

\$2.23
+ HST =
\$2.50

The East Shore Mainstreet

KOOTENAY LAKE BC

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

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

***MS ONLINE: 2**

***EDC Forum: 3**

***Chamber: 4**

***CB Hall AGM: 5**

***Riondel Cable: 5**

***Green Worms: 7**

***Off the Mat: 8**

***Bevy of Angels: 10**

***Paint-A-Thon: 14**

***Silver Boot: 18**

NEW THIS MONTH - THE MAINSTREET ONLINE!

Watch www.mainstreet.eshore.ca for mid-November launch!



Folk Fusion Skirt Dancing Workshop

On Saturday, October 23, Slava Doval offered a workshop to East Shore residents. In the morning, ten local women took part in the event, and in the afternoon, these five girls participated. They are, from left to right: Rowan Medhurst, Dema Fiddick-Halfnight, Zoe Zaiss-Baetzel, Maya Sly and Sedona Shuel. Instructor Slava Doval is in the front. Folk Fusion is a unique and dynamic movement blend of Latina Skirts, fancy footwork, soulful spinning, and invigorating jumps, all with a contemporary dance edge. Slava plans to host a couple workshops before Christmas, and continue in the new year with ongoing classes. For registration info, contact her at 250.352.0047 (slava.doval@gmail.com) or Laverne Booth 250 227.9252.

Photo: Ingrid Baetzel

ESIS East Shore Internet Society
 250-505-4089
info@esis.theeastshore.ca
esis.theeastshore.ca

High-Speed Internet

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

Central Kootenay Lake's community non-profit ISP

Afraid of Mice?

I can help!



Will: 227-9600

graphic design: print, web, signage...

A division of BDMCI corp.

Dan's Ground Disturbances

Reliable, locally expanding friendly service



Services offered:

*Excavating

*Land Development

*Snow Plowing

*Land Clearing

*Dump Trailer

Cell: 250-551-4401 / Tel: 250-227-9110

Email: dansimpson@bdmci-eng.ca

Return undeliverable items to:

The East Shore Mainstreet

Box 140,

Crawford Bay, BC, V0B 1E0

Agreement #:

40718537



MS Issues

by Ingrid Baetzel,
Editor

The *Mainstreet* is very excited to announce the launch of the new *Mainstreet Online* website. To find this site, go to www.eshore.ca or, more specifically, www.mainstreet.eshore.ca.

At the time of printing, you'll need to wait a couple of weeks until the site is active, but put the address in your favourites or bookmarks and watch for the site to launch in mid-November!

What this new site **won't** be is perhaps the easiest place to start. It will **NOT** be the paper version online. This project is intended to be more of an enhancement of the services already provided by the paper edition, and one to fill gaps that the paper version is not able to fill.

The site will offer blog and discussion/forum pages as well as a business directory for businesses on the East Shore and those who impact East Shore residents. An option will soon come available for an advertiser to pay a nominal monthly fee to be listed in a directory (includes business name, contact info, link to website and one line description). With their membership to the site and this paid listing option, they will then have the opportunity to post events, bulletins and announcements on the site that relate to their business. This will be particularly useful to those whose events don't coincide with the paper *Mainstreet's* deadlines and print schedule.

In time, it will have a comprehensive classifieds section to serve the local and broader community and offer listings for local business opportunities, rentals, events/workshops, items for sale/wanted and so on.

LETTERS TO THE EDITOR

ARE YOU AWARE? DO YOU CARE?

Dear Editor:

On Saturday, October 16, the Riondel ambulance out of service

The dispatcher at 911 said that an ambulance could come from Salmo!

I replied, "I could be dead by that time."

Fortunately the Osprey was still in use. The ambulance came from Nelson and met the ferry at Balfour.

I do not wish to bore the readers with my health problems, however I did try to read the "BC Health Guide" to try to determine which course of action I should take, also called the pharmacy and was told that I "should seek immediate medical attention." (When in doubt and no one else is available, the pharmacists are a great source of information and advice).

Maybe we are "out of the loop" so to speak, however we would certainly like to know what is happening with our ambulance service?

I am sure that we are not the only area residents that have had to endure this feeling of helplessness.

One thing I do know – the paramedics are wonderful and once you arrive at KLDH, the emergency room nurses, doctors and technicians are fantastic, caring professionals. I thank them for being there for us. Oh yes – do you know how much the paramedics make on standby? It might surprise and disgust you.

By the way, when is the next election?

Hope Fortune, Crawford Bay

Mainstreet Online hopes to be able to offer easy links to other important East Shore websites and facilities, such as the Chamber of Commerce, InvestKootenay, ESIS, the South Kootenay Lake Community Services Society, and so on.

Also coming to the site will be a calendar for goings-on in the area with quick-link connections to further descriptions and details about the listed events.

The new site is intended to be a one-stop-shop for all East Shore happenings, meeting information, hot news items, buy and sell, schedules, business and non-profit information and announcements. The community has been asking for a comprehensive resource for communication and information for a long time, and *Mainstreet* is very proud to be offering this service.

This will be a work in progress and will develop over time. For now, watch for *Mainstreet Online's* official launch in mid-November. (We're hoping to be up and running by the November 19.)

Advertising slots will be available on the Home page of the website in either one-month or two-week time share options (at 60% of the one-month price). Other pages connected to the main page will also have spots for advertisers, and the traffic and viewing popularity of those pages will become more apparent as the website is developed and fine-tuned. If you're interested in booking some advertising space on this new and exciting website, please contact me to discuss prices and options for your business. Existing advertisers of the paper edition will receive discounted rates for online advertising and vice versa.

Feel free to call me or email Ingrid Baetzel with any questions – 250.227.9246 or mainstreet@theeastshore.net

www.mainstreet.eshore.ca



OFFICE DESK

Box 140, Crawford Bay, BC, V0B 1E0

Editor: Ingrid Zaiss Baetzel (since 2002)

Retail Distribution, Subscriptions, Advertising, Layout:
Ingrid Zaiss Baetzel

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

Phone: 250.227.9246

Email: mainstreet@theeastshore.net

Assistance: Doreen Zaiss

Writers: Community

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

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

Copies every issue: 1000

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

Next Deadline:

Weds, November 24, 2010

MAINTAINING A CAMPGROUND

Dear Editor:


We would like to say a huge Thank You to all those that helped keep the Riondel Campground up and running this summer. Your volunteering did not go unnoticed, and we think you did an awesome job, ALL of You!

Maintaining the campground and access to Kootenay Lake is of great importance to the whole community and visitors to our area as access points have become more scarce over time and those that use this facility truly appreciate the lake front.

Throughout all the difficulties that you encountered during the past months, we appreciate your hard work and dedication to our community, its people like you that make the East Shore the BEST Shore!

Thank You,

Mike and Ivy Jeffery, Crawford Bay.



serving the East Shore & Creston areas
residential and commercial

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

(250) 225-3375 P.O. Box 117
(250) 551-3201 cell 434 Aspen Road
b57excavating@bluebell.ca Riondel, B.C. V0B 2B0

Turlock Electrical Contracting Ltd.

Your Local Electricians
Commercial, Residential
Over 10 Years Local Experience

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

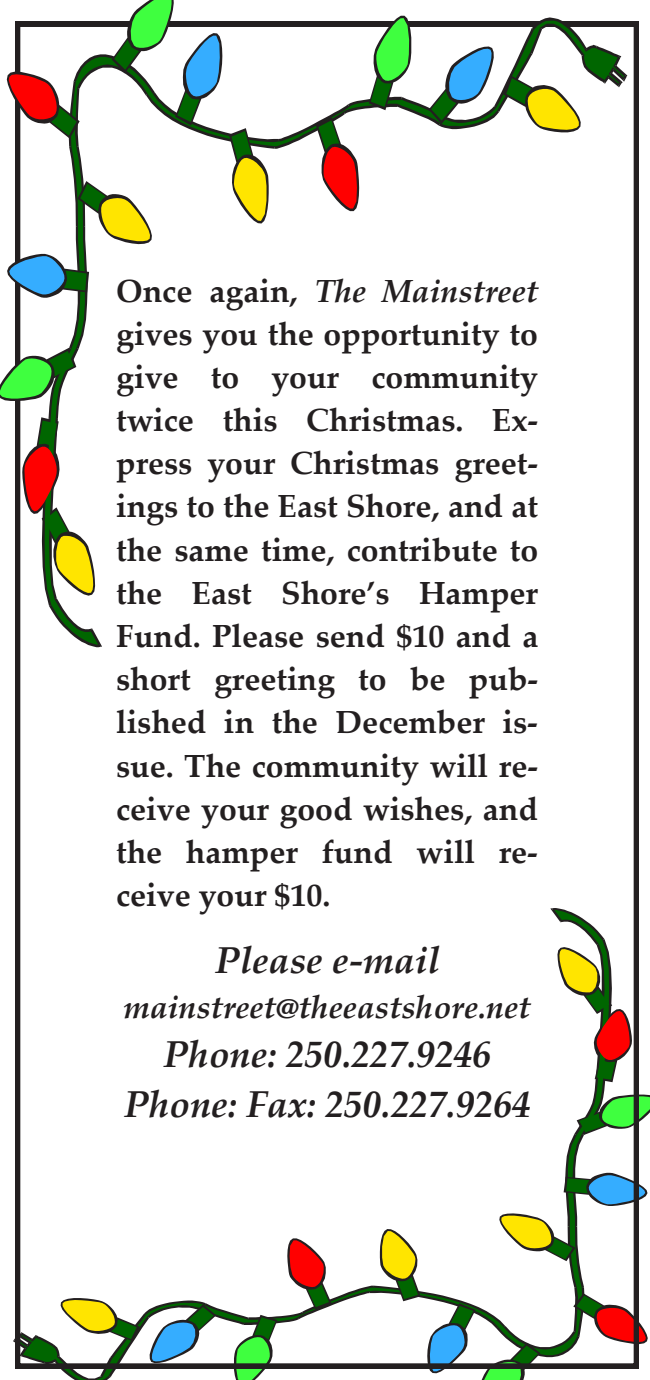
(250) 227-9688 or cell (250) 551-4671
turlockelectric@shaw.ca



Betty778 photography

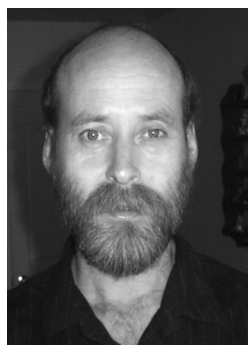
Late Autumn Sale
A collection of
Quality giclée prints
Framed canvas
Blowout prices!

Sunday, Nov. 28. Noon-4pm
@ The Tara Shanti
Contact Info:
Bat-Hen Tiv (Betty)
<http://betty778.com>
(250)225-3421



Once again, *The Mainstreet* gives you the opportunity to give to your community twice this Christmas. Express your Christmas greetings to the East Shore, and at the same time, contribute to the East Shore's Hamper Fund. Please send \$10 and a short greeting to be published in the December issue. The community will receive your good wishes, and the hamper fund will receive your \$10.

Please e-mail
mainstreet@theeastshore.net
Phone: 250.227.9246
Phone: Fax: 250.227.9264



RDCK Area "A" Update

by Garry Jackman, Director, Area "A"

October was another interesting month with an above average number of meetings. **The Columbia Basin Trust (CBT) held its tri-annual forum** in Revelstoke over a three day period in late October. The attendees represented a wide range of interests from non-profit and social groups to local and provincial government with local interested citizens looking in to see what was being discussed. Sessions covered affordable housing, preliminary indicators of what is being done in the lead up to the Columbia River Treaty negotiations, broadband internet opportunities, local alternative energy projects and a general discussion on the future direction the Trust will take. A recurring theme revolved around what brings us together and how much we have in common across the Columbia River basin, irrespective of the boundaries of our three regional districts, municipal or rural boundaries or any perceived differences in social values. Pretty much to a person we recognize the beauty of our natural surroundings along with the challenges which this beautiful terrain brings. We recognize our common appreciation of our relatively pristine environment, our peaceful lifestyle and our supportive neighbours in times of needs. I personally bristle when I hear people make "us and them" analogies to justify their positions on social or economic issues. I got over that type of thinking long ago. We are collectively most successful when we emphasize our common strengths and forgive our differences. The CBT is looking to play an

ever expanding role in promoting the social, economic and environmental welfare of basin residents. I thank them for their leadership and look forward to working on initiatives with broad, regional benefits.

On to another topic which is common to us all - **mail delivery by Canada Post.** This segment will be of most interest to residents from Wynndel up through to the southern tip of Gray Creek, but based on what I have learned in the past few days it should interest all. Canada Post is underway with what appears to be a relatively benign exercise of changing our use of postal box numbers to our street addresses, commonly referred to as "fire numbers". I really do not know why. A few months ago our Regional District computer mapping people were asked to produce maps of areas used by emergency services to call out fire, police and ambulance in the event of emergency. These maps were apparently developed long ago and the local government is one place where the data base is held. The reason for the maps is based on common sense. There is no way for the ambulance driver to find your house based on your postal box number (unless perhaps she is your neighbour). Our street addresses are duplicated through the region; for example there are Highway 3A addresses common either side of Nelson and Creston, yet the addresses are not in Creston or Nelson. This makes the name of the smaller, historic rural community quite important if an emergency vehicle is to be dispatched without error. Apparently these historical communities shown on the map are numerous, including Wynndel, Sirdar, Kuskanook, Sanca, Boswell and Gray Creek along the south arm. Missing, in the minds of people who commonly identify their home by newer, growing communities are places like Twin Bays. To complicate issues further, the older maps, somehow agreed upon or imposed in years gone by, do not necessarily align with our concept of today's boundaries of these historical communities.

What to do, when simply asked for maps of historical boundaries used for emergency services and now faced with numerous concerns from residents? First,

clarify that this is a Canada Post initiative. Second, point out that I know I received a letter many weeks back telling me my address would change from a box number in Boswell to a fire (street address) number in Boswell, along with a new postal code. I grumbled inwardly and promptly put the letter someplace I cannot now retrieve it from. Next I received a confirmation letter with time frames and a pair of keys for a shiny new mailbox. This appears to be the trigger which got the attention of most people. After discussions with our regional staff, we realize that the Boswell/Gray Creek boundary was scrutinized over the past few years as part of the community planning exercise so I have suggested that Canada Post be encouraged to use this boundary and make any adjustments to a dozen or so residential addresses as needed. As for creating new communities beyond the historical ones, residents should contact Canada Post directly, preferably in an organized manner, and advise Canada Post of how they feel they should be represented. Although Canada Post's second letter has a very short time frame, the commitment they have made to redirect mail is for 12 months so I do believe there should be time to do this right.

Again, why be interested if you live north of the southern tip of Gray Creek? I understand this is an initiative which will continue across all of our communities and there are more implications than boundaries between communities. One of our community members who has never failed to be a source of wisdom pointed out how many community groups and societies have no fixed address but rather rely on a post office box for mail delivery. Similarly, some individuals may wish to retain some anonymity. A rural business may now have to pay a premium to maintain a box number in a neighbouring municipality. As Canada Post works out our boundary concerns we also need to emphasize any other issues to minimize future problems

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

BUYING, SELLING, RETIRING... OR JUST CURIOUS?

by Lorna Robin, EDC Chair

With all the "For Sale" signs along Highway 3A, many of us wonder what the future holds for our East Shore communities. Perhaps what it holds is opportunities for new investment, new families, and new energy.

Your Area "A" Economic Development Commission is hosting a forum in the Crawford Bay School library on Saturday, November 6, from 2PM until 5PM. We are bringing together several organizations that can help facilitate your dreams of selling, buying, and retiring, and increase networking within the community. We plan to be showing the InvestKootenay website on an ongoing basis and helping people sign on and list their businesses. You do not need to have your own computer or internet savvy to benefit from this free service. There will be time for questions and one-on-one, and refreshments to keep you going. You are welcome to come to all or part of the forum.

2:00 - **Meet and greet**, Garry Jackman, RDCK

2:15 - **Community Futures** on Succession Planning - Graham Edwards - with our aging demographic, entrepreneurs need to prepare carefully when it's time to pass on your business.

3:00 - **InvestKootenay** presentation by project manager Terri MacDonald, PhD - how the InvestKootenay website can serve you as a seller or as an investor

3:30 - **Kootenay Lake Chamber of Commerce** - Jamie Cox, President - how the Chamber serves you - a strong voice for change

3:45 - **South Kootenay Lake Community Services Society** - Shandi Miller - an update on this new community link and what's in store for the future

4:15 to 5 pm - **Live website sign-up** with InvestKootenay...discussion and information sharing

Everyone is welcome - hope to see you there!

ARE YOU THINKING OF STARTING UP...SELLING...BUYING...RETIRING ?

AREA "A" ECONOMIC DEVELOPMENT COMMISSION - EDC

FORUM

Crawford Bay School Library
Saturday, November 6
2PM—5 PM

Speakers from:

**Community Futures
Succession Planning**

**InvestKootenay—list your business
Economic Development Commission
Kootenay Lake Chamber of Commerce**

Community Link

Refreshments—Everyone is welcome—Drop in

Chamber Chatter

Records of Discussion of Kootenay Lake Chamber of Commerce Meeting

submitted by Jamie Cox, notes by Gina Medhurst

Attending: Jamie Cox, Lorna Robin, Tom Latta, Alex Lackovic, Andre Laport, Gina Medhurst, Paul Hindson, Tom Lymbery, Janet Wallace Guests: Jenny and Katie Pearson-Wenger

Proposal: Katie Wenger approached the Chamber to request support of her new business idea, businessbugs.ca, a youth business support website. Kate applied for a CBT Youth Grant and asked if the Chamber is willing to hold the funds in trust. Kate will email the sponsorship form to Jamie. The Chamber also recommended the SKLCSC could also be approached for this request.

Meeting Procedure Proposal: "Parking Lot Issues" – after thought discussions will be placed at the bottom of the agenda, or tabled for the next meeting. Agenda items for the next meeting should be added no later than Saturday from members. Motion – Agenda to be sent out to all members by 4pm Friday; 1st-Paul H, 2nd-Andre L, carried. Motion – Records of Discussion to be sent 1 week before the agenda; 1st-Paul H, 2nd-Andre L, carried

Record of Discussion: Approved 1st-Paul H, 2nd-Andre L, carried

Treasurers Report: Cash on hand - \$3,985.74. Upcoming expenses for October- ISL Ad. Andre will be meeting with Janet W. to hand over the books and mail key this Friday. Chamber membership due are still coming in. The new brochure is discussed – cost previously around \$8500 plus freight. Report approved; 1st-Paul H., 2nd-Janet W., carried

New Business:

- Tom Lymbery has been asked to report on the past 2 years of Chamber accomplishments for *Mainstreet* article.

- EDC Forum Presentation-Lorna Robin: November 6 from 2-5 pm there will be a connections and info forum at CBESS Library. Info for anyone starting, selling or buying businesses on/around the East Shore. IK, Com. Future, SKLCSC, will be attending. Request for the Chamber to attend as well, have a table with brochures (KLCC, ISL, Koot. Rockies, Visitors Guides), membership forms etc. and to answer questions. Jamie C., Tom Latta and Janet W. are willing to attend.

- SKLCSC-Janet Wallace: Still fundraising – CBT and RDCK discretionary funds. Shandi Millar has applied to the WWF for money to fund the building of a Greenhouse at the School

- Chamber Awards Night 2011-Jamie Cox: for mid-October 2011, creates membership development. Ideas: Bus./public vote on 3-4 criteria, "best service", "going the extra mile" etc., per plate fee, employee comment cards **TABLED FOR NEXT MEETING**

- Smoke Alarm Campaign-Paul Hindson: asking for Chamber support and funds to help pay for smoke alarms and batteries. They are given out to anyone who needs them. Tom Lym. suggests tying it in with the Christmas Hampers. Paul will talk to Leona Keraiff.

Motion: the chamber to provide up to \$300 for promo advertising and assist in (if needed) funds for the giving out of smoke alarms 1st-Paul H, 2nd-Andre L, carried

Old Business:

- Creston Intersection Signage-Tom Latta: the sign is on private property, not Highways. Property owner is willing to allow the Chamber to move it. Can apply to EDC for a grant to assist in the cost of moving it. Motion: Alex L., Jamie C., Tom Latta to go down to Creston and asses a better location for the Kootenay Lake sign at the intersection of Hwy 3-3A on the property. 1st-Jamie C, 2nd-Janet W., carried. Tom Latta and Jamie C. Will also meet with the Kaslo and Bal-four Chambers in November to discuss promo signage for all

- Garbage Committee: Tabled for next meeting
- Biffy: The possible buyer didn't show

Parking Lot Issues:

- Old brochures: Tom Latta will go through outdated ones and recycle

- Meeting Location: Discussion of the monthly meeting location. Would like to keep meetings at the school, knowing that the meeting is held in one location is a benefit, have social events around the East Shore

- "On Record" Tom Latta congratulated the Crawford Bay Store for getting the new scanner/till system

TABLED FOR NEXT MEETING:

- Chamber meeting location
- Garbage Committee
- 2011 Awards Night

Special thanks to Paul Hindson, Andre Laporte, Lois Wakelin for their terms on the executive. With personal excitement, I'd like to introduce the new executive of Janet Wallace as Treasurer, Gina Medhurst as Secretary, Tom Latta as Vice President and myself (Jamie Cox) as Chairperson. The Chamber membership drive is on now for the following year. I would like to extend a personal request for any business, large or small, to get involved at this time of change on the East Shore.

Next meeting: November 15th, 7pm, Crawford Bay School

British Columbia Ambulance Service

in Riondel is looking for persons interested in working on a part-time, call-out basis.

Applicants must be at least 19 years of age, in good health with good lifting capabilities. Applicants must have or be willing to train for and to obtain an Emergency Medical Responder or Primary Care Paramedic license, a class 4 B.C. drivers license, and CPR C certificate. Applicants must provide grade 12 transcripts, an acceptable drivers abstract and undergo and pass an RCMP criminal background check, medical examination, lifting ability assessment and a hiring assessment interview.

Accepted applicants will undergo a probationary period after hiring. Riondel station operates on a ten hour and fourteen hour shift schedule of two crew members. Employees work on a pager call out system and must have access to a telephone and be of a reasonable response time to the station. Pay for being available on duty by pager is \$2.00 per hour. Regular wage is paid from the start of a call out. Employees "may" be eligible for health benefits after six years of employment if accumulated hourly requirements are fulfilled.

Interested persons should contact B.C.A.S. Human Resources Department at 250-828-5840

Kootenay Lake Chamber News

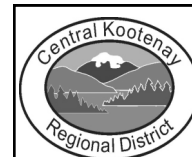
by Tom Lymbery

By many, the Chamber of Commerce is often perceived as being primarily concerned with promoting tourism for the benefit of the members.

However, much of the Chamber's efforts are of benefit to everyone in the district. For instance, it was the Chamber that was able to get Highways to build the left turn lanes at the junction of Riondel Road and Wadds Road, as well as the passing lane on the Kootenay Bay hill. Producing evidence of the dangerous runaways that have endangered people on the hill persuaded Highways to put in the runaway lane just above the ferry. The worst of these was a cement truck that lost its brakes, damaged the first two cars coming off the ferry, but amazingly the driver was able to turn behind the washroom building, tipping his truck over. Another was a camper van that ran into the lake with one loss of life.

A more recent effort was asking for pavement of the loop up Oliver Road, across the upper Gray Creek bridge, and returning to the highway on Anderson Road. This hasn't happened yet, but the pressure was effective enough to see considerable improvement this year to the roads serving the uphill Gray Creek residential area with new gravel, processed with better dust control material that also provides a smoother surface.

An ongoing Chamber effort is to promote and distribute smoke detectors and/or batteries to anyone that doesn't have these essential lifesavers. BC now has legislation to makes it mandatory that every home has at least one smoke detector in operating condition.



REQUEST FOR QUOTE Construction Services for the Riondel Storm Main Replacement/Upgrade

The RDCK is seeking quotations for construction services for the Riondel Storm Main Replacement/Upgrade. The scope of work consists of upgrading the existing storm sewer along Ainsworth Avenue and sections of McGarvey/Hedley Street, Riondel BC. The project is planned to be implemented in the 2010 construction year.

Request for Quotation Documents are available at www.rdck.bc.ca Notices/Tenders – RFQ – Construction Services for the Riondel Storm Main Replacement/Upgrade.

Brian Nickurak
Utility Services Manager
Environmental Services Department
Regional District of Central Kootenay

IS YOUR SMOKE ALARM WORKING?

*Do you have one??
(now required by law)*

Once again, we are giving away FREE smoke alarms and batteries (limit 2 per household) until November 30.

**Nov 1-15, call Mike at 250.227.6807
Nov 16-30, call Paul at 250.551.5005
or go to Kokanee Chalets.**

It could mean your life!

Sponsors:

- Gray Creek Store
- Home Hardware Building Cntr, Nelson
- Kootenay Lake Chamber of Commerce
- East Shore Fire Department Committee



C.B. Hall & Parks AGM Nov.9

C.B. Hall Fix-Ups in the Works

by John Edwards

Exciting times are afoot for Crawford Bay Hall, as our Board of Directors is in the final stage of negotiating a five-year lease with School District 8, that will allow us to get on with improvements to our heritage community hall that have been on hold for almost a decade.

With the lease in place, we'll have the security of tenure that's been lacking, and we can go ahead and begin the fix-ups that are sorely needed.

Our Annual General meeting will be on Tuesday, November 9 at 7:30 p.m. at Crawford Bay Hall. There will be a recap of Hall and Park issues over the past year and a look ahead to what 2011 will bring. If you have some ideas about what you'd like to see happening in your Hall or at Kootenay Bay Boat Launch, or in Crawford Bay Park and Community Corner, now's your chance to come out and make them known.

There will be elections for a new slate of directors for the board, and most of the current directors have indicated that they'll stay on for another year. **The current Directors are Sandra Bernier, Helene Carter, John Edwards, Marion Johnson, Cory Medhurst, Gina Medhurst, and Jonas Plaumann.** New directors with fresh perspectives and energy are always welcome, so if you feel like getting more involved in your community, this is a great chance to do it.

Coffee, tea, and goodies will be served, so come on out and have a cup with your neighbour, and stay up to date on what's happening.

Available for your community event, wedding, workshop, etc.:

**CB Hall and Park AGM
Nov 9, 2010, 7:30 pm
Crawford Bay Hall**

EVERYONE WELCOME!!



RESCUE TRUCK FOR SALE BY TENDER

The Regional District of Central Kootenay is offering the following rescue truck for sale – – 1989 GMC 3500 One Ton Red Rescue 4 Wheel Drive Crew Cab, odometer reading 239,266. Pictures available at www.rdck.bc.ca/Public Notices/Tenders. Sold as is where is. Best offer.

For additional information or to make arrangements to view, contact Fire Chief Clive Derbyshire 250.551.1352 / cderbyshire@rdck.bc.ca

SEALED BIDS marked "RIONDEL RESCUE TRUCK BID" will be received at the Regional District or Central Kootenay Office, Box 590, 202 Lakeside Drive, Nelson BC V1L 5R4 up until **2:00 pm, November 16, 2010.**

The Regional District of Central Kootenay reserves the right to reject any or all bids, and to accept the bid deemed most favourable in the interest of the Regional District of Central Kootenay.

New School/ Community Project Update

by Leona Keraiff for the East Shore
Community Facilities Committee

You haven't heard from us for a while but we are still actively pursuing financial support to complete our obligation to School District #8.

Great news - during the past year community members and The Vancouver Foundation have generously added to the tally so we now have only \$5,967 to go! You may remember our initial obligation to construct The East Shore Fitness Place, The East Shore Family Place and the three community rooms was \$815,000. PLUS we needed \$55,000 to equip these great spaces! Happily we are nearing our target.

Do you have any ideas as to whom, to what or to where we can apply for funds? Perhaps you need a charitable donation receipt for income tax purposes? There is still room on the glass wall of The Family Place to inscribe your name along with other generous contributors. Thank you for your consideration.

Next

Deadline:

WEDS, Nov 24, 2010

Riondel Cable Going Digital

by Fran O'Rourke

The Riondel Cable Society is poised to launch a new digital system. The initial intention was to launch with standard definition digital signals only and phase high definition (HD) in later; however, during the preparation, we discovered that there was intense interest in HD and that the cost of providing it was manageable. So we are pleased to announce that our digital launch will include both standard and high definition signals.

Also during our initial planning, we expected to be ready for the big switch from analogue by November 1. Unfortunately, that projected date was somewhat optimistic. We were on schedule with our channel selection process and filling in all the paperwork – there was a mountain of paperwork. We have purchased the equipment to handle digital signals. Enough set top boxes for our subscribers, with extras for second TV sets and digital capability, sit waiting to be installed. What we did not allow for in our planning was sufficient time for that mountain of paperwork to slide through the processes of four bureaucracies. When that is done, everything is ready. We now expect the BIG DAY to be sometime between November 15 and December 1.

Our committees have tried very hard to maintain an interesting and varied channel selection in our basic digital package, unlike many providers who expect subscribers to fill in the basic offering with add-on packages. Although we will also be offering some special interest, add-on packages at modest prices, many subscribers will find they are not necessary. The new basic package will not be identical to our analogue line-up, but it will be stronger in entertainment value and viewing choice than the one subscribers now enjoy. We had to make some changes due to regulations that apply to digital systems but not analogue systems, like the removal of IFC from the basic package and the inclusion of CNN. Some changes made good financial sense: putting four

Fall Fair Update

by Jeanne Lahnemann

We would like to extend a sincere apology to North Woven Broom and Rob and Janet Schwiager for our oversight in not including them in our list of donors in last month's *Mainstreet*.

North Woven Broom donated a beautiful broom which was awarded to the winner of the fruit and vegetables aggregate. The lucky recipient of the broom was James Green. North Woven Broom has been generously donating a prize to us for many years and we are sorry for the oversight.

We would also like to advise that **the date for the AGM has been set for November 8, 2010 at 7 pm in the Crawford Bay Hall.** We invite everyone to attend and look forward to new ideas for the 100th Fall Fair next year. What type of celebration would you like to see? If you are unable to make the meeting and have ideas or would like to participate, please contact Ivy Jeffery at 250-227-6807 or Jeanne Lahnemann at 250-227-9082.

Barefoot Handweaving



Visit for a colour fix, woven warmth or a broom...

OPEN 10-4, Tues-Sun at least

227-9655

Rogers sports channels in the basic line-up resulted in substantial savings. And some changes are just a wonderful bonus to subscribers, particularly the plethora of radio stations and the pay-for-view options.

The unexpected changes led to costs we had not anticipated. Basic cable rates, which were due to go up anyway with the implementation of HST, will increase slightly more than we predicted – still a modest increase relative to the improvement in service. We preferred to set slightly higher rates rather than strip the program line-up. Because Riondel Cable Society is non profit, prices are set to cover costs and compare very favourably with other service providers. Rates will not change until the transition is completed.

Some people have asked why we are making the transition now: the "if it ain't broke why fix it" argument. The fact is, we have been telling our members for years that this change was coming. We feel our mandate is to provide the best service we can at a reasonable rate, and technology has been leaping ahead. To disregard those advances and stick with the old analogue system denies our subscribers access to the best that is available: there are viewing experiences, such as 3D, and a range of entertainment choices that can only be made available with a digital system. Moreover, eventually our current equipment will wear out, replacement parts will become harder and harder to find, and, if we wait for change to be forced on us, we may not have the experienced and committed volunteer labour force that has kept down costs during this major overhaul. Remember, the people who are making these decisions will be paying the same monthly fees as any other subscriber.

So we are poised. One day, soon we hope, the day of the big switch will arrive. Riondel Cable subscribers will be visited by friendly volunteers carrying set top boxes to install. Those of us who contributed to the digital transition consider it a Christmas gift to ourselves and our neighbours. Those who attended Demo Day to experience the potential benefits of the new system will be as excited as we are to see this project brought to completion.



Community Services Society (SKLCSS) Update

by Shandi Miller

We've been keeping very busy in the past month, applying for grants

and meeting with local groups as we get things off the ground. And we're very happy to begin hearing from various members of the community as word gets out that we are here. We don't offer grants directly, but we do strive to be a resource to help local groups find the appropriate places to go for funds, to build capacity, and to facilitate local access to all sorts of resources, so don't hesitate to get in touch.

On that note, I met with Kootenay Career Development Society in Nelson recently, and they are eager to offer workshops to East Shore residents either in Nelson (with subsidies available for gas and childcare costs) or on the East Shore if there are enough people interested in a given topic. If you would be interested in attending a workshop in any of the following areas, let me know and we'll do our best to get something organized: individual career counseling, resumes, job searching, career exploration and planning, training, employment maintenance, careers in specific sectors (tourism, trades, technology, healthcare, overseas); or resources for employers such as the wage subsidy program, and information about recruitment, training and retention. For more information you can also consult their website (<http://www.kcde.ca/>) or contact their counselors directly.

Our Board of Directors welcomed a guest speaker to our October meeting – Michele Cherot, Business

Manager of the Greater Trail Community Skills Centre. She presented a crash course on social enterprise, which is essentially a business run by a non-profit to achieve social or similar aims. Our Society intends to apply to Enterprising Non Profits ('enp') for funding to help us identify potential social enterprise opportunities in our communities. Sign up to our mailing list if you want to submit ideas or get involved with our process; if you are interested in more information about that kind of funding for your organization, go to: <http://www.enterprisingnonprofits.ca> or contact Michele directly (mcherot@communityskillscentre.com).

There is an upcoming training opportunity which might interest those of you who are volunteer Board members in the community. A day of training on 'Co-operative and Non-Profit Board / Management Development' will be offered from 9am-3:30pm November 20 at Selkirk College Castlegar for \$60/person including lunch. This training is offered by the Kootenay Boundary Community Services Co-operative and Upper Columbia Cooperative Council and is open to both co-ops and non profits. For more information please contact info@thekoop.ca (registration deadline: November 9).

I'll be continuing to attend local meetings in the next few weeks to introduce the Society and to get to know the priorities of various groups and projects. If you would like us to attend your meeting to get better acquainted, let me know! We'll also be at the EDC Forum at Crawford Bay School on Saturday November 6 so come and say hello if you're attending.

In addition to this regular spot in the Mainstreet, we'll be setting up an email newsletter this month in order to keep you posted on our activities. Drop us a line if you're interested in being added to this list, and feel free to forward those messages to people or organizations you think might want to keep up with us. We can be reached at skootenaylakecss@gmail.com or by phone in our office at Crawford Bay School: 250-227-9218 x5505. Hope to hear from you soon.

Golf Course Continues to Buzz with Activity

by Craig Stanley, Golf Course Superintendent

Although the golf course is closed for the season the property will be a buzz of activity during the fall and into the winter. There will be construction work done in conjunction with the development including the installation of water and sewer lines. Long and deep trenches will be excavated to facilitate the installation of the utilities and these are marked; however, due to the possibility of personal injury, especially while heavy machinery is operating, I would ask that anyone using the property for recreational walking should completely avoid the areas under construction. For the most part the construction zones are located around the lodge, pro-shop, clubhouse and the main entrance where the cabins and villas are being constructed. We are very excited that this work is taking place and we regret that this will inconvenience anyone who would otherwise make use of these areas.

As the resort property in its entirety is privately owned we reserve the right to restrict all activities on the property. That being said we still encourage people to use the trails for recreational walking, running, etc; however, there are signs posted that indicate which activities are permitted and which are not. In general anything you can do on your feet is permitted and anything that requires an engine and/or has wheels and tires is not permitted.

I will be setting the cross-country ski trail once the snow depth is sufficient and only then will skiing be permitted on the grounds. Once the track is set I would ask that people and pets do not walk on the track. I intend to keep the golf cart trail system clear of snow to facilitate walking. Should we experience a mild winter with little snowfall the turf and ornamental gardens on the property will be subject to damage from traffic of any kind. In general these limitations are put in place to mitigate the wear and tear on the golf course and the grounds during the time when the turf is sensitive to damage and when maintenance operations have stopped.

Yoga w/ Lea:

Mondays: 10am, CBay Community Corner (ends just in time for Hot Lunch at the school!)

Tuesdays: 9:30am, Boswell Hall

Sunday, Nov 7: 3rd Annual

Kootenay/Off the Mat Yogathon for South Africa. More info:

250.227.9030

learae@telus.net



- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL HALL

Booking/info: Judy @ 250-223-8664

Next Deadline:
Nov 24, 2010

sirar pub & grill

250-866-5522

Winter Hrs: Pub open @ noon daily
Kitchen: Sun - Thurs, Noon - 9pm
Fri & Sat, Noon - 10pm

*We now offer sports events
on 2 big screen TV's.*

Live Music:

- Nov 7: John Jenkins Small Town Revival
- Nov 12: Parked in a Handicap Zone

Book your Christmas Party Now!



Boccalino

www.boccalino.ca

on highway 3A, just 100 meters above the
ferry landing in Kootenay Bay

Boccalino Restaurant is closed for the season and would like to thank everybody for their support.

We are available for catering during the winter. Please call for more information 250-227-6906

Come & enjoy our fine food & wines!

Gisela Conrad, Proprietress
Yves Rossi, Head Chef



Ashram Christmas Social 2010

December 4th
Saturday, 1-4pm

- Used book sale
- Live music
- Refreshments

Everyone is welcome!

250.227.9224



Ashram Bookstore Sale

Selected items 10-50% off

December 1-21, 2010

Open 7 days a week 8:30-6:00 pm

Dangling Green Worms in Local Orchard

by Sandra Hindson

Yasodhara Ashram is the home of a productive organic cherry, apple, plum and pear orchard that has been providing the resident and guest community with fresh and canned fruit yearlong. Since the early beginnings of the orchard we have been employing organic practices including the use of organic pesticides. Our orchards are also populated with apple trees approximately 60-100 years old providing heritage apples that are not grown today in most orchards. Swami Saradananda estimates that we have about 40 heritage trees such as Orange and Cox Pippins and Gravenstein.

In the last few years we were faced with a mysterious pest, one that we called without fond affection, the 'dangling green worm' that appeared each year on our birch and other deciduous trees. We would wade through their long threadlike webs, emerging with these squirming green worms in our hair and clothes. Two years ago they migrated to our orchard, affecting the new leaves of the mature cherry trees, while this year they began to attack our plum and apple trees. Duane Holder, the local horticulturalist in Creston, unfamiliar with the pest, recommended we spray with Entrust, a certified organic pesticide, twice in 10-day intervals. This proved to be a successful deterrent to the damage the worms were inflicting on the leaves of the trees.

Over the course of the summer, we sent samples to Duane who then sent a report from an entomologist with BC Agriculture in Kelowna, who was responding to a similar enquiry from a neighbour in Kaslo. The report came from West Virginia University providing

both images with detailed description including management practices to control the population. The link is: http://www.caf.wvu.edu/kearneysville/pest_month/insectfocusept.html. We were close to solving the mystery. We then sent a sample to the BC Agriculture diagnostic lab in Abbotsford confirming that we indeed have as our guest *Lyonetia Prunifoleilla Leafminer*.

The lab recommended Entrust or GF 120, both sold at Creston Growers Supply as certified organic sprays as the best options. We sprayed Entrust at the end of August to reduce the overwintering population with the hope that beneficial insects will multiply. We plan to use Entrust again next year, starting the spray program earlier persisting through its cycles, until the pest is controlled to the extent natural predators can keep it in balance.

Additionally, this year we used GF-120 to combat an emerging cherry worm population, which may have helped reduce the *Lyonetia Leafminer* and successfully treated the cherry worm. We are pleased to share with you that we had almost no cherry worms this year.

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

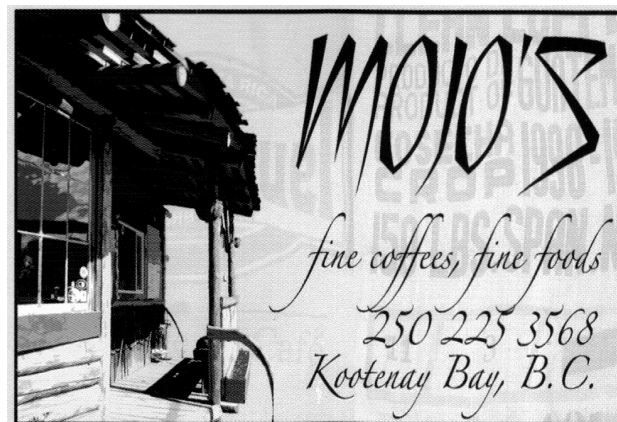
Community Futures is your small business expert.

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



Call Erika at 250-428-5957 to book a free appointment in Crawford Bay... www.futures.bc.ca

Growing communities one idea at a time.



SUNSET SEED COMPANY



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

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

Sunnywoods Farm

Your East Shore Garden Centre

25% off all Trees and Shrubs

Fall Hours: Tues-Fri, 12 to 5

15964 Hwy 3A, Crawford Bay 250-227-9506

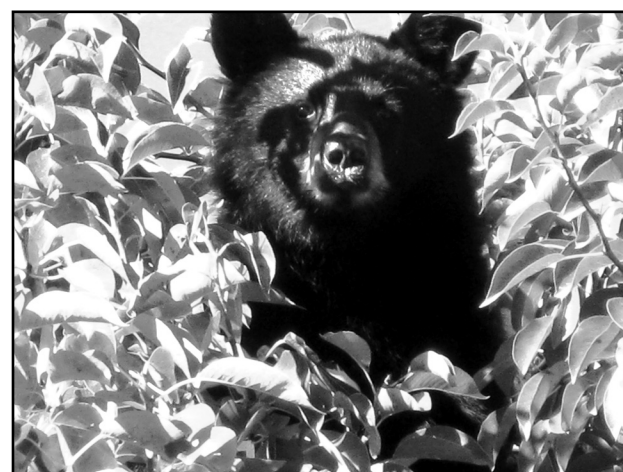


What Else Might You Find in an Orchard? Or Golf Course, as the case may be...

photos submitted by Sandy Oates



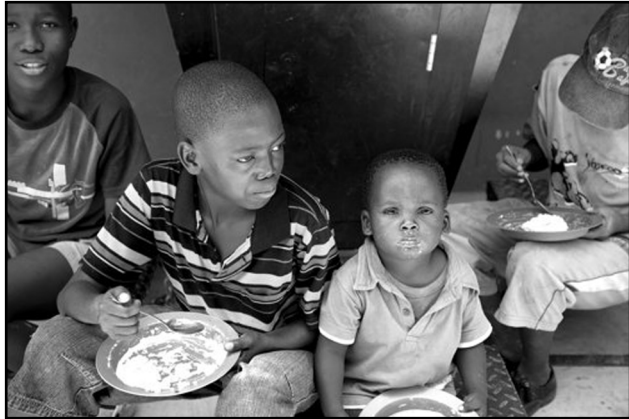
The grizzlies (photographed at Kokanee Springs Golf Resort by a member of the grounds crew) were caught and transported up past Riondel to Powder Creek (almost to Jumbo Pass). The black bears have been regular visitors as usual, but are dealt with on an individual basis. Many visitors and locals enjoy their visits. Nelson had five grizzlies within their city limits this year and communities throughout the region have been working hard to minimize any negative impact to and by the lovely ursine visitors.



Off the Mat, Into South Africa

by Lea Belcourt

3rd Annual Kootenay/Off the Mat Yogathon @ Yasodhara Ashram for Global Seva Challenge - South Africa 2010 - Sunday, Nov.7, 11:30am - 7:30 pm: Laughter yoga, Vinyasa, Heart yoga, Thai yoga, massage, film and discussion, prizes, great food and new friends! Everyone welcome, no experience necessary. Pledge sheets available at the Ashram, bulletin boards on the East Shore, and yoga studios in Nelson. Also available through Lea: 250-227-9030, learae@telus.net. BE THE CHANGE YOU WANT TO SEE (let's work on this together!)



Global Seva Challenge, South Africa 2010:

The statistics are staggering... the HIV/AIDS epidemic is the leading cause of death in Africa leaving behind a trail of destruction. The age bracket that AIDS most heavily targets – younger adults – means it is not uncommon for one or more parents to die from AIDS while their offspring are young. The number of premature deaths due to HIV/AIDS has risen significantly over the last decade from 39% to 75% in 2010. The burden upon family members, particularly children and older people caring for terminally ill adults, and the trauma of bereavement and orphanhood compromises the physical and mental well-being of entire households. This all happens in a society where the majority of children live in poverty and 23.2% of the economically active population is unemployed.

GLOBAL SEVA CHALLENGE 2010 is focused on supporting humanitarian efforts in South Africa. The Bare Witness Humanitarian Tour will begin with a deep exploration of some of the root causes of the HIV/AIDS proliferation in South Africa including apartheid and its subsequent economic consequences... exploring the Cape Town Flats where 2.5 million people live (a result of the Group Areas Act of 1950), listening to deeply personal stories, being hosted by local families, we will have an opportunity to see the problems first hand and explore relevant questions such as; how has over 46 years of apartheid affected the SA economy and created the kind of poverty that exists there? How, in turn, has that poverty been a part of creating the proliferation of HIV/AIDS in SA? In what way is this tremendous pandemic affecting generations and most particularly the lives of children and young adults in SA?

A Yogic Approach to Change: This is not a singular issue and requires a multi-dimensional response. As yogis, we believe in whole wellness of the body, mind and soul. Our approach in SA reflects this philosophy. We are working with unique local organizations who are going beyond the issue to address the broader impact of the HIV/AIDS epidemic and developing creative solutions to bring about whole and long lasting change.

www.mainstreet.eshore.ca

TOM SEZ

by Tom Lymbery

Why does our Ivy bloom in October and November each fall? - on top of our antique glass gas pump, and we have to keep cutting it back or it completely covers the pump.

Moose are more numerous each year. How many have you seen on the best shore?

Proof that the Trans Canada Trail is bringing business to the lake. Four German Cyclists came over the hill from Kimberley recently. Hungry and tired from that tough climb on bikes, they ate at the Rockwood and overnights at Crawford Creek Cabins.

Akokli Bridge to be finished by Christmas? Sweepstake on the opening date?

Where do bedbugs come from? Here's a story from an email that says the eggs come with brand new clothing from Indonesia, China etc. The suggestion is DON'T HANG IT IN YOUR CLOSET until you have put it in your clothes dryer for 20 minutes at high heat!

Pull up Prodigy MX if you would like some world and Mexican news in Spanish – and a chance to pick up some new Spanish words. For instance *golpe* means bump, *tumon* is rudder.

If a word is misspelled in the dictionary, how would we ever know?

An article in "Propane Canada" considers a possible oilsands revolution, N – SOLV TECHNOLOGY. This uses heated propane vapour injected into a gravity drainage chamber in the oilsands. The vapour flows from the injection to the colder perimeter of the chamber where it condenses, delivering heat and fresh solvent directly to the bitumen extraction surface. This system uses no water and 85 % less energy!

How come abbreviated is such a long word?

Bluejays are making a valiant effort to control this year's increased stinkbug crop – the leaf footed cedar bug.

GRAY CREEK PASS REPORT

by Tom Lymbery

First snow on the summit came on October 24, but not enough to impede traffic. It's quite possible to have a 10 inch snowfall in October, which will usually melt away, as the ground is warmer this time of year. The month's usage was more than usual, given better road conditions this season.

November requires four wheel drive as you can expect to be driving on some snow. December will start the snowmobile season. On what date will the Forest Service reverse their signs to "CLOSED"?

Sunnywoods Farm

Your East Shore Garden Centre

25% off all Trees and Shrubs

Fall Hours: Tues-Fri, 12 to 5

15964 Hwy 3A, Crawford Bay
250-227-9506



Crawford Bay Sunday Markets 2010 Review

Kathy and Liz Donnison,
Organizers of the Crawford Bay
Sunday Market.

Wow, what a great year for the Crawford Bay Sunday Markets! If you didn't make it to the markets, you missed a great time.

We would like to say thank you to everyone who came out to the markets, our advertising teams on various publications throughout the area, all our vendors (whom we consider friends) and everyone else that made this year great. Having such a great core of dedicated vendors and attendee's, every week was so gratifying.

A special thank you to the following: David George and Joe Bechal for their assistance in setup and breakdown of the market space, Janet Wallace/Barefoot Handweaving, Kokanee Springs' Greg Garbula and Crawford Bay Auto for graciously allowing us to place a market sign on their property during the market season.

To the EDC board for their generous financial support that allowed us to increase our advertising presence in the surrounding areas, we cannot say THANK YOU enough. The number of people that approached us saying that they saw our ad and thought coming to the area was "a great way to spend the day". Not only did these people attend the markets, but they also visited other local hotspots increasing the economic viability of the East Shore for everyone. Also, our "tourist info board" received rave reviews and enjoyed many "hits" and inquiries about the East Shore.

Plans are already underway for the 2011 season with almost half of our indoor spaces already reserved. We would love to see more locals vending and attending, so block out your calendars for next years Crawford Bay Sunday Markets and contact us to reserve your space today.

Again, THANK YOU! See you next year.

Next Deadline:
WEDS, Nov 24, 2010

★ ★ ★ ★ ★
★ **NEW - 2 - U** ★

Second Hand Store

-Tools

-Household Items

-Antiques & Collectibles

-Appliances

-Toys

-New clothes, jackets, t-shirts
(for kids & adults)

Location:

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

From the Principal's Desk

by Dan Rude

I'd like to share with you the following table that was presented recently at a conference called 'Connecting Leaders – Schools for the Future'. This is adapted from the work of Valerie Hannon, and highlights some of the thinking that is going on at a global level about how to best meet the diverse needs of learners and to recognize and nurture natural talents and curiosities.

<u>Learning Feature</u>	<u>Past</u>	<u>Future</u>
Where learning takes place	- Mainly in schools	- In schools (including studio schools, villages, and open campuses), cultural centers, businesses, homes, virtual centers, and other places across the community
Who learners learn from	- Teachers	- Teachers, parents, other skilled adults, peers, and social networks
Learning mode	- Instruction	- Interaction, collaboration - More learning by doing and discovery
When	- In school terms and hours - The lesson	- All the time, in different periods that more suit people's individual learning
Assessment	- At the 'end' of learning - Focus on cognitive skills	- During learning for better learning - More peer to peer evaluation and self-evaluation against learning plans - More focus on non-cognitive skills
How	- In classrooms, from books, whiteboards	- More real world learning, schools as 'productive units'

As I consider these ideas, I again envision the opportunities that exist for us, as a community, to focus on learning. Our intentions continue to be:

- to engage our students in meaningful learning experiences;
- to engage our community in focusing on the learning of our children and youth;
- to help our students get involved in and contribute to our communities;
- to meet our students' diverse academic needs; and
- to guide our students in becoming committed and independent learners.

In the first part of this year, I have seen some brilliant examples of students engaging in their learning and community members engaging in our school. Examples include:

- Lorinda English working with Ms. King and the 4/5/6's in building and planting garlic beds outside of the classroom;
- Many parents helping with elementary trips to Kokanee Creek Park, Riondel, and the Oliver Farm;
- Grades 10-12 students demonstrating their learning in their 'Projects' class, facilitated by Mr. Wallace;
- Kokanee Springs golf pros leading our secondary students in golf lessons and offering further free lessons to youth; and
- Terry Turner and Mr. Panio leading a secondary group on a historical tour of Ainsworth and Kaslo;
- Jacqueline Wedge and Ben Johnson develop our own local version of 'Artists in Education' through music;
- Multiple campus visits to regional schools for secondary students.

Thank you to our community for getting involved in our initiatives, and thank you to our teachers for continually looking for ways to deepen learning.

East Shore Alliance Supporting the Early Years (EASEY)

by Simone Stanley, Coordinator

I am excited to take on the role of the Eastshore Alliance Supporting the Early Years (EASEY) Coordinator. I look forward to working with and connecting with our Eastshore families and communities. I feel I can enhance our communities by engaging citizens in early childhood development and introducing programs that strengthen services for children and their families.

I invite all people interested in the Early Years to come out to our monthly meetings. Our group focuses on making sure Eastshore families and children are getting their needs met socially, emotionally, and physically. If you are a person with passion, ideas and want to get involved in our community this group is for you.

If you have any questions please contact Simone Stanley: 250-227-9218 ext 5504. E-mail: simones@kootenaykids.ca

Purdy's Chocolates Fundraiser

by Garry Sly

The latest C-Bay Cafe Hot Lunch Program Fundraiser is an online partnership with Purdy's Chocolates. The program allows us to purchase any item in their catalogue at the regular retail price and Purdy's will contribute 25% of the sales, before tax, to our lunch program. With Christmas coming, now is a perfect time to order chocolate gifts for friends and family. The order deadline is November 26 and the chocolates will be shipped to us during the first week of December. We will contact you when they arrive and we will arrange a pick up day at the Crawford Bay School. This is how it works:

1. Type in www.purdysgpp.com
2. Click "Sign in as group member"
3. Type in our C-Bay Lunch Cafe Group Number, "22470" and click "Find Group"
4. You then register as a member of our fundraising purchasing group; Your name, a password, phone number and email address.
5. Click "Register as a Member"
6. Then you can place your order and pay using a credit card.

If you do not have internet access at home, Purdy's catalogues will be available at the school and computer access could be arranged for you to place your on-line order. If you have any questions regarding the program please call Garry Sly at 227-6824.

CBESS Featured Student Sarah Simpson



Sarah is an invaluable asset to the grade 4-5-6 class. Sarah has a wonderful ability to see what tasks - cleaning, handing out materials, helping others, etc - need to be completed, and then before you can blink, she's right in there doing the tasks, without ever being asked. She works tirelessly at whatever she gets involved in, and always has a smile. She has given much of her time to helping the new Kindergarten class adjust to life at the school, as well as becoming involved in the morning announcements and healthy snacks program. Thank you, Sarah, for being incredibly helpful both in and outside of our classroom - your efforts are noticed and appreciated!

CBESS Featured Student Javin Lauritzen



Javin is a wonderfully mature, helpful, and calm member of the grade 4-5-6 class. He shows tremendous patience and a natural ability to work with younger students, both in our class as well as with younger grades. For example, when helping other students with math, he gently guides them along, helps them to focus, and provides positive encouragement, all while maintaining a calm and patient demeanor. In class, he is able to very quickly focus his attention on the speaker or the task at hand; he also notices where help is needed, and takes it upon himself to help out. Thank you, Javin, for being such a positive and helpful person to be around!

KIDS HELPING KIDS

by Mary Donald



As the East Shore volunteer for UNICEF for the past 26 years, I would like to extend a big thank you to our community for once again supporting our Crawford Bay School students in their

UNICEF October campaign. This has been a proud tradition in Canada since 1955, and now over 3500 schools in Canada participate in their efforts to help others who are less fortunate. UNICEF, which was awarded the Nobel Peace Prize in 1965, is the world's leading child-focused humanitarian agency, and has saved more lives than any other child-focused organization. The well known orange Halloween trick-or-treat UNICEF boxes have now been replaced with donation envelopes for use throughout October.

In particular, I would like to thank the staff of Crawford Bay School, especially Lynda Leduc, as the UNICEF teacher on staff, and Sandy Watson, secretary, for all the work they have done, and Dan Rude, principal, for his interest, and Jessie King and her students who played marimbas so nicely at our launching assembly. Also, warm thanks go to Crawford Bay Store, Gray Creek Store, and Bob's Bar and Grill for their donations, and Riondel Cable TV for the announcement venue.

It is a big step for Canadian children to think beyond their comfortable world to those kids in need of clean water, adequate nutrition, health care, schools and protection from exploitation. But this is a first step to becoming global citizens, and realizing that they can make a difference, "share and care", especially with the encouragement and support of their community, such as ours!

Preschool/Kindergarten/Grade 1 Visit to Oliver Farm

As part of Crawford Bay School's "Project Wednesdays" program, children visited the historical Oliver Farm in Gray Creek in mid-October to tour the property, make fresh-pressed apple juice and explore. Thanks to Diane Starkewski and John Oliver for accomodating.

Photos: Angelika Seed



So Precious and So Rare

by Katya Elris

There's one sad truth in life I've found
While journeying East and West
The only people that we wound
Are those we love the best

We flatter those we scarcely know
We please the fleeting guests
And deal full many a thoughtless blow
To those who love us best

True friendship is a gift
Oh so precious and so rare
Sometimes we take for granted
Sometimes we despair

Our fault is being human
Mistakes are everywhere
Please let me not lose the gift
That is so precious and rare

Massage Therapy
Harreson Tanner, RMT
Over 30 years clinical experience



* Knowledgeable * Skilled * Experienced

Tuesday - Riondel
Wednesday - Riondel/Creston
Thursday - Yasodhara Ashram
Friday - Crawford Bay Medical Clinic

For appointments, call 227-6877/505-6166

Ed: *Nora and I (Ingrid Baetzel) are friends on Facebook. In late October, her "status update" caught my interest. It was a prosy poem called "I Am From" and it struck a chord. I asked Nora if I could print it in the Mainstreet, and she agreed. The following is somewhat of an introduction by Nora for the piece that follows. Try your own "I Am From" - send it in.*

Some years ago someone whose name escapes me wrote an "I am from" poem and on one of the blogs I was following we were challenged to do the same.

Some of the "froms" only my family would catch. My mom was named Margaret Elizabeth by her family. They always called her Betty, but in school the teacher changed her name to Margaret. In school it stuck through school but her family always called her Betty and my father and his family always called her Betty so she was Betty for many, many years, and then when my father passed away in 1989 she decided to be Margaret again. It was a hard transition for me. She passed away just a year ago, still Margaret, but Aunt Betty to her family.

The reference to my dad was that during the Second World War he was conscripted but he was a conscientious objector and it came down to him literally refusing to put on the uniform.

He was tortured, he was not the only one, and Canada still does not have a status for conscientious objectors.

I Am From...

by Nora McDowell

I am from Pacific evaporated milk on hot plum cobbler, from Nabob Coffee, and Squirrel peanut butter in the can, and fried bologna.

I am from a house of unpainted boards, water hauled from town in barrels, and the outhouse up the path.

I am... from rocky hills covered in penstemon, from Avalanche lilies, cowslips, shooting stars and Indian paintbrush, from the red tailed hawk screaming high above the trees and the fine, fat deer tippy toeing through the garden.

I am from New Year's dinner with all the cousins, and from intense Monopoly games, from Henry Good and Hulda Lorentzen, from Harry Peterman and Minnie Barraclough, from Henry and Bette, who once was Margaret and is again.

I am from quick Irish humour and men who shed tears with great pain. From "Smarten up!" and "Quiet, don't frighten Grandpa."

I am from Protestant Irish from County Cork and Presbyterians from York Mills.

I am from church meetings three times a week and a solid faith; faith as natural and deep as breathing.

I am from the Kootenays by way of the prairies, from fresh raisin bread fragrant with cardamom and wild mountain huckleberries weighing down the vines.

From a mother cutting out cotton dresses two at a time for two little matching girls and a father who, as little more than a boy, took torture rather than put on the uniform to kill.

I am from the farmer who chose the land with the rocky hill, and the mother who nurtured her flowers with dishwater and determination,

I am from farmers, and carpenters, and railway men.

I am from dusty albums stored in a trunk and memories of the heart.

www.mainstreet.eshore.ca

The Thing About Prejudice

by Marie-Chantal Legault-Elias

The thing about prejudice is that it is based on superficial information. Looking at a photo of a dog with blood on its mouth, I can guess it's a vicious dog. If I'm in a poor overpopulated country, I could also conclude the dog's blood is left by the rat killed because it was attacking the infant child of the dog's owners... If I don't take time to look again, gain information, I'm left with a gut reaction to a simple photo. All possibilities are there, which one to choose? Get stuck on the first visible sign? Go beyond it?

This is not about a dog but about July's Canada Day. At the Crawford Bay Park, my husband and French friend were eating cheap hamburgers chit-chatting and made a joke about the presence of a Quebecois flag in the celebration. A woman made an off colour joke about "the French". Conversation ensued and she maybe felt like shifting gears a little. This is not about this woman but refers to prejudice.

I have dealt with a lot of off-comments since living here in BC (20 years +). At the beginning of my stay, I used to see the phenomenon as an educational opportunity: explain differences to bring understanding and from there... who knows! That worked until I had a child and became protective of my vulnerable being who would perhaps have a recognizable accent easily targeted for jokes, prejudices ... As a mother, I then questioned my wisdom at choosing a somewhat uneasy situation (being a visible minority) into which to bring a child. After negotiating encounters and incurring reflections, I stayed in BC. There is more good in living here than bad (and uprooting my half English-French Canadian family was too complicated). Most people like the Canadian bilingual possibilities anyway. But it isn't always obvious especially on moments like this year's Canada Day when the story came back home where my own mother was visiting.

My mother is an idealist who believes in human evolution but, she is first and foremost a mother and grandmother, and felt saddened at having her loved ones challenged on the simple basis of sounding French. Bottom line, it sucks. I reassured my mother, she sort of bought it (alternative?) and went back home and I'm left here remembering past encounters and wondering what to make of it all.

One sad memory about consequences of prejudice relates to a different family than my own. An established family (respectable career, educated, involved in the community ...) lived in the Kootenays for years until their kids started growing up. I was hired to tutor them in French. At the time, there was a branch of neo-Nazis outside of Creston becoming visible and with the family being Jewish amongst a large population of German people; they felt uneasy enough to move away. I am certain there were other reasons for them to leave. I was new here and couldn't understand their feelings. Then I had my own child raised in a bilingual way. I'm still here.

I am a political being having grown up in the religious and political revolution of the 70's in Quebec. An avid debater, I have numerous times swallowed pride, words and more to apologize after getting carried away in political ideologies causing discomfort with people whom I valued and wanted to establish connections. Principles often stir prejudices and separation, friction. "Vive le Quebec libre" is something I got acquainted with in Canada with all the separateness it entails. The past Canadian referendum still echoes abruptly in people's heads when a French accent rings in. Critical dialogue and even heated discussions can be enlightening when based on respect. "Go home" is not. "We want separation from you"

after the first hello is not. Those are only some of the most arresting ways I've been startled by. My tolerance has been tested and boundaries around what to take personally or not keep getting well redefined. I cannot tell you how I feel anymore about being called a separatist by complete strangers... In this community I elected my other home (always will have two homes) because of its mostly positive attributes, I want to remind that prejudice and racism come easily. It's typical.

It's sad, it hurts. It's a typical way of relating to others because of politics, media and organized religion (superficial information worth digging into!) and anything that separates people into the "us" and "them". I believe that this typical way doesn't have to be just that because it's common therefore almost accepted (teenage bullying in schools is typical and sometimes leads to suicide and tragedies). Typical is a blanket statement. I still struggle to observe past my first impression, whether it's favorable or negative. Peaceful social changes start with respect and tolerance.

I recognize the complexities of relating at the best of times. Often choose to connect with the comfortable, to what I understand but I also wish to stay open to the difference... because what else is new! When beginning the writing of this article, I got invited to a celebration. My friends from Israel were introducing me to their traditional ways of starting their new year. Vive la difference! And let's think again.

Betty778 photography

Late Autumn Sale
A collection of
Quality giclée prints
Framed canvas
Blowout prices!

Sunday, Nov. 28. Noon-4pm
@ The Tara Shanti
Contact Info:
Bat-Hen Tiv (Betty)
<http://betty778.com>
(250)225-3421



~Heal your body & calm your mind~



**Registered Massage
Therapy with Sonya
Griffin, RMT**

(filling in for Christina de Pape)

250.227.9015



Fall Hours:
Mon-Sat: 9-6
Sun: 10-5

RIONDEL MARKET

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

TEL: 250.225.3214 FAX: 250.225.3226



**CRAWFORD BAY TRANSFER STATION
WINTER OPERATING HOURS**

**November 7, 2010 to March 13, 2011
10:00 am to 4:00 pm Sunday & Tuesday**

CLOSED on ALL Statutory Holidays

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

10TH ANNUAL

Levy of Angels

ARTISAN
CHRISTMAS CRAFT FAIRE

Sunday, December 5

10-5 at the Crawford Bay School

Delightful art and craft made by local creative entrepreneurs, all hand-made with love for the loved ones in your lives. Spectacular lunch, bevies, kidstuff, and tunes, plus many raffles and fund-raisers to support. Come out to enjoy East Shore spirit at this fun festive event, chalk-full of edibles and wearables and useables.



Creston Valley REALTY LTD
Welcome Home 250-428-9040

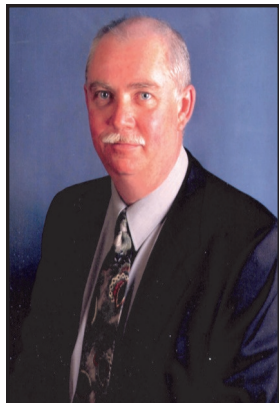
1408 CANYON STREET
P.O. BOX 1219 CRESTON B.C. V0B 1G0

YOUR CONNECTION TO

East Shore Kootenay Lake Properties



Shelley Voight
Sales Representative
1-250-254-9599
Toll Free 1-800-428-9048
svoight@telus.net



Wayne Dunbar
Personal Real Estate Corp
1-250-428-1400
or 1-250-866-5126
Toll Free 1-800-428-9048
waynedunbar@gmail.com



Lattaco SERVICES
505-2858

Serving the East Shore Community Since 1999

- Courier Service
- Shopping Service
- Security Service

Will pick up and deliver DHL and Purolator packages, to and from Nelson.



B57 EXCAVATING

serving the East Shore & Creston areas residential and commercial

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

(250) 225-3375 P.O. Box 117
(250) 551-3201 cell 434 Aspen Road
b57excavating@bluebell.ca Riondel, B.C. V0B 2B0

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

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

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

ON THE MARK FLOORING

- Hardwood & Laminate Install
- Sand & Finish
- Repairs
- Home Improvements

Mark 250.402.8875



GRS CONTRACTING
SINCE 1980

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

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

grscontracting@gmail.com

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

All Spec's of Gravel and Drain Rock
Discounts for entire job.

WINTER WONDERLAND CRAFT FAIR

Saturday, November 20
10:00 to 3:00
Riondel Community Hall
Admission Free

Coffee, Tea & Goodies
Raffles for Blessing Basket & Vendors' Prizes

Join Us!

Hosted by Riondel Community Church
Proceeds to sidewalk repairs...



Mainstreet Online!
www.mainstreet.eshore.ca
Check it out mid November!

HOT Raffle, HOT Cause



Enter to win this stunning **bolero jacket made by Stevie Jukes** (valued at \$225) Tickets are at the Credit Union or the Crawford Bay School. Draw date: Bevy of Angels Christmas Craft Faire, Dec 5, 2010.

Other prizes to be won are:

- **A painting by Ted Wallace**, called "Joy of Ball" from the "Bliss" series (valued at \$400! - see below)



- **A \$100 gift certificate** for classes/courses at Yasodhara Ashram
- **Yoga classes and pottery** (valued at \$100) from Lea Belcourt.

100 tickets will be printed. **Tickets cost \$10 each or 2 for \$18.**

The PAC Hot Lunch Program would like to warmly thank the above for their donations and the NDCU for their support!

Proceeds to the Hot Lunch Program at Crawford Bay School.

ARE YOU THINKING OF
STARTING UP...SELLING...BUYING...RETIRED?

AREA "A" ECONOMIC DEVELOPMENT COMMISSION - EDC

FORUM

Crawford Bay School Library
Saturday, November 6
2PM—5 PM



Refreshments—Everyone is welcome—Drop in

KC Bays Christmas Potluck

AT THE CRAWFORD BAY HALL
DECEMBER 11 AT 5 PM



Sign up soon for this community event, full (and we mean full) of delicious dinner & dessert, tea & coffee, raffles, kids craft madness, music, carolling, and really good people.

Santa is rumoured to be making an appearance, with special treasures for East Shore children.

Sign-up sheets available at the Credit Union and the Crawford Bay Store until early December.

Don't miss out on this 5th annual feast!

On the Eastshore of Kootenay Lake

Hours: Eastshore: Sat-Sun 12-4:30
Nelson: Mon-Sat 10:30 to 5:00

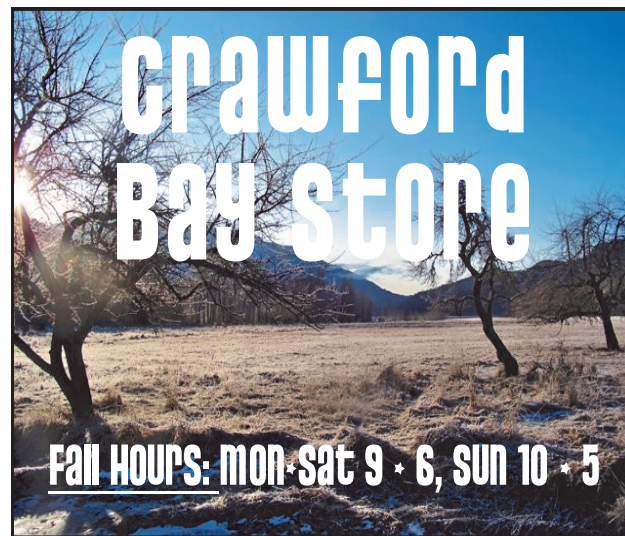
New Fun Gift Items Arriving: mosaic decorative glass plate and bowl sets from Bali, nirvana candle gift sets, 2011 moon calendar, journals and more

Gift certificates available

Special Events:

Nov 27/28 and Dec 18/19: Spa Days with Annelly - pamper yourself with hot stone massage, facials, manicures, pedicures and more!

www.sacredjourney.ca



- groceries •Deli •NATURAL FOODS
- LIQUOR AGENCY •Fishing tackle •GAS

Fall Wine Kits: 35% off special
Freybe Grey Cup Draw

Always look in the store for fresh local fruit and veggies in season!

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

Phone: 227-9322 Fax: 227-9417



Banking System Upgrade
February 11 - 14, 2011
FAQ's • Updates • More
www.nelsoncu.com/switch

East Shore Community Branch
NELSON & DISTRICT CREDIT UNION **>>>** *Logically. Locally.*

Your Hike is Long. Pack Wisely.

Talk to Vivi on one of her regular visits to the East Shore Branch. Call to book a chat.
250.352.9256



Allard Insurance

AGENCIES LTD **>>>** *Logically. Locally.*

Allard Insurance is a subsidiary of Nelson & District Credit Union.

A Call To Artists! ~Paint-A-Thon~

by Jacqueline Wedge

I am trying to organize a PAINT-A-THON for Saturday, February 12 at either one of the East Shore halls or the school. This would consist of a commitment from 12-15 painters (any style, any medium, but house-painters may feel weird...or would they?) to have fun being creative from 9 to 5 (ish), then auctioning off some of the work in the evening (and some, of course, would be for keepsies...). Another aspect of the event could be an all-you-can-eat spaghetti dinner to end the day, along-side or before the auction.

I would like to raise money to start and maintain a local weekly music program for young children, teens, and adults, which ideally would be free/dirt-cheap for the participants. The funds from the auction would go toward the purchase of community-owned instruments and wages for instructors, as well as occasional workshops such as instrument-making (drums, marimbas, etc...) and visiting artists with music styles to share. There are many talented musicians in the area with lots to offer, and there are many adventure-seeking kids and adults around who would benefit from such an enriching experience. With enough support, this paint-a-thon will be the first in many art events throughout the year helping to insure our vibrant musical community remains musically-engaged, and giving children a solid foundation on which to build their musicality and creative expression. I am also open to working with others who would like to get music literacy and more groovy beats happening in this area.

For the painting event, all levels of artistic talent are encouraged to apply/register, but some confidence in your chosen medium is recommended. We will be sharing ideas, paints, inks, brushes, knives, collage additions, and we may even force ourselves to paint on each others' canvasses! It will be open to the public for a portion of the day, with a children's painting workshop in the afternoon. Lunch will be available and free tea, coffee and sweets will keep us alive and motivated for our masterpieces. I am trying to secure funding to purchase multiple canvasses for all participants, as well as a variety of paints to share. More details later. Watch for posters or e-mail Jacqueline at moonrakings@theeastshore.net for updates.

This will be great opportunity for skill development, horizon-broadening, technical support, and artistic experimentation in a safe environment, while helping to create new and exciting musical opportunities for East Shore residents.

If you are interested in participating, let me know. If not, we hope to see you at the event, including the auction where you will be immersed in the massive beauty spewing onto the canvasses of this eclectic, colourful, performing crew of painters.

HELLO BABY II: The Baby Strikes Back! The Kootenay Tour

Written & Performed by Lucas Myers
Saturday, November 13 - Gray Creek Hall
Showtime: 7:30pm



After surviving the hours of sleeplessness, after the complete subjugation of one's entire life to the whims of a tiny dictator, after all the highs and lows (and really lows), what is a first time, semi-competent father to do? Have another. But rather than a sequel to *Hello Baby*, *Baby II* looks at more than just having a child. It examines how to be a parent in these, our modern times. Featuring tips and tricks from a panel of Parental Experts including Cliv, Randy the Benevolent Redneck, Steven the Art Star and Torvald the Ex-Sex Machine. Learn how to balance your work and children, learn how to put your kids asleep when you are drunk, learn how to successfully negotiate the minefields of childrearing while attempting to have a meaningful relationship with your significant other. For parenting neophytes and grizzled veterans, "Hello Baby II" will provide important guidance and, if nothing else, an opportunity to laugh at the chaos known as parenthood. Including new musical numbers *Fight for Your Life*, *It's Cause of My Parents* and *Time Management Blues*.

Visit www.pilotcopilot.com for details

Season's Grinnings

by Footlighters Theatre Society

The Prince Charles theatre will be full of holiday cheer on Dec. 3 and 4, when the Footlighters Theatre Society presents *Season's Grinnings*, an evening of two one-act plays.

"The last time we did something holiday-themed was A Modern Christmas Carol in 1996," said Footlighters president Brian Lawrence. "We thought it was time to get into the holiday spirit once again."

The evening will open with *Happy Hollandaise*, a fast-paced, door-slamming farce, in which Claire Finley has hired celebrated gourmet chef Vilma Hasenpfeffer to prepare her famous Hasenpfeffer Hollandaise Sauce for her dinner guests — the new vicar and his very pregnant wife, Mary. Unfortunately, the chef is late, the guests are early and there are burglars loose in the neighborhood. To top it all off, Claire's father has been hit on the head and thinks he's the leading man in all of the West End theatre productions of the last 30 years. With the help of her quirky brother George, Claire tries to keep everything together as the dinner party unravels into mayhem before Christmas spirit shines bright in a surprise ending.

After an intermission, audiences will enjoy *Misdeeds at Mistletoe Mine*, a melodrama set in the Wild West. Holly Hock, an orphan, has inherited a gold mine with no gold and a hotel with no guests. Her aunt, Rose Bush, has taken both her and the failing business under her wing. When Redmond Wood rides into town, the future suddenly looks promising for Rose and Holly, but the villainous Mayor William Z. Lucifer has other plans. With the help of femme fatale Chiquita Rosarita Ricardo, Lucifer concocts a plan to drive Red out of town and take custody of Holly, thereby inheriting the hotel and gold mine. Of course, Sheriff Tucson Tessie is on hand to help save the day.

In addition to offering a fun evening of entertainment, these two short plays gave rookie directors Jon Smith (*Happy Hollandaise*) and Susan Jorgensen (*Misdeeds at Mistletoe Mine*) a chance to try their hand at guiding a show through the rehearsal process.

"One of our goals is to help more people develop new skills," said Lawrence. "Both Jon and Sue have a lot of prior stage experience, so it was only natural for them to take another step."

Tickets are \$10 for adults, \$8 for students and seniors, and \$5 for children under 12, available at Black Bear Books.

Season's Grinnings is the third production of Footlighters' 16th season, which began with the final *Shakespeare in the Park* (or Something Like It) and *An Evening on Broadway*. The final production of the season will be *The Sound of Music*, which runs in April 2011.

Mainstreet

Online!

www.mainstreet.eshore.ca

Check it out mid November!

Season's Grinnings

Two Plays In One Night!

Happy Hollandaise Misdeeds at Mistletoe Mine

by Tim Koenig

Produced by special arrangement with Pioneer Drama Service, Inc., Englewood, Co.

Holiday Fun for
the Whole Family!

December 3 & 4 • 7:30 pm
Prince Charles Theatre
Creston, BC

\$10 Adults, \$8 Seniors/Students, \$5 Under 12
Tickets available at Black Bear Books or at the door

Show your ticket to receive 15% off at
Creston Country Family Restaurant before the show!

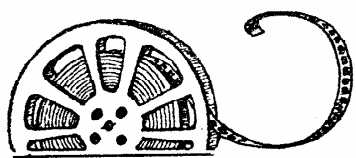


Areas A, B
& the Town
of Creston



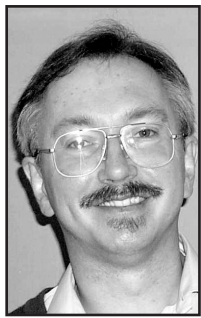
FOOTLIGHTERS

We bring life to drama.



Seldom Scene

by Gerald Panio



When children are playing alone on the green,
In comes the playmate that never was seen.
When children are happy and lonely and good,
The Friend of the Children comes out of the wood.

—Robert Louis Stevenson,
“The Unseen Playmate”

I don't think you'll find *The Curse of the Cat People* (1944, co-directed by Gunther Von Fritsch and Robert Wise) on too many lists of great films for children. That's a serious oversight. I first came across it because it was packaged with Val Lewton's classic old-school horror film *Cat People* (1942). I assumed the second film was some kind of sequel. That's probably what the producers wanted the audience back

in the mid-40's to think as well. The original title was supposed to be *Amy and her Friend*, but it's hard to stick “strange, forbidding, thrilling” onto that. The presence of a couple of key actors/characters carried over from *Cat People* meant the revamped title wasn't totally bogus. In the end, however, Von Fritsch and Wise's film (Wise's first; he'd go on to direct movies such as *The Day the Earth Stood Still*, *The Haunting*, *West Side Story*, and *The Sound of Music*) turned out to be something quite extraordinary. Critic Rob Vaux described *The Curse of the Cat People* as “some kind of gentle, bizarre masterpiece” and that strikes me as just about right. Danny Peary, in his indispensable *Guide for the Film Fanatic*, says “Dealing with parental neglect...as well as the power of the imagination, this was probably the first horror film ever screened at child psychology courses.”

I loved almost every aspect of the film, but I'd like to begin with the cinematography. Black and white has never looked better. After all these years of gorgeous Disney colour animation and yellowbrick reruns of *The Wizard of Oz*, it's hard to imagine that a fairy tale could look stunning in black and white. And yet that is exactly what Director of Photography Nicolas Musuraca manages in *The Curse of the Cat People*. There is as much creative use of shadows and light and darkness here as in the classics of film noir and German expressionism. The interiors of the old house that's central to the film's plot are a fever dream of dark, brooding, ornate furnishings that Charles Foster Kane would have felt right at home in. The print used for the DVD transfer must have been in excellent condition. If you haven't watched a black and white film in a while, here's the place to start.

The movie's a bit of *Father Knows Best* gone over to the dark side. The father, Oliver Reed (Kent Smith) is still being haunted by memories of his first wife,

Irena (Simone Simon), a deadly, exotic import from the Old Country who came to a bad end in *Cat People*. If this were film noir, or even a true sequel, “Ollie” would let his memories of the past destroy his second marriage and he'd end up a bitter, gin-soaked wreck in a Bowery flophouse. But I said this was a great children's film, so we're not going there.

Instead, Dad is a little paranoid about his young daughter, Amy, who he thinks spends far too much of her time with imaginary playmates and not enough with real ones. Oliver's afraid that Alice's difficulties socializing might be an early manifestation of the same madness that claimed Irena. He says of his daughter: “Amy has too many fancies and too few friends...[there's] something moody, something sickly....” He should be looking more closely at himself. Coming to Amy's defence is her sympathetic teacher, played by Eve March.

A small crisis over birthday party invitations ends up with Amy being more isolated from her peers than ever. She doesn't mind, because unbeknownst to her family, Irena's ghost (looking more like the Lady of Shalott than the tormented soul of her previous incarnation) is keeping her company as she plays in the yard. Irena is an eerie yet benign presence (“I come from great darkness and deep peace”), charming Alice's days through autumn into winter.

Somewhat less benign, perhaps, are the occupants of a benighted old house down the street. Mrs. Julia Farren is a grand dame actress of the old school, locked in memories of her glory years (“those days, those beautiful, shining, golden days”) on the stages of the world's capitals. She's looked after by her middle-aged, spinster daughter—whose only reward is to be constantly accused by her own mother of being an imposter trying to take the place of a real daughter who died in childhood. Here again,

if this movie wasn't about Amy, and it wasn't a fairy tale, we might expect a replay of *Sunset Boulevard* or *Psycho*. As it is, we can't be entirely sure the supposed daughter isn't an imposter...or the dead daughter's adult ghost. “Macabre uncertainties” is the term one critic used. (Other critics have also referred “Lacanian jests,” “exploration of the Jungian shadow,” and “une dramatization à dominante psychologique qui se berce de faux-fuyants et de revelations fallacieuses tout en cultivant une dichotomie fantasmagorico-réelle,” but let's leave that for another time, shall we?)

Anne Carter, the young actress who plays Amy, pretty much steals the show. With child actors, there's often a very fine line between endearing and annoying. Carter wins us over the minute she appears onscreen. There's not a false note. She believes in magic, and we believe in her. The story captures her innocence perfectly without ever stooping to exploit it. Anne Carter herself, unfortunately, never really got a chance



to fulfill the promise she showed in *The Curse of the Cat People*—she contracted polio and only reestablished herself as an actress many difficult years later.

Returning to the film's plot, we find Alice making contact with formidable old Mrs. Farren through the agency of a ring tossed from an upper window of the Farren house. It's this “wishing ring” that seems to first sum-

mon Irena. When Alice later visits the house to return it, following her mother's wishes, Mrs. Farren treats her to an impromptu recital of the exploits of Washington Irving's “The Legend of Sleepy Hollow.” A dubious choice of subject matter for little girls, maybe, but pretty good theatre. And Amy does live in Tarrytown, New York—the Headless Horseman's original stomping grounds. Alice is spooked a little by her new acquaintance, but gladly comes back for more, always chaperoned by the Reeds' Jamaican butler/cook, Edward (Sir Lancelot, whose acting in this film was described by James Agee as “one of the most unpretentiously sympathetic, intelligent, and anti-tradition Negro characters I have ever seen on the screen.”)

As you might expect, Julia Ferren's daughter, Barbara (Elizabeth Russell), isn't thrilled to see her mother lavish her affection on a stranger when nothing she does earns more than withering contempt.

There's a build-up of suspense as we wonder how long Irena's presence will remain a secret from Alice's father, how he will react when he finds out, and where the visits to the volatile Farren household are leading.

Not at all suspenseful, but one of my favourite scenes nevertheless, is the visit of the local town carolers to Amy's house on Christmas Eve. The little band of singers sounds like they're channeling at least half the Mormon Tabernacle Choir. Plus guest stars. Now *that's* magic.



www.mainstreet.eshore.ca

kis Kootenay Insurance Services Ltd.

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

Winter is on the Way.
2 Things



before you go...

1. Talk to us about a travel insurance policy.
2. Don't forget your toothbrush.

Our Hours:

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

Saturday 8:30 - 12:30

November 2010 *Mainstreet* 15



Answers from the Physio

by Anna Rose, Physiotherapist

Q. I think I have carpal tunnel syndrome in my wrist. Is surgery necessary?

A. Not usually. Get the suspected diagnosis confirmed and its underlying cause discovered before you worry about surgery. Many wrist problems respond to non-invasive treatments.

The carpal tunnel: The carpal tunnel is at the wrist on the same side as your palm. It is formed by a trough in the middle of the eight small bones of the wrist, and a "roof" of fibrous connective tissue. Through this tunnel pass tendons which flex the fingers, and the median nerve, which is named that because it is the middle of three major nerves that run down the arm.

The syndrome: If the median nerve is compressed within the carpal tunnel, you have numbness, tingling and/or pain in the middle three digits of your hand, and less strength in the muscular base of the thumb.

Causes

1. Overuse of the tendons that flex the fingers, as in jobs that require a sustained hard grip or a light grip many times over, especially if you haven't built up to the work gradually. The swelling of the inflamed tendons creates pressure on the nerve.

2. Poor wrist position during work tasks. Put your hand out forward like you are going to shake someone's hand. That's the wrist's best working position – not cocked back further or bent inward, and not angled sideways toward either the thumb or little finger side of the forearm. You can usually avoid these bad positions, although you may not be able to do your tasks with the hand "on edge" (which is a strong position); you may need to have your palm up or down.

3. Arthritic changes in the wrist joint, especially in rheumatoid arthritis.

4. Dislocation of one or more of the small bones in the wrist, as could happen suddenly in a fall onto the hand, or over time if bad body mechanics overstretch some of the small ligaments between the bones.

5. A fracture near the wrist that has healed in an awkward alignment.

6. Fluid retention as in pregnancy and some medical conditions.

Treatments: As you can guess from the list of causes, treatment choices depend on the cause of the problem. Medication, dietary changes and various complementary therapies can decrease inflammation and fluid retention. Physiotherapists can teach you better body mechanics to use in your work with hand tools, computers, groceries, firewood, gym equipment, ski poles or whatever. We can give you exercises to strengthen or better co-ordinate the muscles around the wrist and use gentle hands-on techniques to help reduce minor dislocations. We can also have you try a basic wrist brace to enforce good wrist positioning while the carpal tunnel syndrome is resolving, although you may need to see an occupational therapist or physio with specialized "hand therapy" training to make a custom brace if you have a wrist deformity after a fracture.

If you have tried the appropriate non-invasive treatments and still have a significant problem, your family doctor can refer you to an orthopedic surgeon. The surgeon may suggest making some judicious cuts in the connective tissue "roof" of the tunnel to let it stretch a little, creating a larger tunnel.

www.mainstreet.eshore.ca

East Shore Health Care and Support Services Society

by John Rayson

An Annual General Meeting of the society was called in June of 2010. There had not been an annual general meeting for three years. Reports had not been filed and the society was in danger of losing its charter.

In addition, a number of financial irregularities had been identified and documented. A significant amount of funds of the society were absent and documentation could not be found. There may also be a number of outstanding accounts that have not been dealt with over the past three years.

These issues created a great deal of uncertainty and it was with some difficulty that individuals agreed to serve on the board of the society. The following agreed to serve and maintain the charter of the society: John Rayson, Catherine Poch, Tom Lymbery, Tom Latta, Verna Mayers-Mackenzie, Jennifer Pearson-Wenger and Teeka Marie Ferguson.

The newly constituted society held its first meeting on September 9, 2010. The following were elected to serve as the executive of the board:

John Rayson – Chair

Jennifer Pearson-Wenger: Vice Chair/Treasurer

Cathy Poch – Secretary

The board as a whole then reviewed the financial situation and will ensure that signing authority is properly in place. The board will review outstanding bills, ensure contact with the Interior Health Authority, and explore possible avenues for recovery of missing funds.

Over the winter months, it is the intention of the board to survey residents as to required needs for enhanced health care in the area.

In addition, the board will meet on a regular basis and ensure that an Annual General Meeting occurs each spring.

The role of the society is to identify needs in the community, act as a sounding board, liaise with the Interior Health Authority and to assist in raising funds as appropriate.

The society will only be successful with active participation of the community. I would encourage all to attend the AGM next year and please feel free to contact any member of the board with concerns.

The Fitness Place



SPECIAL:

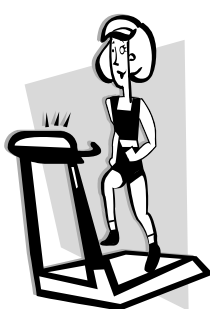
Come to the Fitness Place in November and buy 3 months membership for the price of 2! (\$60)

Hours:

Mon - Fri: 6:30 am - 10:30 am

Tues - Thurs: 6 pm - 8 pm
(Possibly more evening hours)

T-shirts are now for sale at the Fitness Place - \$20. Proceeds go to supporting the centre.



New Nature2 low CL System

For more info go to:
www.softubcanada.com

Kootenay Springs Softub

354-8557

Home shopping, free delivery & set-up

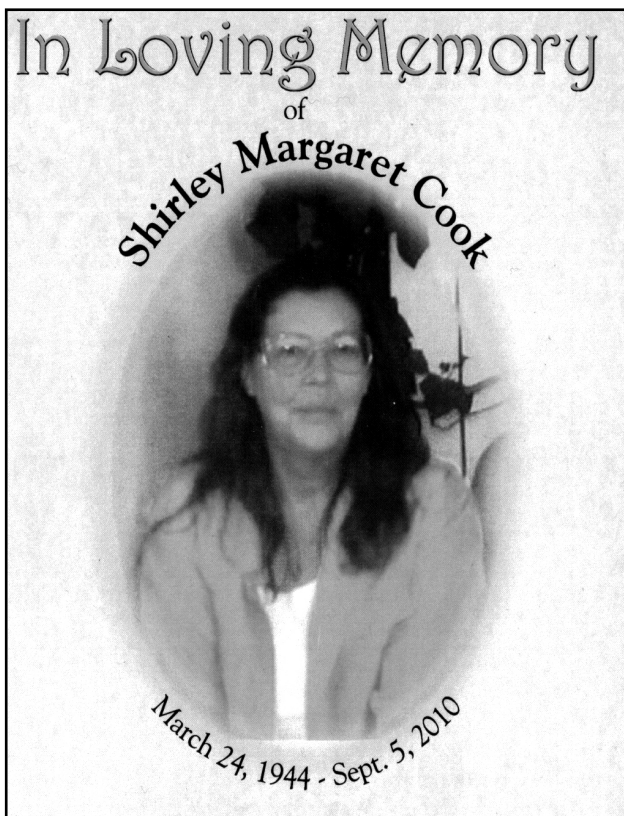
Email:

portablespa@msn.com



Notice of Passing

Shirley Margaret Cook



Shirley passed away peacefully on September 5, 2010 at the age of 66. She died suddenly and will be greatly missed by her loving family: son Brian, daughter Sheri, son-in-law Steve, granddaughter Aricia and many friends. Cremation and a celebration of her life was held in Duncan.

Remembrance Garden

by Wendy Scott

In this month of memories, here are the names you have chosen for marble plaques in the Eastshore Garden of Remembrance:

- Dr. M. Frances Savory & her husband, Ben Gough Azmier
- Maurice and André Bellanger
- Jane Seifrit
- Edith and Ray Nelson
- Muriel and Vic Gendron
- Ernest and Nancy Derbyshire
- Ted and Marjorie Powney
- Betty Banks
- Mildred Noden and her husband, Goeff
- Jean Seifrit and her husband, Ben
- Mary Bennett and her husband, Stu
- Jack Crowe, Hilda Langefeld, Dorothy Ann Burgess
- Gaston Huchet,
- Diana Crabtree
- Rosie Germann
- Al Loepky
- James Robert Oliver
- Jean Stewart
- E. June McClure & I. Hunter McClure
- Margarete Weeden
- Eyrle Hallstrom & Eric Hallstrom
- Denis Fowler
- Judy Bourden
- Randy Dortman
- John Dortman & Caroline Dortman
- Irene Fichten

The following are the most recent additions:

- Irene Elizabeth Sarver
- Fran Turner
- Thomas Gendron
- Gladys Woolloff
- Ernie LeRoy Sarver
- Mary and Charlie Low

They are missed and they are remembered.

Nelson CT Campaign Comes to a Close

press release by Community Relations Chair, Brian May

Over the last 16 months the Kootenay Lake Hospital Foundation sponsored 3 concerts, issued over a dozen press releases, received donations from 52 community groups, and mailed close to 30,000 brochures in an effort to recognize the efforts of community partners and maintain energy in their \$1.5 million CT Scanner campaign. With the sale of Foundation House later this month the campaign will have reached its goal.

Volunteer Hospital Foundation directors, along with members of the medical community, had lobbied to add the diagnostic tool to KLH for many years. However, until April 9, 2009 when the Emergency Room addition was announced, they could not accept any donations for CT equipment. Community Relations Chair Brian May explained that the organizers "knew that right off the bat we would need to pursue both our largest potential donors and our smallest. Each was equally important and we couldn't waste time."

Goals were set to fundraise approximately 1/3 of donations from small donors, 1/3 from more substantial local donations, and 1/3 from a few major contributors. Secondary goals were to involve the entire region and to aim for specific targets every three months with both major announcements and fun events.

In the first month some directors met with the RDCK board to shore up regional support, while others began talks about constructing Foundation House. A further group worked on the small donations by

promoting ideas to the business community, starting the '\$1,000 from 1000' ad campaign for community groups, and sending out 17,000 brochures.

Now that the campaign is winding down it's clear that the Foundation's strategy was successful. They received over 2,500 donations of less than \$1000 and close to 300 above that figure. Nine different Regional District directors contributed over \$120,000 in grants, the Nelson & District Credit Union provided \$100,000, and the Road Kings car club fundraised \$125,000 in a raffle for a 1955 Corvette.

By June the fundraisers knew that they would reach their target. At the time, Chairman Roger Higgins offered that "In Salmon Arm hard work, co-operation and creativity allowed them to raise the same amount for a CT Scanner in just 13 months. Officially I think we can say we beat that target, even if only by a few days."

The campaigns largest project, construction of Foundation House, was expected to complete in October and to contribute over \$200,000 to the CT campaign. The home

was built on land donated by the City of Nelson and included the efforts of over 60 contractors and suppliers. The home is built to federal Energuide80 standards and includes sprinklers, fire alarms, and geothermal heat.

The current \$15.3 million expansion project at Kootenay Lake Hospital will triple the size of the current ER to 9,946 sq. ft to ensure KLH can handle expected growth in the north Kootenay Lake area. Last year there were over 2400 visits from Nelson and north lake residents to use the CT at the Trail hospital and that is expected to rise. The Computed Tomography unit will be a state-of-the-art, allowing 64 slice imaging and efforts are underway to secure technicians to provide 24/7 coverage.



KLH Foundation director Brian May (laughing) and administrator Bryna Idler joined RDCK Area A director Garry Jackman and Creston mayor, Ron Toyota to accept their areas contribution to the CT campaign. Directors donated early on and again near the projects completion. \$4,500 came from Area A and \$2,000 from the Town of Creston.

Mainstreet Online!

www.mainstreet.eshore.ca

Check it out mid
November!

East Shore Physiotherapy

New Health Centre, Crawford Bay



Anna Rose BScPT

Full Assessments and Explanations,
Gentle Treatments, Home Programs

227-9155

Next Deadline: Nov 24, 2010

Box 140,
Crawford Bay, BC
V0B 1E0

250.227.9246

Creativity, Community, Conscience

Watch for the new website:
www.mainstreet.eshore.ca
and contact us to get
involved!

New Silver Boot Trophy Honours Ged Kelly

by John Edwards



It's been 27 years since Ged and Fiona Kelly and their young sons Roddy and Danny came from Scotland for an extended visit to the East Shore. They ended up living at Bob Schutter's place on the Gray Creek hill and doing some tree-planting, but the main thing that Ged liked to do was play soccer. Since there was no soccer happening on the East Shore at that time,

Ged took it upon himself to organize some games. There were enough ex-patriot English and Scotsmen in the area to form a nucleus of enthusiastic players, and a school field with some appropriate goal-posts - and so Sunday Soccer in Crawford Bay was begun. Whoever showed up was welcome to play, even if they'd never kicked a soccer ball before, and Ged's enthusiasm for the game soon rubbed off on a whole bunch of us. It wasn't long before Sunday Soccer was an event not to be missed and looked forward to all week long. It carried on all summer and into the next year.

By the end of the next summer we were feeling pretty good about our newly-honed soccer skills and, with Ged's inspiration, decided to have a competitive tournament with some other teams to see how we'd measure up. We invited the Nelson Savoy men's team, and a team from Vancouver called the Urban Guerrillas that somebody had some contacts with. By that time there were so many enthusiastic East Shore players that we fielded two local teams for the tournament - the Richard Burton Memorials (Burton had just died) and the Crawford Bay Bees (one of our players, Simba, liked the pun.)

Realizing at the last moment that we needed a trophy to award the victor, Simba offered up a blown-out soccer boot and it was quickly spray-painted silver and mounted on a yoghurt container - the first Silver Boot was born! We played on the field at the old Crawford Bay School, which was really narrow and short, so we limited the numbers to six a side plus a keeper. When the ball went over the fence and down the steep bank toward the creek we'd all get a breather while we looked for it. The Richard Burton Memorials took the tournament win, confirming our belief that there was some pretty good soccer being played around here.

Ged and Fiona went back to Scotland at the end of that year, but soccer on the East Shore didn't die. The Sunday games went on religiously at noon every week as soon as the field was ready to play on in the spring and the tree-planters home for the summer. The next year we staged the tournament again and invited Kaslo and Nelson. The Kaslo Rangers turned out to be a strong team and they won the tournament and took home the Silver Boot. The next year, when tournament time came around, they invited us all up to Kaslo to play on their larger field, where eleven a side was possible. This suited them even more and they won again. The Silver Boot became a Kaslo tournament.

The following year the Nelson Savoys won and took the yoghurt boot home with them to the Savoy Hotel's trophy case. The story they told the following year was that the hotel management objected to such a shoddy trophy on display in their fine establishment and offered to pay for a new one. They showed up in Kaslo with a shiny silver cast metal soccer boot mounted on a wood base, prominently displaying the

plaque of the Nelson Savoys. That trophy lasted for 20 years, and East Shore teams won it in '96, 2001, 2002 and 2008. In the 2008 victory celebration the Boot on the trophy was broken loose from its mounting rod in a spot that had been repaired several times. A (former) team member who will remain anonymous took it to a Nelson Welding Shop and left it there for repair. When tournament time rolled around a year later and we looked for the Boot, the welding shop couldn't find it. Twenty years of Kootenay Soccer history has disappeared! We were forced to win the tournament again in 2009, just to avoid the embarrassment of not having a trophy to show up with. This year I decided that a replacement was necessary.

I'd milled up some huge East Shore vine maple that I'd found on a firewood expedition ten years ago and it had sat in my shop ever since. What better wood for a trophy base?

I planed off a couple of good-sized chunks, sanded them down and routed off the edges. Some research in my old story files and some calls to old-time Kootenay players gave a list of who had won the Boot in which years, and Van Hellemonde Sport came up with 21 separate little bronze shields with the annual winning teams names engraved on them, along with a larger rectangular plaque that reads "the Ged Kelly Silver Boot - Kootenay Soccer Supremacy". On a pinnacle-shaped piece of the maple base sits a jaunty silver Nike soccer boot, outgrown and donated by Snow Schutter's daughter Tehya, which happened to be the perfect size and colour for the trophy - and very appropriate given that granddaddy Bob Schutter had been one of the players in the original Silver Boot Tourney, and still plays on Sunday now and again, and Xavier and Kiem Schutter both played on ESU for many years.

The perfect ending to this story would have been an ESU three-peat last weekend and bringing the new trophy back to the East Shore but, alas, Kaslo had other ideas. They out-gunned us completely in the final and we went down 3 to 0.

So we have a new target and goal for next year and the tradition of the Silver Boot goes on. It's now the Ged Kelly Silver Boot though, and wherever you are Ged, (still in Edinburgh as far as I know), you can be proud to have started quite a proud soccer tradition here on the far away East Shore of Kootenay Lake.

Long may it run!



Suffering With a Choice of Flavour

by Juergen Baetzel

On October 3, Kaslo was host to a very unique endurance race event named Sufferfest. I say unique because it featured two different races simultaneously. Competitors had the choice of tackling a grueling 25 kilometer long trail run or biking up Mt. Buchanan followed by surviving the downhill trail called the Monster. Even though rain threatened the events, it never happened until later and didn't interfere with the races.

The Monster mountain bike endurance race attracted three East Shore cyclists to step up to the challenge. The 12 kilometer nonstop climb to the summit and trail head promised to bring on a fair amount of suffering even to the fittest cyclists. If, after that, the athlete's quads were not already on fire, than they surely would be after descending the infamous Monster downhill trail. The upper level is infested with wicked steep chutes that demand every ounce of mental and physical attention. The middle section has somewhat



Where Herons Soar and Humans Run

by Juergen Baetzel



This year marked the seventh anniversary of the Blue Heron Half Marathon/10 km run in Creston.

The run took place at the beautiful and scenic wetland area along the Kootenay River. In the early morning hours overcast and dark clouds threatened the event with rain but luckily it held off. A total of 147 runners took to the start line for the two different distances. The

East Shore was represented by three runners, stepping up to take on the Half Marathon distance, as well as 55 other competitors.

After the starting gun went off, Juergen Baetzel (Gray Creek) took an early lead in the race and extended it throughout the run to the finish line, earning him the overall win in a time of 1hr 23 min.

Edward Pearson of Calgary, representing Crawford Bay, finished 21st in a time of 1hr 55 min.

Julia Schmidt, also of Crawford Bay, placed 3rd in the women 30-39 year category and finished 23rd overall in a time of 1hr 59 min.

Congratulations to all participants on a job well done.

Thanks to the organizers and the volunteers.

Mainstreet Online!

www.mainstreet.eshore.ca

Check it out mid November!

more flow but only to maneuver a vast arrangement of log rides, jumps and ladders. The lower part of the trail is buffed and fast, riders have to be on their toes at all times since the smallest mistake can result in a major crash. After exiting the Monster the athletes make their way to the downtown core where a constructed eight foot drop jump is the optional finish highlight (in front of the spectators).

- Klaus Plaumann of Gray Creek finished second in the men's 50-59 year category in a time of 2.47.47 hrs.

- Sandy Oates of Crawford Bay finished third in the men's 50-59 year category in a time of 3.05.25 hrs.

- Juergen Baetzel of Gray Creek finished fourth in the men's 30-39 year category a time of 2.25.40 hrs.

The event was very well organized with a lot of promotion which made the premiere of Suffer Fest a success.

Thanks to all the volunteers and congratulations to all participants.



pebbles
by Wendy Scott
**Music Silence
and
Remembrance**

It's late afternoon when the ferry leaves Balfour. The lake is calm; water flows from the prow in neat stripes that curve to touch the beach – golden now with patches of aspen and orderly rows of poplar. The air is cool with a chilly mist that might bring rain. Even now, autumn slips from our grasp conjuring thoughts of firewood and the possible snows to come. And I think of other times, different places and their events, and I wonder again what winter will bring.

Horrors flashed on the screen and spread across front pages run the risk of reducing small town tragedies into disposable scraps in the turmoil that seems to have slashed Canadian life. It is not so. It never has been.

In 1985 a man died. His lifetime had spanned two world wars. Twenty five years ago, in a First Nations graveyard at Stein an Anglican priest scattered the man's ashes onto an Indian woman's grave. It was an old grave with no marker – difficult for those arranging the funeral to locate. This was not only a last wish of the deceased, but an oft mentioned wish – a wish that begged fulfillment even though it meant crossing the Fraser River from Lytton to Stein on a small cable ferry propelled by the current of the river – a crossing possible only before the high, swift waters of June.

On that day, the wind – persistent, continuous, carried the warm promise of spring. The man's few family members were beside the grave together with several close friends and one or two Indians from the Thompson First Nations tribe in British Columbia's Cariboo. An old Indian woman, an elder from the Lytton Band, waited while the priest intoned the service.

A man's remains still hold a considerable weight. The priest tossed handfuls from an urn onto the grave until the dark grey pattern covered the mound of earth like a blanket. He tossed the ashes carefully and the woman began to chant – softly at first, murmuring with the wind. The woman chanted in the Thompson Indian language, her voice sang of heritage and tradition, of honour and homage. She sang for a long time. These were the words the dead man had found for her tribe some fifty years before. She sang because she remembered when the man came to her village; when he rode a horse down her streets and along the narrow trails that clung to cliffs above the river. She sang because she remembered his struggle with her language and she sang because she remembered the woman in the grave who had become the man's Indian mother and had taught him to speak her language. She remembered all this even though the dead man had been gone from her village for forty years.

We live in a town of memories. But the town doesn't always remember. Nor do the folks who live here. Days go by and people, for the most part, tend to their normal routines. The birth of a child brings recollection and reminiscence to a family, but it is a forward looking event reserved for relatives and close friends.

Death, on the other hand, can rush like a hurricane through an extended community scattering the detritus of one lifetime; bits and shards of secrets and promises – sacred and private; reflections from companions of distant youth; lovers revealed, and tragedy queried yet again.

A relative can return to discover that their brother, sister, child, mother, lived in a world quite unfamiliar to them, a world that possessed a closeness difficult to comprehend; difficult sometimes to accept.

Home holds a unique spot in everyone's life. That's why that piece of soil, the grave of an Indian woman, had become the resting place for a white man – a man who had yearned to reach out, to reach back to the woman who had given of her time, her care, and her wisdom. She had invited him, as a young man, into her home so that he could learn to speak, to sing, to laugh in this land, this place so strange and foreign to him. She did this with the consideration and care that only a mother is willing to give.

The man had looked back so far in his own life to retrieve moments of gladness and the unique joy of accomplishment that no one – except the elder still chanting her words – could recall those times. Each person who gathered around

that grave watched and listened with different memories of their own private times shared with – or guarded from – this man. They all knew about the woman in the grave, but none had been a part of that time in the man's life.

The trees at Stein are old and tall. They embrace the silence in this spiritual place so that the constant turmoil of the river below is hushed and only the brush of ashes on dirt and the continuous notes of the woman's chant can be heard.

It is music that united those people on that spring day – music that supported thoughts and emotions with the steady tone of a chant. Behind the intensity of each separate memory it is music that brings families and strangers together at times of difficulty and stress as well as on those occasions for celebration.

Today, on the ferry, a woman danced in my mirror. She had parked her car behind me, careful to leave enough space on the deck for her dance routine. Her music came through earphones from her own mp3 player. No one could hear the sounds, yet everyone felt the tempo of her oft-repeated routines. There is a tune and a melody behind that kind of silence. A perceived rhythm can conjure the music that floats in our subconscious mind – ready, at the click of a finger, or the tap of a foot to match up with any rhythmic pattern.

There will be another kind of silence this month; a silence that begins and ends with the call of a trumpet; a silence that brings forth recognition of the sacrifice and loss that has existed in the civilized world for much longer than any of us can recall. That day will also be buffered with music. It will be a time to sing the familiar and oft repeated hymns and to hope and pray for lasting peace.

We will gather on that day to remember, because the music and the silences of memory must not be forgotten.

The East Shore MAINSTREET

Contact: Ingrid Zaiss-Baetzel

Phone: 250-227-9246 Fax: 250-227-9264
Box 140, Crawford Bay, B.C. V0B 1E0
E-mail: mainstreet@theeastshore.net

**ADVERTISING RATES

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

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

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

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

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

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

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

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

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

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

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

\$130.00 (quarter page) 5^{1/4}" wide by 7^{1/2}" tall

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

\$225.00 (half page) - 10^{3/8}" wide by 7^{1/2}" tall

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

Sample Sizes - more sizes available.

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

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

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

Classified Ads: \$5/first 30 words,
10¢/word after the initial 30.

****THESE RATES ARE FOR BLACK AND
WHITE ADS ONLY –
FOR FULL COLOUR, ADD 30% TO THE
ABOVE LISTED PRICES.****

EastShore Community Library/Reading Centre News

by David George

AMNESTY --- AMNESTY --- AMNESTY

Yes, it is that time of year again when the leaves turn golden and fall. Autumn is also the time when some of us remember Guy Fawkes and his rather explosive plans for regime change in 1605. Remember, remember, the fifth of November, for gunpowder, treason, and plot...

We also remember the 11th of November, which we used to call Armistice Day, the 11th hour of the 11th day of the 11th month; now called Remembrance Day. There will be a remembrance service this year in Riondel. Look elsewhere in this issue for details.

Also, what your library specifically wants you to remember this month of November is that NOVEMBER IS AMNESTY MONTH!

Yes, those who have been neglecting to bring in some very overdue books are strongly urged to find them and bring them in this month.

No fines will be charged for overdue books brought to the library this month.

Remember, remember, no fines in November, because... NOVEMBER IS AMNESTY MONTH!

Creativity, Community, Conscience

Riondel Library News

by Muriel Crowe

I was looking back at my mini article for October's *Mainstreet* and realized I had made an error in stating that we have books on DVD. I knew that wasn't correct so I had a look at one of the books and discovered that they are on CD's. Please accept my apology and correction. I was surprised that nobody had mentioned the error to me and then had the horrible thought that perhaps no one had read the article. I was devastated! Well, almost devastated until I realized that of course everyone reads it and you are all just too polite to tell me that I was wrong. So now I know that books come on CD's, and movies come on DVD's {I checked those out too!} I just have to figure out what to call those other little discs that go in the computer. I thank you all for being so polite but I really wouldn't have been offended to be corrected.

Recently we made a large book purchase of which many are new releases. There are also some new books on CD. I'm pleased to announce that if you want to read some of the books you will have to join a list of other readers also waiting to read them. We do have a reservation system in place and it usually works well though there is the occasional slip. Requests to reserve a book or other article can be made through our website but please be sure to include your name and phone number. We have had two requests recently but no name was included so no reservation can be made. The computer is very stubborn about that and we don't know how to change its mind.

This is also our formal announcement that we are definitely open on Monday afternoons from 2:00 to 4:00.

We look forward to seeing you then or any other time.



Tom's Corner

by Tom Lymbery
Visitors Looking for Relatives

We continue to be amazed at the connections from the past that appear when someone returns to Gray Creek to ask about friends or relatives who were here years ago, and are so pleased at what we can recall.

Four came asking for their grandfather William C. McCalla who stayed in 'Green Shutters' cabin about 1938 - 39. He was an avid wildflower photographer that I remember well, as he showed me how he would stand a backdrop behind the flower to take the picture. He and his wife stayed two weeks in two different years. I also recall that he measured skunk cabbage leaves by the stream near our barn and was amazed to find that they were over five feet long.

They later mailed me a copy of William McCalla's book *Wildflowers of Western Canada*, published in 1920. There is a full page of detail by each photo, some with lines of verse. You feel that to him the flowers



Garth Norris of Pilot Bay (at far left), shows his copy of the 1897 Pilot Bay townsite map to (L - R) Greg Nesteroff, Ron Welwood, and Alistair Fraser, during last summer's Discovery tour of Pilot Bay led by Tom Lymbery. Lorraine Laffoon's visit was the inspiration for this tour, - the biggest and best-attended tour of the season.

Photo: Steve White

had human qualities. The siblings, from Edmonton, Calgary, Salt Spring Island and California, take a trip together each year to somewhere that has family background, such as rural schools on the prairies. What an example to the rest of us!

From Manchester, England came the Szczepaniks, relatives of Harold Murray, a botanist who had moved to Crawford Bay about 1910. Harold was always looking for unusual native plants, and I once rowed him across the bay when he was looking for a glacier lily in a different colour than its standard yellow. He used to walk over to visit us about once a week and stay for supper, all the while talking plants to my father. This was sometimes hilarious, as Dad had an amazing memory but poor hearing, while Harold had the opposite - excellent hearing but a sometimes fading memory. He also had been an 'adjudicator for fungus forays' at Manchester University. Since he was an expert on mushrooms and toadstools, he often brought some to be cooked for supper - ones that we would not otherwise pick. A few of these were OK but many were not as nice as he suggested - but at least none left us with ill effects.

I would drive Murray home later in the evening to what is now The Murray Cabin and he would show me lumps of metal that were the remains of trophies that he had won in rifle contests, as he had been an excellent shot.

(He had served as a sniper in the 1914 - 18 war.) He lost his home to fire about 1940 and had reclaimed what remained of his challenge cups after they had melted. Frances Roback was able to email to the relatives a group photo of men including Harold at a turkey shoot in 1911, as they had no photo of him.



The family of Jan (Johnny) Karisny visit Tom Lymbery at the Gray Creek Store in summer 2010. With Tom are Johnny's son Viliam Karisny from Slovakia, and Viliam's daughters Vilma Karisna (at left), and Daniela Karisna-Royal with little Anna.

Photo courtesy of Rick Royal

A visit from the son of Johnny Karisna who started the Lakeview in 1931 was most interesting. Viliam Karisna came with his daughters Vilma Karisna and Daniela Karisna-Royal and her family from Calgary. Daniela had found Gray Creek a few years earlier. After Coal Oil Johnny sold his store and cabins in 1939 to D'Arcy Bacon of Kootenay Cottages, and returned to his native Prague just before the war broke out in 1939, we had always wondered if he survived. He did well, being just over military age so wasn't conscripted. He married an 18 year old and had four children.

Lorraine Laffoon and other descendants of Joseph Blanchard who built the three story Hotel Pilot Bay were so pleased to see the actual site of the hotel. Garth Norris of Pilot Bay found the basement excavation, using photos the Blanchard family had brought us.

These visitors were the highlights of the summer, but many more drop in, so I desperately need that cell phone (invention to come) that when you point it at someone, it will display the person's name and the last time you saw him/her.

Carbon Neutral Kootenays (CNK)

Three Carbon Neutral Action Plans Now Complete

press release

Oct 28, 2010 - Carbon Neutral Kootenays to implement plans and continue working with municipalities to achieve carbon neutral operations...

(Columbia Basin) - The Carbon Neutral Kootenays (CNK) Project recently wrapped up its first phase of work, completing three detailed carbon neutral action plans for the Regional Districts of Central Kootenay, East Kootenay and Kootenay Boundary, and also completing emissions and energy inventories for 28 municipalities and several participating First Nations.

"CBT is pleased to support efforts that allow local governments and First Nations to take tangible actions on climate change to reduce emissions at this unique level and scale," said Neil Muth, CBT President and CEO, referring to the diverse partners and regional mix of small and rural municipalities involved in the project.

The next two years of this project, jointly funded by the regional districts and CBT, are about building on and implementing the recommendations and actions identified in 2010 with regard to carbon neutral action plans, monitoring and carbon offsets.

Over the next 24 months the Community Energy Association will lead work with regional districts, local governments, First Nations to support and maintain existing emissions inventories, implement carbon neutral actions for the regional districts; help develop carbon neutral action plans for municipalities and First Nations; coordinate carbon neutral actions on a regional scale; and identify regional offset investment opportunities.

20 Mainstreet November 2010

"We're looking forward to implementing our action plans and following through on recommendations from the first phase of the CNK project," said Regional District of Kootenay Boundary Chair, Marguerite Rotvold. "This work will help local municipalities that have signed the Province of BC's Climate Action Charter achieve the goal of being carbon neutral in their operations by 2012."

The Union of BC Municipalities (UBCM) recognized the Carbon Neutral Kootenays Project in 2009 and awarded it the prize for Leadership and Innovation in recognition of 'environmental excellence and ideas that showcase vision, creativity and teamwork that can be followed by others.' The unique funding model between regional districts and CBT, and the partnership of regional districts, municipalities and First Nations, is a first in BC.

The Carbon Neutral Kootenays Project is one of several climate change initiatives supported by CBT. For more information about CBT and its climate change initiatives, visit www.cbt.org/climatechange.

The Community Energy Association is a non-profit BC organization helping local governments address energy sustainability and greenhouse gas reduction.

Mainstreet Online!

www.mainstreet.eshore.ca

**Check it out mid
November!**

**Next Deadline:
Nov 24, 2010**

**Box 140,
Crawford Bay, BC
V0B 1E0**

250.227.9246

Creativity, Community, Conscience
mainstreet@theeastshore.net

Book Review

by Tom Lymbery

TREADING WATER, by Anne DeGrace, publisher McArthur & Company, 304 pages, \$15.95

Anne DeGrace has tackled historical fiction in her first book – bringing to life the story of the flooding of the community of Renata when BC Hydro built the dam at Castlegar that flooded nearly all the homes and fruit farms on the Arrow Lakes. Induced by dollars from the USA, Hydro had to attempt to buy everyone out, in order to produce water storage for power production south of the border.

She has done an excellent job with the characters in her story, dividing the book into timelines from 1904 to 1967. Some of these arrive in Bear Creek (Renata) to trap, prospect and plant fruit trees. Others come to visit or teach school and end up staying for the rest of their lives.

Fruit growing produced a volume of shipments that provided income through the depression years. Besides the sternwheeler service on the lake the community had a trail up the mountain behind, so that it was possible to flag a train on the Canadian Pacific track. Somehow the Brooklyn Bridge, Canada's largest natural stone bridge doesn't come into the story.

There is even a horse named Ace, who has a mind of his own, and is buried next to his master. Before the flooding Hydro crews cover the burials and also the cemetery with pads of cement. This was their way of sealing the graves before the water crept up, to perhaps wash them away.

The last trip of sternwheeler SS Minto comes into the book, as well as the burning of the Grizzly Bear Hotel (the Gates of St. Leon). I hate to criticize your lovely book Anne, but wish you had read *Fishes and Wishes and Fruit* to be able to connect the boat service into travel and fruit shipments more realistically. Barges pushed by tugs were mostly used for moving rail cars, and all the wharves were built and maintained by the Dominion Government, as the lakes are navigable water.

CKCA Announces 2010–2011 Funded Projects

press release

(Nelson) – Columbia Kootenay Cultural Alliance (CKCA) selected 144 arts, culture and heritage projects—including the Columbia Basin Culture Tour—to receive a total of \$520,000 in funding support for the 2010–2011 season provided by Columbia Basin Trust (CBT) under its Arts, Culture and Heritage granting program. CKCA administers and manages arts, culture and heritage program on behalf of CBT.

“We were thrilled by the wide cultural and geographic diversity of the projects we were able to support this year,” said Jacquie Hamilton, Columbia Kootenay Cultural Alliance Chair.

Applications were adjudicated in May by the CKCA Steering Committee, with input from community arts councils. Support will go toward a wide range of projects, including individual and group projects, master classes, major exhibitions and heritage capital projects.

“CBT is committed to supporting arts, culture and heritage projects to help build long-term sustainability for communities and create a greater awareness of the talent and creativity of Basin residents,” said Lynda Lafleur, CBT Community Liaison.

This CBT funding administered by CKCA helps individuals and organizations realize heritage projects and projects in all arts disciplines, including visual art, theatre, music, dance, media, literature and inter-arts. For a list of funded projects, visit the CKCA website at www.basinculture.com or call 1-877-505-7355.

CBT delivers social, economic and environmental benefits to residents of the Columbia Basin. To learn more about CBT programs and initiatives, www.cbt.org or call 1-800-505-8998.



Bible Talk

by Pastor Doug Middlebrook

Psalm 92:1: “It is good to give thanks to the LORD, And to sing praises to Your name, O Most High” As we celebrated Thanksgiving last

month, my mind was filled with the thoughts of what I had to be thankful for, and why I should be thankful. As I studied the word of God, I noticed something about giving thanks. All through scripture we are reminded to give thanks, so I thought there must be a reason.

1 Thessalonians 5:18 “Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.” This scripture tells us that in all circumstances we should give thanks, because it is the will of God for us. We know that God only wants what is good for us, so giving thanks must be good for us.

Eph 5:20 “...giving thanks always for all things to God the Father in the name of our Lord Jesus Christ” This next scripture says we should give thanks for all things. I have found through studies that all means all. So whether the answer to our prayer is complete or partial, or maybe the answer is not what we asked for, we are still to give thanks. Again we are to do this because it's good for us.

Phil.4:6 “Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.” Lastly, He tells us not to worry regardless of how things are going. That's a tough thing to ask today. Now adding that to the other two scriptures, we find that we are to give thanks in all circumstances, in everything, and we are not to worry. Then we are to take it to God. This shows me that God cares. God is not in need of our thanks, nor is He trying to feel good about Himself by having us continually thank Him.

This is what I found about being grateful and giving thanks. I discovered it makes me feel better. We understand this concept. We were taught it when we were young and we teach it to our children. It's known as manners. We know as parents that showing gratitude will open doors for our kids and we also know that showing and receiving this type of appreciation makes us feel good. We all like to be appreciated for the things we do, whether in our jobs, our homes or even in the communities where we live. We also like to see those who do the above things be recognized. So we thank them by giving awards, honors and by just saying “thank you.” That's why we should give thanks; it blesses those we thank, it makes us feel good (which is a blessing) and I believe it blesses God. God knew that if we would live thankful lives, we would live better lives. I know I feel better after giving thanks and surely feel better for being thanked. Our key scripture this month was “to give thanks to the Lord”. Who is more deserving than He? He gave up Heaven to live with us. He would rather die FOR our sins than let us die IN them.

Let us live lives of gratitude; lives of thankfulness and appreciation, showing it and speaking it so those around us will be blessed.

The Lord's blessing be with you all.

Mainstreet Online!

www.mainstreet.eshore.ca

Check it out mid

November!

Kootenay Lake Regional Food System

**Building Infrastructure,
Building Networks**

For the past 3 months, MLA Michelle Mungall and her local constituency office have been asking about how to support and strengthen regional food systems.

On Saturday November 6, we will share our initial findings and invite your feedback. Please join us at Crawford Bay School for an open afternoon of discussions and refreshments.

Crawford Bay Elementary-Secondary School
16150 Walkly Road

Once again, *The Mainstreet* gives you the opportunity to give to your community twice this Christmas. Express your Christmas greetings to the East Shore, and at the same time, contribute to the East Shore's Hamper Fund. Please send \$10 and a short greeting to be published in the December issue. The community will receive your good wishes, and the hamper fund will receive your \$10.

Please e-mail
mainstreet@theeastshore.net
Phone: 250.227.9246
Or mail to:
Box 140, Crawford Bay, BC
V0B 1E0

**Creativity,
Community,
Conscience**

SERVICES DIRECTORY

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

AUTOMOTIVE/MARINE

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

CC ENTERPRISES LTD - "Sensitive Sites our Specialty." Road building, logging, land/house site development, self-loading log truck/dump truck, excavators/dozers, sand & gravel. Chris Choquette: 825-4701 or 354-9238.

HULLAND AND LARSEN CONSTRUCTION - experienced residential construction and custom finish work. 250.551.2915 or 250.505.3570.

MARK JOHNSTON CONSTRUCTION LTD. Ph: 250-227-9583, email: info@mrkjc.com

PROFESSIONAL PAINTER - 15 yrs experience in residential setting. Free colour consultations. Call Petra @ 250-777-1062 or 225-3250.

R&R REPAIRS: For all appliance repairs and satellite troubleshooting, sales and installations. Phone 225-3532 for messages and 354-3564 cell. We sell and install cameras and home intrusion systems for home security. Give us a call to find out more. All work guaranteed

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

PERSONAL CARE/HEALTH

ALEXIS PHILLIPS, M.A., R.C.C. - Registered Clinical Counsellor specializing in complex trauma, relationship issues, grief & loss, anxiety & depression. Apptmnt/consultation, call 227-6824.

ANIE BOUDREAU - YOGA THERAPIST. Private therapeutic yoga sessions - 250.505.6540

An ASTROLOGICAL CHART READING will give you awareness and understanding of your life and your current situation." Contact Susan Snead at 250-225-3520

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

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

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

MASSAGE, FOOT REFLEXOLOGY, POLARITY BALANCING: Call Susan Snead to book a session in your home or at hers in the Riondel area. 250- 225-3520

MASSAGE, SHIATSU - DEEP TISSUE - REIKI, mobile or in Crawford Bay, call James Wood, 250.227.6849 for an appointment.

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

PSYCHIC CLAIRVOYANT - Past lives, ancestral quandries and entity awareness. 250.225.3250.

REGISTERED ACUPUNCTURIST - Christine Peel, R.Ac. Traditional Chinese Medicine treatments including Acupuncture, Moxibustion, & Cupping. Call 505-8130.

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

RESTAURANTS

BOCCALINO RESTAURANT, MOTEL & CABINS - Bocalino Restaurant is closed for the season and would like to thank everybody for their support. We are available for catering during the winter. Please call for more information 250-227-6906

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

MAXX & NAMBI'S KITCHEN - Open Sundays, 9 to noon with full breakfast menu. Hwy 3A in Crawford Bay. 227-6854.

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

ROCKWOOD CAFÉ - Authentic Chinese food, great pizzas and perfect burgers. Open Tues - Sun. Hwy 3A Gray Creek. 227-6840.

YARD/LANDSCAPING/SITE PREP

ALL-RITE ROOTER/SEWAGE PUMPING SERVICES - Septic tanks pumped. Field lines cleaned. Plastic septic tank riser sales. Edwin and Elizabeth Johnson - 428-9097. ROWP. Red & White Truck.

TREE SERVICE, RESIDENTIAL - Thinning, pruning, limbing, removal, falling. Free estimates. Call James Linn at 225-3388.

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

**Next Deadline:
WEDS, Nov 24/10**

**Creativity
Community
Conscience**

CLASSIFIED SECTION

AUTOMOTIVE/MARINE

Make sure you have a Jumper -- Booster Cable Set in your vehicle -- winter is tough on batteries -- Gray Creek Store

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

BUS. ANNOUNCEMENTS

Gray Creek Store Sunday Hours now 10 am to 6 pm

Sirdar General Store - A unique place to shop on Duck Lake. Hunting & Fishing Licenses & Tags, Federal Bird Stamp/Permits, Fishing Tackle, Post Office Service, Groceries, Crafts & Souvenirs. New this month--Little girls dresses with bonnet & bloomers, Tea cosies, All Occasion Greeting Cards. 8050 Hwy 3A, 250-866-5570, fax 250-866-6811.

Insurance certification requires professional chimney installation -- we are the Professionals -- Gray Creek Store

BUSINESS SERVICES

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

**EMPLOYMENT OPPS/
HELP WANTED**

Visit InvestKootenay.com for East Shore opportunities to buy or sell a business and more.

EVENTS

Wynndel Community Centre's Annual Christmas Arts & Craft Fair - on Saturday, November 20th, 2010 from 9 am to 3:30 pm at Wynndel Memorial Hall. To

reserve a table phone Shannon at 250-866-5570. Reserve no to avoid disappointment--limited to 30 tables which are \$20 each to rent. Make Christmas shopping easy by visiting your neighbourhood fair -- woodworking, pottery, sewing crafts, greeting cards doggie treats decorations and much more. So bring your friends along and do you shopping early. Lunch, Coffee/Tea available. 5127 Wynndel Road.

HOME/BUILDING

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

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

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

Back again: tarps and more tarps. Green is best; up to 50 foot by 60 foot -- Gray Creek Store

Log tongs- orange for lifting, blue for skidding. (the lifting ones are special steel) - Gray Creek Store

Finest quality Benjamin Moore Paint. Please phone 227-9315 or 227-6855 to make sure that we have a tinting specialist on shift -- Gray Creek Store

Plumbing Adaptors that fit pex, poly B, or clear tubing -- don't need clamp tools, great for RVs & tight spaces -- Gray Creek Store

Live Animal Traps -- Squirrels to Raccoons - \$24.95 to \$79.95 -- Gray Creek Store

Roofers Fall Kit - roof anchor, D ring harness, 50' lifeline, rope grab and 2" shock absorbing lanyard -- Reg \$207, Special \$189 - Gray Creek Store

MISCELLANEOUS

FOR SALE

Quality home furnishings and canoe. Call (250) 227-9224 for appointment to view.

Wool Pants in two styles, as well as wool jackets. These are hard to find. We had to go direct to a manufacturer in Quebec, so the price is reasonable. Nothing beats WOOL for outdoor workers -- Gray Creek Store

Wool Jac shirts with the shoulder rainproofing - we thought these were gone forever but we just got some more stock - Gray Creek Store

Save Power: plug in those printers and computers to a power bar, then one switch turns all of when not needed or when thunderstorms threaten - Gray Creek Store

Mr Buddy 9000 BTU Portable Propane Heater uses disposable (or 20lb) tanks \$149.95 -- Gray Creek Store

Christmas Tree Stands: heavy duty cast iron/ Don't risk having your tree fall over -- Gray Creek Store

What a stock -- time to sock up for winter; socks and more socks -- Gray Creek Store

Books make the longest lasting Christmas gifts. Buy them early so that you can read-em before you gift-em - Gray Creek Store

Headlamps from \$8.95: the shortest day is nigh -- Gray Creek Store

Stanfields make your winter comfortable. Outside workers need wool pants and wool jackets -- Gray Creek Store

The Butt Bucket \$5.95 - objections to smokers are not so

much to the smoke, but to those insidious butts left behind. Here is a way to control that noxious litter -- Gray Creek Store (can also be used as a car ashtray) **"Dorothy's Stormy Lake"** vol. 4 is here - \$19.95. Complete your collection -- Gray Creek Store **Hydrographic chart** of the Lake. boater's necessity, hard to find anywhere but Gray Creek Store

NOTICES

Call For Entry for the Christmas Craft Fair in Creston on November 27, 2010 (Saturday). Contact Harry Miller at 250-428-2527.

Volunteer Your Time... Transcriptions and translations of Deconstructing Dinner greatly increase our audience. We request your help in transcribing our audio broadcasts, or translating existing transcripts. Transcribing for Deconstructing Dinner is a valuable way for you to assist this project and ensure that this vital information has the opportunity to reach as many people as possible. Upon successful completion of a transcript, we will proudly post your name as the transcriber. This is a great asset to any resume! Thanks for contacting me to get involved at dd.admin@cjly.net **Convenient, clean & safe** downtown parking. Park at the Nelson Parkade - Sunday \$3.00 all day. Wkdays \$1.50 for 2 hours, or \$3.75 for all day. 1/2 block off Baker on Vernon Street 354-8834.

OUTDOORS/REC

Fold Out Ramp to load your garden tractor or ATV - Reg \$455, Now \$395 - Gray Creek Store

ATV and Motorcycle Helmets: Comfortable... Try one on.

Don't get pinched riding your ATV without one. Two styles \$36.95 and \$48.95 -- Gray Creek Store **The Hunter's Hoist Kit** -the easy way to string 'em up. Can we persuade you to delete some of our surplus deer? - Gray Creek Store **Log Lifter** with hickory handle, get your log off the ground for easier firewood cutting \$97.50 -- Gray Creek Store **"Find an ounce of gold a day"** with our gold panning kits, or check the beaches for antique coins with a Metal Detector -- Gray Creek Store

**RENTALS/
REAL ESTATE**

Large 1 BR apartment for rent, good view, \$595/mo. includes all util plus sat TV, no telephone. Gray Creek 250-227-9367

YARD & GARDEN

Bird Feeders - and the black oil sunflower seeds that bring birds to your window -- Gray Creek Store

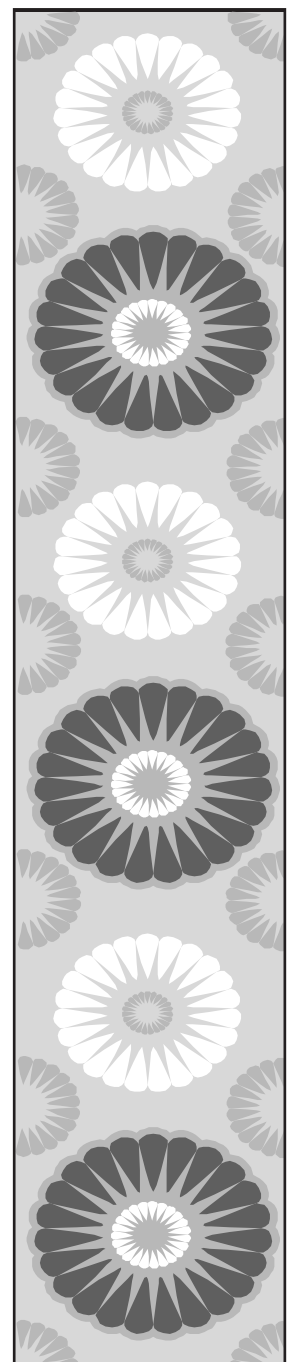
Magnetic Rakes: we bought a bundle so the prices are lower. Now you can get those tire punching nails and screws out of your yard - Gray Creek Store

Snow Floats: don't shovel that white stuff, float it. (no lifting) -- Gray Creek Store

Grip O Log Splitter -- no hydraulics to freeze or leak, Honda powered, two second cycle time, uses the effort of two flywheels, was \$3400 now \$2995 -- Gray Creek Store

Snow pushers and shovels of all types. Roof Rakes--get yours while we have good stock -- Gray Creek Store

Use a garden hose to flush or service your outboard. Hose adaptor kits \$13.95, Gray Creek Store



BULLETIN BOARD

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

CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

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

EAST SHORE COMMUNITY HEALTH CENTRE Call 227-9006

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

PHYSICIAN COVERAGE FOR November 2010

Nov. 2 Tues - Dr Sharon Lee
Nov. 3 Weds - Dr Moulson
Nov. 4 Thurs - Dr Sharon Lee
Nov. 9 Tues - Dr Sharon Lee
Nov. 10 Weds - NO DOCTOR
Nov. 11 Thurs - NO DOCTOR
Nov. 16 Tues - Dr Grymonpre
Nov. 17 Weds - Dr Moulson
Nov. 18 Thurs - Dr Grymonpre
Nov. 23 Tuesday - Dr Grymonpre
Nov. 24 Wednesday - Dr. Moulson
Nov. 25 Thursday - Dr. Grymonpre
Nov. 30 Tues - Dr. Grymonpre

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

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

BOSWELL HALL GOINGS-ON

- Boswell Ladies Club Bazaar will be held on November 13, 10:00 am to 1:00 pm. Come for coffee and cruise the tables where you will find baking, crafts and second hand items for sale. Lunch is available for a nominal fee.
- Boswell Memorial Hall Pot luck Dinner and AGM: Potluck dinner begins at 6:00 pm sharp with the Annual General Meeting to follow at 7.
- Boswell Ladies Club Christmas Luncheon will be held Dec. 6. More info next month.
- Boswell Book Club meets monthly on the 2nd Thursday at 1pm.
- Boswell Nifty Needlers Quilt Guild meets monthly on the third Tuesday at 1pm. Contact Nancy Bowley 250-223-8046.
- Boswell Vintners meets monthly at the Hall on the second Wednesday at 7pm. Contact Doreen Nault 250-227-9543.
- Carpet Bowling continues on Tuesdays at 7pm. Contact Tom Sawyer 250-431-8404.
- St. Anselm's Church Services with Rev. Robin Celiz on the 1st Sunday of the month at 1:30pm
- Yoga with Lea continues on Thursdays at 9:30 - 11 am. Contact Merilyn Arms 250-223-8058.

GRAY CREEK CHRISTMAS PARTY

The annual Gray Creek Hall Christmas Party desperately needs volunteers to put it together. Organizers from past years have found themselves overwhelmed and are stepping out, hoping new energy comes forward. If this party means something to you and you are willing to coordinate the event, please contact Kerry Reilly at 250.227.9484 or Ingrid Baetzel at 250.227.9246. If no one comes forward to take this on, the party will not take place for the first time in decades.

KOOTENAY CELIAC MEETING

Monday, November 8, 7:00 PM. 333 Victoria Street, Nelson, BC

KOOTENAY LAKE FALL FAIR

Annual General Meeting will be held at the Crawford Bay Hall, November 8th, 2010 at 7PM. Anyone interested in participating in the planning of the 100th Fall Fair is welcome! Open to the public

TIPI CAMP SILENT AUCTION

At the beginning of April there will be a silent auction to raise money to help send kids to camp. We are asking for donations for the silent auction. To donate please contact: Jacki Friesen, 250.505.8143. Email: cailly11@hotmail.com

THANK YOU

Thanks to the nursing staff at the Nelson Hospital for their exceptional care of our brother Roy McClure, and also to Dr. Malpass and Dr. Moulson and especially to our Riondel Ambulance staff who really do go above and beyond their mandate, also to Mary Donald's home support from the families of McClure, Robinson, Lymbery, Ryckman and Cummings.

BEVY OF ANGELS

Christmas craft faire: totally handmade, totally eventful. This year we are set up at the Crawford Bay school! New venue - more vendors - same groovy vibe and tempting creations from local artists of all descriptions... Please come on Sunday, DECEMBER 5th from 10 to 4. Yummy lunch available, as well as a plethora of art and craft, from edible to wearable to playable, from fluffy to smelly to pretty to utilitarian to all of the above! Call Jacqueline Wedge @ 227-6803 for details. Another funky, festive, fabulous fun time on the East Shore!

EAST SHORE CHRISTMAS POTLUCK

It's time to think about this free, fun-packed, wild and wacky dinner. December 11 is the date, the Crawford Bay Hall is the place. Santa will be on hand to answer pressing questions for both kids and adults (he informed us that his gift list was huge this year...), as well as fun crafts, tea and coffee, glorious entertainment, and a raffle or two. Look for sign-up sheets at the Credit Union and the Crawford Bay Store by mid-November (you will be called for your food contribution and small volunteer duty). Space is limited & registration ends by December 4th, so mark your calendars because you and your kids (and elders too) do NOT want to miss this.

ECONOMIC DEVELOPMENT FORUM

Crawford Bay School Library, Saturday, November 6, 2 PM - 5 PM, with Garry Jackman, RDCK, Community Futures on succession planning, InvestKootenay presentation, Kootenay Lake Chamber of Commerce, and Shandi Miller, S. Kootenay Lake Community Services. Live website sign-up with InvestKootenay. Everyone welcome - Refreshments

GATHERING IN GRATITUDE

Thank you so much to Heath and Victoria (Shriken and Pixie) for organizing the "Gathering in Gratitude" at their home in Boswell on Oct.8. Thank you also to the musicians, dancers, laughers and everyone who donated (and bought) items to the silent auction and raffle (won by Christina DePape) for the little ones in South Africa. Together we raised \$2100. What a beautiful night! THANK YOU EVERYONE!

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Winter Schedule in effect: **subtract one hour before Nov 7.**
All times listed in "East Shore Time"

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

CHURCH CALENDAR

RIONDEL COMMUNITY CHURCH

November SCHEDULE

- Nov 7 - Jeff Zak, Mennonite Brethren, 12 noon
Music: Johannes
- Nov 14 - Pastor Doug Middlebrook, KLCC, 3pm
Music: Cheryl Middlebrook
- Nov 21 - Fr. Robin Ruder Celiz, Anglican, 1:30pm
Please join us for a combined services at Riondel Community Church.
- Nov 28 - Guy Duchaine, United Church, 11am
Music - Anne Rokeby-Thomas
- Please see website for changes: www.riondel.ca
Info at 250-225-3381**

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

For information call Christ Church Creston 428-4248
November 7 - 1:30 pm - Rev Robin Ruder Celiz
December 5: 1:30 pm - Rev Robin Ruder Celiz:
Lessons and Carols

HARRISON MEMORIAL COMMUNITY CHURCH ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!
Church Schedule:

Nov 21: 1:30 pm: Rev Robin Ruder Celiz
Combined service with Riondel at Riondel Community Church.
Church Services held on the third Sunday of the month.
For information call Karen Gilbert: 227-8914
or Sue Philp: 227- 9140
email: harrisonmemchurch@gmail.com

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore
Come & join us for a time of Praise, Worship & then the Word
Sunday Service 10am -11:30am
Youth Meetings (CBYG) weekly. Call for info.
Pastor Doug & Cheryl Middlebrook 250-227-9444/250-505-7659

TEMPLE OF DIVINE LIGHT

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

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Reverend Thomas Kakkaniyil
Phone: 428-2300 Fax: 428-4811
Sunday Mass at 1:30 pm
1st Sunday of the month, Fellowship Sunday.

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

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

MEETING PLACES

EASTSHORE ALLIANCE SUPPORTING THE EARLY YEARS (EASEY)

This month's meeting will be held at Crawford Bay School Library, Nov 18, 2010 at 3:30 pm. Everyone is welcome and childcare is offered. Contact Simone Stanley at 250.227.9218 ext 5504. Email: simones@kootenaykids.ca

LIONS CLUB - meets at the Kootenay Lake Community Church - 16190 Highway 3A, Crawford Bay.
Meeting Times: 7 pm.
Second and Fourth Tuesday of the Month
For more information call Jim at 227-9622 or Ken at 227-9492.

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

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

PARENT ADVISORY COMMITTEE (PAC) Meetings held at 7 pm at the Crawford Bay School library on the second Monday of the month. **November Meeting: Nov 8, 2010.**
Call Gina at 250.227.6896 to be put on the agenda...

November 2010 Mainstreet 23

NOVEMBER 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
		Dr. Sharon Lee	Dr. Moulson Lab 7:30-10:30	TOPS, KLCC bsmnt, 8:30am Dr. Sharon Lee		EDC Forum, CB School, 2-5pm
7	8	9	10	11	12	13
John Jenkins Small Town Revival, Sirdar Pub Bottle Depot, 10-2	Fall Fair AGM, 7pm PAC Meeting, CBESS Library, 7pm	CB Hall AGM, 7:30 pm Aft Sch. Art, CBESS, 3-5pm Lions Mtng, 7 pm Dr. Sharon Lee	16+ Community Volleyball, 6:30 pm, CBESS NO DOCTOR	TOPS, KLCC bsmnt, 8:30am NO DOCTOR	Parked in Handicap Zone, Sirdar Pub	Hello Baby 2, GC Hall
14	15	16	17	18	19	20
Bottle Depot, 10-2	Chamber of Commerce Mtng, CB School, 7pm	Aft Sch. Art, CBESS, 3-5pm Dr. Grymonpre	16+ Community Volleyball, 6:30 pm, CBESS Dr. Moulson Lab 7:30-10:30	TOPS, KLCC bsmnt, 8:30am Dr. Grymonpre	Mainstreet Online Launch	Winter Wonderland Craft Fair
21	22	23	24	25	26	27
Bottle Depot, 10-2		Aft Sch. Art, CBESS, 3-5pm Lions Mtng, 7 pm Dr. Grymonpre	Mainstreet DEADLINE 16+ Community Volleyball, 6:30 pm, CBESS Dr. Moulson, Lab 7:30-10:30	TOPS, KLCC bsmnt, 8:30am Dr. Grymonpre		Spa Days, Sacred Journey
28	29	30				
Spa Days, Sacred Journey Bottle Depot, 10-2	Spa Days, Sacred	Aft Sch. Art, CBESS, 3-5pm Dr. Grymonpre				



LEST WE FORGET

Remembrance Day Service
Thursday, November 11, 10:45AM MST

Riondel Community Centre

Luncheon to follow hosted by
Seniors' Association - Cost by Donation.

Anyone wishing to lay a wreath
or participate in any way is asked to
contact Larry Ireland at 225-3257.

Looking For That Special Gift?

Saturday, November 27
Art Council Annual
Christmas Art & Craft Fair
Creston & District Community Complex
9am - 6pm

Over 60 tables featuring:

- Handcrafted items by local and regional artists and artisans.
- Local author book signings
- And other surprise holiday events
- Food Bank Donations

Lion's Club Decorated
Christmas Tree Auction

For more information contact
Harry Miller 428-2527
www.crestonvalleyarts.org

ADVERTISER	PAGE	ADVERTISER	PAGE
Sunset Seed	7	Turlock Electrical	2,12
B-57 Excavating	2,12	Will Chapman	1
Barefoot Handweaving	5	Winter Wonderland	12
BCAS	4	Yashodhara Xmas	6
Betty778 Photography	2,11	Yoga with Lea	6
Bevy of Angels	11		
Boccalino	6		
Boswell Hall	6		
Community Futures	7		
Crawford Bay Christmas Potluck	13		
Crawford Bay Hall & Parks	5		
Crawford Bay Store	13		
Credit Union	13		
Creston Craft Fair	24		
Creston Valley Realty	12		
Dan's Ground Disturbances	1		
EDC Forum	3,13		
ESIS	1		
East Side Mojo's	7		
Eastshore Physiotherapy	17		
Fitness Place	16		
Footlighters	14		
Gray Creek Store	22		
G.R.S. Contracting	12		
Harreson Tanner	10		
Hot Lunch Raffle	12		
Hulland and Larsen	13		
Kootenay Insurance Services	14		
Kootenay Springs Softub	16		
Lattaco (Mr. Moo)	12		
New-2-U	8		
On the Mark Flooring	12		
RDCK Rescue Truck	5		
RDCK Riondel Storm	4		
RDCK TS Rememb Hours	24		
RDCK Transfer Station Hours	11		
Remembrance Day	24		
Riondel Market	11		
Sacred Journey	13		
Sirdar Pub	6		
Smoke Alarms	4		
Sonya Griffin, RMT	11		
Sunnywoods Farm	7		

Transfer Station Hours

Crawford Bay:
From Nov 7:
Sun & Tues :
10 am - 4 pm

Boswell:
Weds/Sat, 12-4

Library Hours:

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

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

ES Health Centre 227-9006
COUNSELLORS

Drug & Alcohol: 353-7691
Child & Youth: 353-7691

Public Health Dental Screening/Counseling: 428-3876
Community Nursing: 227-9019 Hospice: 227-9006
Mammography Screening: 354-6721
Baby Clinics: 428-3873 Physiotherapy: 227-9155
Massage Therapy: 227-6877

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

RDCK Waste Management Facilities
REMEMBRANCE DAY HOURS OF OPERATION

All Waste Facilities will be CLOSED on
Thursday, November 11, 2010

Normal operating hours apply for the rest of the week.
For details see our website:
www.rdck.bc.ca/environment/waste/waste_disposal

or contact the
Recycling Council of BC Hotline at 1-800-667-4321
or the RDCK at 1-800-268-7325