and Canadians consume more than three times the recommended limit every day. Almost every snack averages about 250 calories. And these are "empty calories." They have no nutritional value—no vitamins, minerals, protein, complex carbohydrates or fiber. They only build up as stored fat and damage the delicate arteries of our body—leading to a host of chronic conditions, many of which can be deadly.

So how can we avoid this excessive sugar intake? Read nutrition labels. Check the number of sugar grams per serving. One gram of sugar is 4 calories. Avoid products that have honey, corn or maple syrup or words ending in "ose" in any of the first three ingredients listed. Reduce by half the amount of sugar you put on your cereal or that you use in baking. If you buy canned fruits, buy those in their natural juice or canned with water. Better yet, can your own fruit, from your own orchard or from the wonderful orchards in our valley. Avoid soda pop, candy bars, sugar coated cereals and commercial desserts and alcohol. Use fresh fruit as your "high premium" dessert. That will result in high premium health. Don't let sugar sneak into your diet to increase your weight, ruin your health and steal your zest for living.

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Boswell Earth Day

by Jan Brooks

A huge thank you to the 40 highway cleaners who assisted on April 23. This was the first time we had the whole highway covered from Kuskanook to East Shore Properties – a total of 36 km. You all deserve a big pat on the back - well done.

Usually, we use the proceeds of the bottles and cans we gather to offset the cost of the barbeque, but this year the hall board has picked up the tab and the recyclables were donated to Crawford Bay School for their end of the year trip.

We are thankful that the rain that was forecast for our earth day activities didn't actually happen and our barbeque was outside under sunny skies. A great time was had by all.

Asana of the Month

by Jayanti Holman

Chandrasana - Crescent Moon Pose



Benefits

- Promotes balance & concentration
- Deeply stretches & tones the hips, thighs, & legs
- Develops great inner peace
- Relaxes the adductor (inner thigh) muscles
- Stretches abdominal & upper thigh muscles
- Increases the blood supply to the pelvic area
- Aids in elimination & issues of the colon
- Can prevent and relieve sciatica

Doing the pose

- Kneel on all fours with toes pointing out behind you
- Bring your right leg forward, foot flat on the ground, toes pointing forward
- Your right heel is placed directly under your right knees to form a 90 degree angle
- Lunge forward into your left hip, releasing it down towards the ground
- Place your hands on either side of right foot
- *if you feel comfortable here, bring your torso up, balance and then reach the arms up and back, allowing spine to take a gentle back bend, gaze up and back
- Hold 8-10 breaths, then repeat on other side.

Focus while in the pose

- Do not bounce/over stretch, but move gently
- Keep your spine extending
- Square hips as much as possible to the front
- Keep releasing hips down towards the ground
- Back leg is elongated back & downwards
- Balance weight evenly, press down through the back knee & front foot
- Soften the eyes, face and neck

To come out of the pose

- Exhale, release arms back down (if doing the full pose)
- Inhale, tuck the back toes under
- Bring the front foot back to beside the back leg.
- Come down onto all fours again, take a rest pose.

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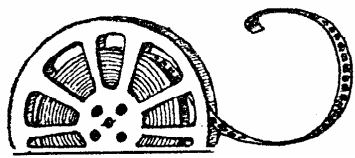
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Seldom Scene

by Gerald Panio



"[Harold] Lloyd is a real man climbing a building. [Buster] Keaton, as he stands just exactly where a building will not crush him, is an instrument of cosmic fate. And Chaplin is a visitor to our universe from the one that exists in his mind." —Roger Ebert

"If great comedy must involve something beyond laughter, Lloyd was not a great comedian. If plain laughter is any criterion...few people have equaled him, and nobody has ever beaten him." —James Agee

Although the stars of Charlie Chaplin and Buster Keaton now hang high in comedy's firmament, back in the 1920's there was another clown who outperformed both of those titans at the box office. He was at one point the highest-paid actor of his time, and of all the great comedians the only one whose life avoided the shoals of notoriety, implosion, and eclipse. He was his own curator, owning the rights to most of his films outright and keeping copies of those films in pristine condition for public screenings where and when he saw fit. His only personal props were a straw hat, a tight suit, and an out-sized pair of horn-rimmed glasses.

Ladies and gentlemen, meet Mr. Harold Lloyd, one of the hardest-working men in showbiz.

Lloyd's early career was unremarkable. He made shorts for Thomas Edison's studio and worked for a brief while with Mack Sennett at Keystone. Partnering up with producer Hal Roach, he made over a hundred popular one- and two-reelers featuring a character who was little more than a thinly-veiled spinoff of Chaplin's tramp.

It wasn't enough. Lloyd didn't want to play in anyone's shadow. Taking his cue from a war film where a mild-mannered pastor with glasses suddenly transformed into a hero, Lloyd donned a pair of horn-rims and was reborn. He became the comedic Everyman whose dazzling refusal to be daunted by impossible odds gave birth to some of the most breathtaking gags of the silent era.

Case in point: *Safety Last* (1923). A lot of people who have never seen a Harold Lloyd movie have at least seen the one iconic shot of Lloyd hanging off the arms of a giant clock twelve stories above a city street. That's about par for the course. Life actually is a bowl of cherries, but to get your hands on that bowl requires detours of Homeric proportions. Had Odysseus faced half the complications that Lloyd's character runs into, it would have taken him another 23 years to get back to Ithaca.

Safety Last opens with Harold, the go-getting young man from small town of Great Bend, saying goodbye to his sweetheart, Mildred (actress Mildred Davis, who married Lloyd the same year this picture was made and remained with him until her death 46

years later), as he leaves for the Big City to make something of himself. There are no dark clouds on his horizon. A few months, he tells her, and he'll have worked his way to the top.

The gags start right from the opening shot, where we seem to be looking at Harold through prison bars with a hangman's noose in the background. As the camera pulls back, we see what's really going on. It's the film equivalent of a clever pun, and part of Lloyd's brilliance was to balance such moments with the breathtaking action sequences that earned him the title "The King of Daredevil Comedy."

The pattern continues in the city, with one Chaplinesque scene of the Boy and his buddy hiding from their landlady by hopping under overcoats hanging on their apartment wall, followed by another scene with a frantic cross-town race involving an inadvertent towel truck abduction, a tram, two different cars, and an ambulance. In typical Lloyd fashion, the mad race against the clock is triggered just at the moment when things are looking well in hand.

Material success is a little slower coming than anticipated. The Boy winds up as a lowly clerk in a major downtown department store, with a martinet for a floor boss and a sale-mad clientele that would make the Incredible Hulk nervous. If you're looking for pathos, though, try another comedian. The Boy's daily letters home painting rosy pictures of his meteoric rise are more prophecy than they are lies.

Lloyd milks the harassed-store-clerk gag line for all it's worth, but he really gets rolling when his Girl, afraid that he's about to be seduced by all the non-existent wealth that he's writing her about, turns up at the department store. It's the perfect setup: how many ways can the Boy manipulate an impossible situation in order to keep his starry-eyed fiancée in the dark? The jokes chain effortlessly one into the next, each situation seemingly

more hopeless than the next. In the end, the Girl is convinced that her true love is the De Vore Department Store's General Manager, the Boy manages to send his gal back to her hotel in a private limousine, and he gets to make the ad pitch of a lifetime to his boss.

It turns out that the Boy's roommate (real-life daredevil Bill Strother) works high steel jobs on skyscraper construction sites. He's a human fly. The Boy's \$1000 brainstorm is that the biggest crowd the De Vore store's ever seen would turn up to watch his pal free-climb to the top of the building's twelfth floor. The irony's almost Pirandellian, if you also picture Harold Lloyd convincing his producers that it's worth spending \$121,000 to make a comedy about a guy climbing up a department store façade.

The Boy gets the \$1000. Lloyd's picture took in \$1.6 million. No misplaced optimism here.

But as the saying goes, between the Idea and the Reality falls the Shadow. A last-minute contretemps with an irate cop takes the pal out of the picture, and it's the Boy who winds up climbing those twelve floors, looking like a frog who took a seriously wrong turn at the swamp. In real life, Harold Lloyd was forced to do the climbing himself when his stuntman broke his leg. Walter Lundin's skillful camera work makes the

entire sequence, which takes up about half the film's length, look hair-raisingly dangerous. Part of the tension comes from the documentary-style photography. Part of it comes from the fact that we never lose sight of the street far below.

How dangerous were the actual stunts? No one seems to know exactly. It sure as heck wasn't a walk in the park. Fortunately, like Buster Keaton, Lloyd was a superb athlete. Athleticism even more remarkable considering that in 1920 he'd lost both thumb and forefingers on his right hand when a prop bomb turned out to be real. Filming *Safety Last*, he actually dragged his arm out of its socket doing the penultimate clock scene.

Critic Roger Ebert used the expression "precision and peril", and that seems about right. Ebert also said that what was so memorable about Lloyd's work was that it was both amazing ordinariness and a very ordinary extraordinariness. Get your head around that one as you watch the Boy struggle with pigeons, overhangs, dogs, a 2 X 12, lethal weather vanes, a mouse up his trousers, and the thousand natural shocks that comedic flesh is heir to.

Harold Lloyd was also enough of a master craftsman to know that you needed the right people on the job. According to James Agee, he kept the best stable of gag men in Hollywood. As many as six of them would work on a single feature. They made sure that wherever Lloyd's character was going, he'd take the crookedest road possible getting there. His 1924 feature *Girl Shy* climaxes in madcap multi-vehicle steeplechase that's the silent comedy equivalent of the famous chase scene in *The French Connection*. Only more intense.

James Monaco described Lloyd's last film, *Mad Wednesday/The Sin of Harold Dibblebock*, made in 1947 for Howard Hughes, as "a slapstick equivalent of *Death of a Salesman*."

I'm going to check that one out next.



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Starbelly Jam Music Festival: A Family That Volunteers Together

press release

Engaging community in the work of any organization requires a culture that believes talent, from whatever source, is critical to their success. Volunteer involvement is vital for strong, inclusive and resilient communities. The Starbelly Jam Music Festival, preparing for its 15th season July 18, 19 and 20, has held true to its commitment to develop a "larger than life" entertainment event in the Kootenay region.

"Starbelly Jam has something for everyone in the family," explained Operations Manager Farley Cursons. "From stilt walkers and clowns to kids' craft zones and the now legendary 'Festival Parade' with the East Shore's own Samba Band. The festival features a truly inspired line up of food vendors, gourmet coffee & desserts, cold refreshments and a variety of craft vendors. All that beside a world class stage entertainment line-up that tops attendance records year after year." The festival's true success however, is achieved through the commitment Starbelly Jam volunteers provide that make the festival a perennial success. Starbelly Jam Music Festival requires over 300 volunteers to accomplish its annual event. Many of these volunteers sign up with family members. "In fact," continued Cursons, "what makes Starbelly Jam such a magical event is that at its organizational foundation is a legacy of families working together in a harmonic and collaborative forum."

For a generation, the Starbelly Family has been welcoming volunteers from around the world to be part of this event. The Festival's Volunteer Coordination Team excels at recruitment, screening and orientation to ensure maximum volunteer satisfaction and investment. Starbelly Jam Music Festival welcomes families to sign up together and works to accommodate schedule needs.

A healthy organization empowers volunteers and strengthens volunteer engagement. Because Starbelly Jam believes that involved and informed volunteers who feel part of the organization are the ones who continue contributing their valuable time and skills, volunteers are treated as equal members of the team.

Throughout the Starbelly Jam Festival weekend you will see the "magic and delight" as families work together to once again bring the region's "cultural event of the year" to fruition. Throughout the hospitality, stage management, production, site and services departments are mothers, daughters, sisters, brothers, grandparents and grandchildren working in harmony to celebrate the area's vibrant eclectic community. The Starbelly Jam Family has a successful collaboration of community members with a common goal to create a safe and fun event for all. Families attending the festival feel the support of the caring family who are always ready to point out quieter zones, shade/shelter, lost and found or other services. The festival has many levels of security and first-aid personal, all of which are trained in festival policy, procedure and risk management. Uniformed event staff and professional security are always available for assistance with any issues that may arise.

"The Starbelly Jam family's enduring legacy is to create many more years of festival magic," Cursons stated proudly. The festival continues to welcome with open arms volunteers who believe they have something to offer. Families, teams, friends or individuals are welcome to apply on the festival website's volunteer section at www.starbellyjam.org.

Interested volunteers can also email volunteer.starbelly@gmail.com

Starbelly Jam can also be found on Facebook at www.facebook.com/starbellyjam

Riondel Opens Artisan Shoppe

by Sherrie Sutcliffe

On May 17, 2014, the community of Riondel will open its first ever Artisan Shoppe!

The Circle of Friends Artisan Shoppe is a Showcase and Sales Outlet for artists, artisans, crafters, writers, photographers, and musicians of Kootenay Lake's East Shore; each item in the shoppe is a unique treasure.

In addition to being a showcase and sales outlet for artistic works, the Circle will also offer good teas and coffees along with homemade baked goods by 'Alana and Wendy' from Bob's Bar and Grill, also located in Riondel.

The Circle is a non-profit venture operating under the umbrella of Riondel Parks, Recreation, and Community Service Society. The idea for the Circle came about as a result of some related community issues: the first, an empty building with maintenance expenses and no income to support it; the second, rural underemployment in the community; and the third, a community of strong artistic talent that was largely going unnoticed and unappreciated. The Circle is a social enterprise fostering local talent; it is putting an empty building to use; and it is addressing the problem of rural underemployment. Any project that boosts the economy while fostering creativity is a win/win.

The Circle is scheduled to open annually on the May Long weekend and close at the end of September. During May, June and September the hours will be Saturday and Sundays only 10:00am-5:00pm. During July and August we will be open 7 days a week 10:00am-5:00pm. The Grand Opening is scheduled for Sunday June 29th, 2014.

On Saturdays, throughout most of July and August, we anticipate artists will demonstrate the workings of their craft, and on Sundays we hope to showcase local musicians ... weather permitting!

The Circle of Friends Artisan Shoppe has been met with widespread enthusiasm on the East Shore and has received strong support from the Economic Development Commission and local partners. If you then find that special something, it will be a win/ win/ win!

If you are intrigued and want to know more about the Circle or, if you are an East Shore resident wanting to participate in the Circle, please contact the project coordinators Beth Alguire (250 225 3414) or Sherrie Sutcliffe (250 225 3331), or email circle@bluebell.ca.

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Fascinated with Felting

by Danielle Linn

My fascination with felting began 15 years ago and the characteristic I love the most about this medium is its versatility, anything can be felt. Felting dates back over 5000 years and has evolved tremendously. The felting needle has revolutionized the felting process and increased its popularity. Experimenting with different textiles to create unique functional fun objects while incorporating old and new techniques are the methods I employ while felting.

Join the felting experience and begin your own unique journey with Felt.

Classes are on May 1 and 8 at the Crawford Bay School from 5:30-8pm in the Art Room. The cost is \$35 per session.

Boswell Felting Class TBA, sometime in the fall. (1 class \$50 - 3.5 hours)

For more information or to sign up for classes please contact Lavern Booth at eslearningplace@gmail.com

Or call 250-227-9218 extension 5518 or stop in at the school on Tuesdays or Thursdays from 10-4:00.

Felting with Danielle

Begin your own unique journey with felt...

- May 1st and 8th, 2014
- Crawford Bay School Art Room
- 5:30-8pm
- \$35/session



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Commons' Sense



Peak Suburbia

In recent years North Americans have witnessed a noticeable shift from their 50 year love affair with suburban living. In cities that once emptied at 5pm there has been an enormous shift to re-inhabit the downtown core bringing with it a new life and vitality not unlike what you would find in most European cities.

When the Kootenay Co-op acquired the previous Extra Foods site two years ago they saw an opportunity to catalyze the same shift here in Nelson and determined that in addition to a new state of the art Co-op store they would include 54 condominium units. They named their project 'Nelson Commons'.

Early Adopters

For Marty and Lena Horswill, both longtime Nelsonites and recent retirees, it's the place they've chosen to downsize and simplify their lives. When the project is complete, they will move from their acreage outside of town into a two-bedroom, corner apartment at the Commons, where driving will no longer be a necessity.

"I'll be able to see my doctors office through the window," 66-year-old Lena said, smiling. Within two blocks of the development site there are movie and performance theatres, athletic facilities, restaurants and cafes, clothing stores, pharmacies and banks. "If the time comes when one or both of us can no longer drive, we'll be able to walk to everything we need."

With the Co-op focused on designing their new store bringing a range of new offerings that will include a 50 seat cafe and the BC Wine Guys moving in right next door, the Nelson Commons Development continues to market condo units and expects to start building this summer.

For the Horswills, moving into the Commons is sure to bring a boom to their social lives. They'll have friends and neighbours living just steps away and the activity of downtown all around them.

"We're going to have to discipline ourselves in terms of spending," laughed Lena. "Where we live now, it's easy to stay in a lot of the time. I expect we're going to become a lot more social and go out a lot more when we're living right downtown – we'll have no excuse not to."

A variety of units still available. Visit our Display Suite & Sales Office at 621 Vernon St, 12:00 to 5:00, Wednesday to Sunday (or call to book an appointment).

t: 250 352 5847
www.nelsoncommons.ca

 follow this project on facebook

A project of the Kootenay Co-op

Kootenay
 co-op

Dance, Drama, Music & Performance Skills Taught at Medley Arts Camp

submitted by Lorna Robin

This year, all courses for Medley must be pre-registered by July 15. Pick up a brochure with a schedule and registration form at local outlets, or visit medleyartscamp.ca. Anyone wanting to volunteer or apply for a bursary is asked to please do so by July 1st. On July 28th, the fun begins!

CHILDREN'S CLOWN WORKSHOP - Ages 5-12 yrs with Vanessa Gendron. We will explore our inner clown through movement, voice, clown base exploration, and clown scenes, with props provided. We will create a short clown performance based on our skills learnt every day that will be presented at the end of the week for all at camp and parents/family. A video will be made available afterwards.

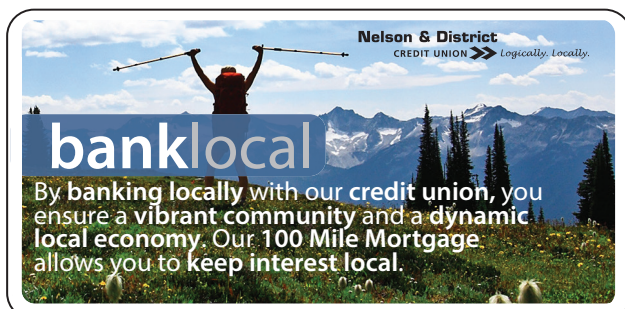
DRAMA WORKSHOP - Ages 12+ with Vanessa Gendron. A short (15-20 min) performance will be created through the exploration of different themes and storytelling. Games and interaction will be used along with Laban movement techniques. Laban breaks down the way we move using three different areas of analysis: space, weight and time. Space can be either direct or indirect. Weight can be strong or light. Time can be sudden or sustained. When you put these all together, you end up with eight efforts that classify styles of movement, as well as something of the personality of the person making that movement.

SAMBA BAND - All Ages with Ben Johnson. This workshop will have the participants drumming, shaking, and moving together like it's Carnival time in Rio de Janeiro. We will learn some Brazilian Samba School rhythms and breaks. We will culminate the workshop with an outdoor parade. All instruments are provided by Samba Lago Profundo. If you have some carnival clothing/costumes, bring them along! No previous experience needed.

KIDS ART STATIONS - Ages 3 - 12 with Jacqueline and friends. Children will enjoy the messy mayhem of art & crafts while others are engaged in music classes. Supervised, safe, guided artsy projects for the young ones in your group include such wondrous fun as origami, zendalas, pompom sculptures, polymer clay, beading, and much more. Fee includes all materials, instruction, and a small snack.

DANCE FUSION - Ages 5-8 yrs with Slava Doval. This will be a fun and creative class that will introduce students to dance fundamentals and to the joy of movement expression to great music. Students will learn the basics of across the floor patterns, turns, jumps, leaps and the beginnings of choreography. They will learn through creative games and explore the Joy of Dance.

DANCE FUSION - Ages 9-13 yrs with Slava Doval. Join a fun and encouraging class that will teach dance basics as well as teach students musicality. Slava



will introduce students to a fusion of styles, including Contemporary, Hip Hop, Jazz, Bollywood and more. Students will gain confidence by learning dance fundamentals with technique exercises, as well starting to learn simple and fun choreography. We will explore more Urban styles as well, including some basic floor-work. Students will have fun and connect with each other, the music, and build dance skills!

PARTY DANCE - for All Ages with Slava Doval. This class is Slava's unique blend of moves from various cultures that love to celebrate! Expect to sweat, feel invigorated and dance to great music! Class is open level, but is geared towards youth and adults, no experience necessary. There will be a focus on popular Urban Styles that are gaining momentum in the wide world, so you can learn some sweet new moves to

try at your next dance party. Learn moves to DanceHall, HipHop, Bhangra, Bollywood, Cumbia, Kootenay Remixes and more! Shoes are not required, but recommended.

FIDDLE BEGINNERS with Velle Weitman. Have you always wanted to learn to play the violin or fiddle... or at least try? If you feel like this is always something you have wanted to do, don't wait, you are never too young or old to start. In this course you will actually learn to play the violin in a fun and safe group setting. You will learn proper technique to get you started, and guaranteed a fun time. A combination of Fiddling and the Suzuki method will be used to get you going. Violin rentals can be made available to you. Don't be shy :) You don't have to read music to take this course. Please register early if you need to arrange a violin rental.

FIDDLE BLUES/JAZZ

with Velle Weitman. You have been playing the violin for a few years and maybe you would like to try out some new tunes in the Jazz and Blues Category. You will learn some specific techniques and scales in the jazzy world of violin. Techniques from Mark O' Connor, Vasaar Clements, and Jean Luc Ponti are a few of the artists we will be exploring, and copy catting. Improvisation is something that will also be explored during the week. Scores of tunes will be provided for you. You can walk away from the week with a greater sense of style to your playing.

FIDDLE AROUND THE WORLD with Velle Weitman. You have been playing the violin for at least a few years We will be exploring all parts of the globe in this course. We will be learning pieces from French and Metis Canada, American Old Time/ Appalachian all the way to the Middle east in Macedonia. You will be given a package of tunes before the course. You will learn some history from each of countries: how fiddling came to be in these parts of the world and how the music was passed down through generations. You will learn new tricks to make your sound authentically ethnic sounding, and you may fall in love with a new style.

INTRODUCTION TO BLUES VIOLIN - Ages 12+ with Lorna Robin. Find out the fun of being

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"blue"! This class is for teens and adults with at least a few months of playing under your belt. You should know major scales A, D, G, and C, and have a basic understanding of sharps and flats. Learn slides, swing, blues licks and tricks, more about flats and sharps, blues scale, and twelve-bar blues patterns. We will wail a few tunes. You will need to bring your own violin.

MANDOLIN - Ages 12+ with Catherine McGrath. This class will focus on the major pentatonic mode, a five-note scale that is the basis of many folk music styles worldwide. Students will learn how to play the scale, how it differs from a regular major scale, and some simple folk tunes that employ it. Once students have achieved a reasonable familiarity with the pattern they will learn the first steps in beginning to improvise with it.

ACCORDION BLUES/IMPROV - Ages 12+ with Catherine McGrath. Students will learn what the blues scale is and how to build it from any key. They will be given time to practice the scale in a specific key and then be introduced to patterns or riffs within the scale. Finally they will be given the chance to improvise using these riffs within 12 bar blues.

FOLK BAND BASICS – Multi Instruments - Ages 12+ with Catherine McGrath. Participants will learn the basics of performing folk songs together as a band. They will learn to support vocals by playing sustained notes and fills, take instrumental breaks using the melody or a pentatonic improvisation, modify volume when necessary so that quieter instruments and vocals can be heard, and keep a basic boomchuk rhythm. Songs will be chosen by the group from a selection of well-known North American and world folk music. Songs will be played in one big circle as well as smaller groups. You will gain a basic understanding of how to play supportively in band and jam situations. Requirements: Basic proficiency on any acoustic instrument (guitar, upright bass, accordion, mandolin, fiddle, banjo, saxophone, keyboard, harmonica, drum, noseflute, etc) and/or basic singing ability.

KLEZMER INTRODUCTION – All Instruments - Ages 12+ with Catherine McGrath. This class will focus on the 3 main modes used in klezmer music. Students will first be shown a specific mode, given time to practice it, and then taught a tune that uses the mode. By the end of the class students will take beginning steps towards improvising using the modes within the context of the tunes learned. Requirements: Any melodic instrument. Intermediate skill level.

MARIMBA INTRODUCTION - Ages 8+ with Jacqueline Wedge. For any ability and many ages, however space is limited – first people to sign up will get the opportunity. Using bass and tenor marimbas, xylophones, and metalophones, we will learn 1- 3 songs per day, experimenting with melody, harmony, ostinato, bass lines and percussion. Instruments are provided. (maximum 10 students)

UKULELE INTRODUCTION - Ages 10+ with Jacqueline Wedge. Limited to 15 people, instruments supplied. Strumming is easy to learn, for beginners of all ages. Strumming will be combined with picking for those needing more of a challenge. You can also bring your own uke. Ukuleles are cool!

SINGING FROM YOUR GUTS - All Ages with Bessie Wapp. Everyone Welcome! Life is the only experience required to growl, groan, wail and moan. Meet the “Bear”, “Matron”, “Diva”, & “Elf”; create improvised vocal grooves on the spot; and generally explore the rich swamp of the human voice in a relaxed, supportive, and FUN environment!

BALKAN CHOIR - Ages 12+ with Bessie Wapp. Add your voice to the bold dissonance & clear sweetness of ancient multi-part Eastern European acapella songs of love, harvest, war, badly arranged marriages, drunken husbands, and more! For teens & adults; some singing experience is helpful but not required.

STILT-WALKING - Ages 6+ with Bessie Wapp. Find out what it's like to be 8 feet tall! We'll warm up our bodies, and learn about balance, core strength, and what to do if we fall (so we don't hurt ourselves). Then we'll strap in and take our first steps! This will be an outdoor class, with adjustable stilts provided by the instructor. No experience required. (maximum 12 students) Children under nine years old must be accompanied by a parent assistant.

COMMEDIA DEL'ARTE MASKED CLOWN - Ages 12+ with Bessie Wapp. Got a hankering to wear a mask and play the Fool? The Braggard? The Miser? The Villian? Come explore the rich cast of characters in the Commedia del'Arte masked clown tradition. We'll play games to build trust, cooperation, and confidence; make masks; & make each other laugh! For teens and adults, no experience required. (maximum 12 students)



Kootenay Lake Art Connection

by Geri Gomola

Well, it is time to start getting more organized as May will soon be on us (and hopefully a little bit of sunshine) and before we know it the end of June. The Art Connection runs from June 27 to Sept 3 this year.

Those artists that have gone raving mad this winter may have produced some interesting art work.

The fund raising and grant writing part of the Art Connection is completed and money should start flowing in this month.

Riondel artists and venues have expressed interest in being part of the Art Connection this year and so it will be extended north, up the lake to Riondel. The Riondel Art club has been an intricate part of Riondel for several years and most artists in that area show their paintings on the wall of Bob's Bar and Grill. This year there is a new artisan venue opening that will be part of the art walk.

Artist participation is the main focus at this time. Even the \$30 charged for an artist fee can be a deterrent for some. The Kootenay Lake Art Connection will sponsor an artist who can't afford the membership fee as long as they are committed to showing their work.

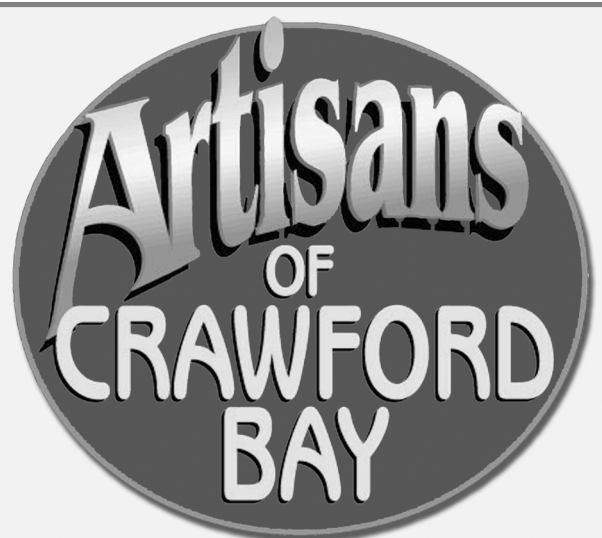
We are looking for artists and artisans that want an opportunity to show and sell their work in Venues from Wynndel to Riondel.

Fortunately, there is a lot of enthusiasm from most of the Venues and it should be an exciting year.

There will be a meeting held at Emerald Eastcliff on Tuesday May 6 at 2pm. Anyone interested in helping out is welcome to join us.

Just call Geri Gomola @250-227-9085, cell: 250-227-9085

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Master Classes - Week After Starbelly Jam

submitted by Laverne Booth for Selkirk College/ES Learning Hub

Selkirk College announces a new summer program beginning this summer at Crawford Bay School. Featuring local and regional artists and craftspeople—the concept of Shokunin, a Japanese term which we will probably define in our own way as a community in future years, is the organizing theme.

“When I heard the word Shokunin for the first time from Geoffroy Tremblay, I was fascinated by the concept of work as a practise of presence, of a sense of fulfillment that comes when one is entirely taken up by creative work. The idea is to attract visitors who want to engage masterfully with one of the amazing artists, craftspeople, and other talented people we have in our communities who are so beautifully serious and surrendered in their work,” says Community Education Coordinator Laverne Booth.

The Shokunin Summer Program will specialize in small intensive classes between July 22 and July 26 this summer of 2014. Well known local artists Luanne Armstrong, Ted Wallace, Zora Doval and Danielle Tonossi will offer classes. Art Joyce, writer of historical non fiction from New Denver will be here and it is rumoured that actor Lucas Myers and partner Krista Lynch will offer a theatre class. If you would like to offer a class this summer, please speak to Laverne (contact below). Volunteers are also welcome.

For youth and young people there are classes offered in the afternoons with Anne Laverne, a computer scientist who lives in Kaslo, offering Lego Mindstorm Robotics for 12 to 18 years old where you can build and program robots for problem solving. Julia Caceres, writer in residence in Nelson will offer a class for young writers from age 10 to 16 years. There is an art program at Crawford Bay Park for children each day run by Jacqueline Wedge and Danielle Linn and friends. Something for everyone this summer.

Check your mailboxes in the next few weeks for a complete list of master classes. We ask that community members help to let our part time residents and summer visitors know about this program and Medley Arts Camp. The East Shore is a fantastic place to hang out especially in the summer, and every year there are new things to do, and more ways to get to know and participate in the local community. The benefits to local business is evident and we appreciate all your support.



Located above Crawford Bay School gym - second right on Walkley Road.
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*Creativity, Community,
 Conscience*

MORE EAST SHORE FOOD- YUM!

by Laverne Booth

How do we grow, produce and share more local food? How can we encourage more people to grow more food on the East Shore? These are questions I am increasingly interested in, and it looks to me like others are also interested as we hear about the drought in California, dying off of pollinating bees, and the possibility of higher and higher food prices in the near future. **There are some business opportunities in the next while here on the best shore.**

Joe Karthein, manager of the Kootenay Country Store Cooperative in Nelson, recently spoke at the Young Agrarian meet in Crawford Bay. He gave out a list of foods worth half a million dollars which the Coop would prefer to buy locally had they been available last year. We also heard from the Ashram and a number of restaurants who want to serve local food- the markets are all around us. **Joe Karthein is available to come to Crawford Bay School on June 19 from 6:00 to 8:30 pm to meet with people about food business opportunities- where to start, what to grow and produce, where to get support.** Joe is an amazing resource person who, several years ago, started a business through Community Futures called Karthein Sauerkraut, which he has now sold. Please pre-register; cost is \$20 which will be reinvested into local food training.

Do you grow more than you can eat? Can you put in an extra row or two of garden produce? Last summer the local Food Roots group had a table at the Crawford Bay Sunday market where they charged 10% of product sold to cover the cost of table rental. It worked! Summer residents in particular loved the fresh food, and gardeners who live close to Crawford Bay made a little extra income.

Can we replicate that and make it grow? All who are interested are invited to attend the **Local Markets course at the Learning Place on Sunday May 4 from 10 am to 3pm**, bring a lunch or something to

share. On Sunday May 4, we will have the pleasure of a visit by Jen Comer, past and present manager of Creston Farmer's Market who was instrumental in growing that market to its current awesome condition. Jen will help us figure out how to grow our Sunday market, how to create perhaps other markets- in the fall, at the school, in Riondel, Boswell or other locations where we can sell and exchange our East shore grown food and food products. Although creating a market will not make a person rich, it is an entrepreneurial opportunity that could work well for a family or individual. Please pre-register: cost is \$50 plus GST. Volunteer trades are considered if the cost of courses is prohibitive for people.

Do you want to sell your food or a food product? Consider attending the **Market Safe course to be held on June 7 from 9:30 to 4:30 at Crawford Bay School.** This six hour course will tell you everything you need to know about preparing and selling food and food products, and send you home with a certificate. Heather Love is the instructor and the cost is \$89 plus GST. Just to be clear- products such as salsa, jam and other canned products do need to be individually approved by the health inspector. Many other products do not need to be individually approved and this course, the manual will lay it all out clearly.

Please pre-register for these courses. When courses are run through Selkirk College, a certain number of people are required for the course to run. Costs tend to be slightly higher, but the benefits to our community are great especially when we can increase our knowledge and capacity for residents to have work and live here, and where we can hire local people, pay for their services and support our local halls and venues. **You can pre-register in person at the Learning Place at the school on Tuesday or Thursdays, call in by phone to the Selkirk cell phone 250-551-5827 or email laverne@theeastshore.net.**

If you are ready to start growing and want a copy of the potential food products list mentioned above, please request it by email. If you want to be hooked up to the Food Roots list serve please email eastshore-food@gmail.com.

MAJOR EVENT COMING TO KASLO

submitted by the Randy Morse

Delegates from across British Columbia are starting to register for the 8th biennial BC Rural Communities Summit, to be held in the lovely lakeside alpine village of Kaslo in the West Kootenay region, June 13, 14 & 15.

"The BC Rural Communities Summit is an exciting gathering of folks from across our province who come together every two years to share experiences, insights, and inspiration on a wide variety of topics that are of particular interest and importance to rural British Columbians," said Kaslo Institute president, Randy Morse. "We're proud Kaslo has been selected to host this major event, and the Kaslo Institute is delighted to be working with our co-organizers, the BC Rural Network and the Fraser Basin Council, to ensure this year's Summit is a rousing success," he added.

The weekend will feature 15 sessions on topics that range from the importance of high quality rural health-care, to the importance of high speed rural broadband; from how to retain and attract young people to rural communities, to novel ways of helping innovative new businesses get off the ground – and succeed – in our province's small towns and rural regions.

Meanwhile Kaslo, aka *British Columbia's most beautiful village*, is pulling out the stops to ensure Summit guests have a great time while they're here. Events that include an hour of down-home, front porch, old-time country music, a banquet at the spectacular Kaslo Hotel, and opportunities to sample Kaslo's terrific restaurants, shop along historic Front Street, visit the world's largest remaining sternwheeler, the SS Moyie, take a leisurely stroll along the Kaslo River, explore one of inland BC's most spectacular shorelines, or perhaps catch a Gerrard Rainbow in Kootenay Lake, should ensure no one goes home disappointed.

- Planning a wedding?
- Holding a meeting?

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Booking/info: Judy @ 250-223-8664

Next Deadline: May 21

www.eshore.ca

Creativity, Community, Conscience

Tom Sez

by Tom Lymbery

Last winter in Ontario was the coldest in possibly 45 years. With the Great Lakes and all other water frozen this has hit the geese really hard – the over population of Canada Geese has been cut back by natural causes. All the efforts to make the eggs infertile and more have been unsuccessful.

How about Montreal's harbour, that is usually kept open by bubbling air into the water – how did that fare?

Overpopulation of geese on Kootenay Lake is now being controlled by the ravens and bald eagles - these birds are grabbing the goslings. Also at risk are our local wood ducks (actually these are megalansers, not wood ducks)

Please look for the spring/summer free edition of *ARTiculate Magazine* as Anne DeGrace has a review of my book *Tom's Gray Creek*. One of Anne's books is *Treading Water*, a novel about Renata, on the Arrow Lakes near the "Brooklyn Bridge" Canada's largest natural stone arch structure. This is named after the town of Brooklyn that was established while the half mile long rail tunnel was being built in 1898 - 1900.

The next (2016) Arctic Winter Games will be in Nuuk, Greenland. The 2014 Games were hosted by Fairbanks, Alaska.

14 **Mainstreet May 2014**

The spring 2014 edition of *BC History Magazine* has a feature article on the 1961 Trail Smoke Eaters winning the World Cup of Hockey with defenseman Don Fletcher of Gray Creek.

Please check out the new display of garden accessories at the store, such as 10 inch long white row and plant markers that can be re-used for years. Many types of string, plant supports and special soft ties for tomatoes.

The quality of *Tom's Gray Creek – a Kootenay Lake Memoir* is because of Boswell's Warren Clark, whose experience of designing 100s of books makes all the difference.

Can we change Highway's "winter" on their ferry schedules to "year round"? Does Kootenay Lake actually have winter from September to June? Highway's terminology needs correction.

Starter cord has many uses from lifetime shoe laces to the strongest string you can find.

So which was the April Fool's item in the last "Tom Sez"? The one about jellyfish in your swimming pool - this organism couldn't stand pool chemicals in the first place!

I have a package of dental floss with a BEST BEFORE DATE! Probably the floss will last 100years – much longer than the plastic container.

GC PASS REPORT

by Tom Lymber

If we ran a contest with a substantial prize for the date and time of the first wheeled vehicle over the summit – could this be done with a surveillance system, with remote access? For ever so many years the time of the ice breakup on the Yukon River at Dawson City has been triggered by a rope from a post anchored in the ice to a clock on the shore. The contest winner usually receives about \$3000.

Snow is still building up above the 5000 foot elevation, but the next two month's weather controls the opening date. If the \$25,000 annual maintenance that was promised by Highways when the Pass was officially opened in 1990 was available the snow just west of the summit could be plowed and allow a much earlier opening date.

People come to the store almost daily asking if the pass is open. My reply is, "What make of snowmobile are you driving?"



Hacker's Desk

by Gef Tremblay

One of the major aspects of the Shokunin concept is to be able to work with a master. This is not something that can happen in school, as the idea is to be in a professional setting, and working on projects with

all the expectations and deadlines. That why I was honored to be able to mentor a student again this year, this time in graphic design. Although I don't consider myself a master, since I've been immersing myself in the art of graphic design for only few years now, I felt confident that I could share some of that knowledge.

Our discussions range from the prehistory of art - to calligraphy, typography, rhythm color and style. From the web technology to print, we cover a lot of ground and we both seem quite enthralled with the subject. Mentorship is really important in professional development and there should be more time allotted to it. Not only is it invaluable to the student, but teaching and sharing is a huge part in the learning process of the mentor.

My massage teacher explained to me that you can divide learning in four parts, like cutting a pie in four pieces. (He really enjoys eating, and often his teaching refers to food!) One part is what you hear when you receive the teachings; one part is what you remember from the teachings; one part is what you practice from the teachings and the last part is what you can teach to someone else.

In a smaller community like the East Shore of Kootenay Lake, I see how the sharing of knowledge is important for me, but also for the community. But this is hardly how I was trained. In a competitive environ-

ment, keeping ahead of the crowd by hoarding knowledge and keeping it for oneself is primordial. This similar behavior would be really unhealthy in a small community. It's important to share my knowledge, and the more knowledgeable the community is, the better it is for me. **There is a general concept that if you teach people around you what you know, you won't have a job down the road.** This is a really limiting perspective, which would be not only unhealthy for me, but for the community around me. Hiding your knowledge from others is really being in a place of fear and uncertainty.

I take for instance the perspective of teaching the community how to use a computer. If I don't teach people, and I keep that knowledge all to myself, it creates a dependency on my knowledge, but it also blocks any possibility for me to evolve in my work and let other people benefit from that. If I teach everyone to use their computer better, soon people won't have problems with their computers, and maybe will start wanting to expand how they use their computer, and instead of asking me how to use word, they might ask me how to create or design a website. Once they know how to build a website, they might ask me to start selling on such a website, thus enabling them to create revenue and letting me help them market and create more business online. So nurturing community knowledge will help me grow my own daily work.

In a sense it's that idea of 'you can feed a fish to a man, or you can teach that man how to fish'. Well, you have to expand on that. Once you've taught that man how to fish, you don't lose your job, but few things can happen. Whether you made a new friend who'll come and fish with you, making your job more enjoyable and productive, or made it clear to that person that he might rather let you fish for him, he will still be grateful to see how it is done.

That is just one example of sharing knowledge, but I see many examples of that all around. In the Open Source community, sharing not only software and tools, but also knowledge, is a huge part of its success.

All around the internet there are people helping each other for free on all the subjects that you can think of.

On a smaller scale, closer to our daily life there is also a really nice project that I've been helping both as a teacher and as a designer. That's the East Shore Learning Hub. This will become a center of sharing, teaching and learning that can solidify the knowledge and skills of the whole community. It is open for everyone who wants to learn and to teach. You can contact Laverne if you have any great idea that you would like to share, or some subject that you would love to learn.

I am looking forward to sharing more knowledge and skill with the community and see how much I can grow and how much the community can grow. In that process there is a real feeling of caring and community, I often feel more like a doctor of technology than a technician, as technology has a bigger and greater role in our life and society. I feel it's important for all of us to stay technologically healthy.

Next Deadline: May 21

www.eshore.ca

Spring Update from the East Shore Youth Council

by Lee Reidl, Youth Coordinator

Spring has sprung and much has been happening in this seasonal transition time.

Before the snow left, nine East Shore youth took the opportunity to participate in an Avalanche Safety Training level 1 course. This course was held over three days at the end of February.

The first round of Youth Council Micro granting program partially facilitated three youth to go after their Level 1 snowboarding instructors course, which they all successfully completed. Congratulations to both groups.

The micro granting program is also a supporter of the High Altitude Balloon project that four high school students at CBESS are involved in this project. We are very excited to be supporting this initiative. For more information on this project visit their website. <http://theeosproject.wordpress.com>

The next round of micro granting applications is available at the post office in Riondel and Crawford Bay, the Gray Creek Store, and from Lee at the school kitchen. Please pick one up if you have a workshop, skill-sharing or event that you would like to offer the youth of this community. Both youth coordinators would be happy to speak with you further regarding the application process.

Other Youth Council events in these few months include a trip to Ainsworth Hot Springs, bowling in Nelson, an 80's movie night, and most recently an Easter egg hunt with wiener roast at the beach.

The Volunteering for Job Readiness program continues. We are beginning to create a time for youth to come forward and offer feedback and ideas with regards to the CBT funding.

Youth Council will meet on the last Friday of every month during school lunch break - pizza included. We look forward to hearing what students have to say. Some youth have been accessing the program to accumulate hours towards training or workshops of their choice - the most recent was volunteering to do tech/sound work for the Young Agrarians Conference held at CBESS over spring break.

If you feel that you have a volunteering opportunity you would like to offer, please feel free to contact Sandra Bernier at eastshoreyouthcouncil@gmail.com, or Lee Reidl at 250-777-3503.

Happy gardening to everyone.

May 2014 Mainstreet 15



From the Principal's Desk

by Dan Rude

This month I'd like to share two exciting initiatives underway in our school community that are intended to get important feedback from many

perspectives - and to continue to build on how we develop our school collaboratively as a community.

1. Students Zoe Ryde-Kruse and Ries Fowler, along with teacher Mr. Winger, are developing a series of videos about our school that will be linked to our website and shared digitally. Currently, Zoe and Ries have begun interviewing elementary students, secondary students, and staff, based on their questions below. (I will likely also expand this to other parents, community, and school district staff in the near future.) Beyond these interviews, Zoe and Ries are also planning out how to capture some of the various learning projects that our students are involved in, in short video segments.

Elementary student interview questions:

- What did you think school would be like?
- What is your favourite part of school?
- Is school fun?
- Do you look forward to coming to school?

Secondary student interview questions:

- What is your favourite part of attending Crawford Bay School?
- What are some of the school trips that you have attended? What was your favourite one?
- What is your favourite course offered here? e.g. art, drama, chemistry, socials...etc.
- Is there anything you would like this school

to offer that it doesn't already?

- Why do you attend Crawford Bay and not a different school?
- Do you think that the education you are getting here will get you the future you want?

Teacher interview questions:

- Do you enjoy your job here?
- What do you think of the students as a whole?
- What does Crawford Bay offer that makes you want to keep teaching here?
- Do you wish that the school you attended was more like Crawford Bay? Yes or no? Why?

2. With insightful contributions from our staff and various parents, I have started to share a template for a 'Family Learning Plan' that is intended to deepen the conversation that we all have with each other about education. Version 1.0 of this plan includes the following prompts for parents/guardians to complete - and ideally to talk with their children/youth about.

- To be prepared for the future beyond school, my child/youth will need....
- When I was a child/youth, success meant....
- In the world my child/youth will be entering beyond school, success will mean....
- For my child/youth, I ultimately want....
- My child/youth is really interested in and/or passionate about....
- It is very important that my child/youth learns....
- I promote my child/youth's learning by...
- My child/youth's strengths include...
- My child/youth's challenges include...
- Beyond school, my child/youth reads...
- Questions that my child/youth is asking....

Please contact me at drude@sd8.bc.ca if you would like to be included in the early stages of developing the Family Learning Plan. To begin the school year next year, I would like all families to be involved.

Looking forward...



pebbles
by Wendy Scott
**EASTER EGGS,
MUSIC & SISTERS**

Easter morning has dawned in Riondel – a bit gray and slightly damp. But I see a few patches of blue sky and the clouds may disperse... as indeed they do, but not before that bunny has made the rounds dropping eggs in empty coffee cups, on side tables and even perching a pysanka on a teaspoon – with care.

It is perhaps the beauty and the mystery of the Easter egg that has maintained this ancient tradition into modern times. Before Christianity adapted the colourful pysanka as a symbol of Christ's empty tomb, it served to ward off evil spirits, bring good luck, and a bountiful harvest. It also allowed children to hone their artistic skills and create what would be their own unique design on the delicate and fragile surface of an egg.

Today, however, outside in the sunshine, the sounds of Handel's music interpreted by Donny Clark's Brass Group, flow from the open doors of Harrison Memorial Church – magical, traditional, glorious, and we stand still on that hillside to listen. It's different here, outside, with birds adding their own dimension. And I wonder if a blackbird will be tempted to borrow from that consummate musician, or if indeed, George Frederick Handel was the one who listened and learned from the bird.

Inside the church, since the service has yet to begin, a room full of chatting voices mingles with the continuing musical renditions and we are accompanied to our seats with friendly hellos – greetings and, since

my sister is with me, many questions: Are you here for good? When are you moving? Where are you moving from? And when the answer is Edmonton, no one asks, why.

Later when music fills the church with the familiar Easter hymns and we are moved by the anthem, He is Risen, arranged for brass by Donny Clark and sung by a choir gathered and directed by Deberah Shears, it is then that the true blessing of Easter surrounds us.

There seem to be assumptions here on the East Shore, that if a person suffers the misfortune of living in Edmonton, they will – at some point in their lives – certainly move at least to BC, if not here to Crawford Bay or Riondel. I must admit that since our grass may not be particularly green at this time of year, they can at least see it.

My sister, Shirleen, as she flew away from Edmonton, said goodbye (at least for a while) to snow-covered fields. She will have to return to finish her current work project and convince her cats that this is a very good idea – they'll be enjoying quality time with similar feline pals till the dust settles.

After that it's a matter of tying up odds 'n ends, and taking on the task of moving – that is on par, I understand, with divorce – the dreaded sorting, discarding, handing off and, finally, packing. After that, when boxes are shoved into the moving van, it's a simple matter of waving good bye to your former residence then putting on your own travelling shoes, picking up that suitcase that would never fit under a seat, stuffing it into the last available space in your already over-stuffed car, and leaving.

In her case, even though Riondel has settled in her mind as the place to be, it's the leaving behind that's bound to be a bit traumatic since for over thirty years, home for Shirleen has been a heritage house in Edmonton.

**If you Play Golf
You're my Friend**

by Ian Wiber, Director of Golf,
Kokanee Springs Golf Resort

Ever notice how you can pick out a golfer in any crowd. There's something about the way we dress, the way we act. There's something about all of it that just screams, "I'm a golfer"!

The late, great Harvey Pennick, legendary teacher of Ben Crenshaw and Tom Kite and author of the famous *Little Red Book* also authored the lesser known but no less impactful *If You Play Golf You're my Friend*. Harvey was an old school golf professional and almost all of the old school pros that I knew growing up in the business had one thing in common, they could talk golf. Man could they talk golf! They could talk about players, they could talk about courses, and they could talk about the golf swing, and so on, and so on, and so on. If you showed any interest at all they would tell you story after story about the things they had seen the people they had met and the places they had been.

Man I miss those guys; they were humble, and they rarely talked about their own exploits. The game was the thing. It was bigger than anything else and those old school guys would do anything to protect and nurture and grow it. It is said that golf is a game of tradition and sportsmanship where honesty, honor and fair play are the most important things. It seems to me that those traditions meant a lot more before the game became so popular worldwide.

Golf is not about how much you paid for your new driver and it's not about racing around the golf course on a cart in a constant state of impatience. Golf is not about hitting into the people in front of you. Golf is about friendship, a shared passion; it's about respect for the golf course and your fellow participants.

So the next time you see that golfer in the crowd talk to them and, more importantly, listen to them. I'm sure they will have some great stories to tell.

Next Deadline: May 21

www.eshore.ca

mainstreet@theeastshore.net



Susan Tesoriere on behalf of the members of Nelson & District credit union presenting a cheque to Dan Rude on behalf of Crawford Bay School.

At the present moment, heritage of a different sort is being discovered in her new attic. Items include the remains of a long-dead bat, a fancy decorated girl's purse, old books containing theatre bills, and many dusty, but useful tools.

Old houses seem to have their own mindset and a new owner is wise to introduce herself by touching gently at least until the house relaxes and accepts the care offered and the need to remove certain items that might, at some time in the past, have been considered important and vital.

This is a new life coming in – not to take over, but to relieve space of the redundant and to let the light come in with the generosity of care and attention, and the eventual blessing of happiness.

And what better time to begin than this glorious Easter season.

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You can buy a one year digital subscription and get your newspaper online, nearly a week before it comes out in stores! Go to www.eshore.ca and click Subscribe! Then follow the steps to purchasing a digital subscription. A link will be sent to your inbox once a month and your fresh, new Mainstreet is a click away.



Randi Ingham of Crawford Bay Auto won the Woodbury Dolly Derby in mid April with a 13lb, 1oz Dolly Varden. He is shown here with his mammoth trophy. He took home a tidy purse and is pleased with the results. It seems as though Randi might be the guy to go to for fishing advice as he is a very proficient fisherman and has won many accolades and derbies in his fishing career. Well done, Randi!

Notice of Passing

Obituary -- Duncan Cummings

Feb 26, 1934 - Feb 13, 2014

Cummings, Duncan Charles passed away February 13, 2014 at Barra de Navidad, Jalisco, Mexico. He was born February 26, 1934 in Portage La Prairie, Manitoba so was just a few days short of his 80th birthday. He won awards for drawing in school. He moved to BC in 1945 at the age of 11 and lived with Grandpa and Grandma Anderson in North Vancouver. He was an avid outdoors person and was given a 22 rifle for his 12th birthday. He completed grade 10 in North Van.

When he was 15 or 16 he worked as a whistle punk at logging camps in Butte Inlet, Jervis Inlet, Tofino and Zeballos, so he took school by correspondence. His lifelong friends from that time were Ken Wallace and Torrance Johnston.

When he was about 18 he started working on trail maintenance and lookouts for the BC Forest Service in Lardeau and the following year in New Denver. At that time many Forest Service employees only worked five months a year so he spent that time in the Kootenays and 7 months on Vancouver Island. His last stint as a Forestry lookout man was 1956 and in 1959 -60 full time as a dispatcher. He loved his early years in the Service when he could be outdoors more than in an office.

As a BC Forest Ranger, Duncan was stationed at the Gray Creek Forestry Station for some years, living in the Reilly log house in Crawford Bay. Previously he had been stationed at Kaslo, Lardeau and Beaverdell.

He married his wife, Helen (McClure) before being transferred to Vancouver where he worked at the classic Marine Building which at that time shared with the Hotel Vancouver as two of the largest buildings in the city. His next station was the heavy snow country of Mica Creek and from there to Golden.

When he was the Ranger in Golden this probably included the work he enjoyed most – clearing out the trails in the Athabasca Pass area where the Committee's Punchbowl is situated (from fur trade days) This required aluminum trail bridges taken in by helicopter, which needed a plywood rudder attached to control the load in the wind. His dogs were loved and his constant companions in the bush.

Duncan was shy. He was funny with a great sense of humor – a straight shooter from old times.

He was a fastidious woodworker and built their retirement home at Gray Creek entirely by himself – even to the kitchen cupboards.

He is survived by his wife of over 40 years, Helen, daughters Kelly, Dana and Lesley, and sons Guy, Jason and Sean, as well as 13 grandchildren and one great grandson.

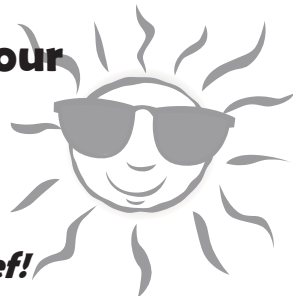
Internment of ashes in the Gray Creek Cemetery will follow at a family event this summer.

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250-227-9506**

Notice of Passing

Martin Kitchener Adey Stuckless

Nov 1, 1926 – Mar 30, 2014

He passed away peacefully at home on March 30, 2014 at the age of 88 years. He was born on November 1, 1925 in St. John's Newfoundland. In 1947, Martin joined the Canadian Air Force and served for 16 years, retiring as Warrant Officer/W.O.1. He then worked for 12 years at the Lethbridge Agricultural Research station

"Mart" enjoyed a 63 year marriage with former spouse, Ruth Stuckless raising four sons George, Stephen, Geoff and Marty. Mart and Ruth retired to Boswell in the year 1962, after a decade of summer seasons at Mountain Shores, where Mart's passion for sailing would often take him until dusk on the water (the stormier the better) Mart was pre-deceased by Ruth Stuckless on April 13, 2008.

On December 19, 2009 "Marty" married Sonia Neuman, continuing to enjoy an active life, sailing / overnighing on Kootenay Lake, and camper van traveling. "A Couple More Years" – Waylon Jennings.

Martin was a serving member of Kindersley Masonic Lodge N. 85 of Saskatchewan; member of the Air Force Association of Canada; served on the board of Boswell Community Hall and was a skilled ham radio operator with morse code. He was a man of many interests, skills and accomplishments.

Martin is survived by his wife Sonia; four sons; brother John of St. Johns, Nfld and Labrador; five grandchildren. "Marty of Mountain Shores" will be fondly remembered, kind of heart and of generous nature in assisting others.

In contemplation stories were brought for his "Celebration of Life and Living" in tribute to Martin's full life, on Sunday April 27, 2014 at the Boswell Community Hall.

"Per Ardua Ad Astra" - *Through Adversity to the Stars.*



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

next application deadline:

May 31, 2014

A submission can be made at any time -- submit early so we can help you to succeed.

Projects for Area A (East Shore, Riondel to Wynndel) relevant to the promotion of economic development may be eligible for a grant from the Regional District of Central Kootenay. Applicant groups must be a registered society or apply to a registered society to sponsor the application and handle the funds.

Please phone for an application form or request by email:

Lorna Robin, EDC Chair 250-225-3333

lornarobin@bluebell.ca

Approval/funding lag time 6 to 8 weeks

Community Connections (aka South Kootenay Lake Community Services Society, SKLCSS) is a registered society that may be able to sponsor your application.

email skootenaylakeccss@gmail.com

or phone 250-227-9218 x 5505.

Eastshore Garden of Remembrance

by Wendy Scott

Polishing cloths and rakes; gardening gloves, trowels, clippers, enthusiasm, and energy – these were the tools and the attributes evident on that busy Saturday in the Remembrance Garden. We gathered with many friends including the youngest and most serious of the group, Taryn Derbyshire, who came equipped with her own rake and the sincerity and wisdom of her youth.

Together we raked and dug, scrubbed and polished, chatted and planned more projects, some of which continued into the following days when two large bags of cedar chips were donated and spread along the walkways.

Then, my goodness, two more bags appeared – and so it continues – the garden is spruced up for spring and improved yet again.

We are very happy to announce the placing of the new bench donated by the Poch family and crafted, sanded, polished and stained by Miroslav Doval.

Many thanks to Miroslav Doval for building the bench, installing several plaques, and placing the bench in the garden.

To our members and their many friends who came to lend a hand with this annual spring clean-up: Sheila and Sherrie, Taryn, Beth Alguire and Beth Ludlow, Susan and Stuart, Fran and Valda; to all of you, we had a great time. And a special thank you to Nils Anderson for several big bags of chips, and to Bruce for transporting said bundles from house to garden and, along with Stuart, for collecting and dumping clippings and debris.

The newest project for the garden is a watering system and Kathy is busy with grant proposals to cover the projected costs. Wish us luck. We'll keep you updated. In the meantime, come and take a look – the new bench is number six in the garden, and the marble plaques now total, Sixty.

Many, many thanks from Muriel, Kathy, and Wendy

Wendy – wmescott@gmail.com – 250-225-3381

Muriel – mcrowe@bluebell.ca – 250-225-3570

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SERVICE DIRECTORY/CLASSIFIEDS

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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.

CONSTRUCTION/CONTRACTORS/TRADES

HULLAND AND LARSEN CONSTRUCTION - experienced residential construction & custom finish work. 250.551.2915 or 250.505.3570. (see ad in contractor section)

JB (JUERGEN BAETZEL) CONSTRUCTION: Over 15 years experience, strong work ethic. Foundations to Finish (concrete, framing, roofing, drywall, siding, flooring, finish, carpentry, tile setting, some plumbing & wiring knowledge) 250.227.9246 or 250.551.7697.

MATTHEW SMITH BUILDER - Trained/Certified Heritage Restoration and Conservation. Carpentry and woodworking services. matthew.smith.builder@gmail.com or 250-505-2305.

STEEL WHEELS - Septic systems planned & installed. We dig too, mini hoes for you. Dave or Donovan. 250-227-9646.

THE GREEN MACHINE - Excavation, Landscaping, Installation of Waterlines. Ph.: 250.225.3485

TURLOCK ELECTRICAL CONTRACTING LTD. (See colour ad in this issue for more information.) 250-227-9688 or 250-551-4671

PERSONAL CARE/HEALTH

ACUPUNCTURE - Christine Peel R.Ac. 16210 hwy 3A Unit 9, Crawford Bay Motel. For 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.

BLANCHE TANNER - Breath Practitioner, (Family Constellation) Heart-Centred Therapy (Meditation), Healing Emotional, Physical & Sexual Abuse, Addictions, Relationships, Anxiety, Depression. 227-6877

COUNSELLING & SUPPORT SERVICES: Free and Confidential for children, adults and families. Services include: Adult Mental Health and Addictions; Child Youth Mental Health; & Family Support. Call 1-866-774-5324 (toll-free) or 250-353-7691. North Kootenay Lake Community Services Society.

FINGERPRINTS AND HAND ANALYSIS - P. Danielle Tonossi IHA. Discover your Life Purpose and what it takes to live it fully or host a Self-Discovery Hand Reading Circle. My expertise is at your service - 250-227-9478. Info: www.crystalgardenspirit.com

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

REGISTERED HERBAL THERAPIST, MASTER HERBALIST - Maya Skalinska, M.H., R.H.T. Iridology, Tongue & Pulse analysis, Nutritional consultations, individual herbal remedies, Flower Essence consultations & remedies. For appointments, please call 250-225-3493.

REGISTERED MASSAGE THERAPIST: Harreson Tanner - Over 30 years clinical experience. Treatment of Lumbo/Sacral Strain, Whip Lash, Frozen Shoulder, Migranes/Headaches, TMJ problems, & Stress. No doct referral req'd. Call: 227-6877/cell: 505-6166.

SAPPHIRE HAIR SALON: Kate Page, hairdresser and proprietress. 16210 Hwy 3A (Crawford Bay Motel) Unit 9. Call to book an appointment: 250.505.6950.

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RESTAURANTS

CRAWFORD BAY HALL & COMMUNITY CORNER BUILDING - available for community events, wedding receptions, workshops etc. Non-smoking facilities. Call Kathy, 227-9205.

NEWKEY'S PLACE - Hwy 3A in Crawford Bay, licensed area. Open 10 am til close Monday to Sunday. Food Specials all day. 227-6911.

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Next Deadline: May 21

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CLASSIFIED SECTION

AUTOMOTIVE

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BIZ ANNOUNCEMENTS

Sirdar General Store:

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

BUSINESS SERVICES

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

CLASSES/EVENTS

To The Heart Of The Matter: Saturday, May 24 (East Shore). Family & Systems Constellation work,

18 Mainstreet May 2014

an effective therapeutic process that helps to break destructive family patterns of unhappiness, illness, failure and addiction. The results are often immediate and life-changing. The Family Constellation Approach is becoming one of the most rapidly expanding forms of therapy in the world and is practiced in more than 30 countries. Cost: \$50 (if money is an issue, please come & pay what you can). Time: 9:30am to 5pm, Location: TBA. Register: lifeshift@bluebell.ca or 250-227-6877 www.lifeshift-seminars.com. Harreson and Blanche Tanner have been co-facilitating workshops for personal development and life enhancement for over 30 years.

Medley Arts Camp, July 28 - Aug 1, Crawford Bay School, ages 6-106. Drama, clowning, fiddle, DanceFusion, singing, Balkan Choir, stiltwalking, ukulele, Samba Band, mandolin, accordion, Party Dance, Folk Band, Klezmer, more.... check it out at medleyartscamp.ca

Want to come to Medley Arts Camp but can't afford it? Volunteers are wanted in several areas: kitchen, art room, stiltwalking, registration. Trade work for courses for yourself or your child. Call Lorna, 250-225-3333

EMPLOYMENT OPPS

Labourers needed in Crawford Bay. \$15/hour. Call 403.680.1100.

MISC FOR SALE

Washer and Dryer for sale: Kenmore (Whirlpool). In immaculate condition, white, top-load washer. \$200/set. 250.227.8939

RENTALS/REAL EST

Spacious 3 bedroom main of house for rent in Crawford Bay. No smoking, pet considered. References and credit check required. \$875 per month, utilities/heat included. 250-505-2555

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Do you have something to say? Do you have a rant or an idea that you want to shout from the rooftops? Send it in - we'll make it happen.

Next Deadline: May 21, 2014

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KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Mountain Standard Time - Winter Schedule in effect

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

BULLETIN BOARD

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

CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

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

EAST SHORE 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.
Interior Health Authority, Community Care Nursing
and Home Support Services - 250-352-1433.

PHYSICIAN COVERAGE FOR MAY 2013

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

May 6: Dr. Lee
May 7: Dr. Moulson
May 8: Dr. Lee
May 13: Dr. Grymonpre
May 14: NO DOCTOR
May 15: Dr. Lee
May 20: Dr. Lee
May 21: Dr. Lee
May 22: Dr. Grymonpre
May 27: Dr. Grymonpre
May 28: NO DOCTOR
May 29: Dr. Lee

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

Phone: 250-227-9006 Fax : 250-227-9017

EAST SHORE HOSPICE

East Shore Hospice provides practical, emotional and spiritual
support to individuals and their loved ones through the stages of
dying, death and bereavement. Hospice palliative care aims to
make the last months of life comfortable, peaceful and dignified
for patients and their caregivers by providing care, support, respite
and advocacy. Our office and lending library are located at the
East Shore Health Centre. For information or an appointment,
please call Nicole Schreiber (East Shore Hospice coordinator) at
250-227-9006 ext. 29 or email at hospice@theeastshore.net.

BOSWELL HALL HAPPENINGS

Yoga: Thursdays, 9:30-11:00 am.
Merilyn Arms 250-223-8058
Tone & Trim Fitness: Mondays & Fridays 9am
Darlene Knudson 250-223-8005
Vinter's Group: Weds, May 14
Jeanne Kay Guelke 250-402-3791
Book Club: 2nd Thursday of the month 2pm
Melody Farmer 250-223-8443
Quilter's Guild: May 13, 1pm
Jan Brooks 250-223-8667
Boswell & District Emerg Vols: May 8, 9am

BOSWELL SPECIAL EVENTS

Farmer's Institute Steak Dinner: May 3rd 6pm,
Contact Bob Arms - 250-223-8058

Bos Hall Plant Sale (Lunch Served): May 10, 10-1
Contact Barb Basaraba - 250-223-8339

Community Garage Sale: May 18 10-4, Tables \$10
Contact Sharlene Ryks - 250-223-8554

Quiler's Guild Show: Sat. May 31st 1-4, \$5
Contact Jan Brooks - 250-223-8667

HIKE FOR HOSPICE

12th annual Hike for Hospice Sunday May 4th in Riondel.
Registration at Riondel Community Centre at 9:30am; hike
begins at 10am. Luncheon and prizes at Centre after hike.
Pledge forms available at East Shore stores and post offices
or sign up at chpca.convio.net/EastShoreHospice to gather
donations online. For more information contact Nicole at
227-9006 ext. 29 or hospice@theeastshore.net.

TIPI CAMP DINNER LUCK FUNDRAISER RESULTS

Dear East Shorians and other Tipi Camp supporters. Thank-
you all for participating in the Dinner Luck raffle. Thanks
to the kind and loving support from volunteers and ticket
purchasers, we raised nearly \$1,000 for Tipi Camp. Thank-you
once again. The lucky winners are Dick and Melody Farmer
of Boswell. Dinner was brought to their place Saturday April
26. With gratitude, the Tipi Camp crew.

LOOKING FOR TREADMILL

Eastshore Ambulance Auxiliary is looking for a lightly used,
good quality treadmill to help our ambulance staff stay in
shape, especially during the winter months and evening
shifts. If you have one that you're not using, please consider
selling or donating it. The auxiliary would also gratefully
accept donations towards buying a new one. If you think you
might be able to help us out, please call Wendy Miller at 225-
3516.

EASTSHORE AMBULANCE AUXILIARY

Annual garage sale will be held early in June. We are now
seeking donations of good quality used items. Please no
clothing and no junk. If you have items to donate, please call
Wendy Miller at 225-3516 or Christy Gillespie at 225-3558.

EASTSHORE HEALTH SOCIETY AGM

The East Shore Health Society will be having it's AGM on
June 24 at 7PM in the Community room of the Crawford Bay
School. We will be; 1) electing new officers and 2) discussing
the results of the survey and the direction to take. To ensure
voting rights at the AGM, please re-new your membership in
the Society(\$5.00 per person per year). C.Poch PO Box 32
Crawford Bay V0B 1E0, other contact persons will be listed in
the June *Mainstreet*.

5 Years of Fitness!

Celebrating 5 Years of Community Fitness

Friday May 9 4pm to 8pm

FREE *Draws *Prizes *Smoothies
*hang out, check us out, learn
about our gear*



Regular hours in effect for May

**Mon - Sat from 8 to 10 am,
Mon - Fri from 6 to 8 pm**

CHURCH CALENDAR

RIONDEL COMMUNITY CHURCH MAY 2014 SCHEDULE

May 4: Canon Jim Hearne, 11am
music - Marie Gale
May 11: April 27: Linda Moreau, 12:30pm
music - Marie Gale
May 18: Rev Robin Celiz, Anglican, 3pm
PLEASE JOIN US FOR A COMBINED SERVICE AT
Riondel Community Church
music - Deberah Sheares
May 25: Brent Mason, 2pm

Please check www.riondel.ca for changes Info at 250-225-3381

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

For information call Christ Church Creston 428-4248
Sunday, May 4: 1:30 pm Rev Robin Ruder Celiz
Sunday, June 8: 1:30 pm Rev Robin Ruder Celiz

HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!
May 18: Rev Robin Ruder Celiz, 1pm.
For information call Karen Gilbert: 227-8914

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore
Come & join us Sundays at 10 am.
Coffee fellowship after the service.
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 2:00 pm
1st Sunday of the month, Fellowship Sunday.

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

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

CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church,
8151 Busk Rd, Balfour
Sundays, 9:30 am - All welcome For info, call: 250.229.5237

Next Deadline: May 21, 2014

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 morn-
ing at 8:30 am in the Kootenay Lake Community Church base-
ment. Call Marilyn for more info: 227-9129

PARENT ADVISORY COMMITTEE

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

**Nov PAC Meeting: May 12 (Monday) at 7pm in the
CBESS school library.**

All parents/guardians welcome!

May 2014 Mainstreet 19

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Yoga w/ Lea, 8:30am, Comm. Corner Improv, Comm Corner, 7pm Many Bays Practice, 7pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	Fit Club, CB Hall, 6pm
					8	9
4	5	6	7	8	Health/Emerg Serv Mtng, CBESS Yoga w/ Lea, 8:30am, Comm. Corner Improv, Comm Corner, 7pm Many Bays Practice, 7pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	5 Years Fitness Place Celebration, 4-8pm Brass Buttons, The Hub Fit Club, CB Hall, 6pm
Hike for Hospice, 9:30 Local Market Course, Learning Place, CBESS, 10-3	Yoga w/ Lea, 8:30am, Comm. Corner	Creston Vet, CB Castle Badminton, CBESS Samba, 7-9, CBESS Lions Mtng, 7 pm Dr. Grymonpre	16+ Vball, CBESS, 7pm Dr. Moulson			Spring Forum, CBESS, 1-4 Badminton/Pickleball/ PingPong, CBESS, 10 am
11	12	13	14	15	16	17
Plant Sale, CBESS, 11-2	Yoga w/ Lea, 8:30am, Comm. Corner	Badminton, CBESS Samba, 7-9, CBESS Dr. Lee	16+ Vball, CBESS, 7pm Dr. Moulson	Yoga w/ Lea, 8:30am, Comm. Corner Improv, Comm Corner, 7pm Many Bays Practice, 7pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	Fit Club, CB Hall, 6pm	Opening of Rio Artisan Shoppe Badminton/Pickleball/Ping- Pong, CBESS, 10 am
18	19	20	21	22	23	24
	Dump Closed Fall Fair Meeting Yoga w/ Lea, 8:30am, Comm. Corner	Badminton, CBESS Samba, 7-9, CBESS Lions Mtng, 7 pm Dr. Lee	Mainstreet Deadline 16+ Vball, CBESS, 7pm Dr. Moulson	Yoga w/ Lea, 8:30am, Comm. Corner Improv, Comm Corner, 7pm Many Bays Practice, 7pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	Fit Club, CB Hall, 6pm	Fam. Constellation Wrkshp, CBESS, 9:30am Badminton/Pickleball/Ping- Pong, CBESS, 10 am
25	26	27	28	29	30	31
	Yoga w/ Lea, 8:30am, Comm. Corner Shane Philip, The Hub	Badminton, CBESS Samba, 7-9, CBESS Dr. Lee	Kootenay Insurance, Cust Appreciation, 10-2 16+ Vball, CBESS, 7pm Dr. Moulson	Yoga w/ Lea, 8:30am, Comm. Corner Improv, Comm Corner, 7pm Many Bays Practice, 7pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	Fit Club, CB Hall, 6pm	EDC deadline Badminton/Pickleball/Ping- Pong, CBESS, 10 am

Kootenay Lake Art Connection

Looking to Showcase Artist & Artisan Works
June 27 - Sept 3, 2014

Any artist living near or around Kootenay Lake is eligible to become a member. IF you haven't shown your work before, send a photo before May 15 to emeraldeastcliff@gmail.com.

Remember, "Art is in the eye of the beholder."

We are also looking for galleries and venues to house the artwork for the summer. Even one great wall will work!

For more info, call Geri at 250.227.9085
or 250.777.1479

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Transfer Station Hours

CRAWFORD BAY:

Sun, Tues
AND Thurs

9 am - 3 pm

BOSWELL:

Weds/Sat:

11 - 3 pm

Library Hours:

East Shore
Reading
Centre:

Tues & Sat: 12-3

Thurs: 7-9 pm

Riondel
Library:

Mon: 2-4 pm,

Weds:

6-8 pm

Tues, Thurs, Sat:

10am-12:30pm

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

banklocal

By banking locally with our credit union, you ensure a vibrant community and a dynamic local economy. Our 100 Mile Mortgage allows you to keep interest local.

ndcu MoneyWorks

Going To Nelson? Be sure that coming in to see Vivi is on your **Financial Planning "To Do" List!**

Call 250.352.9256 to make your appointment with Vivi on her next visit to the East shore.

Vivi Lindsay
www.nelsoncu.com/moneyworks

ES Health Centre 227-9006

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