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The East Shore Mainstreet

KOOTENAY LAKE BC

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

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

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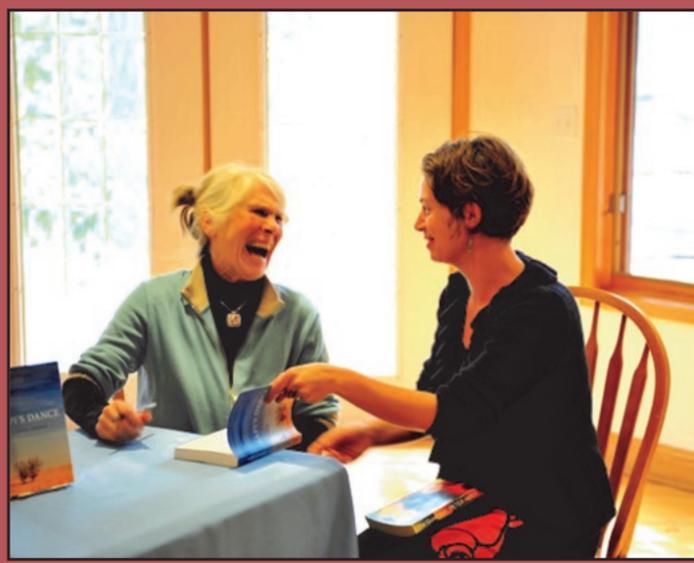
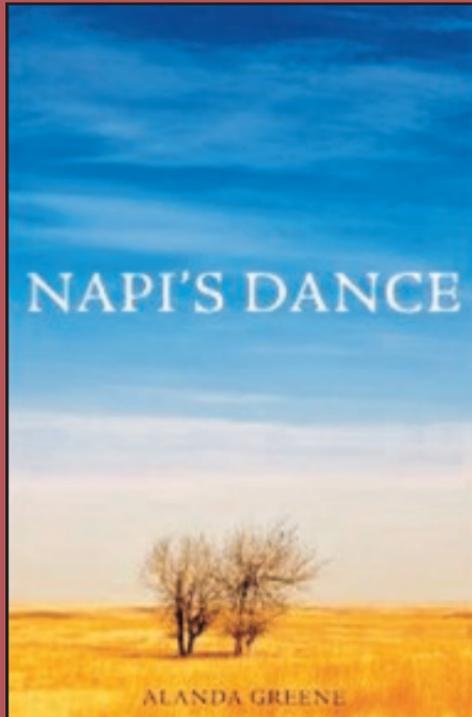
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Photos by Charles Green



Napi's Dance Hits the Ground Running!

Kootenay Bay resident, Alanda Greene, released her new novel, *Napi's Dance* and within a matter of weeks, it was soaring, much to the delight of the author and her community. In the week of October 22/2012, *Napi's Dance* was selected as Editor's Choice in the book section of iTunes. This occurred just a day after a very successful book release party at the Yasodhara Ashram in Kootenay Bay. Pictured above are some moments from that book signing/reading. Top: longtime friend and supporter Jim Donald with Alanda Greene, author. Bottom left, friend and former student Ali Keraiff gets her book signed and, bottom right, Paris Marshall-Smith and Greene share a good laugh. More on this story inside.

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2012 CHRISTMAS FOOD HAMPERS

If you wish to receive a food hamper this year, or know someone who may be in the need of one, please notify Shelli Bothamley at 225-3596 by Nov 15 to put your name on our list.



MS Issues

by Ingrid Baetzel,
Editor
Stones Vs. Beatles

A recent conversation got me thinking about dynamic change and how we can best facilitate it. The conversation started by discussing the age-old Stones vs. Beatles battle... about how that discussion could, forty years ago and still today, dramatically cause great divisions. It moved (naturally) on from there to the polarization in our western societies between what sometimes seems to be a strong, fundamentalist, conservative approach in many facets of politics and leadership in contrast with the anti-establishment, power-fighting, "off-the-gridders" who are battling every day for belief systems. The conversation was about the folks in between these two... factions... and how lost they can feel when they can't trust the government, don't have the time or energy to fight the pharmaceutical companies, insurance corporations and big banks, but also can't sit idly by watching ineffectual leadership roll over the population.

My concern is that the anti-establishment groups, those who fight the power, have become almost knee-jerk in their battle stance and, with the help of social media, have begun to alienate those who are trying to find a way to jump on board. I am INUNDATED on a regular basis on Facebook with protest rallies, anti-government war cries, environmental disaster petitions, letter-writing calls to action and general demands for consensus on how absolutely crappy everything is, to the point that I don't even look very closely anymore at what many of my friends know is important. They

want me to be involved. I want to be involved, but I've been so beaten down with information and demands for action, that I've nearly shut off completely. This isn't working.

Someone I love dearly has written a book. That's about all the specifics I can give at this point, but I can tell you that this book has only charged this particular thought-path to an even greater extent. This book is a war cry in the form of a small, innocuous novel about ping-pong... well, it's not REALLY about ping-pong, but you'll find out more about that later. This book has awakened an old sense in me. It demonstrates the grass-roots, intensely human methods behind rising up against corruption and misguided abuse of power. It is about conversation and action and all of what we've been trained to believe are the greatest costs of all.

We have stopped prioritizing our lives by quality and freedom and begun to qualify this existence by THINGS... things that keep us busy, keep us hurting, keep us distracted. We worry too much about our jobs. We are terrified of losing THINGS. We are petrified at the idea of losing money, stuff, status, and we've stopped being brave. This is what has happened to the people in the middle – the "slaves" as some call us. We want to fight, but we're not willing to lose. We want justice, but not at the cost of our jobs, or our cars. We want to win freedom, but not at the expense of remaining friendly, polite and obeying the rules.

It will be a slow change, if at all, but I believe in the slow awakening. I believe that we are slowly peeling back the layers... and the wool. It's fascinating to watch the polarization and to see the many human ways that we respond to intimidation. It's glorious to be alive at a time that will define human existence and I'm glad for the conversations. Let's keep having them.

LETTERS TO THE EDITOR

WE'RE GLOWING!

Many thanks from the Chamber of Commerce to YRB for installing our new glow in the dark Community signs. Most appreciated!

THANKS IN TIME OF NEED

Dear Editor:

A heart felt thank-you goes out to Sam Anderson for taking the time in helping me get ready for the winter season while my husband was confined to a wheelchair after his amputation.. It means a great deal not having to worry about a big snow fall coming and struggling to put the blade on the quad. He went the extra mile in making it function even better than ever. Thanks so very much.

Louise Purkis, Crawford Bay

WHAT A PROJECT!

Dear Community:

This year we have developed a program at our school called the 'Community & Global Involvement Project'. We are writing to ask you to consider sponsoring this project.

The Concept: Crawford Bay School secondary students get involved locally in projects that help our community. Through this work, students earn 'travel bucks' for a spring break humanitarian trip to Oaxaca, Mexico.

Local Projects: So far, we have been involved in helping Tipi Camp with their year-end takedown, volunteering in our lunch program and school greenhouse, helping with the East Shore Fall Fair setup and takedown, organizing the Terry Fox Run, taking on the school's 'Pizza Fridays', volunteering for the Riondel Fire Department, and organizing a Bike Safety rally event and a Halloween party for elementary students.

Global Projects: While in Oaxaca, we will be involved in a combination of tasks and learning experiences that include language lessons, fighting poverty

through microfinance, helping at an orphanage, visiting historical sites, working with agricultural and ecotourism organizations, construction, and experiencing another culture.

Fundraising: Our best intention is to raise all necessary funds for this project through a silent auction, grant-writing, letter-writing, local events, pizza sales, bottle drives, and individuals/organizations contributing in exchange for the work of our students. Each participating student will earn these funds through a combination of group and individual work. The cost for each participant for the trip will be approximately \$2000.

Ways you can contribute to this project: You can support this project through any of the following actions.

Sponsoring our fundraising events, such as our Silent Auction on December 1, 2012.

Making a donation to the school to be used for our group travel fund or to the travel fund of a specific student;

Hiring an individual student – or a group of students – whose wage(s) will go to the school to be saved in our travel funds;

Letting us know of projects within our community that need the help of our students.

Sharing the details of this project and its possibilities with other possible sponsors.

Donations of \$25 or more are eligible for a tax receipt. If you can sponsor us and need a tax receipt, please send a cheque payable to School District No. 8, Box 100, Crawford Bay, BC, V0B 1E0 with a note stating whether the donation is to sponsor an individual student or the group.

Please contact Principal Dan Rude at drude@sd8.bc.ca or 250.227.9218 for more information about this project.

Thank you very much for your consideration!

Dan Rude,
Crawford Bay School



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

REPORTING: Galadriel Rael

Email: lagala@theeastshore.net

Proof Editor: 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.

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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 2012 issue items by:

Next Deadline: Wed, Nov 28, 2012

Subscribers: Did you know?

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

WANTED!

NEW OR USED DONATIONS

for Silent Auction December 1, 2012

fundraising to send our teens

on a humanitarian trip to Oaxaca, Mexico

We need items such as:

~ Household goods ~

~ Art pieces ~

~ Furniture ~

~ Clothing ~

~ Tools ~

~ Appliances ~

And soooo much more!!

Your old (& in good condition) possessions could soon be another's new precious item.

Please bring you donated items to
CBay School or call

Terry (250.227.9510) or Sandy (250-227-9218)
to arrange pick-up ASAP.



RDCK Area "A" Update

by Garry Jackman, Director, Area "A"

Grant to local government: As an introduction to this topic, I should note that currently for every dollar paid to government in Canada (whether through corporate tax, income tax, fees and levies, property taxes, etc) 92% is retained and spent by the provincial and federal governments while 8% is allocated to local government. I attended an interesting meeting last Friday with some of my elected colleagues plus local government staff to discuss the impacts and benefits of some of the funding which local government receives from the province. The primary concern is over how the province manages and allocates grant funding for special initiatives. Typically there is a short time frame to apply, local government and community volunteers spend a great deal of their time to prepare the applications to the required specifications, the province spends time and money to review hundreds if not a thousand applications and then only a small percentage of the applicants receive any funding. Better luck next time. Not very efficient, often not very fair. Even the timing of the applications may not make sense (e.g. pre-election instead of pre-construction season).

Through our discussions we came to a consensus that local government would be better off not participating in the grants "lottery" and would be much better served by a steady, predictable cash flow for projects such as renewing or rebuilding our community amenities. The trick is to get all local governments to agree not to play the game and to stand fast for a better system.

Many of us believe a better system is already in place with the feds. For a number of years federal funds have been channeled through the "gas tax" funding formula which distributes funds on a per capita basis to every municipality and rural area to use on specific categories of projects. I would appreciate your feedback on this topic. We are not saying grants available directly to community groups should not continue, just that the "lottery" system which causes your local government staff to frequently spin their wheels competing with the next town or community for dollars does not make much sense in the long run (other than for those who like photo ops).

Treaty updates: As I noted last month, on very short notice the province scheduled a series of public information meetings to provide residents with an update on the negotiation status. The meeting on the eastshore was held at the Crawford Bay School on the evening of October 3. Including myself, there were five members of the public in attendance to hear a joint presentation by the negotiating reps for the Ktunaxa, the federal government and the provincial government. The format provided opening comments from each of the chief negotiators, a review of the process over the past several years, a presentation on lands which have been included in the offer to the first nation and an overview of what steps are coming including a range of time frames to complete the treaty if the offer is accepted by the Ktunaxa. During the presentation on lands which are in the offer we were shown specific crown land parcels at locations ranging from north of Riondel to just south of Crawford Bay to Gray Creek to areas on the west side of the south arm. We could ask questions and receive information on the rationale for the province to include specific parcels in the offer but we were not allowed to take copies of the maps with us. When I enquired as to why the information was not available in printed format to share with our

neighbours we were told that the nature of the information and method of release of information must be agreed to by all negotiating parties and what we received was what was agreed upon at this time. There will also doubtless be some revisions to the parcels indicated as negotiations proceed, so any map would still be interim.

I am far from an expert in the area of treaties, but my general impression is that the extent of lands offered makes sense, both economically and based on cultural considerations. I am optimistic that the process will conclude with a treaty and expect our communities will see economic and social benefits in the long term.

US Army Corps presentation on flooding: On October 22 I went to Bonners Ferry to sit in on a public briefing from the US Army Corps on their flood response this year. As I noted in past months, this year's flood mitigation strategy included unprecedented measures to authorize filling reservoirs above "maximum" levels in order to reduce water levels in Kootenay Lake. I should note here that I previously neglected to point out the importance of the cooperation seen from East Kootenay residents who suffered MORE flooding upstream of the Libby dam so that we could have our flood levels reduced.

The Corps, as usual, gave a very well prepared overview. I have been going to their briefings for the past dozen years or so and have consistently noted that they tend to have dates, statistics and charts of how they make their predictions along with the staff responsible for the data on hand to give further details. Their review of what happened was not news to me or others attending who were tracking the situation throughout the freshet, but their take on what needs to be done was notable. Canada was mentioned twice in their printed material, once with regards to dredging Grohman Narrows and also in reference to our numbers of snow gauges. On the latter point, I concur with the point raised that we should have more snow gauges in the BC portions of the basin. Some of the gauges on the US side are placed in pairs, at high and mid elevation, which gives better information on the total volumes of snow than single gauges at very high elevations. The Bonneville Power Authority (which also sent a rep to the briefing) has been working with Canadian authorities to review a number of potential sites which would be paid for by the US entity. At this point there may only be one new site moving ahead. Remote access, frequent landslides and avalanches and generally rough terrain is making it difficult to establish sites. Better snow data will help with runoff forecast and flood management but it will not help with factoring in extreme weather events such as we had this year.

One approach is to take less risk in forecasting. This will also, on average, result in fewer environmental and recreational objectives being met and will no doubt result in lower power generation (with its benefits of green energy plus cash benefit for US and the BC governments). Of course the dams were constructed on the premise of flood protection, with all the related benefits and losses (permanently flooded land).

Another approach is to be able to transfer water more efficiently from one reservoir or lake to another. Increasing the capacity for high water flow at Grohman Narrows would certainly add a new dimension of flood management options but it will also have significant channel impacts both downstream of Kootenay Lake and upstream since the ability to move a greater net volume of water during a period of time will put more stress on all dikes along the system, including the Creston flats. BC Hydro is currently mandated to review the options at Grohman again.

If you have a question or concern please contact me by calling 250-223-8463 or e-mail gjackman@kootenay.com.



Lest We Forget

11 o'clock **11th Day** **11th Month**
A.M (MST) Sunday November

Crawford Bay School Auditorium
Please be seated by 10:45 AM(MST)

Anyone requesting to lay a wreath, participate or donate items is asked to contact Larry Ireland at 250.225.3257 prior to November 4th.

PLEASE NOTE LOCATION CHANGE!

Save Your Bottles/Cans!

Crawford Bay School's secondary 'Community & Global Involvement Project' is aiming to do a bottle drive **once per month** in support of our spring break humanitarian trip to Oaxaca, Mexico.

Our next bottle drive will be most likely be during the afternoon of **Wednesday, November 21.**



Please call the school at 227.9218 or email drude@sd8.bc.ca if you have bottles to be collected.

Thanks to Steve & Jamie at the bottle depot, Carol, Kate & Jennifer for all their energy with organizing, & for all who have donated bottles.



CRAWFORD BAY TRANSFER STATION WINTER OPERATING HOURS

November 4, 2012 to March 10, 2013
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

Word on the Mainstreet

What are you reading right now?



The Cider House Rules by John Irving is the audio book we're listening to in the studio these days. Intense at times and funny the rest of the time.

Heath Carra, Boswell



Right now I'm reading: *Introduction to Sociological Research Methods, Intro to Sociological Statistics, Intro to Psychology* and a course pack on *Philosophy of Contemporary Society* focused on the issues of Abortion, Euthanasia, the Moral Status of Animals and much much more. Over Christmas I plan to read *The Book of Negroes*.

Nissa Wallace, Nelson



I am reading Tom Fitzmorris's *Hungry Town: A Culinary History of New Orleans* and Meg Federico's *Welcome to the Departure Lounge: Adventures in Mothering Mother*. (I like reading a few books at the same time.) Both are memoirs, but very different from each other. What I'm enjoying most about *Hungry Town* is the interweaving of recipes with the story of the disappearance of New Orleans's food culture in the aftermath of Hurricane Katrina and its triumphant comeback. (I recognize so many recipes from meals I enjoyed when I was in New Orleans a few years ago, and I am looking forward to trying them out in my own kitchen.)

Kate Rowland, Gray Creek

- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL HALL

Booking/info: Judy @ 250-223-8664

*Next Deadline:
Nov 28, 2012*

13th annual

BEVY OF ANGELS

CHRISTMAS CRAFT FAIRE

Sunday, December 9th ...
... 10 to 4 (mountain time)

*** CRAWFORD BAY HALL ***

local artisans, funky hand-made gorgeosities for sale, yummy lunch, hot drinks & snacks, fundraisers, door-prizes, raffles, kid distractibles, marvelous kootenay vibe...

the East Shore at its most bodacious, beautiful blossoming best.

come out to support our local creators and producers!

bring a donation for the food hamper & receive a ticket to a special raffle!

ORDER YOUR TURKEYS FOR CHRISTMAS 2012

hormone-free
b.c. grown

A fundraiser in support of the school's hot lunch program, the:

CBAY LUNCH CAFE

orders must be in by
November 26, 2012

Complete order form & bring it to the school office by Nov 26, with payment to cover the following specified deposits:
small turkeys (10-14.9 lbs): deposit \$20/turkey
medium turkeys (12-19.9 lbs): deposit \$30/ turkey
large turkeys (20-25 lbs): deposit \$40/turkey

Yes, I would like to purchase the following turkey(s) for Christmas:
 small
 medium
 large

I have enclosed a payment of _____ to secure my order.

NAME: _____ PHONE: _____

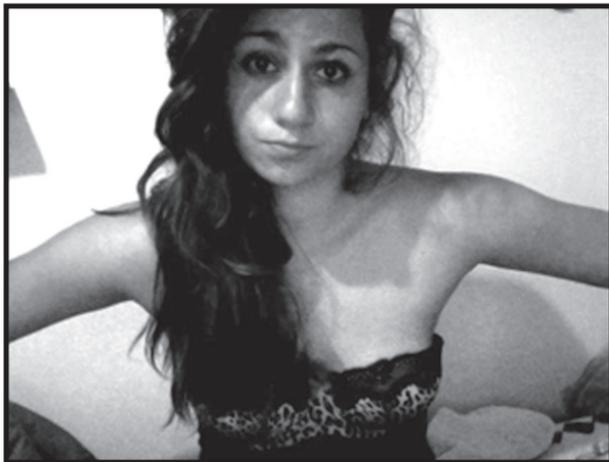
Turkeys will arrive on the week of December 3, 2012.
You will be notified when to pick up your order and pay the balance due.
Please make cheques payable to: "CBAY LUNCH CAFÉ." Thank you for your support.
Questions? Call Garry/Alexis at 250.227.6824 or Jennifer at 250.227.9175

Getting to Know You

Mainstreet's Proust Questionnaire

The Proust Questionnaire is a questionnaire about personality. Its name and modern popularity as a form of interview is owed to the responses given by French writer Marcel Proust.

In an era when we have become more insular than ever, it seems timely to ask these questions - the ones that help identify us and set us apart from one another and also that teach us greater lessons about our neighbours. This month's responder is Katarina Garbula, former CBESS student, now living in Nelson.



Katarina Garbula

What is your best memory?

I'm sure my parents will read this at some point, so I'd better just keep 'mum'.

What do you feel that you cannot live without?

Soccer. I play it for hours every day; it's like breathing. It is the biggest part of my life.

What is the trait you most admire in others?

That they can totally accept themselves, I have such a problem with that.

When and where were/are you happiest?

Oh, definitely right now in the present. My childhood was ugly and awkward and I'm glad that it passed with me coming out relatively unscathed.

Who, living or dead, would you most love to have to yourself for one hour?

My Ciocias. She left really young and I miss her. Just to talk with her for one hour would be so reassuring and comforting.

What natural talent would you like to be gifted with?

Is it cheesy if I say flying? Does that not count? Hmm, natural.... Patience. I am so impatient it's comical.

What is your best physical feature?

I'm very self-deprecating, so know it took me a long time to answer this question. My collarbones - they stick out very femininely, I like to think. Actually, that whole area is quite nice.

What is your greatest fear?

To me, what is unknown is completely terrifying. The dark, new experiences, and not knowing something - whether it's a math question or where I am - all scare me. I really am not a brave person.

What was your greatest triumph?

It can fit 26 grapes in my mouth..

What was/is your greatest vice?

I have a lot of them. I don't really wanna get specific.

What is your greatest extravagance?

Oh this is good! I indulge so much in baking supplies. Chocolate, sprinkles, butter. I spend more than I should but I REALLY like to make cupcakes.

What do you dislike about your appearance?

Nearly everything, with the exception of my collarbones. My nose has a bump too....

If you died and came back as a person or thing, what/who would it be?

A pretty bird! With beautiful coloured feathers and I could fly!

What is your most treasured possession?

My Harry Potter books. I have literally read the series 38 times. The covers aren't attached anymore.

Gray Creek Store to Supply Lumber

press release by Mainstreet and Gray Creek Store

Had you heard? Gray Creek Store plans to start providing lumber for sale as part of a bigger plan to build a warehouse for a more extensive building supply business. The plan is in motion... According to Debbie Plishka, the store's manager, they are getting a forklift in the second week of November - that's investment number one. They plan to start using it, moving around pallets of energy logs and high quality wood pellets (see ad this issue) and, of course, stoves. They will be able to receive shipments on site and manage heavier and higher volume of products.

As far as lumber, they intend to start by bringing in a couple of pallets of dimensional wood such (2X4's etc..) and are looking at a lift of OSB 4X8 sheets before the year is out as well as any special order needs for local folks. This is just to get the lumber angle started.

Plishka says that they will offer a bigger selection once the warehouse is built (the goal is to have it completed by early spring) and fill it based on a variety of dimensional lumber, sheeting material, roofing paper, shingles, drywall, and whatever the community and local contractors suggest. The store invites contractors and community members to let them know what they'd like to see in the warehouse.

"We really need the community's input as to what will serve them best," says Plishka. "We are trying to reach out to folks by word of mouth, so any help spreading the word and soliciting input would be greatly appreciated. A convenient way to give input is to email the store directly (gcs@graycreekstore.com) or via our website (graycreekstore.com) on the Contact Us page. Also, folks dropping by with wish lists are most welcome."

Currently, Gray Creek Store is in discussion with the same lumber supplier that supplies Creston, Nelson and Kaslo stores with lumber. Plishka says that because of that, pricing should be comparable as they should be able to take advantage of the economies of scale with shipping. (It would come on the same truck as surrounding communities and they all share the freight cost.)

As far as the warehouse, the store will be breaking ground in the first week of November, with the concrete to hopefully be poured before snow falls. Turlock Electrical has already started work on moving the power access. Very exciting times, indeed.



FoodRoots Sponsored COMMUNITY POTLUCKS

by Jacqueline Wedge

The first Food Roots community dinner was held on October 21. We ate really good food, played card games (one day I will win a game of poker. one day. but why am I ALWAYS dealt a 3 and a 9?) and helped Lee (the school's hot-lunch chef) make "stone soup" and cut up what seemed like millions of apples. Apples? Yes. Into slices ready for a "pie fundraiser" at Christmastime. (Details later, I promise!) They were donated to the hot lunch program by David and Amy from Creston. We were supposed to make apple cider with them but alas, we could not find an apple-press that wasn't broken, swollen, in use, missing parts, or immobile. Don't worry; there is hope, thanks to some pretty fantastic community support. We hope to press the rest of these and a half-tonne more apples from Creston very soon, to make juice for the kids at the school but also to sell to the community, raising funds for more cool food education.

The second community potluck will be November 18. Some ideas we are tossing around include showing a film earlier in the day, or doing a group food activity (bake bread? a salad dressing extravaganza? cupcake wars? help us decide!) or even hosting a Mexican fiesta (with Spanish food games) that could be a fundraiser for the teen school trip to Oaxaca... Watch for posters and Mainstreet on-line for updates.

Don't forget that the December potluck is the famous Community Christmas Potluck which is held on Saturday (not Sunday) December 15 and requires signing-up (at the CB Market or the Credit Union) in early December.

The idea behind these (non-Christmas) community dinners is to share, network, and enjoy each other's company, which is easy because you are all so fun and interesting. And quirky, let's not forget quirky. They will be what we make them, as we are not interested in any official agenda. Games (card or otherwise) will always be supplied. All you have to do is bring your family, friends, food, and striped socks (if you have any to show off...). New energy and ideas are always welcomed.

SILENT AUCTION

Fundraiser

~Sending our teens to Oaxaca, Mexico~

SATURDAY, December 1, 2012
CRAWFORD BAY HALL

treasures! MUSIC! food!



doors open @ 6pm
bidding @ 7:30pm



- jewelry
- accommodation
- art
- bodywork
- and so much more!!

A great opportunity to get your Christmas gifts...

RDCK Resource Recovery Facilities

REMEMBRANCE DAY
HOURS OF OPERATION

All Waste Facilities will be CLOSED on
Sunday, November 11, 2012

Normal operating hours apply for the rest of the week.
For details see our website:
www.rdck.bc.ca or contact the
Recycling Council of BC Hotline at 1-800-667-4321
or the RDCK at 1-800-268-7325



Thoughts from a Disturbed Mind

by Harvey Valgardson

Plastic Thingies

What a great country we live in. It really is. A truly beautiful place where it is still possible, through hard work and careful planning, to achieve success. That is a very precious way of life and, like anything precious, it must be protected.

Evil lurks and evil never sleeps and not a day goes by without evil threatening that way of life. I don't know if we will ultimately withstand the eternal onslaught but if we do the price of our victory will undoubtedly be constant diligence. That, my fellow citizens, is why we will probably have to stop wearing socks or eating toast. At least until we can formulate a plan of defense.

The other day I was compelled to, once again, cross the lake and go to town. It seems like, despite my best efforts, something comes up about twice a year to force me into such drastic action. I hate it. Everything is different over there. For example, if you come to a stop sign in Nelson you pretty much have to stop. There are other vehicles on the road. Most annoying.

As a result of my aversion, when I finally do go, I usually have a long list of supplies to pick up. Heading the list this time were socks and a toaster. Despite the hardships involved I somehow prevailed and returned home with a new toaster and ten, count them, ten pairs of new socks. I've never had ten pairs of new socks in my life. I bet even Donald Trump doesn't enjoy that

kind of largess. At my age and in my income bracket ten pairs of new socks starts to sound like a retirement plan.

I placed the package in my dresser drawer and went to bed. The next morning, when I awoke, I spent a few minutes under the covers, anticipating the joy that was about to come my way. I even considered bathing my feet in scented oils before donning my first pair but the floor was cold so I decided to dispense with formalities and just put them on.

I opened the package and, reaching in, grabbed two socks between my thumb and forefinger. When I gently pulled, out came ten pairs of socks. What the ...? You are probably familiar with those plastic thingies with the little tees on the ends. They use them to attach price tags to things and you have to snip off one of the tees to get the darn thing off. My socks were held together by no fewer than six of them.

As if that wasn't bad enough the plastic thingies were a quarter inch too short. They must have used a hydraulic press to squeeze the material together enough to get the tees through. I don't have a press in my bedroom and I'm also a little short in the patience department so by the time I removed all the thingies my socks had a row of little raveled holes up the side.

I got dressed and, wearing my brand new holey socks, ambled into the kitchen to make coffee. I'm a man who likes to know the why of things so while the brew brewed I tried to figure it out. Why six plastic thingies?

For the life of me I could not think of a reasonable explanation and so, to relieve my frustration, I sought comfort in a slice of warm, buttered toast. I pulled the new appliance out of its box and plugged it in. But wait. It wasn't that simple, was it? Some fool had drilled holes in the prongs and some other fool, or possibly the same fool, had looped a piece of thick plastic through those holes. It was one of those ties that you push through a slot and then pull. As it travels through

the slot it goes click, click, click and it can never be pulled back out. It was too thick for my scissors and I had to get snips from my toolbox to remove it. Why?

Eventually I sat at the table in my new socks, drinking coffee and eating toast but the joy was gone. My mind was reeling as I conceived and promptly discarded one explanation after another. Somewhere along the way a nasty little suspicion snagged on a corner of my brain. I checked the packaging and sure enough, the suspicion was confirmed. They were both made in China.

Now, I've never been to China but I've read about it. The Chinese regularly save forty percent of their income. They waste nothing. They don't waste time, they don't waste money and they sure as heck don't waste plastic thingies. That brings me to an inevitable conclusion. The plastic thingies are deliberate. Why?

Well, normally modesty would stop me from saying it but since we are at war, here goes. One of Canada's greatest minds was distracted for a good ten minutes by plastic thingies. What was the cost to the country's economy? Incalculable.

Now, imagine ten percent of Canadians with new socks. Over three million people sitting on their beds, distracted by plastic thingies while the Chinese are free to do whatever they want. And that's not even figuring in the toast eaters. Oh, make no mistake, we are at war. A sneaky, insidious war, but war nonetheless.

So, what do we do about it? Obviously we will need to set up a blockade to enforce an embargo on plastic thingies to China but that probably won't be enough. Until we can get a handle on things, I strongly suggest Canadians stop eating toast or wearing socks. We can't be too careful.

Giving up toast won't be too bad but the sock thing will be tough. Especially in winter. Maybe we can come up with a new national motto. How about "Canadians, frosty footed but free". Well, it's a start.

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



thank you east shore for another amazing season!
see you in the spring...

Alanda Greene's New Novel is Editor's Choice, iTunes

Mainstreet press release

Oct 23, 2012 – Crawford Bay: In the week of Oct 22, Kootenay Bay resident Alanda Greene saw her brand new novel, Napi's Dance, become Editor's Choice in the book section of iTunes. At the auspicious time of selection, it was sandwiched happily between The Life of Leonard Cohen and Canadians Writing for Canadians Around the World and hanging out with the latest John Grisham novel.

This was obviously a wonderful honour for Greene, who commented that she had no idea how this happened, but that she was indeed excited. This unexpected exposure will undoubtedly lead to a much wider recognition of this new and wonderful book, and a community celebrates this wonderful success with one of our longtime friends and residents.

On October 21, Greene was present at a book release party and signing at Yasodhara Ashram. Close to 100 people attended to celebrate the new book and
6 Mainstreet November 2012

get a signed copy. There will be a book review printed in the December issue of *The Mainstreet*.

The following is the printed cover summary you can find on iTunes or the publisher's webpage...

Two women, one Blackfoot and one white, are united by their love of the prairie

In the mid-1800s, southern Alberta was dominated by the tribes of the Blackfoot Confederacy. Snake Woman, from the Blackfoot Blood tribe, was born into a life of respect and cooperation with the rhythm of the natural world, a rhythm that seems to be irreparably disrupted by the advance of European traders and settlers.

Eleanor, newly transplanted to this promised land with her homesteading parents, was raised on the stories of her uncle, who told of a sky that goes forever and a wind that can blow your memories away. Their ages, cultures, and social rules would divide Snake Woman and Eleanor, but the two share a connection to the sweeping prairie landscape, the "Best West," that they both love and want to protect.

A chance encounter will unite their paths. In a time of disruption and loss, their resilience and determination offer hope that their two peoples, as well as the natural world around them, can survive great change.

EMPLOYMENT OPPORTUNITY

Nelson & District Hospice Society
(serving Nelson & the East Shore)

JOB POSTING

P/T coordinator for the East Shore
(4 hours per week/\$20 per hour).

Duties include:

- Basic administration
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- Client Services

Previous experience in the non-profit sector and knowledge of the philosophy of Hospice/ Palliative Care is essential. An understanding of the role of Advisory Committees and Board of Directors preferred.

Information about our organization as well as a complete job description is available at www.nelsonhospice.org. Click on the East Shore link.

Application closing date: Wednesday Nov. 14

Mail resume to Hiring Committee
Nelson & District Hospice Society
Box 194, Nelson, B.C. V1L 5P9

Or by email: nelsonhospice@netidea.com
No phone calls please.

*Thank you for your interest in Nelson & District Hospice Society.
Only select candidates will be contacted.*

A Greener Stove Needs A Greener Chimney

by Tom Lymbery

Since all woodstoves are required to meet today's emission standards, chimneys have to match these clean burning units. Attaching a new stove to an old chimney is like connecting today's more efficient automobile engines to the muffler designed for a 1945 vehicle -- with that old style muffler the vehicle wouldn't meet emission standards, and would lose much performance.

The old time brick and mortar chimneys were designed for old time inefficient stoves that wasted 75% of their heat up the chimney, along with particles of unburned wood and gases that pollute the atmosphere. That wasted heat was needed to keep that chimney warm -- which is the only way that smoke can be drawn up the venting.

Attaching a new stove to an old chimney results in two things -- a hard-to-light stove and poor combustion. Efficiency means keeping the heat in the house -- not sending it up the chimney. When an 80 % efficient stove is vented on an old time block or brick chimney, then that 20% of vented heat is just not enough warmth to keep that chimney up to operating temperature.

The worst offender is the outside wall masonry chimney that receives no heat from the house. Some-



Masonry chimney

one putting in a new stove and hooking it up to this extremely cold venting system tends to blame the stove, but they could change the unit for ten different ones and still find the same problems.

Conscientious wood stove dealers will not sell a stove to a homeowner with this dark ages chimney.

All of the new stoves are tested and recommended for the stainless steel insulated chimneys, and all request that this chimney be installed inside

the building to be able to retain that necessary heat that drafts the system properly. There are times when the only way to vent is to build the chimney outside the wall, so that requires an insulated box, again to keep the piping warm.

For some years an effort was made to utilize masonry chimneys by installing a stainless steel liner. This helped to some extent, but now the insulated stainless liner is needed to try and improve performance. This does solve some of the problems, but still is unable to bring the same performance as the 2100 degree F insulated chimney which is best installed directly above the stove -- thus there are no elbows to impede the smooth passage of smoke. The insulated liner usually requires breaking out the tile liner to allow for installation, so this is often as costly as removing the old mortar chimney to replace it with an insulated one.



Insulated Chimney

An alternate is to leave the old chimney (perhaps it adds to the look of your home) and install the new chimney in a different area. This may also allow you to have your unit in a more central location.

Even the venting connecting the stove to the chimney has been upgraded to double wall stove pipe with a stainless liner. This has much better connections and more warmth retention than the older single wall stove pipe.

TOM SEZ

by Tom Lymbery

With all the motorcycle accidents on our highway, surely roll bars and seatbelts should be required on all motorcycles. This may perhaps be a record, but for the 2012 season there doesn't appear to have been a fatality between Creston and the ferry.

The community of Hills, south of Nakusp, has built their own fire hall to house their fire truck -- even though they have no fire district or Regional District sanction. Why are we waiting for the Regional District to proceed with this much-needed set up?

A BC apple a day keeps the doctor away.

"Life is like a bicycle -- to keep your balance you have to keep moving" -- Albert Einstein.

So far we are getting a warm fall. We are getting enquiries as to whether the restriction on burning brush piles has been released. There has been enough rain but no word in the papers as yet.

The Kaslo Rainbow Derby is coming up for November 9, 10, 11 weekend -- tickets available at the store. Lunch on November 11 is included.

How long a minute is depends on which side of the bathroom door you are on.

The ferry George Black made its last trip October 21 across the Yukon River at Dawson City. This leaves the residents of West Dawson stranded until the river freezes solid.

A lot of money is tainted -- Taint yours and Taint mine.

Please plant more eastern sugar maples. These turn colour at least two weeks ahead of our native trees and will extend our fall colour season.

Do you have any knowledge of the CPR's rail construction in 1929-30 between Kootenay Landing and Procter? Johnny Kastren and Joe Karpowich worked on that project. Evelien De Vlioger made a special trip from Belgium recently, planning to write a book about her grandfather who was one of the workers, falling in love with a Boswell girl, Mary Schmidt, or Smith. No, they didn't marry; his job came to an end and he returned to Belgium. I am looking for the info on that project that Evelien needs.

**Next Deadline:
Nov 28, 2012**

Gray Creek Pass Report

By Tom Lymbery

Forest Service advised us on October 9, 2012 that they have finally been able to take the "CLOSED" signs down after completing repairs to the slides and ditches. The subsidence about 5 miles up has been filled. Forestry also said, "A lot of credit was due to Kootenay Lake Chamber Of Commerce lobbying for funds and raising the issue. Too bad that this is what it takes these days to get sufficient funds out of the government to get our work done!"

October is usually fine for regular vehicles, but November requires four wheel drive and sometimes chains.

Riondel Community Centre

by Muriel Crowe

We are moving ahead regarding coping with the Community Centre problems though it remains a long slow process. The front half of the building is once again open for general use with the greatest inconvenience being lack of heat and washrooms though those problems are being addressed. Entry continues to be through the fire exits at either end of the building.

After two general information meetings a committee has been formed which will be the community's connection to the architect's work and to the actions taking place regarding the buildings. This committee will need volunteers in the future and a list of those is being compiled. Anyone can volunteer as many or as few hours as they wish and choose the actions that they would prefer. Volunteers are welcome to sign up at the library.

An architect has been hired who will, with a team of professional trades people, assess the community centre and help us decide whether it is worthwhile saving or if it should be replaced. There will be no snap judgements and the community will definitely be asked to give their opinions throughout the process. I think we will eventually go to referendum to reach a final decision. Our first step is remediation to make the building completely usable while we work toward a resolution.

Whatever we decide, this process will cost money and some of the expense must necessarily be added to our taxes. However, we can offset some costs with fund raising activities and donations. Please be proactive and do your part.

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learae75@gmail.com



Crawford Bay & District Hall & Parks Association A.G.M.

Tuesday, Nov. 13th
7:30 p.m.

Crawford Bay Hall

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Riondel Reading and Listening Afternoon

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People! Where Are Ya?

by Paul Hindson

I recently attended an informal conference on sustainable energy at the Junction Creek Hub here in Crawford Bay. This event was hosted by the Kootenay Lake Chamber of Commerce (KLCC).

The event was well attended and after the playing of several video presentations by Jeremy Rifkin, founder of "Peak Oil", a lively discussion ensued regarding the world's dependence on oil, how much North America needs to catch up with Europe in utilising renewable energy sources, etc. The general consensus was that of the three main renewable resources - wind, hydro, and geothermal - geothermal had the most potential for this region as a consistent source of energy.

After living in Crawford Bay for almost 10 years, I was struck by the number of people attending this discussion that I had never seen before. Area A stretching from Wynndel to Riondel, has a full time year round population of just over 2000 people. This 80 kilometre "string of pearls" along Kootenay Lake has to somehow supply us with enough people who can live, work, and contribute to our community. Everyone here has a fierce sense of independence and would never agree to be swallowed up by the likes of Nelson or Creston.

How can a tiny, spread out community like ours survive, flourish, and remain independent? How can we find the resources and people to provide ourselves with things like schools, jobs, housing, medicine, transportation, recreation, fire and rescue, sustainable energy, and economic development?

Truthfully, we are hardly a blip on the radar of government agencies. With any number of towns in this

region easily dwarfing our population, we have to fight to get basic services and develop our community.

Because of this, the role of every tradesman, employee, business owner, parent, volunteer, tenant, and property owner is of magnified importance in making up the fabric of our society.

But this is also an advantage, as people here get a chance to wear many hats and get experience at things that would be harder to break into in a larger center.

Before moving here, I lived in Calgary and was a long-time member of the Kinsmen Club of Calgary. Every year our club would have fierce competitions for who would be president, secretary, treasurer etc.

After moving here I joined the Kootenay Lake Chamber (KLCC) and was soon on the executive. Imagine my chagrin when, in 2010, after five years on the KLCC executive, two as treasurer and three as chair, I was forced to actively solicit community members to replace myself and other long serving members of the KLCC executive.

The lack of volunteers is a chronic problem for all societies in this region. Here are just a few of the volunteer boards here:

- Kootenay Lake Chamber of Commerce (KLCC)
- Crawford Bay Hall and Parks Board
- Economic Development Council (EDC)
- Columbia Basin Trust (CBT)
- REC 9
- Community Connections (Community Services Society)
- Parent Advisory Council (PAC)
- CBESS/Hot Lunch Program
- FoodRoots
- Riondel Commission of Management
- Riondel Parks Board
- Fall Fair Society
- Starbelly Jam Music Society

And many, many more...

I should note these are NOT "closed shops" or "old boy's clubs" that require a pedigree to get in. It is also

not necessary to have any board experience. Just being interested is enough.

Another fear I hear is, "They'll work you to death!" I don't quite understand the logic of saying, "I might have to contribute too much, so I won't contribute at all". Prioritize! Family first, work second, volunteer work third. Most of these groups have a social aspect and a fun factor where there is a chance to involve family, kids, etc.

Anyway, back to this meeting we had on sustainable energy. As I sat there listening to these people enthusiastically giving us their views, I couldn't help wonder why these intelligent, caring people couldn't devote a little much needed time to some of our worthwhile societies?

So you're busy... and why bother helping societies that promote tourism? Well, how about because the vast majority of our population came here as tourists. Because like it or not we need new people here. Just ask the principal of our beautiful new half-empty school. Ask Kokanee Springs Golf Resort that employs 90 people here every summer. Ask the owner of our new supermarket that everyone enjoys. Nothing to do with you? Dig a little deeper and I'll bet it does.

So come on people. Take some time. Come to a meeting. Take on a little project. Meet some new friends. Get involved. Feel good. No experience required. WE NEED YOU!



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AREA "A" EDC Economic Development Commission

Application deadline extended!
There is new funding available for grants to organizations for projects for Area A (East Shore) relevant to the promotion of economic development. Applicant groups must be a registered society or apply to a registered society such as Community Connections to sponsor the application and handle the funds.

Next application deadlines:
November 1, 2012
March 1, 2013

Approval/funding lag time 6 to 8 weeks
An application form can be printed from the RDCK website following this path, or filled out online and emailed:
<http://www.rdck.bc.ca/corporate/grants/electoral_area_a_economic_development_grant.html>

Email lornarobin@bluebell.ca
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CHANGE OF HOURS

KIS will be **CLOSING** on **MONDAYS** over the winter months!

New office hours (effective Nov 1, 2012):
9-5, Tues-Fri
8:30-12:30 on Saturday

#16030 Hwy 3A, Crawford Bay
Phone: 250.227.9698



pebbles
by Wendy Scott
**Leaves, Snow,
Sleet, Hail and
Hospitals**

There's snow on the Selkirks today. Not much, but enough to define the many rolling peaks that show the true broad dimensions of a mountain range. The flat cut outs we, as children, recognized as very tall, hills have become the reason why it takes us four hours to travel from Riondel to Kelowna, seven to Lethbridge and ten to the coast.

Last week the peaks, the valleys, the rivers, steams, and lakes all took on their most glorious and varied attire. But it was a strange week for us with four of those days spent looking out from a Trail Hospital room – the consequence of a simple procedure that took an unexpected turn.

Autumn continued outside the ample window of the hospital room; aspen leaves twisting and flickering gold and green in the wind while pines stood straight and still and the willow fronds swished and swayed like dancers' skirts. Beyond the trees, homes creep up the hillside – rooftops like uneven stepping stones. Above the roads and alleyways birch, tamarack and pine colour each slope, dip into every valley leaving cliffs barren and bare. Rain splashes puddles on the flat hospital roof and steam and smoke rise from the concrete buildings of Trail's livelihood.

The weekend corridors are busy with Sunday clatter. Visitors vie with buzzers and pagers and the strange, personal ring tones of smart phones. While my husband drifts in and out of sleep, I listen to the man in the next bed plan the rest of his life. A misman-

aged spider bite has ulcerated one ankle and as a result of a car accident, his other foot is secured in a cast. His expertise is masonry – there are not many who do that, he says. His smart phone comes into play and I see his garden; it's lined with columns and colourful sculptures of lions and cougars, there's even a little pink Buddha. He's rightfully proud of his work, but depressed now because his condition and some significant family problems have twisted an uncertainty into his future. I can only wish him well and hope for some bright spot to appear – somehow.

In the lounge an elderly gentleman tries to turn the wheels of his chair. His caregiver asks, where are you going, Peter? To the end of the hall – that's where the music is. No, Peter. That was a different building. There's no music here. But again, the old man tries, and again. He knows there's music – somewhere.

Why do hospital cafeterias have to be reached through a maze of concrete hallways? When you do locate them, they are clinically correct with a dropped, pot-lighted ceiling and often a disconnected string of Christmas lights. This one, however, has a comfortable corner with shelves of old books, drawers with magazines and a three volume set of Readers Digest Condensed books – of course. Above this comfy spot a section of the old, very high, beige and tan striped ceiling still remains complete with wrapped pipes, a large orange canister of some sort, and bare high-wattage bulbs.

All around the cafeteria, walls large mounted pictures record the Progress of the City of Trail and its hospital – complete with the wasp waists of 1899 and a rather puzzling shot of a nurse riding an obviously cold water tank? The woman in charge of organizing and providing breakfast and lunch is proud of her coffee machine – clean filters, she says, and Nabob coffee.

We arrived home from Trail with a beautiful bouquet of flowers, many get well wishes, and plenty of

offers of help – including the installation of snow tires! Thank you Stuart.

All this only emphasizes the true nature of community that surrounds us. We are fortunate to be here in one of the most beautiful spots in this land of ours, amongst what is truly a caring community of friends.

This brings to mind in this month of Remembrance all the lifetimes that have gathered here on the East Shore like the autumn leaves that pile up on our pathways and doorsteps; lifetimes of individuals each with their own stories and their own memories.

And now those lovely autumn leaves are wet and soggy; lightning has struck and burned a garage at the end of our block; pounding rain has turned into sleet and – horrors, snow – I do believe we might see winter this year. But not before a few spots of wonderful autumn sunshine to welcome the Steller's jays back from their mountainside retreats and allow our squirrel a few more days to strip the maples of their remaining whirligigs and stash a few more nuts in my husband's workshop. Then perhaps it will be prudent to get that furnace going.

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**AREA "A" EDC
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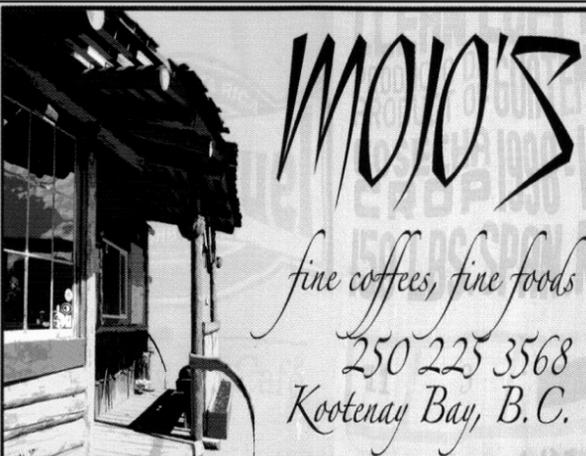
Application deadline extended!
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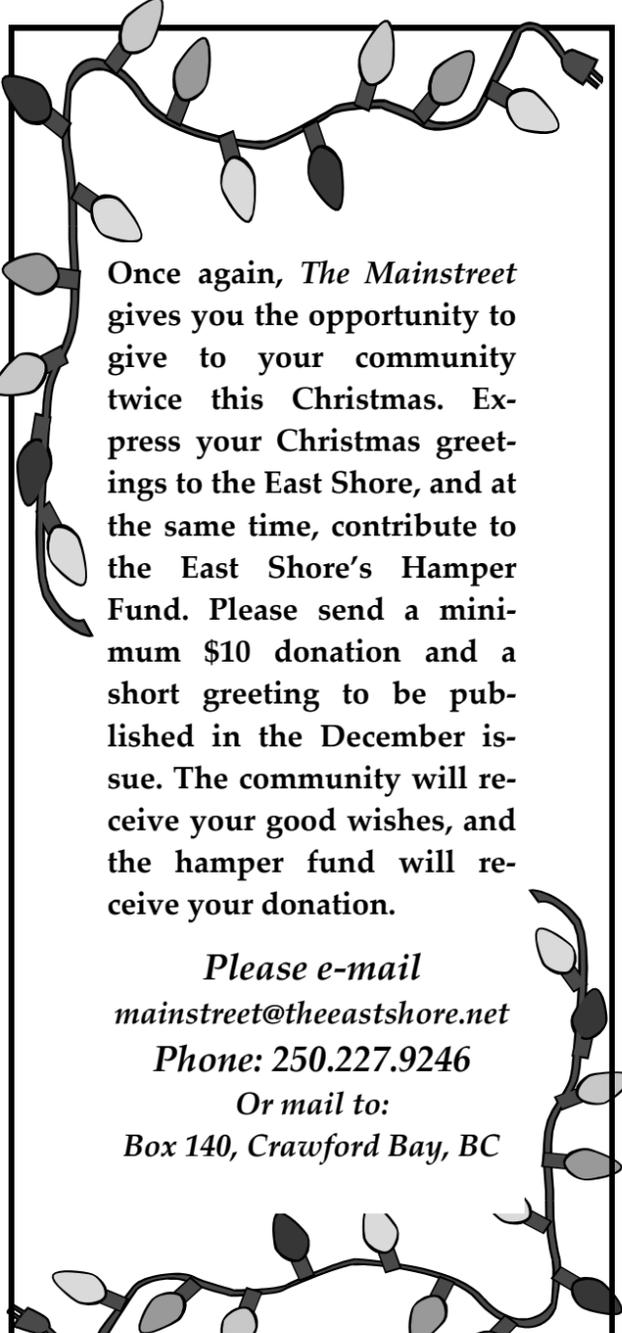
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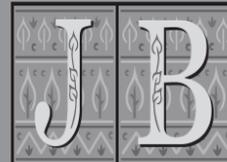
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by Darlene Gonzalez

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Medical Marijuana (Marihuana)

by Dr B Moulson

Marijuana (Cannabis) has been used medicinally for many years, for a variety of symptoms including: anxiety, nausea, chronic pain, etc... Two avenues of access to marijuana for medical purposes currently exist - a medical marijuana license from the federal government or a membership in a local Cannabis Compassion Club (CCC), which is a more provincial jurisdiction.



Health Canada allows use of cannabis for certain health conditions, under formal application, while at the same time indicating that it is not an approved therapeutic product and its use is not endorsed by this federal agency. Acquisition of this federal permit or license allows the holder to grow his/her own cannabis, or have another approved person grow marijuana for them or purchase MJ grown by a Health Canada designated grower. The amount of MJ or number of plants is specified in the permit.

Of course, Marijuana has been used recreationally for a long time, but in recognition of its therapeutic benefits it is increasingly used medically. Marijuana contains many different chemical substances (example, there are over 60 different cannabinoids), as well as some of the substances found in dried tobacco leaf. As inhaling the smoke of burning dried marijuana exposes ones lungs to similar toxic substances present in tobacco and cigarette smoke, the inhalation route of use for marijuana is not recommended unless via a vaporizer. Ingestion of baked goods (brownies or cookies) or topical application is often preferable and safer.

Although estimates vary, in recognition of the fact that marijuana cigarettes do not utilize filters, one cannabis cigarette (joint) can be considered equivalent to over one package of filtered cigarettes. Thus, when assessing health risk associated with various substances used by folks, a few joints per day can be equivalent to a pretty substantial number of tobacco cigarette.

Health Canada divides the permitted medical use of marijuana into two categories.

SCHEDULE(B)CATEGORY 1: Applicants have one of a short list of eight serious medical conditions, including HIV/ Aids, cancer, severe arthritis, MS, epilepsy and spinal cord disease or injury, and also have certain specific symptoms. An asymptomatic person, despite having one of the above diagnoses, would not be approved for a federal marijuana license. Category 1 applicants require only one physician support and therefore this is the situation most commonly associated with a successful application for a Health Canada medical marijuana permit.

Schedule (B) Category 2 applicants include everyone else using cannabis for health benefit but requires two physicians to support the application, one of whom must be a specialist with expertise in the area of health concern. This usually proves to be the "sticking point" as many persons using medical MJ have not seen a specialist for their condition, and the specialist's professional organization has advised that they not become involved in medical MJ issues due to a number of legal factors. Despite this, occasionally Schedule (B) Category 2 applicants have been successful, but with far less certainty.

Recent news reports have described several police raids and arrests involving persons with a medical MJ license, cultivating several hundred additional plants for other than own use. Although there are stringent security requirements associated with a medical MJ license, the reality has apparently been that no monitoring or inspection of licensee's has been occurring.

For these and other reasons the federal government and Health Canada is currently reviewing the medical marijuana legislation.

Another media report over the summer concerned an enterprising physician in Ontario, who had reportedly completed and supported 5000 medical MJ applications, apparently for a fee of up to \$1000! An investigation is in progress.

Several local physicians do acknowledge the medical benefit of cannabis and support applicants as possible within the existing legislation. Family physicians can assist Schedule (B) Category 1, applicants alone, as long as an accurate diagnosis is within the short list of qualifying conditions, whereas Schedule (B) Category 2, applicants require both a family physician and a specialist physician to sign in support.

The Cannabis Compassion Club is an organization that supplies marijuana for medical purposes to members for a cost. Membership is restricted to those persons supported by their family physician as having a legitimate severe medical condition that has been helped by marihuana. Less severe medical conditions do not qualify for membership- thus it is not available for hang nails or hemorrhoids. This route of access provides a variety of strains stocked by the CCC, such as UBC Chemo, a strain developed for the treatment of nausea sometimes associated with chemotherapy.

Those with medical conditions aided by cannabis often start with a CCC membership and some progress to a Health Canada license for their own cultivation, so they can grow the specific strain most effective for their personal condition. The list of medical conditions that can be treated with marihuana is long, and well beyond the short list Health Canada recognizes in Schedule (B) Category 1.

Persons with a medical/ health condition that has benefitted from the use of marijuana, should speak to their physician directly for more specific information.

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Health & Happiness

by Sid Kettner, MD

Overcoming Loneliness

Last month we spoke of the dangers of living alone and what often happens to our physical, emotional and mental health in such situations. But . . . there is hope, so hang on.

Trina Chang, MD, MPH lists ix strategies, which I adapted, for reconnecting with others and becoming socially engaged again.

1. **Reach Out:** Contact those you know. Use telephone, email or visit in person. Often they will be happy to re-establish contact, for mutual enjoyment and well-being. Even this communication initiative on your part will make you feel better. Distance does not matter—friendships can be re-kindled regardless of miles.

2. **Seize Opportunities for Socializing:** Daily keep an eye open for ways of getting involved with others. Don't limit your friendships to any particular group. Consider all you meet to be potential friends. This will help you develop new social skills. Invite a neighbor to lunch. Get to know your hair stylist.

12 Mainstreet November 2012

3. **Engage in New Activities:** Get out and mix. Check out a senior center, nearby church, club, activity center or join an exercise class. There are hiking clubs on the East Shore which would welcome your participation. Check out book or garden clubs. See who might have similar interests to yours.

4. **Volunteer:** Pitching in to help others is a great and easy way to meet new people. And by giving yourself a purpose, your self-esteem will rise. You will enjoy feeling needed and wanted and that feels so, so good.

5. **Let Down Your Guard a Bit:** Adopt a more accepting attitude toward others. Don't be critical or too quick to judge new acquaintances. Give new relationships time to develop.

6. **Consider Seeking Help:** If the stress, depression and anxiety continue and you begin having problems dealing with your feelings, seek out your doctor or a trusted counselor to assist you in breaking the cycle of loneliness. So get out and get happy!

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Remembrance Garden

by Wendy Scott

The autumn garden is a busy place. New plaques are installed; the bench by the back lane is being re-finished and when it comes back to the garden, it too will have new plaques. More cedar has been ordered for a new memorial bench.

We are most grateful to Miroslav Doval and Denis Kane for their work on the benches.

Take a stroll through the fall garden before any more of that white stuff floats down and turns it into a winter place.

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

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Tom's Corner

by Tom Lymbery
A Tale of Two Sideboards

In 1954 Imperial Oil came out with one of the first credit cards, good for gasoline, batteries and some service at Imperial and Esso stations. This was long before Chargex/Visa, so many people were unfamiliar with this new convenience. In order to promote the cards Imperial had a dealer contest to obtain card customers.

I took up this challenge, listing the names and addresses of all of our customers and friends who I thought had good credit ratings, and mailed my list



Tom's uncle Aubrey's serviceable sideboard or hutch has been in the Lymbery family for close to 100 years. It now resides with David and Kris Lymbery in Spokane. Photo: Dave and Kris Lymbery

away. About a month later I found that we had won a prize, as a cheque for \$50 arrived in the mail. However it was made out to my dad as he was the Imperial Oil dealer. Dad wouldn't give me the cheque, saying that I would only fritter it away on something for my car.

Instead he contacted fine woodworker Lawson Hepher of Boswell, and Lawson agreed to make a sideboard for our living room, where we lived under the old store. The prize money was sufficient to purchase the Philippine mahogany plywood needed. Lawson used no power tools, working entirely with handsaw, planer and wood carving tools. *Boswell Beginnings* tells us that he had apprenticed as a carpenter before leaving England for Canada, and has a photo of him at his hobby of woodcarving. He built the kitchen addition to Gray Creek Hall and also one of our auto camp cabins.

When Lawson brought us the new sideboard, he explained some of the detail that he had lovingly created. The trim across the top was from a piece of wood he had salvaged from a rail freight car so he said that had likely travelled across Canada more than once. Under this are small brackets at the right and left and on these he carved tiny bunches of grapes. There are two more of these above the doors. The ornamental trims at the top of the sliding doors are of mahogany, brought to Lawson by Mrs. L. M. Russell when she returned to Boswell after helping Dr. Albert Schweitzer



This elegant sideboard, hand crafted for the Lymbery family by Lawson Hepher in the mid-50s, still graces the home of Tom and Sharon Lymbery. Photo: Frances Roback

at his hospital at Lamborene, French Equatorial Africa. She knew how much Lawson valued exotic wood.

Dad was right and I was wrong – we continue to admire and enjoy this piece of hand crafted furniture, which brings back memories of Lawson and Kathleen Hepher.

The second sideboard was moved to the Auto Camp dining room but now has a place of honour in Dave and Kris Lymbery's living room in Spokane. This was made by my uncle Aubrey Lymbery in 1915 when he and wife Gladys came from Nottingham to look after the store, post office, orchard, cows and chickens. This was so that my dad could enlist in the Canadian army to serve in the trenches in the 1914-1918 war. This sideboard is of very basic construction of boards and two by fours, as Aubrey was no carpenter. However it has stood the test of time and will continue to do so for many more years. Dave had an appraiser look at it and found that is an excellent example of basic home-made furniture (known in the US as a hutch, to us a sideboard).

The Gray Creek scene on the cover of *Fishes and Wishes and Fruit* (showing the orchard and the tiny store) was painted in 1915 for Aubrey and Gladys by Harry Netlam Maynard. The painting is now at their granddaughter's home in Guernsey, Channel Islands.

The PAC Box

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

PAC MEETING: Our next PAC meeting will be held on Monday, November 5 at 7pm in the school library. All parents & guardians are welcome! Call Ingrid at 227-9246 or email mainstreet@theeastshore.net to be put on the agenda.

HOT LUNCH PROGRAM: Christmas Turkeys are for sale again! See the ad in this issue, with the cut-out order form. Orders must be in by Nov 26 for your hormone-free, BC grown Christmas turkey! Call Garry Sly (250.227.6824) or Jennifer Irving (250.227.9175) for info.

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Seldom Scene

by Gerald Panio



JOAN: I have a message to thee from God; and thou must listen to it, though thy heart break with the terror of it.

CHARLES VII: I don't want a message; but can you tell me any secrets? Can you do any cures? Can you turn lead into gold, or anything of that sort?

JOAN: I can turn thee into a king, in Rheims Cathedral; and that is a miracle that will take some doing, it seems.

--from Bernard Shaw's *Saint Joan*

I've always assumed that if I were ever to wind up writing about the supremely cinematic life that was Joan of Arc's, it would be in the context of a review of Carl Dreyer's stunning silent film, *La Passion de Jeanne d'Arc*. That film is, after all, one of the monuments of world cinema, with an unforgettable performance by Maria Falconetti as Joan. *La Passion de Jeanne d'Arc*, perhaps more than any other single movie, opened my eyes to the power of silent film. I suspect that I'll write that Dreyer review some day, but for this month I've discovered a new Joan.

I'm not sure where and how I came across my colourized VHS copy of Otto Preminger's *Saint Joan* (1957), but I decided to watch it a few weeks ago

because I'd just finished reading the play on which it's based. Someone described Bernard Shaw's play as a "non-hagiography," and that seems to me to be quite apt. He approaches the life of this extraordinary young woman with great respect, but without rose-coloured glasses or any illusions about the price to be paid by anyone who aggressively challenges the established order of the day, telling truth to power. The powers that be, both secular and ecclesiastic, killed Joan in 1431 and, Shaw is certain, she'd suffer the same fate were she to appear among us today.

No matter how many times I read about Joan of Arc's life (and the historical overview presented in Shaw's 47-page preface to this play is as good as any out there), I shake my head in wonderment. A 17-year-old farm girl who hears voices from Saint Michael, Saint Catherine and Saint Margaret, manages to get an audience with the future King Charles VII of France, and convinces him to give her an army to drive the English out of France? As if. And then she leads that army to victory, only to be sold out by her own people, put on trial, forced to recant, driven to recant that recantation, burned as a heretic, and put on the road to sainthood 20 years later by the same authorities that burned her? Come on, someone must be making this stuff up.

Well, no. Of course not. Actually, in the case of Joan of Arc there's probably less mythologizing going on than with any other medieval figure of similar significance. For that we can thank the zeal of that same ecclesiastic court that turned her over to the secular arm for execution. The court was almost obsessively concerned with the appearance of a fair trial, documenting endless sessions of interrogation to the point where Joan's is the most meticulously documented life that has come down to us from the Middle Ages.

For a contemporary playwright or movie director to take such a miraculous life and make us into believers in our more secular age is a daunting challenge.

Shakespeare himself, either through ignorance or political pressure, could do nothing more with Joan of Arc than turn her into a grotesque cartoon. Neither the oftentimes cynical Bernard Shaw nor the sometimes salacious Otto Preminger might have been expected to do much better. One might have thought that they, like so many others, would simply manipulate Joan for their own ends.

Didn't happen. Both play and film give us a flesh and blood young woman at a historical crossroads. It didn't hurt that master novelist Graham Greene was responsible for paring Shaw's three and half hour drama down to a 110-minute screenplay.

Preminger auditioned some 18,000 women to find his Joan, ending up with a young woman, Jean Seberg, whose backstory in rural Iowa was hardly more exotic than that of the real Joan. Next to Maria Falconetti, Jean Seberg is for me the finest Joan of Arc on screen. Where Falconetti is so intense as to be scary (easily scary enough to intimidate a pusillanimous Dauphin into giving her an army), Seberg radiates a calmly self-assured faith that brooks no contradiction and yet is infused with joy. She's less of the warrior she became

and more of the farm girl she once was. And I don't mean that in the sense of a young woman who would have been content to marry, have children, and be the stalwart support of her husband. I'm thinking of a girl who loves the outdoors, relishes the freedom of being alone in the fields, and is filled with

wonder at everything the world has to offer. Instead of the iron fist in the velvet glove, she's the beating heart of her people. Watching Jean Seberg's Joan, I can understand how hardened soldiers like Robert de Baudricourt and Dunois, Bastard of Orleans, chose to follow her.

Preminger's film doesn't devote a single minute to scenes of Joan in battle; our admiration for her is earned through her interactions with those she must convince of her divine mission, and with those who will condemn her for it. Preminger's film was not that well received when it came out ("this ill-begotten, overambitious opus" "plenty of talent but neither wit nor style"), and it may be that both audience and critics wanted more of the Maid storming the walls of Orleans and throwing the Inquisition's calumnies back in its teeth.

Preminger got a second superb performance out of Richard Widmark, playing very much against type as weak-willed Charlie. Although the real Charles VII would eventually turn out to be a fairly effective king, his beginnings were not at all promising. Widmark's Charles is the frog you have serious doubts will ever turn into a prince. You understand immediately why only someone like Joan could see any potential there. He's like a spoiled-but-clever 10-year-old who's vaguely unhappy about being bullied by everyone around him, but is happy to be the focus of zero expectations. Instead of fiddling while Rome burns, he plays hopscotch while France's future hangs in the balance. Charles is, however, cunning enough to recognize when Joan can get him what he wants, and when she's in his way. Without Richard Widmark playing the foil to Seberg, *Saint Joan* would be a far less remarkable film than it is.

Some critics have complained about the staginess of the sets and production. I find them just right. The movies tend to give us a lot of pomp and circumstance, but I picture the Middle Ages as pretty down to earth. Most buildings—castles included—were functional.

They weren't decorated by Hollywood set designers. Preminger's spartan production puts the focus squarely on character. There is a similar economy in the cinematography. Oddly, although the original film and the latest DVD version are in black and white, I found nothing objectionable in the colourization of the VHS version. The colours were natural and muted, and matched the film's tone perfectly.

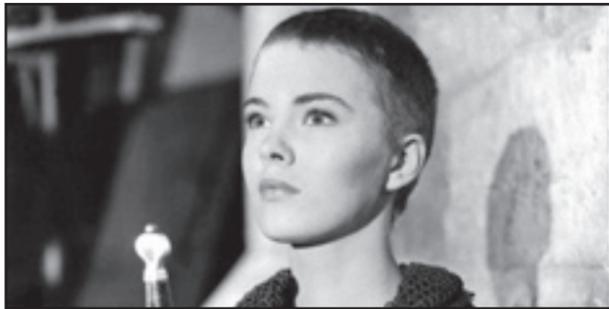
Saint Joan keeps one of the unique features of Shaw's play, which is the appearance of the ghost of Joan and several other key players at the

bedside of the now 51-year-old King Charles. That scene allowed the playwright to throw some historical perspective on Joan's brief life, including her fulgurant elevation to sainthood.

She died because she became politically inconvenient and because she repeatedly thumbed her nose at the powers that be, both church and state. Yet once she was safely dead, it didn't take long for those same powers to resurrect her in the name of enlightened self-interest. When Joan's ghost half-jokingly suggests that, being a confirmed saint and a miracle worker, she might come back again as a living woman, "*A sudden darkness blots out the walls of the room as [Charles, the Inquisitor, the Archbishop, etc.] all spring to their feet in consternation.*" Saints are best when they stay on their calendars. Shaw ended his play with this fantastical scene of Joan's return; Preminger begins his film with it.

There are some serious ironies one finds delving into Joan's biography and that of the actresses who've portrayed her. One of Joan's companions in arms, played by David Oxley in *Saint Joan*, was Gilles de Rais. Long after Joan's death, Gilles de Rais himself would be executed as one of the worst serial murderers of children in history, and would be reincarnated as a diabolic anti-hero in everything from novels to pop-culture songs.

Although Jean Seberg was idolized by the directors of the French New Wave based on her performance in *Saint Joan*, her subsequent film career was uneven. Seberg committed suicide in 1979 in Paris. She was 40 years old, and one of the contributing factors in her death was almost certainly the vicious smear campaign waged against her by the FBI because of her support of activist political groups in the U.S. The disinformation, run through an FBI operation called COINTELPRO, "went far beyond the publishing of defamatory articles. According to her friends, interviewed after her death, Seberg experienced years of aggressive in-person surveillance (constant stalking), as well as break-ins and other intimidation oriented activity." Martyrdom, 20th century style. Seberg's victimization strikes home Bernard Shaw's point that Joan of Arc might have gotten a fairer trial during the so-called Dark Ages than she would have in our supposedly more enlightened 20th or 21st centuries.



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Footlighters Theatre Society

by Brian Lawrence

Comedy is the name of the game when Footlighters Theatre Society presents *Fractured Fairy Tales*, the second production of its 18th season, at 7:30 p.m. from Nov. 29-Dec. 1 at the Prince Charles Theatre.

In a similar format to 2010's Christmas-themed *Season's Grinnings* (comprised of the *Happy Hollandise* and *Misdeeds at Mistletoe Mine*), the evening will consist of two one-act plays, this time offering a new twist on familiar fairy tale characters in *Big Bad* and *The Quest for Quasi: How Little Red Got Her Hunchback*.

In *Big Bad*, the *Big Bad Wolf* (played by Suzanne Chubb) is put on trial for a variety of crimes, with the *Three Little Pigs* (Zoe Fenrick, Marybeth Stenhouse, Emma Archambault), *Red Riding Hood* (T.J. van Hooff) and the *Boy Who Cried Wolf* (Axel Marini) taking the stand in a trial prosecuted by the *Evil Stepmother* (Susan Jorgensen) and overseen by Judge (Jordan Koop).

Sidney Grimm (Mary Roundy), *Fairy Godmother* (Gail Kitt), *Grandmother Hood* (Jennifer Dewald), *Bill Woodcutter* (Warren Bruns), *Shepherd* (Marc Archambault) and *Miss Muffet* (Jasmine Lothien) also feature in the courtroom comedy, which allows the audience to choose the final verdict.

"That adds something different for the audience, and some excitement for the actors," said *Big Bad* director Jon Smith. "I've been having a lot of fun randomly springing the possible endings on the cast during rehearsals."

The Quest for Quasi also offered something different for the cast — the chance to play several roles in one play.

"This is something we haven't done for quite some time," said director Brian Lawrence. "Even our last few musicals, which typically have many opportunities to play several roles, haven't required an ensemble to double up on parts. With several short scenes with just a few characters in each, it made sense to give people two or three parts — and it's been a blast to see them make each of their roles different from the other."

In *The Quest for Quasi*, *Red Riding Hood* (Jacqui Vezina) falls in love with *Quasimodo* (Vern Gorham) — but the *Wicked Witch of the West* (Ann Deatherage) tells her that she can't be with him until she collects *Captain Hook's hook*, the *Sword in the Stone* and the *Blue Fairy's wand*.

Through the course of the play, Red will encounter well-known fairy tale characters played by Greg Benty, Gwen Benty, Morgan Benty, Jason Smith, Cameron Nelson, Laura Nelson and Emilie Pinto.

Big Bad and *The Quest for Quasi* are part of a season that began in July with the melodrama *Someone Save My Baby, Ruth*, and will conclude in with the musical, *Annie*, which runs April 11-13, 2013.

"This season really focused on family-friendly shows, but ones that all ages will enjoy," said Lawrence. "With *Fractured Fairy Tales*, there is a lot of humour that adults will get a kick out of."

Tickets for *Fractured Fairy Tales* are \$10 for adults, \$8 for seniors/students and \$5 for children under 12, available at *Black Bear Books*, *Kingfisher Used Books* and at the door.

Next Deadline:

Nov 28, 2012

Riondel Arts Club

by Christy Gillespie

The Riondel Arts Club has finished a busy summer with a successful mid-summer art show at the Community Center and the completion in early September of the East Shore Art Walk, with art displayed and sold at the venue of *Bob's Bar & Grill* in Riondel.

This fall we enjoyed our warm, carry-over of summer weather by holding some open studios in the great outdoors. However, we are now back into our regular schedule with general arts taking place Wednesdays from 10am to approximately 3pm and *Mosaics* on Thursdays at the same time. These are taking place in the art room of the Community Center (Note: Enter the Center through the north access.) Anyone interested in dropping in and taking part in your own art activities should note that the Drop-In Fee had been reduced to \$5 per session and an annual membership for the 2012/13 year is now \$50.

If you would like to see some of the art work, in a variety of mediums, a new display and show will be available for viewing and sale, effective October 27 at *Bob's Bar & Grill* (remember to view the pieces hung in the restaurant as well). It's not too early to start thinking of Christmas.

Please drop into the weekly sessions if you would like to see us at work and get your questions answered and, hopefully, decide to join us.

The East Shore MAINSTREET

Contact: Ingrid Zaiss-Baetzel

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Let's Band Together: Notes From the Kootenays

by Deberah Shears

In early summer, musician Donnie Clark was asked if he would facilitate a fund-raising concert for the Prince Charles Theatre in Creston, B.C. The area of Creston was Donnie's childhood home, and Donnie would be the drawing card for the concert.

Deciding to showcase the dedicated and hard-working musicians in the area, Donnie invited three bands to perform at the concert: the *Many Bays Community Band*, conducted by Donnie, from Riondel, the *Creston Community Band*, conducted by Monte Anderson, from Creston, B.C., and the *East Shore Dixie Band*, led by Donnie, from Riondel, B.C. After some combined rehearsals, the concert was held on October 18; all the musicians worked very hard and performed to a new and higher standard, making Donnie and Monte very proud.

The concert program was selected by the participating bands, and was an eclectic mix - published arrangements of works by Brahms, Schubert, Duke Ellington, Alberto Dominguez, and more; two original compositions by Donnie Clark, 'Mexican Melodies' and 'Processional March' and an arrangement of Neil Young's 'After the Goldrush'. The program selections featured soloists from all the bands and the conductors shared the conducting.

The *East Shore Dixie Band* musicians chose to play only pieces that Donnie had written and arranged, all beautifully orchestrated for the musicians in the band. The pieces all honour Donnie's amazing ability as a composer, an arranger, and a trumpet player. They included songs like "Mood Indigo", "What a Wonderful World", and even the Beatles song, 'Michelle'.

The audience thoroughly enjoyed the concert, and the band members all agreed - thank you, Donnie Clark and Monte Anderson, for the work you do in your communities leading, teaching, and mentoring. Our lives are all enriched. The band members were all singing the same chorus at the end of the concert - let's do this again!



Monte Anderson warming up the band

Photo Terry Turner



Monte Anderson and Donnie Clark.

Photo Sharon Turner

SILENT AUCTION For Students Going to Mexico

submitted by Terry Fiddick and
CBESS Students

We, the students of Crawford Bay School, are in the process of fundraising for our "Community & Global Involvement Project", which includes student involved in both local community work and a humanitarian trip to Oaxaca, Mexico in the spring.

The concept of this program is to get CBESS students involved locally in projects that help our community.

Thus far we have assisted with the following:

- Tipi Camp with their year-end takedown
- The school Lunch Program
- The Fall Fair
- The Terry Fox Run
- Pizza Fridays
- Riondel Fire Department
- Bike Safety Rally

We are setting out to expand our perspectives by being involved in helping others in other parts of the world. We picked Oaxaca, Mexico, due to the great outcomes achieved by other students in this district curing their trips to the same community.

While in Oaxaca we will be involved in a combination of tasks and learning experiences that include:

- language lessons
- fighting poverty through micro finance,
- helping at an orphanage,
- visiting historical sites
- working with agricultural groups
- working with ecotourism organizations
- construction
- experiencing another culture.

The cost for each participant is \$2000. Our best intention is to raise all the necessary funds for this project through a silent auction, grant-writing, local events, pizza sales, bottle drives as well as through individuals/organizations contributing in exchange for the work of our students.

You can support this project by sponsoring our fundraising events, such as our Silent Auction on Dec 1. You can also make a donation to the school to be used for our group travel fund or to the fund of a particular student; you can hire students whose wage will go to the school for the travel funds. You can also let us know of projects within our community that need the help of our students.

THE EVENT: On December 1, 2012, we are hosting a silent auction as one of our major fundraisers for this project. We ask that those in our greater community consider both making a donation for this event and also attending the evening at Crawford Bay Hall.

We are accepting donations of used items in good condition, such as:

- household goods
- art pieces
- furniture
- clothing
- tools
- appliances
- . . . and soooo much more !!

At 6pm local musicians will entertain as the crowds check out all the items available to bid on . . . and the bidding will begin at 7:30. Food and beverages will also be available throughout the evening.

Contact Terry Fiddick @ 250.227.9510 or Sandy Watson @ 250.227.9218 to arrange for your donations to be picked up or for more information about the silent auction. Please remember that donations of more than \$25 are eligible for a tax receipt!

Contact our Principal Dan Rude at drude@sd8.bc.ca or 250.227.9218 for more information about this program and ways you can assist.

Raise a Glass to Food Volunteers!

submitted by Jennifer Irving

We here at the CBESS Hot Lunch Program are encouraged to see the eager willingness by students and community to step up and be helpful with their time and energy to support this important food program on the East Shore. We would like to thank these students/adults individually.

The following students have helped the Hot Lunch Program by setting up the line, writing on the menu board, washing the fruit, packing boxes of fruit and washing canning jars.

- *Miles Dulmage*
- *Addi Fowler*
- *Jessica Rideout*
- *Allison Juris*
- *Morgana Page-Deal*
- *Rowan Medhurst*
- *Jett Dunic*
- *Katherine Juris*
- *Freya Holman*
- *Joli Mwinyi*
- *Zoe Zaiss-Baetzel*
- *Zyan Fukushima-Rael*
- *Olivia Wedge-Darchen*
- *Sola VanDonselaar*
- *Ocean Peel-Ring*
- *Sarah Wensink*
- *Danyell Rosenbaum*
- *Drew Rideout*
- *Quinton Wastrodowski*
- *Braden Notte*

Also a thank you to the following people for food donations to the program

- *Kokanee Springs Golf Resort: lettuce*
- *Kate Page: zucchinis*
- *Lori O'Neill: turnips*
- *Kate Okros: cucumbers*
- *Laverne Booth: cabbages*

Sorry if we've missed anybody!



From the Principal's Desk

by Dan Rude

Last week I took the opportunity to join Sandy Ewankiw, principal of Salmo Elementary and Secondary Schools, and

Dan Miles, principal of JVH in Kaslo, on a tour of the Gulf Islands school district.

One of the intentions of our trip was to see, first-hand, some of the programming that this small, rural district has become known for in 'personalizing learning' and that has influenced our thinking locally.

Another intention was to spend time together as principals with the purposeful mission of expanding our thinking and sharing possibilities for connecting our students and teachers in learning projects.

Our tour guide was Steve Dunsmuir, principal of the Saturna Island Ecological Education Center, whose work strongly influenced us a couple years ago in developing our secondary Community Mentorship Program.

Through visiting and talking with people involved in five different schools, I came to appreciate some of the brilliant work going on in their district, and to further recognize the incredible work we are also doing in our own community to support the learning of our children and youth.

Some of the specific details I learned - and was reminded of - last week include:

- trust and listen to young people
- involve community
- learn in nature and connect with our surroundings
- buy a small bus and go somewhere most days
- continue to have conversations with people at all levels about the brilliance of small schools
- develop meaningful school wide projects
- develop programming that connects, rather than separates, particular subjects
- take risks that are focused on student learning
- be passionate about the importance of learning for our children and youth
- connect youth across a school district
- balance adult-led planning with opportunities for student exploration in their time
- grow food
- start something important

I am on the verge of launching a blog called Responsive Learning Environments, which will document my continual quest to find and incorporate educational models and learning activities that are co-created by all involved - students, teachers, and community. Stay tuned!

**Next Deadline:
Nov 28, 2012**



Western Pacific Marine Ltd
Kootenay Lake Ferry Office

**OSPREY 2000 FERRY
OUT OF SERVICE**

November 12 - November 30, 2012

Due to the extended MV Balfour refit, the Osprey 2000 refit has been scheduled for November 12-30.

Western Pacific Marine Ltd. advises travelers that the Osprey 2000 will be out of service from November 12 through November 30, 2012 for maintenance.

The M.V. Balfour will be in service during this time - expect sailing delays.

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

Community Futures is Your Small Business Expert

Community Futures offers business loans, business management workshops, business library and more. Unemployed? Ask about the self-employment program.

- **Need assistance with your business?**
- **Have a business idea to explore?**
- **Need a business loan?**

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



Growing communities one idea at a time.

It's a Small World After All



www.dougyperphoto.com

Reading to Towards Global Citizenship

by Anna Rose

Book of the Month: *Widening Circles, a Memoir* by Joanna Macy, 2000. New Catalyst Books, 285 pages.

In this book, Joanna Macy describes her growing awareness of critical issues the world must face to survive, and the international expansion of her work. Who is Joanna Macy? In two words, dedication personified. In several sentences from the last page of the book, "About the Author":

Eco-philosopher Joanna Macy, Ph.D., is a scholar of Buddhism, general systems theory and deep ecology. She is also a leading voice in movements for peace, justice, and a safe environment. Interweaving her scholarship and four decades of activism, she has created both a ground-breaking theoretical framework for a new paradigm of personal and social change, and a powerful workshop methodology for its application. Her wide-ranging work addresses psychological and spiritual issues of the nuclear age, the cultivation of ecological awareness, and the fruitful resonance between Buddhist thought and contemporary science. ... In the face of overwhelming social and ecological crises, her work helps people transform despair and apathy into constructive, collaborative action.

The book chronicles her life from its beginnings in a strongly Christian family in the Eastern United States, and initial years of living in other countries including Germany, Tunisia, and Nigeria. Be warned, there are a few digressions into relationships, but these passages are relatively brief. The most important thread she follows is her interest in Tibetan Buddhism which began in India where she had direct contact with some of its most highly respected teachers. As well, she credits her own son with waking her up to the dangers of the nuclear arms race and radioactive waste from nuclear reactors. She could hardly comprehend how people whose vision was limited to their own years in a job, and their own country, could imperil future generations and the whole world.

Nuclear issues seem to be much less popular around here than they were some years ago, being somewhat "out of sight, out of mind". However, as mentioned above, Joanna Macy relates her ideas to other problems as well. Readers concerned about one or more of many possible issues can learn from her insights. Especially memorable is a passage in which she describes a Despair and Empowerment workshop she led in Washington DC.

One of the participants had been the commander of a Polaris nuclear submarine. For three months at a time, he slept and worked ten feet from a high-powered nuclear missile. He knew the cities that were targeted. He imagined how it would shatter the lives of thousands of families so much like his own, and the incongruity of his job and his humanity eventually led him to quit the Navy. Joanna could use this experience of hearing his story to show how necessary it is

in any conflict not to hate the members of "the other side" but to believe that they are also human beings and potential allies.

Another key idea she presents is that of the Shambhala warrior. She quotes the Tibetan Buddhist Choegyal Rinpoche's explanation to her:

The weapons are compassion and insight. Both are necessary. We need this first one ... because it provides us the fuel, it moves us out to act on behalf of other beings. But by itself it can burn us out. So we need the second as well ... we realize that we are interconnected, as in a web, and that each act with pure motivation affects the entire web, bringing consequences we cannot measure or even see.

Widening Circles is an encouraging book to read, with healthy food for thought and real-life inspirations.

BOOK REVIEWS

by Tom Lymbery

BIRDS OF THE INTERIOR BC and the ROCKIES by Richard Cannings, with Harry Nehls, Mike Denny, and Dave Trochlell, Heritage House Publishing, 434 pages, \$19.95

Colour coded by species – for example water birds, ducks and geese are in the green section. Sharp full colour photos, space to keep track of sightings – and this may need a felt tipped pen, as the pages are water-proofed. Your book won't deteriorate with wet fingers, and you can use it in moist situations.

Insight on each species from four expert birders – now I know that the American Dipper that I have often seen working the fast moving water in Croasdaile Creek, has extra thick feathers and a lower metabolism that enables it to search rapids and waterfalls for stream insects.

"Where they live and what they eat" and "How to select binoculars" are important sections that you are unlikely to find in other bird books.

A ROAD FOR CANADA - the illustrated Story of the Trans Canada Highway, by Daniel Francis, publishers Stanton Atkins & Docil, 186 pages, \$19.95

The cover features a picture of Thomas Wilby and Jack Haney who in 1912 drove a 1912 Reo across Canada. Because of the lack of roads they travelled across the Great Lakes by boat. Sometimes having to use the train tracks as they bumped their way from Yahk to Creston on the rail ties. At Kuskanook they boarded the SS Nasookin to Nelson. They did make it to Vancouver, with driver-mechanic Haney finding that carrying a block and tackle was often their most important equipment, as they frequently got stuck on logs or mud.

The selection of provincial license plates throughout the book is intriguing, as well as the many photos of early cars navigating tracks through the bush. The text tells us of the political struggles to fund the highway, as well as the routing controversies. A full page picture of Nelson's Baker Street shows a 1948 caravan promoting the Southern Trans Canada, the ALL YEAR HIGHWAY. This was in opposition to the Big Bend Highway from Golden to Revelstoke that had been declared the Trans Canada, in spite of the fact that it was closed from mid October to late May. I only drove that big bend route once and it was an eight-hour trip, including a stop for lunch at the Boat Encampment Hotel, all now flooded by the Mica Dam.

Pictures, maps and the assortment of cars make this a most interesting book. It is well designed with the text on alternating pages, so that you can go back to read more detail after enjoying the visual. The major error is claiming that opening the Big Bend route in 1940 allowed vehicles to cross BC without diverting into the US. In actual fact our route through Gray Creek from 1931 allowed travel in BC all the way to Vancouver, as well as being open all year. Traffic could use the US because of better roads, but it wasn't necessary.

Riondel Community Library

by Muriel Crowe

After a late summer and early fall of uncertainty we are back home in the library and happy to be here. Entrance continues to be through the fire escape doors at either end of the building and our washroom is a port-a-potty at the north entrance. There are lots of new books on the display stand and we are in the process of ordering more DVD's and CD's.

On November 8 the library is hosting an afternoon of readings by local authors at the Dutch Harbour Lodge. We have several authors from across the water as well as some Eastshore writers. A light lunch will be available. We had planned to hold this event in the Community Centre but when it was unsure whether we would be open, we decided to seek another venue.

We are planning on subscribing to two more magazines. Please let us know what your choices would be. We have several *Geographic* magazines, several *Women's World* and two gardening magazines as well as current events, Canadian history and two free business ones.

When you come to tell us your magazine choices please take time to browse through the shelves, borrow a few books, drop off your pennies or make a donation to the roof fund.

Riondel Reading and Listening Afternoon

2 - 4 PM, NOV 8, 2012

DUTCH HARBOUR LODGE
RIONDEL, BC.

~ Refreshments ~ Come & Read ~
~ Come & Listen ~ Let us know ~



Contact info:
Wendy, 250-225-3381
Beth, 250-225-3414

sponsored by...
Riondel Community Library

Eastshore Community Library/ Reading Centre News

by David George

New books are appearing on the shelves every week, as well as audio books and DVDs. We certainly have something new that you haven't read.

Remember that our public computer is available, and up to date with both Explorer and Firefox browsers. A laser printer is attached if you need a hard copy, or you may bring in your own CD-Rs to burn, or you may download data to a keychain drive.

Next month, our online public access catalogue should be available, and the web address will be given here.

We are open Tuesdays and Saturdays from 12 o'clock Noon until 3pm,

and Thursday evenings from 7 to 9pm. Closed legal holidays.

Phone is answered when we are open, at 250-777-1492.

November 2012 Mainstreet 17

SERVICES DIRECTORY

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

AUTOMOTIVE/MARINE

EASTSHORE AUTOMOTIVE - Service & Repair 250-227-9370

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

BUSINESS SERVICES

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

CONSTRUCTION/CONTRACTORS/TRADES

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

JB (JUERGEN BAETZEL) CONSTRUCTION: Over 14 years experience, strong work ethic. Covered by Worksafe BC. Foundations to Finish (concrete, framing, roofing, drywall, siding, flooring, finish, carpentry, tile setting, some plumbing & wiring knowledge) 250.227.9246 or 250.551.7697.

MARK JOHNSTON CONSTRUCTION LTD. Ph: 250-227-9583, email: markjohnstonconstruction@gmail.com

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

THE GREEN MACHINE - (See colour ad in this issue for more information.) 250-225-3485

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

PERSONAL CARE/HEALTH

ACUPUNCTURE - Christine Peel R.Ac. Located at 16210 hwy 3A Unit 9, Crawford Bay Motel. For an appointment please call 250-505-8130.

ACUTONICS - vibrational healing with tuning forks, practitioner available. For appointments call Theresa Lee 225-3518/cell:505-4706

ALEXIS PHILLIPS, M.A., R.C.C. - Registered Clinical Counsellor specializing in complex trauma, relationship issues, grief & loss, anxiety & depression. Apptmnt/consultation, call 250-509-0368.

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

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

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

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

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

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

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

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

SUSAN SNEAD - Astrological Counseling, Foot Reflexology, Traditional and Ayurvedic Massages. Call 250.225.3520.

RESTAURANTS

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

TREE SERVICE, RESIDENTIAL - Limbing, Pruning, Topping, Falling. Danger Tree Assessments, Free Estimates. Fully Insured. Please Call James Linn at 250 225 3388

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

CRESTON
VETERINARY CLINIC

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

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



Mobile Clinic Dates:
Nov 13 & December 11 at the Crawford Bay Castle.

CLASSIFIED SECTION

BUS. ANNOUNCEMENTS

Sirdar General Store

- A unique place to shop on Duck Lake. 2012 - 2013 Angling & Hunting Licences, Regulations, Tags & Bird Permits--1 left. Tackle, Groceries, Souvenirs, Seasonal Greeting Cards, Island Farms Dairy Products, Soft Drinks, Energy Drinks, Juices, Water. Chocolate Bars, Chips, Breyers Ice Cream Treats. Locally made crafts, aprons, baby dresses, placemats, wooden cribbage & cutting boards, plain bird-houses--that you can paint to match your landscaping. Post Office, Stamps. 8050 Hwy 3A, 250-866-5570 or Fax 250-866-6811.

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

Why go to town when you can get North Idaho's superior wood pellet for the same bag price as town. The wood comes from our very own Wynndel Mill! Take it from the experts - great performing pellet with less ash. Gray Creek Store 250-227-9315

BUSINESS SERVICES

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

EMPLOYMENT OPPS

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 - Saturday, November 17th from 9 am to 3:30 pm. Lunch will be available from the Kitchen. To Book a Table, phone Shannon @ 250-866-5570 or do you Christmas shopping locally with hassle-free parking well before the holiday rush starts. 5127 Wynndel Road, Wynndel, B.C

HOME/BUILDING

Mr Buddy 9000 Btu Portable Propane Heater uses disposable (or 20lb) tanks \$169.95 - Gray Creek Store 250-227-9315

Again: tarps and more tarps. Green is best, up to 40 foot by 60 foot - Gray Creek Store 250 227 9315

Fire extinguisher and smoke alarm combo pkg \$49.95 - Gray Creek Store

Cleaning Vinegar: double strength for a natural cleaning job. Essential before painting galvanized metal. Gray Creek Store 250-227-9315

Energy Logs - 8lbs and contains approx 68,000 BTU. 240 log pallet has heating capacity of 1.5 to 2 cords wood. Shavings comes from our very own Wynndel Mill. 100% Natural. No chemicals. \$295.00 a

pallet. Don't be disappointed - pre order your pallet today! Shipment arrives week of November 8. Gray Creek Store 250-227-9315

Log Tongs - orange for lifting, blue for skidding. (The lifting ones are special steel) - Gray Creek Store 250-227-9315

Finest quality Benjamin Moore Paint. Please phone 250 227-9315 to make sure that we have a tinting specialist on shift - Gray Creek Store

16', 20', 24', Industrial aluminum ladders, plus a 8' to 13' multiway ladder - Gray Creek Store 250 227 9315

Building Supplies you may not know we have - Sill gaskets, insulation, waterproofing products and more - please ask our knowledgeable staff - Gray Creek Store 250-227-9315

MISC FOR SALE

Christmas Tree Stands: heavy duty cast iron. Don't risk having your tree fall over - Gray Creek Store 250-227-9315

Tis the weather for a warm set of Stanfields. The only brand name for WINTER WARMTH from the traditional grey long johns to ladies wool that isn't itchy - get 'em while size selection is good - Gray Creek Store 250-227-9315

Make sure you have a jumper - booster cable set in your vehicle - winter is tough on batteries - Gray

Creek Store 250-227-9315
Looking for a fun unusual gift? Check out Redneck stemware and our very popular vintage signs. Gray Creek Store 250-227-9315

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 250-227-9315. New shipment arriving 1st week of November.

Books make the longest lasting Christmas gifts. Buy them early so that you can read-em before you gift-em. Gray Creek Store 250-227-9315

What a stock! Time to sock up for winter: ocks and more socks - Gray Creek Store 250-227-9315

At last a clean burning gas that you can leave in your chainsaw for years without deterioration. ASPEN 2 mixed also produces no smoke or hazardous emissions - Gray Creek Store 250-227-9315

Shopping for Fireworks? Gray Creek Store has the Best Firework Selection on Kootenay Lake. 250-227-9315

Flat Fix - to seal and inflate tires on cars or light trucks - carry this for back road travel. Last years price \$10.95- Gray Creek Store 250-227-9315

Green Polysteel Rope: floating, lighter and much stronger than yellow rope Gray Creek Store 250-227-9315

No more batteries: LED FLASHLIGHTS with crank handle - \$9.95- Gray Creek Store 250 227 9315

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

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

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

NOTICES

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

OUTDOORS/REC

Snowmobile and ATV Helmets: COMFORTABLE, try one on. Dave couldn't find any in Spokane at our special price - from \$36.95! - 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 250-227-9315

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

YARD & GARDEN

Bird Feeders - and the black oil sunflower seeds that bring birds to your window - Gray Creek Store 250-227-9315

Snow Floats: don't shovel that white stuff - float it. No lifting. Gray Creek Store 250-227-9315

Snow pushers and shovels of all types. Roof Rakes: get yours while we have good stock. Gray Creek Store 250-227-9315

Plenty of Pulaskis with fiberglass or wooden handles - great selection. Gray Creek Store 250-227-9315

Where else can you find a Yard Hydrant Repair Kit? Gray Creek Store 250-227-9315

Saves sharpening your chain, or even buying a new one: the log lifter is a cant hook that Lifts the log 6 inches off the ground - Gray Creek Store 250-227-9315.

Next

Deadline:

Nov 28, 2012

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 2012

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

Nov 1 - Tues: Dr. LEe

Nov 6 - Tues: Dr. Lee

Nov 7 - Weds: Dr. Moulson

Nov 8 - Thurs: Dr. Lee

Nov 13 - Tues: Dr. Lee

Nov 14 - Weds: Dr. Moulson

Nov 15 - Thurs: Dr. Lee

Nov 20 - Tues: Dr. Grymonpre

Nov 21 - Weds: No Doctor

Nov 22 - Thurs: No Doctor

Nov 27 - Tues: Dr. Grymonpre

Nov 28 - Weds: Dr. Moulson

Nov 29 - Thurs: Dr. Lee

Please Note: Lab hours 7:30 - 10:30, Weds Mornings.

Call to make appointments at 227-9006

on doctor days and Thursday morning.

Tuesday, Wednesday and Thursday (8:30 to 12:30)

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

WEEKLY EVENTS AT BOSWELL HALL:

1. Carpet Bowling on Tuesdays @ 7pm; contact Tom Sawyer 250-431-8404

2. Yoga with Lea on Thursdays @ 9:30 am, contact Marilyn Arms 250-223-8058

3. Line Dancing on Saturdays. Beginners class @ 9:30 am, contact Cheryl Place at 250-223-8694 to register. Intermediate class @ 10:30 am; no need to register

SPECIAL EVENTS AT BOSWELL HALL:

Annual General Meeting will be held November 17 with a potluck dinner at 6pm and the meeting following at 7pm.

STARBELLY AGM - ALL WELCOME!

On Friday Nov. 2nd at 7pm Starbelly Jam will be hosting their AGM at the Community Corner. Come join us just for fun and curiosity or consider becoming a part of an extremely rewarding team that gives birth to this inspiring and exiting community event every year. Snacks and drinks provided.

HAMPER RAMP UP - AND THANKS!

Thank you to everyone who donated prizes and supported the Christmas Food Hamper raffle!

WINTER WONDERLAND

Eighth Annual Christmas Craft Fair, November 24, 2012, 10:00 - 3:00. Riondel Recreation Centre. Vendors call Sherlyne 250-225-3597

FOODROOTS COMMUNITY POTLUCK.

The second community potluck will be November 18. Some ideas we are tossing around include showing a film earlier in the day, or doing a group food activity (bake bread? a salad dressing extravaganza? cupcake wars? help us decide!) or even hosting a Mexican fiesta (with Spanish food games) that could be a fundraiser for the teen school trip to Oaxaca... Watch for posters and *Mainstreet* on-line for updates. Call Jacqueline for more info: 250.227.6803.



2012 CHRISTMAS FOOD HAMPER

If you wish to receive a food hamper this year, or know someone who may be in the need of one, please notify Shelli Bothamley at 225-3596 by Nov 15 to put your name on our list.

Save Your Bottles/Cans!

Crawford Bay School's secondary 'Community & Global Involvement Project' is aiming to do a bottle drive **once per month** in support of our spring break humanitarian trip to Oaxaca, Mexico.

Our next bottle drive will be most likely be during the afternoon of **Wednesday, November 21.**



Please call the school at 227.9218 or email drude@sd8.bc.ca if you have bottles to be collected.

Thanks to Steve & Jamie at the bottle depot, Carol, Kate & Jennifer for all their energy with organizing, & for all who have donated bottles.

Next Deadline:

Nov 28, 2012

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Off-Season Schedule in effect:

All times listed in "East Shore Time"

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

CHURCH CALENDAR

RIONDEL COMMUNITY CHURCH NOVEMBER SCHEDULE

Nov 4: Br. Jeff Zak, 1pm

music - Marie Gale

Nov 11: Pastor Bill Gooding, 1:00 pm

music - Marie Gale

Nov 18: Rev. Robin Celiz, Anglican, 1:00 pm

music - Marie Gale

Join us for a combined service at Riondel Community Church

Nov 25: Pastor Bill Gooding, 1:00 pm

music - Marie Gale

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

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

For information call Christ Church Creston 428-4248

Nov 4: 1:30 - Rev Robin Ruder Celiz

Dec 2: 1:30 - Rev. Robin Ruder Celiz, Lessons & Carols

HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

Nov 18, 1pm: A joint service with Riondel Community Church at Riondel. Rev. Robin Ruder Celiz

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

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Pastor Bill Gooding

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

TEMPLE OF DIVINE LIGHT

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

Everyone welcome - Yasodhara Ashram 227-9224

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Reverend Thomas Kakkaniyil Phone: 428-2300 Fax: 428-4811

Sunday Mass at 2 pm

1st Sunday of the month, Fellowship Sunday.

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.

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

CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church,

8151 Busk Rd, Balfour

Sundays, 9:30 am - All welcome For info, call: 250.505.8021

Next Deadline:

Nov 28, 2012

MEETING PLACES

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

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

For more info, call Lion David at 250-227-9550

or Lion Jim at 250-227-9622.

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

PARENT ADVISORY COMMITTEE

(PAC) Meetings

held at 7 pm at the Crawford Bay School library (usually) the second Monday of the month. (or Tues if Pro-D)

Call Ingrid to be put on the agenda - 250.227.9246

Next Meeting: AGM Nov 5, CBESS Library

November 2012 *Mainstreet* 19

November 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
*Strong Start is every weekday at the Family Place at the school from 10-1				Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Dr. Lee	Starbelly AGM, Community Corner, 7pm James Wood, 5 Rhythms Dance Class, CBESS 7pm Yoga, w/ Lea , CBay, 10am	
4	5	6	7	8	9	10
Bottle Depot, 10-2	PAC, CB Library, 7pm Yoga w/ Lea, CBay, 10am	Samba Practic, 7pm, CBESS - first time free! Lions Mtng, 7 pm Dr. Lee	Volleyball, CB School, 7pm Dr. Moulson	Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Dr. Lee	James Wood, 5 Rhythms Dance Class, CBESS 7pm Yoga, w/ Lea , CBay, 10am	Family Constellation Wrkshop, GC Hall, 9:30-5
11	12	13	14	15	16	17
Remembrance Service, CBESS, 10:45 Bottle Depot, 10-2	Osprey Out Until Nov 30! Yoga w/ Lea, CBay, 10am	CB Hall/Parks AGM, CB Hall, 7:30 Samba Practic, 7pm, CBESS - first time free! Dr. Lee	Volleyball, CB School, 7pm Dr. Moulson	Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Dr. Lee	James Wood, 5 Rhythms Dance Class, CBESS 7pm Yoga, w/ Lea , CBay, 10am	Boswell Hall AGM
18	19	20	21	22	23	24
FoodRoots Community Potluck, CB Hall Bottle Depot, 10-2	Yoga w/ Lea, CBay, 10am	Samba Practic, 7pm, CBESS - first time free! Lions Mtng, 7 pm Dr. Grymonpre	Bottle Drive Volleyball, CB School, 7pm Mainstreet Deadline NO DOCTOR	Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am NO DOCTOR	James Wood, 5 Rhythms Dance Class, CBESS 7pm Yoga, w/ Lea , CBay, 10am	Winter Wonderland Rio Rec Centre, 10-3 Creston Arts Council Xmas Craft Fair Riondel Reading/Listening Afternoon, Dutch Harbour
25	26	27	28	29	30	
Bottle Depot, 10-2	Yoga w/ Lea, CBay, 10am	Samba Practic, 7pm, CBESS - first time free! Dr. Grymonpre	Volleyball, CB School, 7pm Dr. Moulson	Fractured Fairy Tales, PCSS Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Dr. Lee	Osprey Back Fractured Fairy Tales, PCSS James Wood, 5 Rhythms Dance Class, CBESS 7pm Yoga, w/ Lea , CBay, 10am	(Dec 1) Fractured Fairy Tales, PCSS

WINTER WONDERLAND

EIGHTH ANNUAL CHRISTMAS CRAFT FAIR

SATURDAY, NOVEMBER 24, 2012 10am – 3pm
FREE ADMISSION
RIONDEL RECREATION CENTRE (Next to the Curling Rink)
LUNCHEON by donation - 11am – 2pm
HOMEMADE SOUP, BUNS & SWEETS
HOSTED BY RIONDEL COMMUNITY CHURCH CIRCLE
Blessing Basket, Door Prizes, Raffles
ALL PROCEEDS TO COMMUNITY CENTRE REPAIR FUND
Vendors please call Sherlynn – 225-3597
Non-perishable food items appreciated for East Shore Christmas Hampers

ADVERTISER	PAGE
Remembrance Day	3
Arrow Creek	10
B-57 Excavating	10
Barefoot	9
Bevy of Angels	4
Black Salt	6
Boswell Hall	4
Bottle Drive	3
Bunkers	13
CBay Xmas Potluck	11
Community Futures	16
Crawford Bay Hall & Parks	7
Crawford Bay Market	11
Credit Union	11
Creston Vet Clinic	18
Danielle Tonossi Hand Analysis	8
EDC	8
Elder Abuse Prevention	4
ESIS	10
East Shore Express (ESE)	8
East Side Mojo's	8
Eastshore Physiotherapy	12
Fitness Place	13
Footlighters	10
Gray Creek Store	11,18
G.R.S. Contracting	10
Green Machine, The	12
Harreson Tanner	12
Harrop Forest Prods	11
Hospice Job	6
Hulland and Larsen	12
JB Construction	10
Junction Creek Hub	11
KIS	8
Lakeview	11
Lifeshift Family Constellation	8
Oaxaca Silent Auction	5
Oaxaca Silent Auction Wanted	2
PAC Box	13
PAC Turkeys	4
RDCK Rec 9	8
RDCK TS Hours Remembrance	5
RDCK TS Hours Winter	3
Sapphire Hair Salon	10
Sunnywoods Farm	8
Sunset Seed	8
TWS	10
Turlock Electrical	10
Western Pacific Marine	16
Will Chapman	10
Winter Wonderland	20
Yoga with Lea	7

**Transfer
Station Hours**

**CRAWFORD BAY:
(Nov 4 - March)
Sun & Tues
10 am - 4 pm**

**BOSWELL:
Weds/Sat: 12-4**

Library Hours:

*East Shore
Reading
Centre:*
**Tues & Sat: 12-3
Thurs: 7-9 pm**

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

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