

\$2.38
+ GST =
\$2.50

The East Shore Mainstreet

KOOTENAY LAKE BC

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

INSIDE:

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

Checkusoutonline!

www.eshore.ca

Support Hampers: **2**

Flu Clinics: **3**

Shop Local: **5**

Fire Safety: **5**

Shokunin & Shotokan: **6**

Land Linking: **7**

CB Hall Parks AGM

Needs YOU!: **7**

Men Who Walk Across

Country: **8**

Return
undeliverable items to:

*The East Shore
Mainstreet*
Box 140, Crawford Bay, BC
V0B 1E0

Agreement#: 40718537



Oh the sight of a tall shedding tree:
to us it has grown to the limit of the sky
that breaks through its branches.

Filled with summer, almost thoughtful,
its faithful head seemed
deep and thick.
But now its bones cross
the sky like streets.
And the sky
doesn't know us...

-Rainer Maria Rilke

Looking For That Special Gift?

Saturday, November 23

Arts Council Annual
Christmas Art & Craft Fair

Creston & District Community Complex
9am -6pm

Over 80 tables and two rooms
of exhibitors featuring:

- Handcrafted items by local and regional artists and artisans.
 - And other surprise holiday events
- Admission: Food Bank Donations

Door Prizes!



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

Acupuncture



Christine Peel,
Registered Acupuncturist

For an appointment, call 250.505.8130



MS Issues

by Ingrid Baetzel

I Sez

Thanks to Tom Lymbery for the continuing inspiration!

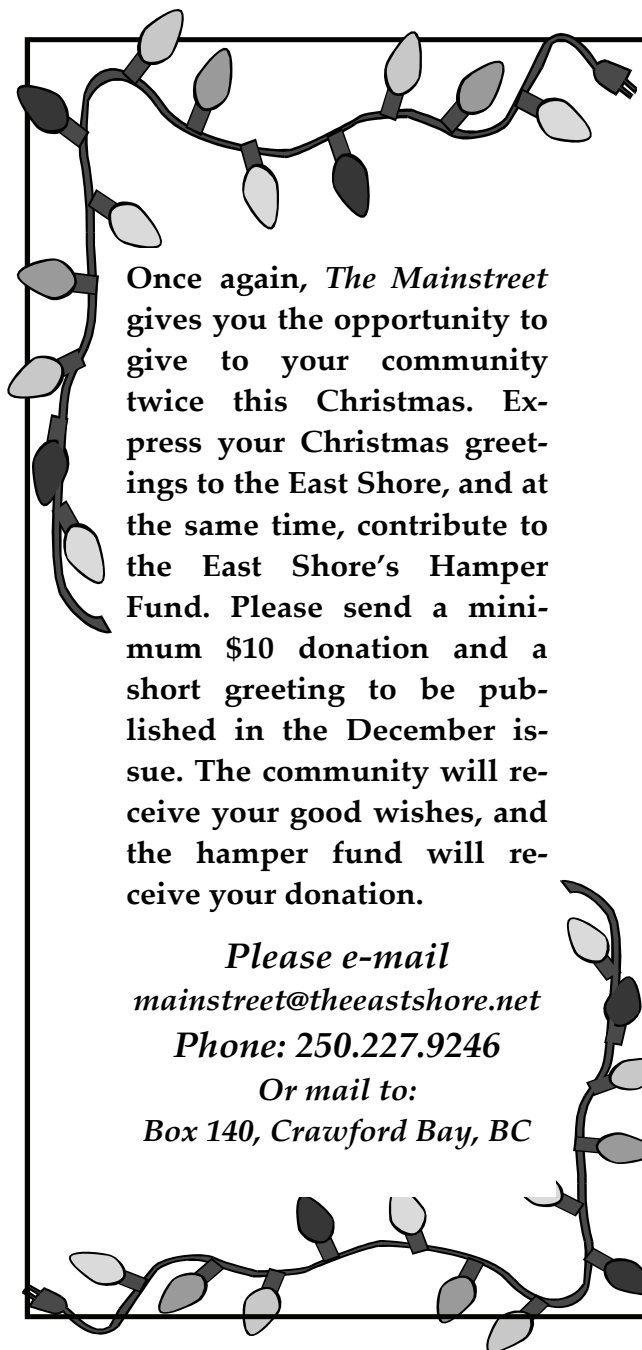
- **Please don't** forget the East Shore Christmas Hamper program. It's that time of the year again. Send in your Christmas greeting and a minimum \$10 donation, and the Hamper Fund will receive your donation, while the community receives your blessing. See the ad on this page for more...

- **B&E's and robberies** in our region have been astoundingly prevalent this fall. Please take care of each other; lock your doors and keep an eye out for suspicious activity at local businesses. We're all in this together. Several (as many as four or five) local establishments have recently been broken into. What can we do to discourage these invasive and violating thefts?

- **Shop Local** - This is a hot topic again these days. Do we all fully understand the cyclical-ity of our own local economy? We feed each other and we sustain each other. Check out Farley Cursons' engaging article about this topic on page 5.

- **Remembrance Day** Ceremonies will be held again this year on November 11 at the school. Check info in the announcement on page 18.

- **Submit it** - Do you have an idea or a request for the *Mainstreet*? Is there an important event coming up in your area and you'd like to see it get coverage? Please contact us...



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

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



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.

Copies every issue: 1000

The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake, written by community volunteers. Send in December 2013 issue items by:

Next Deadline: Wed, Nov 27, 2013

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.

LETTERS TO THE EDITOR

OLE'S DECK THANKS

Dear Editor:

I would like to thank Nils Anderson, his volunteers and the directors for the building of "Ole's Deck" at the Riondel Golf Course.

It will be enjoyed and used for many years to come. The Riondel Golf Course is a special place and we appreciate all the hard work that goes into maintaining it.

Thank you!

Dianne Johnson, Wade Johnson and Tarina Kelln.

REACHING BACK TO RIONDEL SCHOOL

Dear Editor:

Hi my name is Ken Ostir, and we live in Qualicum Beach BC.

I graduated from J.A.Cochrane in 1966, and would like to know if any of my school friends that still live in Riondel or elsewhere have passed away without my knowledge.

My email address is printed below... If anyone has any information, or would like to connect about those days, that would be very nice.

By the way I would like to mention that my Principal was Mr. Colman, and teachers at the time were Mr. Rooney, Mr. Russell, Mrs. S Tradiotto, Mr. Rysen, Mr.Reuter and Mrs. Derbyshire as the School Secretary.

*Thank you,
 Ken Ostir
thekee@telus.net*

FROM PENCIL TO MIGHTY OAK

Dear Ingrid;

In 1980, the day after I bought my house, your father gave me my first house-warming present.

It was a tiny oak seedling the size of a pencil with three leaves on top. Here's a picture of that tree now, beside the woodshed he helped build a few years later.

Thanks, David.



Juanita Meekis, Crawford Bay

TIPI CAMP GETS SUPPORT

Dear people of the East Shore:

Thank-you for your kindness generosity and support towards Tipi Camp. The Harvest Moon Party was a night to remember and a beautiful success, raising nearly \$1000 for the camp and programming for this wonderful, important East Shore camp!

*Thank you,
 Rebecca Fuzzen*

REBUKED REBUKE

Dear Mr. Jon Wyngaard;

I am in doubt that you have actually read and understood my statement in the August edition of the *Mainstreet* newspaper...

I in no way expressed a personal opinion, negative or otherwise. I merely made a few observations on the impact many locals have felt as a result of our local music festival.

Instead of reading what was written, it seems you had a cursory glance, formed your own emotionally driven uninformed opinion, and decided to barrage me with a petulant personal attack... hardly what I would call a mature or a constructive response to what many locals consider a valid observation.

Jon, may I suggest that you take the time to read and understand what a person is saying before lashing out in such an adolescent fashion, maybe then you will be taken seriously.

*Michael Blais,
 Riondel Road*

NOTICE FROM KOKANEE SPRINGS

Dear Editor:

Kokanee Springs Golf Resort has officially closed for the season. We would like to thank all for their continued support. The elk have moved back into the area and create a substantial amount of damage to the turf.

To reduce any further damage, we would ask that NO MOTORIZED VEHICLES be taken onto the golf course. Thank you again and we look forward to seeing you in the spring.

*Richard Bertram
 Facilities Manager,
 Golf Course Superintendent*

Crawford Bay Auto (CBA)

250.227.9899

Now offering:

Oil Changes & Tire Work

New & used tackle shop open!

Open 8-6, 7 days/week



Next Deadline: Nov 27



RDCK Area "A" Update

by Garry Jackman,
Director, Area "A"

INTERIOR HEALTH:

Many community members remain engaged with Interior Health management in efforts to improve home and community health care support in our relatively remote communities. I believe Interior Health management understand that one model does not serve all communities equitably, given issues of travel time and relative isolation of residents who may be reluctant to even ask for assistance. On the latter point, our inherent self reliance may have been working against us in recent months since the old adage that the squeaky wheel gets the grease is just as valid in health care as in any other realm of our society. From my perspective, I can see how the current model can be adequate for towns and cities since there are multiple opportunities for someone to seek assistance, whether calling for home care, having a friend or neighbour take them to a drop-in clinic or in the more extreme circumstances having one of the local, full time staffed ambulances take them to emergency. We all know these options are not available to us, but the model for home support is not set up to help provide sufficient ongoing home care and contact to avoid or minimize emergency situations arising. We need to continue to work with IH on a model which they can support and which works for residents.

CBT: The Columbia Basin Trust held their triannual forum over the weekend of October 18-20. I made it a priority to attend all of the sessions which were conveniently held at the Creston Rec Complex.

The theme for the gathering was communications, but the key objective was to open the discussion on how to move forward with the allocation of ever increasing revenues from the power projects in which the CBT has invested. Over the next few years revenues are projected to double, so residents are being asked over the next months to provide input on whether CBT should simply increase the dollars given out through grants and special projects, whether some of the revenues should be re-invested into projects which will generate their own revenues or a combination of both. Investments in revenue generating initiatives to date have primarily been through partnerships with Columbia Power Corp CPC) and Fortis to expand local hydro generation facilities. I would like to see the Trust invest in local enterprising non-profits or community projects to help them achieve a cash flow to continue their social and community activities. The other key investment which is paying a modest return has been the partial financing of seniors and low income housing projects. These projects are providing the Trust with the modest monetary return on investment in addition to providing a social benefit by helping some of the more marginal projects (from the private investment standpoint) get off the ground.

Go to the CBT website for information on their operations and how you can participate in the discussion over the coming weeks and months.

CBT provided the RDCK Board with an update on their broadband initiative last week. As you may know, CBT aquired the Columbia Mountain Open Network (CMON) and have developed an initiative to enhance connectivity throughout the basin. They recognize that they cannot reach their target of up to 100 megabyte per second service while keeping connection fees affordable without providing some level of cash injection to the project so their board has committed to funding the project from their delivery of benefits stream rather than looking at it as an investment

to generate a financial return. Details are beginning to emerge on their website. We may see opportunities for our local community based internet service providers to partner and see connectivity improvements in Area A by summer of 2014.


The CBT community directed funds initiative continues to evolve locally with two groups emerging, one for the eastshore and the other for the Creston Valley. Ideally these groups will work in close contact. See my prior submissions for the overview of the initiative. I stress once again that this initiative entails substantial funding and can be a catalyst for positive networking and collaboration.

FIRE UNDERWRITERS SURVEY: At our October Board meeting we heard a presentation from Michael Currie of the Fire Underwriters Survey (FUS) as a follow up to an ongoing concern about re-evaluation of home owner insurance discounts based on the ratings of being "protected" or "semi protected" by a recognized fire service. We do not have fire services solely for the purpose of getting a break on home insurance, as they also help build a sense of community and security when they provide additional services such as first responders. However, the historical discounts enjoyed by many who live with 13 km of a fire hall could be at risk given the push by the FUS to roll the limit back to 8 km. Make no mistake, the FUS is working on behalf of the insurance companies but they preach that their actions which are in the best interests of the industry are also in the best interest of society by keeping the industry stable. I do not have enough room here to provide my humble thoughts on that theory, as our insurance market has been heavily distorted by the amalgamation of providers which limit the market competition compounded by the influence of losses from major weather events across the continent being spread across all regions. For example, in British Columbia we have exceptionally good capacity to deal with wildfires but we do not necessarily appreciate the full recognition of our capacity (which comes with its own price).


The major flaw in the current push is that the organization bases its "algorithms" for risk calculation on the largely urban model. Within a city or town with heavy traffic, lights, stop signs, multiple school and park zones, divided medians, barriers and other restrictions to entering some subdivisions it is an entirely different process to travel 8 km versus travelling 8 km down an open highway with light traffic. The RDCK will continue to challenge the process of arbitrary re-assessment. As I noted in earlier submissions, we feel the province and possibly ICBC could have a significant role to play.

COMMUNITY PLANNING: The official community plan (OCP) for RDCK Area A has been updated through a process of public consultation and staff review (to align in part with changes to provincial legislation) over the past year. Please refer to my earlier submissions where I described the process in more detail. The updated bylaw for the OCP has been given first reading and a public hearing has been scheduled Thursday November 7 at 6pm in the Wynndel Hall. The location was chosen due to the fact that the most substantial changes and updates pertain to the Wynndel community which had previously been covered under a joint community plan with the rural areas surrounding Creston. Based on the input from the hearing, the bylaw will either proceed to second and third readings followed by adoption or it may undergo further revisions and consideration for additional public input.

If you have questions or concerns contact me by calling 250-223-8463. Email: gjackman@kootenay.com



Protect yourself and those around you
get your flu shot
Interior Health



Interior Health

2013 FLU CLINIC

Bring your care card with you!
FLU SHOTS ARE SAFE, EFFECTIVE AND FREE FOR THE FOLLOWING:

- People 65 years and older and their caregivers/household contacts
- People of any age in residential care facilities
- Children and adults with chronic health conditions and their household contacts
- Children & adolescents (6 months to 18 years) with conditions treated for long periods of time with Acetylsalicylic acid and their household contacts
- Children and adults who are very obese
- Aboriginal people
- All children 6 to 59 months of age
- Household contacts and caregivers of infants 0 to 59 months of age
- Pregnant women at any stage of pregnancy during the influenza season and their household contacts
- People who work with live poultry
- Health care and other care providers in facilities and community settings who are capable of transmitting influenza disease to those at high risk of influenza complications
- Individuals who provide care of service in potential outbreak settings housing high risk persons (e.g., crew on ships)
- People who provide essential community services (First Responders, Corrections Workers)
- Inmates of provincial correctional institutions

The flue (influenza) is highly contagious. Getting your flu shot protects you and those around you - at home, school and work.

CRESTON: Weds, November 6 or Thurs, November 7
HOLY CROSS CATHOLIC CHURCH HALL, 9:00 AM TO 4:00 PM

CRAWFORD BAY: Weds, NOVEMBER 13
CRAWFORD BAY SCHOOL, 10 AM TO 11 AM

RIONDEL: Weds, NOVEMBER 13
RIONDEL COMMUNITY CENTRE, 1:00 PM TO 2:30 PM

CRESTON Health Unit - Catch-Up Clinics: NOVEMBER 12, 19 AND 26
CRESTON HEALTH UNIT, 9:00 AM TO 4:00 PM

For more information contact the local Public Health Office at 250-428-3873
Or visit: www.interiorhealth.ca

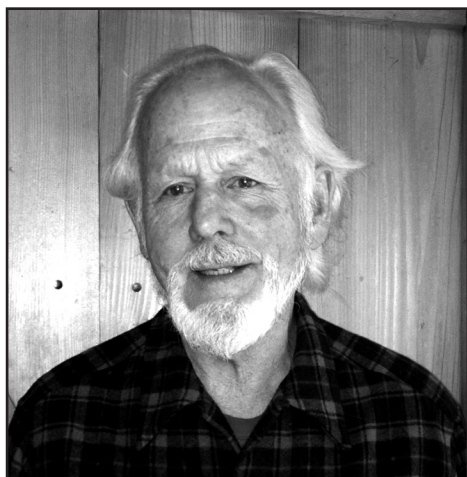
Word on the Mainstreet

What would you do differently if you knew nobody would judge you?



I would do nothing differently... people judge anyway. It is better to live alive from the heart than in deadening fear of what others may think.

*Christina de Pape,
Gray Creek*



Fart more.

*Anthony Arnold
Riondel*



Not much - I would still be judging myself

*Val van der Poel,
Wynndel*



Sing songs that don't suit my voice.

*Michelle Moss,
Gray Creek*

Visit us online! www.eshore.ca

Next Deadline: Nov 27, 2013

The East Shore Mainstreet Creativity, Community, Conscience

Getting to Know You

Mainstreet's Proust Questionnaire



Peggy Tugwell

1. **What is your idea of perfect happiness?**
Living with friends and family - out in the country.
2. **What is your greatest fear?**
Not living.
3. **What is your greatest extravagance?**
Probably good food. Fish - I love fish. I'll pay almost any price for fish
4. **What is the trait you most deplore in others?**
Hypocrisy

5. **If you could sit down to lunch with anyone, living or dead, real or not, who would it be?**

Queen Elizabeth the First. I've never read anything that got close to who she REALLY was as a person. She overcame so many obstacles and managed to rule in a turbulent time. I'd like to talk to her.

6. **What is your favorite journey?**

The Lake District in England. It's wild and beautiful. It's like here, but it's you asked about a journey. I love the wilderness & the beauty here too!

7. **What is your greatest regret?**

My greatest regrets are buried deep in my past, and best left there.

8. **When was the greatest time of your life?**

The freedom of youth and childhood. I had such fun in my teens. I was on my own and exploring life.

9. **When and where were you happiest?**

I've had little oases of happiness throughout my life... there have been many occasions.

10. **What are you most grateful for?**

Good health. Good friends - I treasure them. A caring community.

11. **If you were to die and come back as a person or thing, what do you think it would be?**

A seagull. So, I can fly over those who have annoyed me and leave my deposits.



Terry Fox Fundraising

submitted by Kate Okros

Nelson schools raised about \$2000 dollars for the Terry Fox Run and they have hundreds of students. The students at CBESS raised over \$1,800 dollars for the Terry Fox Foundation and our school has around 75 kids.

Getting to Know You Continued...

12. **What is your most treasured possession?**
I don't have a most treasured possession. It always comes down to the same thing - life.
13. **Who are your heroes in real life?**
Tommy Douglas is one. I actually met him and knew him. I also would say Mahatma Ghandi - I didn't meet him... They both wanted to make a happier and better world.

thanks for another great season

BLACK · SALT · CAFÉ

see you in the spring

East Shore ‘Shop Local’ Initiative

by Farley Curzons

Many people give little consideration to the choice between a locally owned store and a chain when deciding where to shop. They do not realize the benefits to their local community’s economy when choosing local businesses and are unaware of the many hidden costs of opting for the big box stores.

Broadening awareness of the consequences of our shopping choices is therefore an essential strategy in turning the tide of chain retail expansion and rebuilding our local economies.

Local Business Alliances

By far the best “buy local” campaigns are those that have been undertaken by local business alliances. These coalitions typically include many business owners and citizens working together to prevent the displacement of local stores by franchise department chains. While some of these alliances have chosen to actively fight big box projects, the emphasis is primarily positive and proactive.

They focus on:

- Building support for locally owned business through highly-visible educational campaigns that convey the many benefits these businesses bring to the community.
- Levelling the playing field by making “locally owned” a strong brand that can counter the advertising advantages the chains enjoy.
- Engaging citizens in actively shaping the future economic development of their community and surrounding region.
- Influencing our elected officials and helping to shape policies that support local enterprise.
- Stimulating more media coverage of the issue and provide a strong voice for independent businesses in local news stories.
- Working with banks, developers, and community organizations to create opportunities for local business development.

Do these campaigns make a difference?

Yes! Through both surveys and anecdotal evidence there are many indications that these campaigns are having a significant impact all over the world.

In my research for this article I was amazed to discover the success of these Buy Local campaigns. Many rural areas in Ontario, Alberta, Oregon and Washington have successfully re-invigorated their local economies, as well as the cultural vibrancy that makes living in rural communities so attractive. Independent business alliances and Local First groups currently run “buy local initiatives” in hundreds of Canadian and U.S. towns and cities. Besides attracting new customers, the campaigns have shown to increase media attention and customer loyalty.

What all this amounts to is something called the “local multiplier effect.” That is, spending your money at independent local businesses begins a cycle in which those businesses then spend their money at local shops, paying their local staff and so on. Big chains, on the other hand, take local money and send it to corporate headquarters for redistribution, sapping our communities of valuable resources and making things difficult for our small local businesses.

Now, for many (probably most) of the readers of this article this information is nothing new. Remember

‘Barter Bucks’ in Nelson a few years back? People who live in rural areas and small towns generally have chosen a life of relative self-reliance. We can have a large garden, chickens and live-stock without the hassles of city zoning and bylaws. We are able to effectively subsidise our grocery store needs for the year from our gardens if we have the interest. It wasn’t that long ago that East Shore pioneers independently provided 90% or more of their yearly caloric intake. Our dependence on grocery store convenience has led us away from this kind of self-sufficiency. However, it might be good to take note of our community’s food production heritage for things are definitely changing. If we are unable to restructure our shopping habits we may find ourselves in a sink or swim reality in our ability to thrive in our rural communities.

Sustainability is also a very familiar topic to most of us. Sustainable development refers to a mode of human development or consumption in which resource use aims to meet human needs while ensuring the sustainability of natural systems and the environment, so that these needs can be met not only in the present, but also for generations to come. Our track record on sustainability as humans is not so good right now.

Those considered to be well informed can generally agree we are at a crossroads in our relationship with the planet and how we conduct ourselves. Our great grand-children will not be impressed. But what did they ever do for us? Right? Wrong.

On many levels of world management there is a lot of restructuring going on right now. Much of it is propelled by a global-political power agenda and hampered by the inconvenience of a warming planet. Those of us who prefer to limit their exposure to media can at least acknowledge that the powers that be are not thinking about the health of rural communities.

For good or bad restructuring abounds with our utility companies, grocery chains, media outlets and institutions. **Without a community plan we are left to the inadvertent and unannounced effects of global restructuring.** Indeed our very way of life is at stake. As our rural medical services and schools lose funding or close altogether and resource jobs dry up choices for businesses and families become fewer in rural communities.

Will we find ourselves in a demographic with few elders due to proximal medical needs and no school age children? If the current model doesn’t get some tweaking that reality might not be too far off. **We can either “let it happen” or “make it happen”. (“It” being something of our choosing).**

The current globalization model has a more centralized consumer focus. Nothing would be better for this model than for our communities to be forced to move to the city for work, schooling or healthcare needs. This model would like unhindered access to forests, minerals, watersheds and resort development without the pesky locals and activists getting in the way.

The time is now for rural communities to develop their strategies for staying relevant in changing economic times. Many East Shore businesses have made great efforts to streamline, adapt and upgrade their services but there are still many unknowns regarding long term sustainability. Their economic survival depends on a critical mass population to serve year round.

What is being proposed here is that we step up and represent ourselves as a “local living economy” What businesses are investing locally? What businesses have established connections with local lumber mills, artisans, farms and food distributors that will remain should international freight suffer any inconsistencies

with delivery? The shelves at Save On Foods would empty long before we got there if a shortage was to occur.

Does your local grocer share its buying power with local fundraising groups and charities? Should we celebrate our independence from box store freedom? Shouldn’t we support our local businesses in critical mass? The answer is yes.

A supermarket supported in critical mass by its community has increased buying power. The more the supermarket buys, the less it costs which is then passed on to the consumer.

The result of an effective Shop Local coalition movement will be felt in our schools, businesses and real estate market. A Shop Local initiative can provide a forum for our community to promote and define itself in its own way on its own terms. It can help facilitate a restructuring of our current consumer habits into a more conscientious balance of needs and wants and attract a population looking for similar intentional approaches to community development.

In the months to come there will be a concerted effort to establish a Shop Local coalition here on the East Shore. I have been tasked with presenting, through a monthly article, the coalition’s initiative to establish itself as an effective governing body with a mandate to promote sustainable economic development in our community.

I look forward to being part of this group and helping to raise public awareness on this issue and all aspects of community economic sustainability. There will likely be a lot of opportunity to be part of an East Shore Shop Local initiative.

If you would like to be part of this organization or want to contribute ideas or ask questions stay tuned. This will be a campaign like no other and we all have a role to play.

RDCK Resource Recovery Facilities
REMEMBRANCE DAY
HOURS OF OPERATION

All Waste Facilities will be CLOSED on
Monday, November 11, 2013

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

Fire Safety Tips A friendly reminder from the Riondel Fire Hall

submitted by Francis Holman

General Fire Safety:

- Make sure all family members know what to do in the event of a fire.
 - Draw a floor plan with at least two ways of escaping every room.
 - Make a drawing for each floor. Dimensions do not need to be correct.
 - Make sure the plan shows important details: stairs, hallways and windows that can be used as fire escape routes.
- Test windows and doors--do they open easily enough? Are they wide and/or tall enough?
- Choose a safe meeting place outside the house.
- Practice alerting other members. It is a good idea to keep a bell and flashlight in each bedroom.

Energy Resiliency

by Paris Marshall-Smith

This summer, Eva Snyder, in partnership with Teck-Serve and Yasodhara Ashram, assessed available renewable energy alternatives such as photovoltaics, micro hydro, bio mass, geo-thermal, and wind, for residential and community scale systems. Her work recognizes the Eastshore as geographically remote and at the far end of a single phase line on the Fortis grid, prone to power outages. With a local economy driven by small businesses, these outages are financially costly and affect the lives of those who live here, creating vulnerability and uncertainty. There is need to have other options that are economically accessible and environmentally responsible.

On October 15, East Shore residents gathered at Gray Creek Hall to hear the highlights of Eva's work and share their own experience, concerns and expertise – it was a great exchange. The discussion spanned a range of topics including the injustice of the BC Utilities Commission imposed rate increase to areas like ours with no prospect for natural gas (please write to them if you are concerned), stoves using pellets and energy logs as efficient alternatives for residential systems, the efficiency of forced air heat pumps, the impact biomass harvests on forests, the importance of super insulation and energy conservation, the viability of photovoltaics for home use and the efficiency of LED light bulbs. The full report of the project, as well a user friendly booklet will be available to anyone interested.

Please email jayne@yasodhara.org to be included on the distribution list and identify your preference (print or digital). Community Connections will be hosting more events on the theme of Resilience – next up Economic Resilience.



Hidden Taxes

by David George

We don't want to freeze in the dark! If you are faced with the choice of how many rooms to heat in your

house this winter because you have only electric heat, let someone else know about it. The contacts given in the October issue are still valid, and bear repeating.

Write, email, phone or fax to protest Fortis BC's Residential Ripoff Rates. Do it soon!

BC Utilities Commission:

- complaints@bcuc.co
- 1-800-663-1385.

Fortis BC:

- electricity@fortisbc.com.

Area A RDCK Rep, Garry Jackman:

- 250-223-8464
- gjackman@kootenay.com

Chamber of Commerce Chair, Jamie Cox:

- jcox@theeastshore.net

Now we go from electric rate shock to MLA expense shock, and a hidden use of our taxes. Our MLA has not been seen on the East Shore this year except while campaigning. Email: michelle.mungall.mla@leg.bc.ca or phone- 250-354-5944 or 1-877-388-4498 or fax-250-354-5937. Ask what she is doing about Fortis's electric rates. Ask her to do more. Her own website encourages us to ask for her to "aid in resolving issues with provincial government agencies." Be encouraged--ask her to help.

Ask her to have a public meeting on the East Shore, not just in Creston, Kaslo and Salmo.

toward becoming a master at your work, which is part of the Shokunin concept. It is this insatiable desire for perfection in all the details of your work that makes you want to wake up in the morning to continue evolving and exploring your work and your relation to your work.

Until now my understanding of work was quite superficial. I worked to make money to make a living, to maybe be able to live my passion outside during my free time. But while my understanding of Shokunin grew, my own understanding of work also started to shift. I then met with Claire Tanaka, who presented the movie *Ubusuna* in Crawford Bay. After the movie we chatted a bit and I shared my interest in Shokunin. Not only had she visited Jiro in his restaurant, she also had translated many texts about Shokunin! (You can read about them here: <http://pingmag.jp/category/ping-make>). Reading through these articles, I learned a lot but I also understood that in order to grasp the concept of Shokunin you can study under a master, or learn about as much about Shokunin as possible... There is no textbook about it, because you can only learn by working.

What is it to be a Shokunin web designer?

I don't pretend to be a master at anything yet, but I wanted to apply what I've realized so far. Playing with a computer seemed a bit remote from craftsmanship, but I was sure there would be a way to move toward mastery.

One of the articles that Claire translated ended with this sentence: "There's nothing interesting in work that doesn't need fine craftsmanship."

This prompted me to find out about my own work's

Speaking of our MLAs, note was made in the news recently just how much they cost us each year, all of course paid for by our taxes.

Base salary for each MLA is \$102,138. Really!

How many of us have ever made that much in one year? I haven't, and know of few who have.

Premier, house leaders, ministers, get more, as much as \$50,000 more. MLAs can receive up to \$19,000 to own or rent in Victoria, or up to \$17,000 for hotels, annually, with receipts. Without receipts, they may claim \$1,000/mo up to \$12,000/year. Don't forget the allowance for a constituency office- \$119,000/year, to cover staff salaries also, of course.

Travel and accommodation expenses are now reported annually. For 2012 April to December Michelle Mungall claimed \$48,183, while her neighbour MLA Katie Conroy claimed only \$47,314.

So just looking at two area MLAs, both in the official opposition, Michelle cost us around \$270,000 in 2012 to represent us in Victoria, while Katie cost us about a thousand dollars less. We are paying for that. Make sure our MLAs are working for us. Don't let them get away with slacking off or not meeting with us.

That's it for this month. Look for another topic next month in Hidden Taxes.

Nelson Shotokan Karate

Practice every Monday, 5pm-7pm
at Crawford Bay School

New students (age 12+) are welcome



Call Klaus Plaumann @ 505-3868



Hacker's Desk

by Gef Tremblay
Shokunin

Shokunin is a Japanese term that doesn't have a direct translation to English. It is generally associated with craftsmen, but through my research I realized that it means a lot more than that. Learning about Shokunin profoundly changed the way I work, and although I cannot say that I can completely grasp the essence, I would like to share what I've learned from it so far.

I first encountered the term Shokunin while watching the movie *Jiro Dream of Sushi*, which is a movie about one of the greatest sushi chefs there is. During the movie, one of the cooks tirelessly tries to learn how to make an omelet. After many hundreds of tries his master, Jiro, concluded that now he could earn the title of Shokunin. This concept of perfection through detailed work and repetition seemed for me quite remote from my own concept of work. It was at the same time different yet inspiring. It had an essence of yoga mixed with ninja, but applicable to anything I do. I was hooked and needed to know more.

I read many articles, and a few people pointed toward *Zen and the Art of Motorcycle Maintenance* as an American exploration around the Shokunin concept, but I couldn't find a definitive explanation of the concept. There wasn't any *Shokunin for Dummies* manual on Amazon, nor does there seem to be ancient literature about the concept.

I realized that this concept is at the root of the Japanese way of work. It exists not only for the craftsmanship, but also for any type of work. You don't learn to become a Shokunin, you actually apply all your will

fine craftsmanship. One way to explore fine craftsmanship was to go back to the basics of my work. For example, as a web developer I spend a lot of time writing code. To do so, I mainly use a keyboard, so mastering the keyboard would be a first step into mastering web design. I went back to touch typing to better my skills and realized that it was one of the most efficient ways to save time and become more productive. It didn't seem that important at first, but once I did it, I could see how much time was lost in errors, typos, and simply typing too slowly. Finding the foundation and improving it proved quite important in this path.

Another way I started exploring web design was to get back to the basics of graphic design itself and even a step further back into calligraphy. Typography being a huge part of any graphic design, I realized that my own hand writing was closer to the marks left from a fly dipped in ink than actually words written on a piece of paper. Although I don't use calligraphy in my design work, I can see today how important it is to have a better understanding of how letters are shaped; it changed how I look at text and illustration in general.

I am sure there will be many more aspects of my work to explore with fresh eyes, and now that my work has become more of a passion it makes life a lot more fun. So now, how can you apply the concept of Shokunin to your own work and life?

CRAWFORD BAY TRANSFER STATION WINTER OPERATING HOURS



November 3, 2013 to March 9, 2014
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
Or visit our website: www.rdck.bc.ca

Kootenay Land Linking Event

Connecting Land Owners and Aspiring Farmers

submitted by Laura Hannant

Kootenay Farm School and Young Agrarians are teaming up to facilitate a chance for people to meet each other, make connections, and discuss creative ways of coming together to grow more food in the Kootenays.

If you are a land owner looking for farmers, a farmer looking for land, or anyone passionate about revitalizing the Kootenay food system, you are encouraged to attend.

Why? High land values in BC mean that accessing land is challenging for younger people wanting to pursue farming as a profession. As of 2010, over 50% of BC farmers are 59 and up with less than 5% 34 and younger. With an aging farming population, strategies are needed that will enable the next generation of farmers to steward existing farmland. Methods of accessing land, such as leasing, are essential for many new farmers wanting to start farm operations.

In a movement to support farmers getting onto land, BC's Young Agrarians network has developed a Land Access Guide, a digital resource map, and a series of



learning/networking events that will be held in Armstrong, Cowichan, and Creston.

Creston events will be co-hosted by Kootenay Farm School - the College of the Rockies' new centre for sustainable agriculture and food security learning.

East Shore residents are invited to join others on Saturday, November 16 from 2pm - 6pm at the Creston and District Municipal Complex (Rec. Centre) for a workshop on the nuts and bolts of land linking. The workshop will give participants the chance to review legal frameworks for land linking, discuss assessing land for agricultural suitability, and talk about best practices for creating a healthy working relationship between land owners and farmers.

The evening will continue from 6pm onwards at the Snoring Sasquatch, with doors open to farmers and food lovers for an all ages dinner potluck. Both events are free thanks to the support of donors, including RDCK Area A.

Visit youngagrarians.org for more details about this event and Young Agrarians. Visit www.facebook.com/KootenayFarmSchool to learn more about Kootenay Farm School.

Hall & Parks Board Needs New Members

by John Edwards

Our Crawford Bay & District Hall & Parks Association Board is in desperate need of new directors to help manage the facilities at Crawford Bay Park, Crawford Bay Hall, and Kootenay Bay Boat Launch.

We're currently down to a slate of only four, out of a possible nine directors, with the result that a lot of projects that could and should be happening are being postponed and delayed. This is not a good situation, as we really want to keep improving all of these important community facilities.

On the radar are insulation upgrades to the hall and then exterior renovations, to make our Community Hall into something that we can be proud of again.

This and other projects are important community work that really need some fresh energy and ideas. It can be a very rewarding process to get involved with, and it's very easy to do.

Just come out to our AGM at 7:30 on November 12 and volunteer as a director if you live in the Crawford/Kootenay/Pilot Bay Area, or even halfway along the Riondel Road.

Our board meets just once a month, so it's no huge time commitment.

For more info, give me a call at 227-9065.

Even if you don't want to be a director, please come out to the AGM and find out what's going on with your Hall and Parks, and/or make your opinions known on what should (or shouldn't) be done.

Mark your calendar now.

Barefoot Handweaving



"Have nothing in your house that you do not know to be useful or believe to be beautiful."

William Morris

OPEN lots in Nov 10-4 at least 227-9655

THE HISTORIC GRAY CREEK STORE

EST. 1913

Serving the Kootenays

GENERAL STORE

- Woodstoves & Fireplaces
- Lumber & Building Materials
- Chimney & Stove Pipe
- Plumbing
- Tools & Hardware
- Fishing & Hunting Licenses
- Fishing Gear & Tackle
- Groceries
- BC History Books
- Rope & Chain
- Kootenay Lake Nautical Charts
- Housewares
- Paint & Supplies
- Electrical
- Work Clothing & Safety Gear
- Key-Cutting
- Nickel Candy & Fireworks
- Marine
- Gardening Tools & Supplies
- Camping Gear & Tarps
- Gloves, Rubber Boots & Flip Flops
- Bear Bangers & Bear Spray
- Propane & Acetylene
- Wide selection of Axes & Handles
- A Friendly Smile & A great cup of Coffee

New Winter Hours

Mon - Sat 9-5:30 Sun 10-5

250.227.9315

Celebrating 100 Years of Community Service

One more Day



15% OFF NOV 10th

On the purchase of a new Jotul unit



New Shipment of Stanfield's & Wool Pants



100% Natural Wood

- ◆ Longer Burning
- ◆ No Bugs Or Insects
- ◆ Lower Emissions

Wood Pellets

\$259.99/ton + tax

- ◆ Cleaner Air
- ◆ Easily Available
- ◆ Easy Handling
- ◆ Less Storage Needed



Like us on Facebook!

graycreekstore.com

The Guy in the Flip Flops with the Baby Carriage

by Mainstreet and Bob Carter

In early October, a Gray Creek resident came across an unusual sight up the Gray Creek Pass road. He was preparing to gather rocks for a garden project when suddenly there was a man standing there in shorts and flip flops, pushing a baby carriage. They had a short exchange that went something like this:

Local: Did you just walk from the top of the mountain?

Fellow: Yes, yes I did.

Local: Wasn't there a lot of snow up there?

Fellow: Yes, yes there was.

Local: So you must have slept up there too?

Fellow: Yes, yes, I found a small cabin at the top.

Local: Did you walk all the way from Kimberly?

Fellow: Yes, yes I did.

Local: Wow. Where are you headed?

Fellow: To town.

Local: Nelson?

Fellow: Oh not today, just to Crawford Bay.

Local: Where are you planning on ending up?

Fellow: Tofino.

Local: Wow! You're walking all the way to Tofino?

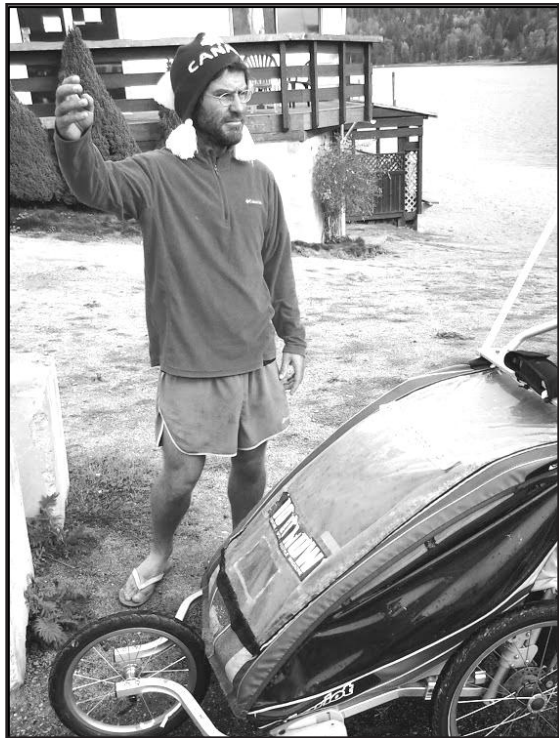
Fellow: Yup!

Local: Where did you start from?

Fellow: Uh.... St. Johns Newfoundland.

Another resident, Bob Carter, reported to Mainstreet his interaction with the flip flop fellow. He told a story of talking the ferry across on October 9 and chancing upon this interesting looking person in shorts and flip-flops, pushing his laden cart onto the boat deck.

Intrigued, Bob asked the fellow what he was doing. He told the Bob that his name is David, he is from South Africa, and he is running across Canada. He started in St. Johns (on the East coast) this past May and was enroute to his destination of Victoria on the west. This naturally led to the Bob's next question – "Why? Why run all the way across Canada?" Being a friendly fellow, he graciously answered that and a stream of inquiries as the two men chatted on the ride across the lake.



The rest of the story is Bob's:

So, while on the surface this journey of his is about raising awareness of climate change and the effect on wildlife, in particular Canada's endangered polar bear population, to David it's really about something more personal and immediate – self-realization. The run across Canada is part of a larger project to raise awareness about global change. He had previously completed a run through Africa to raise awareness of the plight penguins are facing with climate and environmental changes in the southern hemisphere. You can visit <http://www.vidamago.org> and read about the project and some of the adventures along the way. There is a blog there with sporadic entries and images. He has his support group, including a videographer friend who drops in for sections of his journey to capture samples of the experience. There are some business sponsors, but for the most part David's group held tight to values which keep them from accepting big corporate sponsors that don't embody the ethics they live by.

Ultimately, a big motivation for David is the chance opportunity to connect with humanity and affect change directly, one person at a time - make a better world

8 Mainstreet November 2013

by helping people to discover a manifest better selves. Stop doing things that may be part of the problem just because that's what we've always done and look to do what makes you happy and connects you to the environment around you. So he runs, encouraging folks by example, to live more fully, recognising and pursuing our own passions whatever they might be; baker, potter, painter, or as in his case, long distance runner.

He seems to have given himself over fully to his chosen expression of self, which he does with great aplomb, gladly traversing 60 km a day, most every day with equanimity no matter the conditions. Along the way he shares his message in serendipitous encounters like the one we enjoyed together, that human beings are, moment by moment, capable of so much more than we typically believe we are. An example; he related how he'd gone over the Gray Creek pass the day before, pushing and perhaps pulling his cart through the snow, camping at the summit, awaking in the morning to a few inches of fresh snow, and enjoying every minute of it rather than railing against the indignity of it. Part of his philosophy is that we are part of this world and there are things we can't control, so why fret about them, but there are things we can change, especially ourselves, so why don't we?

I asked him if he kept a journal, suggesting others would benefit from his experiences, but he said, no, not much, as he prefers to immerse himself into the experience of the journey as purely as he can, without a layer of words veneering over it. He did a pretty good job sharing some of his experiences with me, after the fact. He related how the winds and weather were and changed across the country; how the makeup of the dominant vegetation transitioned from one type of pine to another, to broadleaves, to rolling grasslands to fir covered mountains; something one can only know by being out in it. Yet it seems that for now regular writing is something of an imposition, like an unwelcome guest to his party. I wouldn't be too surprised if he perhaps one day reflects and writes more about his experiences, if encouraged to do so, but right now he is in the throes of the experience itself and apparently loving it.

I thoroughly enjoyed meeting with him. He is an inspiration and a reminder that we all have untapped potential. I told him he was going through 'friendly territory' now, to which he said that he would have liked to run through northern Alberta, where the real challenge was. A nice guy who sees himself as a totally ordinary person and not special at all, and who really comes across as such despite the amazing things he's been doing. We spent a bit more time together in Balfour, where I ran into an old friend from Nelson, an avid biker, who happened to also be wearing shorts at the time. I introduced them to each other, and David made another acquaintance, and perhaps another friend along the way to perhaps spend some time with while he was in Nelson. That was cool.

And no, he doesn't usually run in flip flops! He was just giving the feet an airy walking break. Later that day as I headed back from Nelson to the ferry I passed him fully geared up with proper footwear and raingear, running along the highway shoulder, almost in Nelson. We waved to each other as we passed.

He really is a man in motion.

Visit us online!
www.eshore.ca

He Walked From Newfoundland to Gray Creek

by Tom Lymbery

On his way to become the first person to walk the Trans Canada Trail from Newfoundland to our west coast, Dana Meise arrived in Gray Creek at 1am on Tuesday October 22, 2013. He did not like the thought of camping in the early snow on Gray Creek Pass so kept on coming in the moonlight until he reached the highway, camping near Cedar Grove.

The 39 year old from Prince George, BC began his journey May 6, 2008 at Cape Spear, Newfoundland, North America's most eastern point. He hopes to



Wearing his 50 pound pack, Trans Canada Trail walker Dana Meise and Tom at the store.

reach Victoria this year, and had completed more than 8900 miles when his solo trek reached Gray Creek. He plans to complete the entire 13,800 miles of the Trans Canada Trail with his 2014 objective Tuktoyaktuk, north of Inuvik N.W.T.

We were following him over the Pass on a Delorme satellite system. You can follow the rest of his trek on The Great Hike Facebook page or at www.thegreathike.ca

After coffee at the store and a phone call to TCT representative Clive Webber in Victoria, Will Chapman generously took Dana home for a shower and some softer rest than the ground. He was walking steadily towards the ferry when we saw him later.

Next Deadline:
Nov 27, 2013




WordPressCafé
Crawford Bay

Come and get help on your WordPress site and share your knowledge!

Regular meeting at the Crawford Bay School Library

studio@ponnuki.net

sponsored by

Brandon Salviulo Scholarship Recipients Celebrated

submitted by Larry Brierly

The Brandon Salviulo Memorial Scholarship to the College of the Rockies Fire Certificate Program has recently granted its second set of scholarships, one for \$1,000 and the second for \$500.

The Salviulo family, with the help of the many donors to and participants in the many events held in Riondel, have worked within our communities to raise the funds for this in-perpetuity scholarship. The Salviulo family, Creston - Kootenay Foundation, College of the Rockies (Cranbrook) and the scholarship recipients thank the many supporters for their generosity and support to the fund. These supporters reside throughout the regional districts of Kootenay Boundary, Central Kootenay and East Kootenay. The appealing aspect of Brandon's Memorial Scholarship is its availability to Fire Certificate students of the three regional districts.



Jack Paterson – instructor, Wendy Moore - fire training administrator, recipient Joey Baker from Trail and recipient Jordan Hallam from Christina Lake as well as Lois Murray - College of the Rockies.

Joey received the extra \$500 we had this time and Jordan was the recipient of the \$1,000 bursary. These two students are great representatives of this award. Jordan currently volunteers in his community and for the Christina Lake Fire Department. Joey volunteered in his community at the Sanctuary Preteen Drop-in Center.

Kootenay Lake Lions Update

submitted by Hope Fortune

The Kootenay Lake Lions Club has seen changes to the executive this past summer. Presiding as president will be our former past president, Lion David George and serving as secretary will be past president and past secretary Lion Hope Fortune. These officers will hold these positions until June 30, 2014.

The Lions Club decided that it would serve as a reminder to the community to inform them of the work and the donations that the Lions Club performs over the year.

Donations: Scholarships to the graduates of CBESS, CBESS student trip to Mexico, Dog Guides (Canada), Camp Winfield – Diabetic Camp For Kids, Smile Train, Easter Seal House, Cops For Kids, Tipi Camp, Timmy's Christmas Telethon, Christmas Hampers, Kootenay Lake Hospital Foundation, Kootenay Lake Community Church, (for Club meeting room), LCIF – (Lions Club International Fund – for disasters that take place around the world), CARE – to help women and children in many areas around the world, including building homes for abused women and children here in B.C. as well as in Alberta, enhanced counseling services for children's program at CBESS, Kootenay Lake Fall Fair Committee, CAM – a school for the handicapped near Barra de Navidad in Mexico, to assist with bus fare for the children, BC Cancer Society, Kootenay Christian Fellowship – "Each One For One" for disaster relief.

Projects: The Lions Club plans to construct stairs on the south end of the Kootenay Lake Community Church with a railing and a roof. This will allow for easier access to the meeting room and kitchen in the basement of the church. The Lions Club will support monetarily, (amount of funding to be determined), the construction of a roof over the East Shore Medical Clinic stairs.

Fund Raisers: Collection of cans and bottles – you will have noticed collection barrels at the Transfer Station in Crawford Bay; also in Riondel, Gray Creek Store; also Kokanee Springs Golf Resort allows the Lions Club to pick up cans and bottles. This involves a great deal of work by a small number of Lions and they are doing awesome work. Fall Fair cook-out, (we will be better prepared next year in order to allow time to apply for a permit to operate to serve regular hamburgers). The Kootenay Lake Lions Club Community Spirit Calendar.

Community Service: One Lion has spent many hours over the last 10 months looking after a vacant home for a family that lost a loved one and live elsewhere. The Lions Club volunteers on Canada Day to cook hamburgers and hot dogs. *Please note that there will be boxes coming to your local stores and the Credit Union for collection of used eye glasses, hearing aids and cell phones – a project started several years ago that helps so many, many needing assistance with sight and hearing.

Without the support of YOU - our community - the Kootenay Lake Lions Club would not be able to help and support many of the donations listed above.

We really need new members, why not come out and attend a meeting – we hold meetings on the second and fourth Tuesday of the month at 7:00 p.m. in the basement of the Kootenay Lake Community Church. Sometimes you might luck in and get offered a cookie and a cup of coffee. Now isn't that a great incentive? Our Motto: WE SERVE!

Your Community Facilities

submitted by Leona Keraiff on behalf of the East Shore Community Facilities Committee

It has been a few years since you heard from us, so we felt an update was in order.

Do you remember how it all began? It was 2004. A new school is possible. It was time to gather ourselves and dream up some plans to have facilities to share with the school. We raised a colossal amount of \$815,000 in total with \$145,000 coming from East Shore families & businesses. Then Superintendent, Bill Reid, tells us "in perpetuity" is the length of time we will have access/use of these facilities that are WITHOUT DEBT. Volunteers have been caring for them for 4.5 years now. Let's continue this success story.

The Fitness Place hosts daily activity from both the school and the community, making good use of a personal trainer. Money has been coming in through memberships and drop-in fees. This cash-flow allows us to pay a custodian, to buy annual liability insurance, to save for the utility bills (which commence in two years) and to occasionally purchase equipment and supplies for this awesome centre.

Upcoming Fitness news & events:

- November is our 3 months for the price of 2 special (\$60).
- December is our 1st NO Drop-In Fee Month (our gift of appreciation to you).
- Future plans include a community SPARTA RACE. To be announced...

Your three community meeting rooms are much appreciated and well used. A portion of the rent collected is shared with our school while the remainder is saved for future maintenance costs as per our agreement with SD#8.

The Family Place is inhabited by the Strong Start program as well as numerous family oriented presentations and classes. As of today, the daycare is not in place, but plans are in the works.

We recently decided that due to the costs associated with becoming a society we would continue as a committee of volunteers, making decisions on a consensus basis while investigating the options involving an educational trust or even becoming a charitable foundation.

Moving forward, we want to work with **Greg Blackwell of Community Connections** to come up with a 5-year financial plan for our community facilities.

As per our agreement with SD#8 we will start to pay our share of utility costs within two years. We will have had seven years by that time without having to pay any aforementioned costs.

We invite and encourage any of you interested in joining us in our care of these terrific facilities to email us thefitnessplace@theeastshore.net or call 250 227-9361. Thanks for your attention and consideration.

CRESTON VETERINARY CLINIC

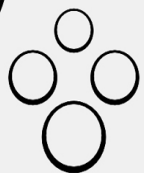
Dr. Robert McLeod, Dr. Leanne Sackney
Dr. John Pfeiffer & Dr. Emma Davis
1(250)428-9494

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



Mobile Clinic Dates:
Nov 5 and Dec 3 at the
Crawford Bay Castle.

Thai Yoga
Massage
3 day course



November 9th to 11th
2019 North Riondel Road
studio@ponnuki.net 1.877.782.2843

Your local solution for all aspects of design:
print, web, signage...



Will Chapman 250.227.9600

Construction/Contractors/Trades Corner

Turlock Electrical Contracting Ltd.

Your Local Electricians
Commercial, Residential
Over 15 Years Local Experience

- New Construction
- Service Panel Upgrades
- Money-Saving LED Lighting
- Additions & Renovations
- Electric Heating Systems
- Service Calls

Ph: 250.2279688 Cell: (250) 551-4671
turlockelectric@shaw.ca

B57 EXCAVATING

Septic System Installations • Landscaping, Rock Walls & Water Features
Foundations and Underground Services • Residential and Commercial
Member of BCSSA and Fully Insured

p:: 250-225-3375
c:: 250-551-3201

B57EXCAVATING@BLUEBELL.CA
PO BOX 117 RIONDEL, BC V0B 2B0

Junction Creek Hub

Lounge and Coffee Shop 250.227.9339

Open Tues - Sun, 12-11 (Closed Mon):
Open later for special events!

The Junction Creek Hub proudly
caters holiday parties. Call to book...

- Tuesday: Hubmade Doughnuts
- Wednesday: Free pool, \$15 jugs, stone-baked section of menu 15% off!
Meat/Veg pizza: \$15
- Thursday: Hubmade Perogies, Cabbage Rolls and Borscht, Carrot Cake
- Friday: Free Pool. Sausage, Garlic Mashed Potatoes with Stir Fried Veggies, Apple Pie.

Watch for live entertainment and food specials...

CUSTOM HOMEBUILDING
DESIGN SERVICES
REMODELING

HULLAND & LARSEN
CONSTRUCTION LTD
www.hullandandlarsenconstruction.com
(250) 551-2915 or (250) 505-3570
contact@hullandandlarsen.com
Serving the communities of Kootenay Lake.

East Shore Internet Society
High-Speed Internet
250-505-4089
info@esis.theeastshore.ca
esis.theeastshore.ca
Central Kootenay Lake's community non-profit ISP

JUERGEN BAETZEL CONSTRUCTION
Over 15 years experience for all your construction project needs

- Great hourly rates & reliable, strong work ethic
- Concrete, framing, roofing, drywall, siding, flooring, finish carpentry, tile setting, plumbing & wiring experience

Call 250-227-9246 or 250-551-7697
baetzels@theeastshore.net

GRS CONTRACTING SINCE 1980

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

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

grscontracting@gmail.com
Cell: (250) 505-3075 or 505-3117
All Spec's of Gravel and Drain Rock
Discounts for entire job.

Quantum wave

Carolynne Melnyk
Emissary & Practitioner
780-217-2902
camelnyk@gmail.com
www.ILoveMyLaser.com

- Pain Relief
- Reduces Inflammation
- Increases Circulation
- Arthritic Pain Relief
- Relaxation
- Health Canada Approved



Available for free demonstrations and info sessions to small groups (3 to 6 people) anywhere on the East Shore. Individual treatments available in Crawford Bay. Also in Creston on Thursdays-Please call Full of Wonder (129-12 Ave. N) 250-428-4438 for appointment.

CBESS Hot Lunch Fundraiser
Purdy's Online Chocolate Sales

25% of sales go to Hot Lunch Program. A Delicious Way to Support a Great Cause!

HOW TO ORDER ON-LINE W/ PURDY'S

1. Type in www.purdysgpp.com
2. Click "Register" in order to sign up as a member of our purchasing group.
3. Once you register you can find our group by typing in our group number, "22470"
4. From our group page, you can shop for your chocolate and pay online!

Chocolate delivered by the end of November.
We'll contact you & arrange pick-up.
Questions? Garry Sly: garrysly@theeastshore.net
Or call: 250.227.6824



the Lakeview

Rediscover the Lakeview...
Come check out our new products!
WE ARE STILL OPEN UNTIL 8!

Grocery * Gas * Liquor * Postal Outlet * Videos

20 min. south of ferry, East Shore Kootenay Lake, Gray Creek
Hours: Mon-Sat 8-8, Sun 10-6 1.877.227.9311
kootenaylakeview.com

the MARKET

DELI GROCERIES LIQUOR AGENCY
GAS NATURAL FOODS FISHING TACKLE

We've got your BACK: We stay open until 6:30 so those off the 6:10 boat can still get in before closing!
We want you SAFE: Come into the CB Market for all your needs - save the trip to town on dangerous roads.
We're reaching OUT: We are now distributing our in-store flyers to post office boxes that accept them...

Mon-Sat: 9 - 6:30 Bottle depot:
Sunday: 10 - 5 Sunday, 10 - 2





**Electoral Area 'A' Comprehensive Land Use Bylaw No. 2315, 2013
NOTICE OF PUBLIC HEARING
Thursday, November 7th, 2013
6:00 p.m., Wynndel Hall**

NOTICE is hereby given that a Public Hearing will be held at the date and location as noted above to receive representations from all persons who deem it in their interest to make representations regarding proposed Electoral Area 'A' Comprehensive Land Use Bylaw No. 2315, 2013.

The intent of Bylaw No. 2315 is to provide guidance on the future development of lands within the Electoral Area 'A' of the Regional District of Central Kootenay as identified in Part 26 of the *Local Government Act*. The communities to be included in the plan include Riondel, Crawford Bay, Gray Creek, Boswell, Sidar and Wynndel.



The Public Hearing on Bylaw 2315 is to be held by Director Garry

Jackman, Electoral Area 'A', as a delegate of the Board. A copy of the Board resolution making the delegation is available for public inspection along with copies of Bylaw 2315 as set out in this notice.

Written submissions for or against the proposed amendment can be read, or verbal submissions made, at the Public Hearing. If you are unable to attend the Hearing, written submissions must be delivered to the Regional District of Central Kootenay, prior to 4:00 p.m. on the day before the Hearing. All written submissions are public information pursuant to the *Freedom of Information and Protection of Privacy Act*. Submissions may be delivered to: Regional District of Central Kootenay, Box 590, 202 Lakeside Drive, Nelson, BC V1L 5R4 or by fax at (250) 352-9300 or submitted by email at plandept@rdck.bc.ca or by hand to the Nelson address below. Please direct enquiries to Meeri Durand, Project Planner at (250) 352-1511 or toll-free 1-800-268-7325, email mdurand@rdck.bc.ca.

The aforementioned proposed bylaw may be inspected from October 21st, 2013 to November 4th, 2013 both inclusive, on the web: www.rdck.bc.ca and at the locations and times as follows:

Planning Department Office, Regional District of Central Kootenay, 202 Lakeside Drive, Nelson, B.C., between 8:30 am to 4:30 pm, Monday to Friday, closed statutory holidays; and

Creston Building Office, Regional District of Central Kootenay, 531B - 16th Avenue South, Creston, B.C., between 8:00 am to 4:00 pm, Monday to Friday, closed statutory holidays.

DATED at Nelson, B.C. this 18th day of October, 2013.

Anitra Winje
Deputy Corporate Officer

On October 1, NDCU introduced new fees and accounts to all members in order to simplify options & remain competitive in the marketplace.



logically.locally.
nelsoncu.com

Please check your October 2013 account statement to confirm that you are in the best account option to suit your needs.

ndcu MoneyWorks

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

Or call 250.352.9256 to make your appointment with Vivi on her next visit to the East Shore to discuss your financial plans.



Vivi Lindsay

Edit-Ing

Fast, Efficient, Accurate, Affordable

I am offering full copy editing and proofing assistance for all your written projects.

If you are writing a:

- Proposal
- CV / Resume
- Grant
- Business Letter/Application
- School Paper
- Book

Contact Ingrid at 250.227.9246
Cell: 250.505.7697

Kootenay co-op

News & Updates

Are you an established farmer or market gardener?
Have you ever considered being a produce supplier for the Kootenay Co-op?

Then this meeting is for you!



The Kootenay Co-op's Annual Grower Meeting

*contact Operations Manager Joe Karthein for details & to pre-register before November 7th:

e: jkarthein@kootenay.coop t: 250.354.4077 ex 136

Mon-Sat 8am-8pm Sun 10am-6pm

295 Baker St, Nelson, BC V1L 4H4 www.kootenay.coop

Kate Page, Proprietress
Book ahead: 250.505.6950

SAPPHIRE HAIR SALON
16210 Hwy 3A, Crawford Bay
UNIT NINE



New Key's Place
250.227.6911

2nd Annual

~Better to Receive~
November 16, 2013

All money raised goes towards the **East Shore Food Hampers**

We are looking for:

- Auction items
- Non-perishable food items
- Used or new books

Meat, Veggie and Crazy Item Draw, Pizza By The Slice, Book Fair, Silent Auction, Raffles, Local Talent (comic Julia Kinder), \$1 from every drink donated back! Scorpio party as well...

Drop in anytime - starts at 4pm, but goes all evening...

RIONDEL MARKET
Hunting and Fishing Licences
Groceries - Liquor Outlet
Fresh Baking - Ice Cream
Bait - Fishing Tackle
Post Office - Videos
Camping Supplies
Ice - Fireworks
Winter Hours
Mon. - Sat. 9am to 6:30pm
Sun. 10am to 5pm
250-225-3214

Almost Golden
A comedy-drama by Suzanne Chubb and Jason Smith
Sometimes truth is stranger than family
December 5-7 • 7:30 p.m.
Prince Charles Theatre • Creston, BC
\$10 adults, \$8 seniors/students available at Black Bear Books, Kingfisher Used Books & at the door

Real Food Café is offering dinner specials on the nights of the performances. Info and reservations, 250-428-8882.

BRITISH COLUMBIA ARTS COUNCIL
We bring life to drama.

FoodRoots Recipe of the Month

submitted by **Branca Lewandowski**

In the spirit of Food Roots, in appreciation of the legacy of Grace Oliver and in memory of cozy cups of tea with Johnny Oliver over lunch, here is one of my favourite recipes:

ZUCCHINI RELISH

4c celery chopped
10c zucchini chopped
4 large onions chopped
1 or 2 red peppers (sweet) chopped
1/2 cup pickling salt

-mix thoroughly and let all stand while preparing the brine; then rinse and drain well

3c vinegar
3 1/4c sugar
2 1/2tsp celery seed
2 1/2tsp mustard powder
2 tsp turmeric

-bring to a boil

-add drained vegetables and remove from heat

-let stand 2hrs

-return to stove, bring to boil

-add 2tbsp cornstarch dissolved in 1/2c vinegar stirring well

-simmer 15min

Preserve by canning. So good on cheese sandwiches, with burgers or hotdogs.

Next Deadline: Nov 27

The Plaid Lake Dam

by **Tom Lymbery**

Teck Resources (COMINCO) is under pressure from the Province of BC to remove the historic hand built rock and earth dam on this alpine lake that was used to provide electric power for the Bluebell Mine at Riondel in the 1920s. Apparently the dam failure at Oliver, BC created an alert that this might happen in other parts of the province.

However this 87 year old solidly hand built stone dam is only holding a minimal amount of water and if the dam is removed entirely it may only lower the lake level somewhat. Teck helicoptered crews in from Cranbrook in 2013, cut the large trees that were growing on the dam itself. Before this work the structure was barely visible because of the growth around it.

This intricate stonework was built about 1925 when S S Fowler and B.L. Eastman were operating the underground workings of the Bluebell Mine and shipping Galena (silver, lead, zinc) ore to the CM&S CO Smelter at Trail. About three and a half miles downstream from the dam they built a two mile wooden pipeline to generate electric power for the mine. Two men were stationed at Plaid Lake in a cabin to look after the water level and most importantly release more water if the mine required it. Since they had no telephone line mine staff would signal for an increased flow by setting off a stick of dynamite – so the two had to be alert for this signal.

Page 52 of Terry Turner's book *Bluebell Memories* has a 1920's picture of the dam and also of the cabin. In the book, Ted Swendson's story reports that in 1927 he was sent to the lake to dismantle the outlet of the dam and also to take the door off the cabin so that animals wouldn't be trapped inside. The mine had just closed because of low metal prices and a general

TOM SEZ

by **Tom Lymbery**

Haven't we just had the best October ever? Please mark this down on your Best Years Calendar. Even the full moon on October 18 didn't freeze the last of our tomatoes.

Don Lyon passed away in Nelson October 9. He was a great supporter of Kootenay history as well as being an avid mountain climber. Many of the postcards we sell in the store are his.

Thank goodness Kootenay Lake doesn't have lingering fog like the Slocan and other river valleys. It is nothing like it used to be in Vancouver when coal was the principal fuel - the fog had a thick yellow content.

Propane Canada has an article about a new refillable one pound propane bottle, replacing those throw away ones, where the disposable container costs ten times the content. We expect it may be some time before these reach Gray Creek.

What is the market for men's underwear, with a built in sensor that beeps when the wearer has an erection?

How much water do we waste flushing stinkbugs down the toilet this heavy stinkbug season? Last year they were minimal but this is a high cycle year.

How effective is the census? For Area A the 2011 census shows an increase of 422 homes over the 2001 report but a decrease of 11 people. We found how important our people count is when the 1958 BC Centennial offered Gray Creek \$1 for each person. This was the trigger that saw the stage built at our hall and George Oliver rebuilding the 1894 Henry Rose fireplace.

slowdown

The lake is at 6000 foot elevation and the outlet flows into Tam O'Shanter Creek which reaches Kootenay Lake north of the town of Riondel. Access is by a trail from Crawford Bay or by another trail from Riondel.

The accompanying photo shows historian and retired Geologist Terry Turner of Riondel kayaking in front of the dam after an early October snowstorm. He reports that it was quite a hike in through deeper snow than he had expected.



Early snow on Mt. Crawford. Photo Terry Turner

Up HERE Magazine from Yellowknife has a most interesting article about the annual fur auction in Thompson, Manitoba. Fur prices are excellent (marten average \$90 per pelt) now that all animals have to be caught in instant kill traps. The best markets are China, Russia and South Korea.

The *Life and Art of Ina Uthoff* has been nominated for the City of Victoria Book Prize. She lived in Crawford Bay for a time, while her husband Toffee Uthoff lived here most of his life.

We hear that the Pope is unhappy with some of this year's Halloween costumes – a priest with an erection and a pregnant nun.

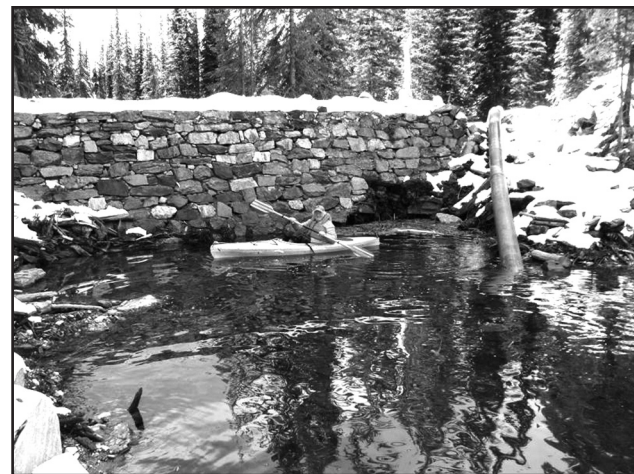
Will our new slippery plastic \$50 and \$100 bills burn – or just melt? Think of the long ago movies where an actor lights his cigarette with a burning bill!

Vandals have paint-balled the Native pictographs high on the rock wall across from Kaslo. Hard to climb up to... will someone be able to remove this desecration?

The Best Airlines are serving the BC Interior better – Pacific Coastal has a new daily flight from Cranbrook to Kelowna as well as a direct Cranbrook to Victoria flight. Air North is continuing its Kelowna to Whitehorse service that started as summer-only.

Ted Swales passed away recently in Penticton. In earlier days for our Fall Fair there was an annual grant of \$50 provided we had the district horticulturist to judge the fruits, vegetables, chicken and calf entries, so we got to know Ted well when he was stationed in Creston.

Most useful items left by the recycling bins get picked up – but not a glass ashtray. Have ashtrays become a thing of the past with the smokers dying off?



This is local historian and retired geologist Terry Turner kayaking in front of the dam after an early October snow storm. Photo Terry Turner.

Next Deadline: Nov 27

Gray Creek Pass Report

by **Tom Lymbery**

Early snow above 4500 foot elevation appeared on September 28. This often melts in a few days, especially when the ground is unfrozen, but it hung on this year. At press time there is about 12" of snow on the 6800 foot summit but 4-wheel-drive vehicles are still making it.

Dana Meise was the fifth person to hike the pass this year. His trek from Kimberley from October 20 to 22 was the first in the higher elevation snow. He also plans to be the first to complete the Trans Canada Trail across Canada completely on foot.

With September rains instead of frost, the larches were late to turn gold – a fabulous fall feature in the Kootenays.



From the Principal's Desk

by Dan Rude

Lately I've been thinking a lot about the idea of life trajectories – and how, in our context on the East Shore, we can best support our children and youth

to grow into living meaningful and rewarding lives beyond their school years. In recently talking with our graduating students, reflecting with some of our parents, observing the variety of paths our previous students have taken after high school, and recognizing that we live in times of incredible change, it is obvious that there are many paths into adulthood.

My own story after high school starts with going directly into university and completing a five year combined Education and Math/Science degree. Although I knew the importance of this experience on some level, it actually took me until my fourth year to have the clear epiphany that education and life are both essentially about continually learning, and that personally engaging in each learning experience was really up to me. I often wonder about what got me through those first four years, which included many moments of disillusionment and challenges with confidence. I'm very grateful to my family for supporting and encouraging me to stay on a path, despite the many side routes I was experiencing. I also often think often about how we can help our children and youth have this epiphany earlier than their fourth year of university.

After graduating from university, taking some time for other diverse and somewhat transient life experiences, and a few years of teaching high school, I then decided to go to technical school to study Geomatics

(a fancy word for measuring the earth – or land surveying – with high-tech equipment).

My experience with technical school was significantly different than my experience in university.

The university approach was largely based on limited time with a professor lecturing, and a vast amount of time studying independently, and in small groups, outside of class. This meant a ton of homework, personal prioritizing, and self-motivation. Despite my initial challenges, this experience was very worthwhile, particularly from the perspective of broadening horizons, seeing and understanding multiple and often contradictory perspectives, thinking critically, and making connections to ideas throughout history and issues of our time.

The technical approach was largely based on being in class for full days and getting most work done in class, with minimal homework, and a strong focus on simulated field work. This experience was also very worthwhile, particularly in being very practical, answering the 'Where will I ever use this?' questions, and aiming towards specific work in an economy (in Alberta) that was exploding with job opportunities for young people with some drive.

Regardless of the path, I'd like to suggest that it is up to us all, as students, staff, families, and community to help support our children and youth in valuing and pursuing continual learning. From my current perspective, this involves addressing four critical areas:

- Helping connect our students' learning to what we and they have each previously experienced, and with what is going on in the world around us;
- Modelling that the learning process is fun and/or rewarding, with the intent of developing personal motivation;
- Practicing, with the recognition that, as Malcolm Gladwell clearly writes in the book *Outliers*, it takes 10,000 hours to get good at something;

of the East Shore community. Being a part of things gives me a feeling of being engaged in what is going on in my community, and it is really rewarding to participate. I look forward to bringing my enthusiasm and youth to the program as there are many new families in our community that are showing interest and showing up.

Our current ongoing projects include setting up a parent run daycare, and fundraising for new playground equipment.

EASEY welcomes all parents of youth 5 and under to attend meetings and activities. Email us at: EASEY01@gmail.com.

- Self-Regulating in the face of challenge, stress, and anxiety, understanding that we need to move beyond the idea that IQ/smartness shapes success - whatever that means to each of us – and towards the idea that we need to be calm, alert, and present to be learning.

From... A - Zed

Need insurance? Remember 3 things:

- a) It doesn't matter what letter of the alphabet it begins with.
- b) A lot of things can be insured.
- c) We insure a lot of things.

Our Hours:

Tuesday - Friday 9 am - 5 pm

Closed from 1 - 2 pm

Saturday 8:30 - 12:30

Kootenay Insurance Services Ltd.

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

The Easey Report

by Kristy Winger, Coordinator

EASEY (East Shore Alliance for the Early Years) is an umbrella organization that covers the different services, activities and events that support children's early years (0-6) and their families in the community. It is meant to connect parents and families with services available in the community and to help them share resources and knowledge.

What is Happening at EASEY this Month?

EASEY is hosting a free parenting workshop called "Nobody's Perfect", facilitated by Tracy Kikals. It will be running for five Sundays from October 27 - December 1, with a break on the long weekend (November 10). In this workshop, parents create an open curriculum based on their interests and issues in the realm of parenting. The big selling point of the course is that there will be **free breakfast and childcare**, giving parents the opportunity to get the most out of the workshop.

EASEY will also be hosting a Parents Appreciation Shindig as an exciting way to get parents together who may or may not have prior experience with EASEY. All families, including extended members, with children 6 and under are welcome. The party will be on November 16 from 3-5pm at the Family Place at Crawford Bay School. The shindig will feature snacks and appetizers, youth oriented entertainment, and a meet and greet with other parents and the new coordinator.

In Other News:

The big news here at EASEY is the changing over of coordinators. EASEY parents would like to give their gratitude to grant writer and past coordinator Laverne Booth for her hard work, dedication, and determination that has assisted in shaping EASEY over the last few years. Laverne has done a great job, and we'll miss her! I am the new coordinator and I am excited to get going.

EASEY is a great way to meet and connect with other new families. I really enjoy being involved in this program, as a new mother and a new member

- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL HALL

Booking/info: Judy @ 250-223-8664

Small Business is Big Business in Your Community



SOME OF THE WAYS WE HELP SMALL BUSINESS IN YOUR COMMUNITY:

- Self-employment program
- Business loans
- Free business counselling
- Basin Business Advisors program

If you are thinking of starting a business, already own a business, want to buy a business, are expanding your business or are transitioning your business and need help, we'd love to hear from you.



Community Futures
Central Kootenay

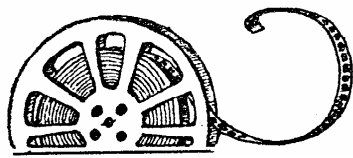


@comm_futures

250.428.6356

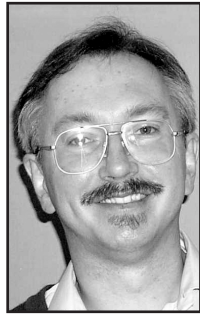
250.352.1933

futures.bc.ca



Seldom Scene

by Gerald Panio



"No, you're not thinking, you're just being logical."—Niels Bohr

The old saying that it takes a village to raise a child often holds equally true for putting on a play or making a movie. Directors seem able to marshal the resources of an entire community to birth productions that at first glance might seem hopelessly ambitious. Case in point: Robyn Sheppard's *The Change Agents* (2012). That a Kootenay high school could be the creative epicenter of a feature film that compares favorably with any other of the year's independent films is nothing short of miraculous. But it's a miracle based on Ms. Sheppard's ability to tell a great story (she's both director and writer) and to pull together the collective energies of students, teachers, parents, community members, and a handful of professional filmmakers. Had she known the full scope of the challenge beforehand, she might have been daunted. Fortunately for everyone concerned, including those of us in the audience, that understanding only dawned after she was too far into the project to back down.

The genesis of *The Change Agents* were dialogues Ms. Sheppard had with her own students, who at different times expressed a painful awareness that something more needed to be done for the future of our planet, or a resentment at being bombarded with messages of environmental doom that made it seem as if that future had already been written off. In the film Ryan (Dylan Zaitsoff), the prototypical young man with a truck and an attitude, tells Carly Dutoff (Susannah Rebar), the girl who is at the story's center, "We're f-----d! I know what's going on, and I choose not to care. We're all going to be dead anyway, so why give a shit what happens after that? What do you think you can do that everyone else hasn't tried already?" When Carly lashes back, another student complains, "This is depressing! Can we talk about something else?"

As head of the school's small but active environmental club, Carly is starting to feel herself under siege. She's passionately committed to the cause of combatting climate change, but she seems to be driving people away rather than pulling them in. At a party, her friends tell her, "Some people are saying that all you talk about are carbon emissions and tar sands and Gwynn Dyer. It's too much, Car. I can't keep up with you. You can't blame us and make us feel guilty for having fun." Even one of her best friends, Ava, bows out of the club under pressure from her parents.

Peer pressure isn't the only stressor in Carly's life. *The Change Agents* opens with Carly at the funeral of her grandmother. A Doukhobor activist, deeply committed to the earth and to justice, her grandmother has been the cornerstone of her life since a car accident destroyed Carly's own family. Her grandfather (Mike Coons) has been on the periphery of that life, and nei-

ther of them now knows quite what to make of their new time alone together. It doesn't help that grandad lets a new woman, Leila (Aggie Coop) into his life and talks of buying a Hummer.

After being run through the wringer a few times, a heartbroken but still defiant Carly declares, "I know I'm no fun anymore. The more I learn, the angrier I get and I can't stop talking about it.... Sometimes I just want to forget about it all, I really do....I can't even laugh anymore. I wouldn't like me either these days...." Yet she can't give up; she's taken to heart Mahatma Gandhi's declaration that "You must be the change you want to see in the world."

Because Susannah Rebar's performance has won us over from the moment we meet Carly, and because *The Change Agents* is filled with people we care about even if they're going through rough patches, we know that this movie isn't going to continue its downward trajectory. Robyn Sheppard wanted to respond to her students' angst with a message of hope. Making the film was itself a superb gesture that incarnated every positive value a teacher could try to communicate to her students, but Carly's story also shows how one candle not only starts to hold back the darkness, but lights a schoolful of others.

Several events and people coalesce to help Carly find a way to inspire the kind of dramatic action that starts by changing people around you and then ripples out into the world. The memory of her grandmother's role in the Sons of Freedom protests fills Carly with pride. Still controversial, those protests were nevertheless grounded in a fundamental belief in a peaceful life in close touch with the land. Carly's mother, despite her tragic backstory, had once been a passionate activist and tree-hugger. Ruby (Lucy Carver Brennan), a young girl Carly babysits, lightens the weight Carly carries through her simple faith

in the cause, and gives that cause the unlikely-but-perfect name of Project Turquoise Snowflake. And an old school friend of Carly's introduces her to a women's drumming circle whose participants include a woman who in many ways is much like the person Carly's mother could have been

There's also a chance encounter with Parsens (Josh Treijis), a boy her own age whose family has moved to Nelson from Fort McMurray after losing an 18-year-old cousin to a cancer they blame on contamination from the Tar Sands. Some hints are dropped that Parsens has perhaps taken out some of his anger and bitterness in vandalism against the oil companies, but the move to a new city gives him a chance at a new life. Ruby, Parsens, and Parsens's younger sister Roxy join Carly in the "headquarters" she's set up in the attic of her grandfather's house. The walls are covered in *National Geographic* maps & charts, inspirational messages, books and magazines. The team, soon to be joined by Ava and other students, sets out to plan a campaign that will take their message out to a wider audience.

And speaking of that attic, it's what first told me how professional a production *The Change Agents* really was. The photography was striking, balancing the light from the single window with the darker tones of wood and shadow. Director of Photography Rob Sekersky was one of the very small number of professionals who worked on the film (others were Producer Susan Hayward, Editor Sonja Ruebsaat, and Composer

Ben Euerby). Both the interior and exterior photography are impeccable, with Mr. Sekersky capturing our gorgeous Kootenay scenery and giving full value to close-ups of faces, hands, objects. Ben Euerby's musical score, with contributions from several local musicians, is beautifully synched to the actions, emotions, and visuals on the screen

Ms. Sheppard has also done an excellent job of incorporating photographs, real documentary footage from CBC's *The Hour* and David Lavallee's *White Water, Black Gold*, and invented news broadcasts about eco-terrorism, water shortages, and catastrophic mudslides in the Nelson area. It's all an uncomfortable glimpse of the kind of possible future Carly Dutoff is trying to steer us away from.

Some 70 years ago, Italy's neorealist directors proved the value of using ordinary people as actors in their films. With *The Change Agents*, the tradition lives on, now in glorious colour. There isn't a performance in the film that rings false. In part that's the talent of the actors; in part it's Ms. Sheppard's fine ear for how people—students, teachers, parents, administrators—speak.

For more background on the film and its production, check out the website (<http://www.thechangeagents.net/index.html>), and in particular the Director's Statement. As with any hot-button topic, there's another side to the coin and in certain quarters plenty of objections will be made to the film's assertions regarding climate change and Tar Sands development. What no one's going to argue with, however, is that Robyn Sheppard gave her students the challenge of a lifetime. If these are the hands our future is in, bring it on.

I had a tear in my eye the first time I watched *The Change Agents*. That tear was back as I watched it a second time to make the notes for this review. My reaction could mean that I'm just a big softie. But, nah, I don't think so. It's just a damn good movie.

(As of last month, Producer Susan Hayward was still looking for an official distributor for *The Change Agents*. In the meantime, copies are in circulation. Ask around.)



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: November PAC Meeting is on November 18 at the CBESS Library. All parents/guardians are welcome and are voting members. Join us! It's our AGM.

GROCERY GIFT CARDS: The grocery gift card fundraiser is on-going throughout the year. For November and December, proceeds go towards the Hot Lunch Program and other worthy school programs.

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 Alison Bjorkman at 250-428-6356 to book a free appointment in Crawford Bay... www.futures.bc.ca



Growing communities one idea at a time.

Almost Golden

press release by Footlighters
Theatre Society

Themes of aging, fidelity and sibling rivalry will take centre stage, but the enduring bond of family is the main focus of *Almost Golden*, which Footlighters Theatre Society presents from Dec. 5-7.

The comedy-drama, locally written by Suzanne Chubb and Jason Smith, revolves around Marvin and Hazel Schooling, who host their children and grandchildren for a weekend as they go all out to celebrate their 49th wedding anniversary.

"Everyone has experienced their loved ones aging," said Chubb. "This allowed us to explore those feelings, and the way aging affects the entire family."

Such subject matter could turn heavy, but *Almost Golden* takes a good-natured look at the subject, finding the heart and natural humour that can develop out of family interaction.

"We didn't want it to become something that only brought out the depressing aspects of aging," said Smith, who made his directorial debut with *Headed South from the Great White North* in July. "Once you have three generations involved, there is so much more to explore."

Marvin, a retired miner, and Hazel (played by Kelly Mehrer and Stephanie Sweet) live in a town not dissimilar to Creston. Their daughter, Marta McLucky (Chubb), her husband, Andy (Smith), and their son, Sam (Logan Thompson), come to visit from their home in a nearby town. Making the long drive from the Coast are Marvin and Hazel's son, Steven (Warren Bruns), his wife, Rachel (Starla Ek), and their daughter, Tiffany (Sam Mintenko).

The family's bond is tested by appearances from Dave Murphy (Marc Archambault), Chad Harvey (Jordan Koop), Maude Edison-Stapleton-Gilmore (Debra Mehrer) and Verna Reid (Lynn Adderley), each of whom brings to light information that has a profound effect on the future.

Almost Golden is the fourth full-length original play that Footlighters has produced, preceded by the melodrama *Barging Down the Nile* (2007), and the children's comedies *Jack and the Beanstalk* (2007) and *Aladdin* (2011).

Chubb and Smith wrote it in late 2012, and held a private reading of the play to hear it performed before asking Brian Lawrence to direct it. He found the choice to be an easy one.

"So much of it reminded me of things my own family has been through, in terms of aging and mental health," said Lawrence, who most recently directed the musical, *Annie*. "I knew the first time I read it that other people needed to see it performed."

The writers haven't been idle since. In addition to having roles in the play, Chubb and Smith haven't stopped writing and rewriting, working closely with the director to hone the play into the final product that will be seen next month.

"Since rehearsals began, entire conversations have been added to help the audience get to really know these characters," said Lawrence. "The process is pretty involved when you're presenting a play for the first time, but the hard work will be worth it."

Almost Golden will run at 7:30 p.m. Dec. 5-7 at the Prince Charles Theatre. Tickets are \$10 for adults, and \$8 for students and seniors, available at Black Bear Books, Kingfisher Used Books or at the door.

**Next Deadline:
Nov 27, 2013**

Do you have a pack rat story? We know you do... Send it in and share it with us! This fun little poem comes from Lynne Wood of Gray Creek.

Pack Rat Tales

by H.L. Wood

Based Upon A True Story

Once upon a time, not so very long ago,
there lived a pesky pack rat,
a varmint, don't you know.
This little beast was nery, not bashful he or she
eating all our flowers,
leaving nothing but stems to see.

We couldn't have that, no not us!
So we called up our neighbors
who made such a fuss.
What? A pack rat, they cried,
they make a hell of a mess,
so don't show those critters
even an ounce of kindness.
They'll chew up your garden and everything else in sight.
Those little beasts are clever,
coming under the cover of night!

The neighbours they insisted, that pack rat had to go.
But we city folk were hesitant and just a little slow
To kill that poor little pack rat, it
didn't seem quite right.
So we thought we'd try to deter him
By leaving on our porch light.

But, we soon discovered how truly clever they could be
When we opened up our bar-b-que and what did we see?
You guessed it, there that varmint was,
his little eyes looking straight out.
We needed a more permanent solution
of that, there was no doubt!

Now, we'd heard tell of those who use live traps
But they proved no good.
Before you knew it, that varmint was right back
in our neighborhood.
We remembered other friends
Who have experience with pack rats too,
But a shot gun wasn't an option,
What were we to do?

The details they aren't pretty so
I'll end by saying this,
Our flowers are blooming nicely and
And the pack rat we don't miss.
But, I've been thinking maybe next time, if a pack rat
comes our way
We may just have to let
That poor little bugger stay!

Kootenay Lake Rock and Soil

Topsoil, sand, gravel & organic cow manure
now available for pickup & delivery.



Buy the yard...
no load too small.

Call Russ at
250 227 9559

Crawford Bay Library/Reading Centre News

by Cathy Poch

Just a friendly reminder to all our patrons that November is amnesty month. So if you have an extra CD, DVD, book or other item from our Reading Center please return it FINE FREE for the month.

Special thanks to Kathy and Liz Donnison for their help at the summer markets. With their help David and Lea George were able to sell \$628.05 of re-cycled books from library discards and patron donations. This is an increase of over \$100 from last year's efforts. Thanks to all who have donated items for sale, and all those who have bought from David and Lea. These monies go directly into purchasing new items for the library.

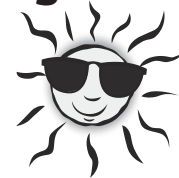
Some of these new items include the short listed Giller nominees, latest books by favourite authors such as Nora Roberts, John Grisham, Dale Brown and Laurie King. New cookbooks on eating raw and vegetarian cooking are also available. Books on decorating, cooking, crafts for the holiday season are always popular this time of year. We look forward to seeing you at our Reading Center on King Road in Crawford Bay. Hours are Tuesday and Saturday from 12-3 and Thursday evenings from 7-9.

Sunnywoods Farm

Your East Shore Garden Centre

25 % off all remaining
Trees & Shrubs

- Soils, soil amendments
- Pots, planters
- Huge seed selection



Now in: local beef and pork!

Winter Hours: Mon-Fri
Closed Weekends

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

Riondel Library News

by Muriel Crowe

The Riondel Library is pleased to present another wonderful afternoon of authors' readings. This will take place at Dutch Harbour on November 16, please watch for more information on posters.

Wendy has given me some tantalizing hints about who will be reading but I'm writing long before she is willing to announce. Some of these authors might have books to sell with them so you could have a wonderful afternoon and do some Christmas shopping as well. If possible please carpool.

There are lots of new books arriving monthly and as they come in some must leave, currently we are discarding from the classics section. If you have old favourites you would like to own arrangements can be made to retrieve them from the sale boxes but you must tell us the title.

Early November is the perfect time to start on all those handmade goodies for Christmas gifts or décor. We have many craft books with gazillion ideas, come in, browse and borrow. Think crafting is for others then perhaps you could enthuse over curling instructions, winter hiking or even next year's garden. There are many books available for those and even some about travelling to warmer climates.

November 2013 Mainstreet 15



pebbles
by Wendy Scott
Remembrance

With every breeze there's a soft rustle; leaves – yellow, crimson, golden, scarlet, bronze, settle gently around shuffling feet; and some rest briefly on a shoulder. It is a perfect time of the year to remember. Each leaf somehow brings forth the recollection of another, and then still more come.

Is it the falling leaves that conjure the memories, or is it the time of year. We are still cruising on the warmth of summer and enjoying the glorious colours of fall, and rather than prepare for the inevitably cooler season ahead, is it not comfier to remember the past and even designate a special day to do so?

Perhaps, but we touch November carefully, aware of the storms to come: the season of wind and weather and possibly a deluge of memories. It's easy to pull out scarves, hats, boots, and maybe even umbrellas; although someone once warned me that the umbrella would mark me as being a person from the Coast – hm, that is a point to consider, as it does not take many showers to concede that Kootenay rain is not the same – at all – as a coastal downpour. That, for me, is but another memory (reinforced with every coastal visit)

Memories are difficult to control. They tend to slip in un-called for, at times, and often unwanted. But there is one day in November reserved for the expected, well-planned, and often, shared memories. Even though there are fewer now with stories to tell from that original November, it is vital and more important than ever in this current world to remember, relate, and avoid what could certainly result in unimaginable devastation.

It is happier for us when the good stuff pops up, especially on a day like today when the sun is still strong enough to warm faces and touch the recall button for another sunny day long ago in a Vancouver childhood. It's a strange memory really with other children in what seemed like a vast, wild place, but I suspect it was not much bigger than my Riondel backyard. The garden was steep and the rockery, for me, another world. Lizards were part of the picture and the one I adopted had lost the tip of its tail. We did nothing with the creatures; our only concern was to view, count and observe – daily.

And that's all. But it was enough, apparently, to remain in my mind as a retrievable moment, lodged equally with those overwhelming events that rush in with bells and whistles.

It is the small moments that come with the poignant touch of a leaf on my shoulder: a November reminder of other moments with the sun on my face and the whisper of leaves round my feet. And a gentle nudge to remember and honor all those who gave lives and lifetimes for us so that the days we spend amongst the falling leaves will celebrate an enduring peace.

Something To Ponder
"IF ONLY"

by Bill Gooding

“If only” are two simple words but words that I am sure we have all expressed in one way or another during our lives. They are also two very important words - words that can lead to both physical and emotional well-being if we will only take and learn from what they can lead to. What do I mean? Well...”If only.”

We have a close friend who not too long ago lost a close friend very unexpectedly. There were no previous health issues and in literally a blink of the eye, this friend was gone from our midst. Many of us can probably recall a similar incident in our lives. Our tenure here on earth is uncertain and unknown to us all.

People we love can depart very suddenly and unexpectedly, and we all need to face this truth. Did you know that your heart beats around 90,000 times every 24 hours and when your heart beats for the last time, it is moving day? When one leaves so unexpectedly, a person's passing can remind us of certain realities. I have taken many funerals and memorials, and simply cannot count the number of times I have heard people say at the graveside, “Oh, if only I could hold you one more time.” “If only I could tell you how much I love you just one more time.” “If only I could tell you how much I have appreciated you and all you have done for me.” “If only we had taken that trip...”

One day we will have breakfast with our spouse for the last time. One day we will say goodbye for the last time. We will hug for the last time and we will speak to each other for the last time. And so I encourage all of us to reflect on this, and to do the appropriate and right thing and speak words of life, love and blessing to one another. I say this because I know that people will live one way or another with their last actions and their last spoken words to each other. Too many times I have witnessed people grieving over what had been said or not said.

In the Word of God (Book of James) we are all reminded that our words spoken are either life or death. I have no doubt that we can probably all remember times when people have spoken kind and gracious words to us. Those words have encouraged us, emboldened us, strengthened us and life has seemed just a wee bit easier to cope with and live out. And the ones who speak to us in those ways do indeed make our world a kinder and a gentler place to live.

At the same time, with very little effort, we can all remember when someone has spoken harshly, perhaps even mean-spiritedly, or perhaps in an uncaring tone or manner. We have been hurt, even wounded, by the words spoken. We find ourselves withdrawing and even unwilling to be vulnerable and open, even to other people who cross our path. At times we even vow to never be vulnerable or to share in such a manner again. During my lifetime and ministry I have crossed paths with people who have been deeply wounded and who in conversation will mention an incident (often times years before) and I see the obvious pain and hurt. And as they speak I can see the deep emotions felt at that time come to the surface and it is as if they are reliving that moment of pain all over again. I think we have all been there, have we not? We want to move on, we want a fresh start, and we try, but that real fresh start is never really accomplished. Why? It is because of a choice that you and I make. Negative emotions have power and not all that surprisingly even give us some sense of satisfaction. But what we too often fail to realize is that our lives are not really our own and we are not really in control. We need to make the choice to forgive and to let go of that situation, horrendous as it may have been.

Some will say, “But you do not know what happened or you would not say that.” That is true in a sense but I would still say to you that you have a choice. You can keep that pain somewhat covered up or you can choose to let it go. And I emphasize this: if you choose to keep things as they are, then please understand that what someone else has done or said to you is controlling in some very real and visible ways the life you are now living. Choosing to forgive actually releases you and gives you a freedom to live and be what you have desired to be.

The most visible reminder of this dynamic for me is the life story of Nelson Mandela. Persecuted beyond what most of us can imagine and then unjustly imprisoned on an island for 27 years, Mandela was released as Apartheid came to an end in South Africa. As he began his walk to the small boat that would take him to Capetown, he found himself almost overwhelmed with feelings of deep anger, bitterness and revulsion. After a fierce struggle he regained control of his emotions. Mandela wrote that as he walked and was overwhelmed by his feelings and he said to himself, “They have had me long enough. I choose to forgive, to let them go.” And, as history has proven, Nelson Mandela became S.A. President and played the instrumental role of bringing reconciliation to his country. He became a blessing to others.

“If only”.

You and I, we have a choice. I encourage you to do as I once did - make a list of those who have wronged and hurt you in deep and meaningful ways. Then make a choice that what they have done will now cease to have the same impact on you as before. They have had you long enough. And choose to release them by choosing to forgive them. Then, and only then, will you be free, and life will gain a new strong momentum as you truly move forward in a real fresh start. By releasing others you actually release yourself from bondage to that situation and person. You really do not want to be saying, a few years down the road, “If only.”

And I encourage you to move to an even deeper level of experiencing the vibrancy of life. I really do not believe there are too many atheists on the East Shore. So I entreat you to look upon that person on a cross at Calvary. Jesus was nailed to that cross for the hurt and pain that I have caused. Two arms outstretched on that cross, yes, but also two arms yearning and waiting to embrace you and hold you and love you beyond your imagination. Calvary, the cross, says that God has chosen to forgive you through Jesus' work on that cross. No longer do you have to carry all that pain and guilt and shame. It's done and as Jesus Himself said, “It is finished!”

Here is the ultimate fresh start, the one you have been looking for whether you realize it or not. I again entreat you to test this truth out – yes, taste and see that the Lord, He is good. The Lord Jesus Christ bless you all.

Next Deadline: Nov 27

Remembrance Garden

by Wendy Scott

Sunshine filters through the falling leaves and our feet shuffle amongst the colours on the pathway. It's a lovely time of year to walk through the garden, greet old friends, and wonder at a few we may not remember or might not even have met. Watch for a few new plaques and there will be a new bench fairly soon.

Wendy Scott, wmescott@gmail.com, 250-225-3381
Muriel Crowe, mcrowe@bluebell.ca, 250-225-3570

YOUR HALL IS AVAILABLE...

For community events, wedding receptions, workshops...You name it!

Booking info, Kathy Donnison @ 227- 9205

CRAWFORD BAY HALL

“your community hall”

A non-smoking facility.

Health & Happiness

by Dr. Sid Kettner

Simple Strategies for Disarming Diabetes

Diabetes can be devastating. It contributes to arteriosclerosis (“hardening of the arteries” with cholesterol and inflammation) which then increases the rate of heart attacks and strokes by 2-4 x and is the #1 cause of kidney failure, erectile dysfunction, blindness and non-traumatic amputations. No wonder it is often called the “mother of all disease.”

Normally treated by insulin, or medications by mouth, and by diet, it continues to work havoc with our circulation and multiple body organs. Its incidence was stable until about 30 years ago but now is doubling every 15 years. *There has been a 900% increase in some age groups since World War II and now a newborn baby has a 1 in 3 chance of getting it during its lifetime.*

But now the good news. No longer is its diagnosis a death sentence. We now know that it is not simply a disease of genetics. The famous Harvard Nurses Study of 85,000 subjects found that 91% of new cases of diabetes came from lifestyle (diet and exercise choices) not from genetics. That being the case, we can change those unhealthy choices and thus disarm this disease and halt its relentless course.

Research over the last 80 years has shown that 60-75% of diabetics on insulin—and **80-90% of those on diabetic pills, can be off those medications in a matter of weeks!** And that bold statement comes from Dr. James Anderson of the University of Kentucky, who has spent 50 years working with over 15,000 diabetic and obese patients, directed over 200 clinical trials and published over 400 medical research papers, books and articles—a respected leader in this field. Thirty of those papers relate to the Simple Diet for Diabetes.

Yet he is just one icon in the midst of tremendous research findings emerging from countless studies on this subject. The overwhelming evidence is that our positive choices can yield priceless results. Next month we will highlight about eight of those studies and summarize their recommendations so that all of us can prevent, disarm, normalize, and maybe even reverse, the effects of this devastating disease. Keep tuned.

Massage Therapy

Harreson Tanner, RMT

Over 30 years clinical experience



* Knowledgeable * Skilled * Experienced

For appointments, call 227-6877/505-6166

Angus MacDonald, Reiki Master

Over 25 years experience...

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

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

Ongoing sessions available...

For more information, call 250-551.6874

SUNSET SEED COMPANY



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

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

Asana of the Month

by Jayanti Holman



Utthita Parsvakonasana

Extended Side Angle Pose

Benefits:

- improves balance, concentration, flexibility and circulation
- strengthens the spine, abdomen, chest and lungs.
- nourishes the spinal column and spinal nerves with fresh blood
- relieves sciatic and arthritic pains
- increases strength and flexibility in the ankles, legs, hips, waist & shoulders
- aids digestion and elimination.

Doing the Pose:

- stand with feet wide apart and parallel
- turn your right foot out and raise your arms to shoulder height
- bend your right knee till above right foot
- press down thru the feet, firm the legs and anchor the outside of the left foot
- place your right elbow on your right knee, palm up, press shoulder back.
- extend your left arm up over your head, palm down, stretch from left foot to fingertips
- turn your head and gaze past your upper arm.

Breath During the Pose:

- inhale, while raising arms, or coming up
- breathe, deeply while in the pose
- exhale, while lowering body, bending forward or releasing.

Cautions:

- keep your knees in line with the feet
- move smoothly and slowly into and out of the pose
- take care to gently twist the neck to look up
- do NOT practice away from a wall if you have vertigo or balance issues

EAST SHORE PHYSIOTHERAPY



Anna Rose
BScPT

- Full Assessments
- Home Programs
- Gentle Treatments

Health Center, Crawford Bay

(250) 227-9155

Notice of Passing

George John Petrescu

Aug 1, 1919 – Sept 27, 2013



George was forever curious and loved learning and doing everything he loved well. His education started as a Romanian speaking only child who often missed school to work on his family's Saskatchewan farm, then to completing his Master's of Arts degree at the University of Nebraska in 1964. He achieved this while raising his five children with his wife, Marie, and performing his duties as both principal and teacher for two schools on Kootenay Lake, B.C. The next chapter in George's life and career was in Prince George as first principal of Harwin, then Spruceland Elementary Schools, from which he retired in 1979 to return to his beloved Kootenays.

George was a teacher and an administrator, an artist (water color painting, rug hooking), a gardener, Grand Master bridge player and bridge teacher, a gourmet cook and connoisseur of fine food and drink, a cancer survivor and a WWII veteran. He enjoyed sports and had been an avid curler and golfer. He'd fondly recall sending new curling recruits in search of left handed brooms.

George dearly loved his wife of 65 years, Marie, his five children, five grandchildren, and five great grandchildren. He also loved good food, playing cards, trout fishing, music and gardening, and he especially loved and missed his rural Kootenay Lake property where he and Marie spent 48 years, leaving in 2000. In Nanaimo, George continued doing all that he loved until he was unable to. In his last month he was still enjoying his “bones” – chicken and turkey wings!

George is survived by his wife Marie; children Michael, Ileana (Derek), Marina, and Lexie (Wayne); sister, Pauline; grandchildren Sarah, Dagan, Samantha, Nicholas and Genevieve; and great grandchildren Hank, Bella, Seth, Deklyn, and David. He was predeceased by his son, David (Rita); brothers Elie and Dan; and sister, Mary.

George and his family wish to thank Dr. Geoffery Spry and the NGRH, but especially all his family of helpers at Astoria at Longwood. We/he won't forget operation Pet Rescue and the wonderful turkey wings he so appreciated. George wanted no service, flowers (although he loved them!) or donations, but did want all who cared to have a wonderful meal and good drink in his memory.

“Remember,” he said “I may be watching!” We all hope you are somewhere still learning, George.

Note from Tom Lymbery: George and Marie Petrescu spent many years in Gray Creek bringing up their family of five while George was the principal of Crawford Bay and Gray Creek Schools. After moving to Prince George, Marie and George returned here in 1979, building a new house on the site of the former Drew home that they had lived in earlier (now the Far-rans - 14998 Hwy 3A). George was active in our community. I can remember him and his brother-in-law, Bob LaJeunesse putting new shakes on the Gray Creek Hall kitchen.

SERVICES DIRECTORY

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

AUTOMOTIVE/MARINE

EASTSHORE AUTOMOTIVE - Service & Repair 250-227-9370

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

BUSINESS SERVICES

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

CONSTRUCTION/CONTRACTORS/TRADES

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

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

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 - Excavation, Landscaping, Installation of Waterlines. Ph.: 250.225.3485

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

PERSONAL CARE/HEALTH

A TOUCH OF ALOHA MASSAGE - (Leeza Trione) will be at Kokanee Springs Resort, offering Hawaiian Lomi-Lomi, Deep Tissue, Sports, Shiatsu, Reflexology, Cranio-Sacral. 13 years experience. Local rates available. Call 250.227.9226.

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

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

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

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

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

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

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

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

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

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

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

WELLNESS AND MASSAGE FOR WOMEN - Geraldine Alter and Pierre Blanc, European professional therapists, over 15 years of practice. Reflexology, deep tissue (European method), spine massage with specific oil, relaxing massage, Reiki, hot and cold stone therapeutic massage. 250-227-9890

RESTAURANTS

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

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

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.

CLASSIFIED SECTION

BIZ ANNOUNCEMENTS

Every Saturday 10AM to 4PM until Dec 21, we are open for emergency art purchases - The Forge & Furnace Gallery, Crawford Bay - graceful ironwork, brilliant enamelling, stunning glassware! Please phone ahead for other open times, 250-227-9467

Sirdar General Store: A unique place to shop on Duck Lake - along Hwy 3A. 2013-2014 Fishing & Hunting Licences, Tags & Regulations, plus CVWMA Fishing & Hunting Permits & Federal Bird Permits, Fishing Tackle, Groceries, Creston Valley Bakery Products, Island Farms Milk Products, Chips, Chocolate & Energy Bars, Soft Drinks, Water, Juices. Greeting & Post Cards, Local Crafts & Souvenirs. Winter Gloves, Mitts, Scarves, Toques. Post Office & Faxes, 8050 Hwy 3A, Phone 250-866-5570, Fax 250-866-6811.

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

BUSINESS SERVICES

Fax service, photocopies, (with no PST/GST) 18 Mainstreet November 2013

Tom Lymbery - Notary Public, 250-227-9315, fax 227-9449, 250.227.9448 for Notary Public.

EVENTS/

Wynndel Community Centre Annual Christmas Arts & Craft Fair - Saturday, November 16th, @ Wynndel Memorial Hall 9 am - 3 pm. Reserve now to avoid disappointment - limited to 30 tables, \$20 each. Lunch will be available from the kitchen as well as Coffee, tea, water. We have some very talented folks in the valley, so come on out and do your Christmas Shopping early or just buy something special for yourself.

GARAGE SALES

Garage Sale - November 10, 2013 (Sunday), 10 am - 3 pm. 491 Walkers Landing Road (by the Ashram). 20.5 cu. ft. fridge/freezer, propane range, propane lights, New Enviro wood stove, day bed, 3 oil heaters, miscellaneous household items, camping equipment, & much more!

NOTICES

CRAWFORD BAY XMAS POTLUCK will be held on Saturday, December 14th at the

Crawford Bay hall. Sign-up sheets will be available at the Credit Union and at the CB Market starting December first.

Are you selling land or a business? Have a joint investment opportunity? Register with Invest Kootenay to present your opportunities and connect with investors. Listings are FREE, sponsored by Area A Economic Development Commission (RDCK). There are lots of investors looking for opportunities, let them know what you have to offer. Visit InvestKootenay.com

Investors - Are you looking for investment opportunities in the Kootenays? Register with Invest Kootenay at InvestKootenay.com and stay connected with opportunities that match your investment preferences.

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



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.



AREA "A" EDC
Economic Development Commission

next application deadline:
Feb 28, 2014

\$15,000 is available 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 to sponsor the application and handle the funds.

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

email skootenaylakecss@gmail.com
or phone 250-227.9218 ext 5505

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>

For more information and assistance, email EDC Chair Iornarobin@bluebell.ca Or call 250-225-3333. All meetings are open to the public, call for meeting dates.

Are you interested in promoting economic development on the East Shore?
Consider joining us at Area A EDC
(some conditions may apply).

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

PHYSICIAN COVERAGE FOR NOV 2013

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 5, Tues - DR GRYPONPRE
Nov 6, Weds - DR MOULSON
Nov 7, Thurs - DR LEE
Nov 12, Tues - DR GRYPONPRE
Nov 13, Weds - DR MOULSON
Nov 14, Thurs - DR GRYPONPRE
Nov 19, Tues - NO DOCTOR
Nov 20, Weds - DR MOULSON
Nov 21, Thurs - NO DOCTOR
Nov 26, Tues - DR GRYPONPRE
Nov 27, Weds - DR MOULSON
Nov 28, 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

EAST SHORE HOSPICE

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

BEVY'S BACK!

The BEVY OF ANGELS CHRISTMAS ARTISAN CRAFT FAIR is DECEMBER 8th, 10-4 pm at the Crawford Bay Hall. Paintings, chocolates, tie-dyes, teas, herbal products, jewellery, cards, clothing, pottery, stained glass, fund raisers, and more! Sit down to a yummy lunch, sweets, tea/coffee. Kid activities, good vibrations, schmoozing and mingling while supporting your LOCAL artists and creators... (Deadline for a table is Nov. 15th, call Jacqueline 227-6803) look for updated info in December's *Mainstreet* and *Mainstreet online*, and posters around town. See you there!

CHRISTMAS POTLUCK PARTY PENDING

The CRAWFORD BAY CHRISTMAS POTLUCK will be held on Saturday, December 14th at the Crawford Bay hall. Sign-up sheets will be available at the Credit Union and at the CB Market starting December first.

THANK YOU

Thanks to Pam & Gerry of Newkeys Place for hosting a fundraiser event for our schools "Healthy Alternative" lunch program! And to all the people that made it happen including the following; Angie, Abraham, Helder, Lois, Nancy, Marilyn, Jennifer and Virginia. Also a big thank you to everyone that baked or donated items. The total raised through the meat draw, bake sale, silent auction, pizza sales and 50-50 was just over \$800. Thank you to all that came out to support this event.



Located above Crawford Bay School gym - second right on Walkley Road.
Elevator available if steps are a problem.

New Hours

8-10 am Monday - Saturday
6-8 pm Monday - Friday

Questions answered at:
thefitnessplace@theeastshore.net

November Special:
3 months for the price of 2!

Set Your Clock! Mark Your Calendars!

CELEBRATE WORDS Riondel Reading and Listening Afternoon

At DUTCH HARBOUR LODGE
RIONDEL, BC.

~ Readings and Refreshments ~

Sat, Nov 16, 2-4pm

sponsored by...
Riondel Community Library

250-225-3242



KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Winter Schedule in effect - Subtract one hour until Nov 4
All times listed in "East Shore Time"

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

CHURCH CALENDAR

RIONDEL COMMUNITY CHURCH NOVEMBER 2013 SCHEDULE

Nov 3: Shelley Stickle-Miles, United, 1pm
music - Marie Gale

Nov 10: Brent Mason, 1:30pm
music - Brent and Marie

Nov 17: Rev Robin Celiz, Anglican, 1pm

PLEASE JOIN US FOR A COMBINED SERVICE AT HARRISON MEMORIAL CHURCH - Crawford Bay
music - Deborah Sheares

Nov 24: Linda Moreau, 1pm
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 3: 1:30pm, Rev Robin Ruder Celiz

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

HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

Nov 17: 1pm, Rev Robin Ruder Celiz. This is a joint service with Riondel at Harrison Memorial.

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.

Sunday School for Children.

Coffee fellowship after the service.

16190 Hwy 3A, Crawford Bay 250.227.9444

TEMPLE OF DIVINE LIGHT

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

Everyone welcome - Yasodhara Ashram 227-9224

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

Sunday Mass at 2:00 pm

1st Sunday of the month, Fellowship Sunday.

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.

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

CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church,

8151 Busk Rd, Balfour

Sundays, 9:30 am - All welcome For info, call: 250.229.5237

Next Deadline:

Nov 27, 2013

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 on (usually) the second Monday of the month. (or Tues if Pro-D)

Call Ingrid to be put on the agenda - 250.227.9246

Nov PAC Meeting: Nov 18 (Monday) at 7pm in the CBESS school library.

All parents/guardians welcome!

November 2013 Mainstreet 19

November 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Shotokan Karate, CBESS, 5-7pm Self-Healing Yoga w/Melina, 2019 Riondel Rd, 7-8:30pm	5 Creston Vet Clinic, CB Badminton, CBESS Samba, 7-9, CBESS Lions Mtng, 7 pm Dr. Grymonpre	6 16+ Vball, CBESS, 7pm Dr. Moulson	7 OCP Pub Hearing, Wynndel Hatha Yoga, Boswell Hall, 9:30 am Family Fun, CBESS, 3-5pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	8	9 Thai Yoga Massage, Studio Ponnuki, 9-5
10 Jotul Sale, GC Store Thai Yoga Massage, Studio Ponnuki, 9-5	11 Rememb Service, CBESS Thai Yoga Massage, Shotokan Karate, CBESS, 5-7pm Self-Healing Yoga w/Melina, 2019 Riondel Rd, 7-8:30pm	12 CB Hall/Parks AGM Badminton, CBESS Samba, 7-9, CBESS Dr. Grymonpre	13 Flu Clinic, CBESS, 10am Flu Clinic, Riondel, 1pm 16+ Vball, CBESS, 7pm Dr. Moulson	14 Hatha Yoga, Boswell Hall, 9:30 am Family Fun, CBESS, 3-5pm TOPS, KLCC bsmnt, 8:30am Dr. Grymonpre	15	16 Rio Lstng & Rdng Better to Receive, Newkey's Land Linking Workshop, Crest Rec Centre, 2pm
17	18 PAC Meeting, CBESS, 7pm Adv.Comp.Training, CBESS Shotokan Karate, CBESS, 5-7pm Self-Healing Yoga w/Melina,	19 Badminton, CBESS Samba, 7-9, CBESS Lions Mtng, 7 pm NO DOCTOR	20 Shiva Shakti Dance, Studio Ponnuki, 7-9pm 16+ Vball, CBESS, 7pm Mainstreet Deadline Dr. Moulson	21 Hatha Yoga, Boswell Hall, 9:30 am Family Fun, CBESS, 3-5pm TOPS, KLCC bsmnt, 8:30am NO DOCTOR	22	23 Arts Council Craft Fair, Creston Comm Complex
24	25 Shotokan Karate, CBESS, 5-7pm Self-Healing Yoga w/Melina, 2019 Riondel Rd, 7-8:30pm	26 Badminton, CBESS Samba, 7-9, CBESS Lions Mtng, 7 pm Dr. Grymonpre	27 16+ Vball, CBESS, 7pm Dr. Moulson	28 Hatha Yoga, Boswell Hall, 9:30 am Family Fun, CBESS, 3-5pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	29	30



HARROP - PROCTER FOREST PRODUCTS

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

- Wide variety of cedar lumber
- Large selection of fencing material
- Bull-nose cedar & fir decking
- Cedar and Douglas fir timbers
- Douglas fir flooring
- Cedar, pine and fir paneling
- Cedar and Douglas fir siding
- Douglas fir tight knot baseboard & casing

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

We deliver to the East Shore when pre-arranged.

Specials:
All #3 Cedar Lumber

Buy local and support the only FSC Community Forest in Canada!

250.551.5452 sales@hpcommunityforest.org

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

ADVERTISER	PAGE	
Shotokan Karate	6	
Angus Macdonald Reiki	17	Studio Ponnuki 4
Barefoot Handweaving	7	Sunnywoods Farm 15
B-57 Excavating	10	Sunset Seed 17
Black Salt	5	Thai Massage 9
Boswell Hall	13	Turlock Electrical 10
Christine Peel Acupuncture	1	Will Chapman 10
Community Futures Small Biz	13	WordPress Workshops 8
Community Futures	14	Xmas Greetings 2
Crawford Bay Auto	2	Yasodhara Ashram 17
Crawford Bay Hall & Parks	12	
Crawford Bay Market	10	
Credit Union	11	
Creston Arts Council Craft Fair	1	
Creston Vet Clinic	9	
EDC	18	
Edit-Ing	11	
ESIS	10	
Eastshore Physiotherapy	17	
Fitness Place	19	
Footlighters	11	
Gray Creek Store	7	
G.R.S. Contracting	10	
Harreson Tanner	17	
Harrop Procter Forest Prods	20	
Hulland and Larsen	10	
IHA Flu Shots	3	
JB Construction	10	
Junction Creek Hub	10	
Kootenay Insurance Services	13	
Lakeview	10	
Newkeys	11	
PAC Box	14	
PAC Purdy's Chocolates	10	
Quantam Wave	10	
RDCK Remembrance Hours	5	
RDCK Public Hearing	11	
RDCK Winter Hours	6	
Remembrance Service	18	
Riondel Market	11	
Riondel Reading/Listening	19	
Russ Anderson Kt. Lake Soil	15	
Sapphire Hair Salon	11	

Transfer Station Hours

CRAWFORD BAY:
Sun & Tues
10 am - 4 pm

BOSWELL:
Weds/Sat:
12 - 4 pm

Library Hours:

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

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

ES Health Centre 227-9006
COUNSELLORS

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

Community Nursing: 352-1433 Hospice: 227-9006 Mammography Screening: 354-6721
Baby Clinics: 428-3873 Physiotherapy: 227-9155 Massage Therapy: 227-6877

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