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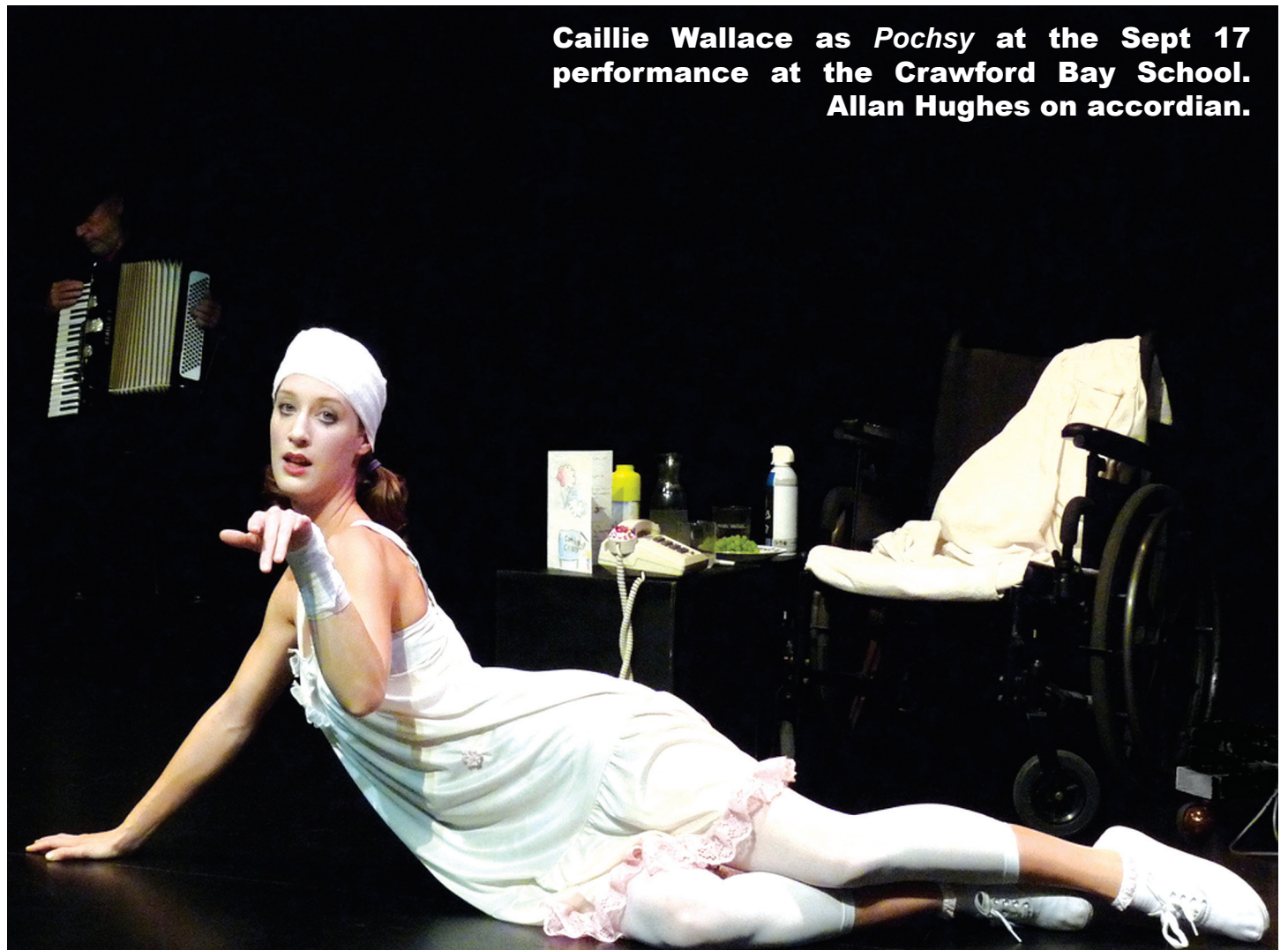
The East Shore Mainstreet

KOOTENAY LAKE BC

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

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

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Caillie Wallace as Pochsy at the Sept 17 performance at the Crawford Bay School. Allan Hughes on accordin.

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MS Issues

by Ingrid Baetzel, Editor

Over this past summer, a small group of women gathered every Thursday evening in a hexagonal house in Gray Creek and started a theatre group. It began as the brainchild of Carol VanR, who approached Doreen Zaiss about starting a living room theatre group with the goal of putting on a production for the community in the future. An open call audition ad was put into the newspaper and six local women responded. Of the six who responded, each one found herself cast in no time in the play Doreen decided to take on as director – Tom Stoppard's *15 Minute Hamlet*.

We balked and brayed and squawked and whined, but consented. Hamlet? In fifteen minutes? Hamlet!!? Stoppard's version is a jaunty, silly, stop and start hustling hot mess that somehow pulls the story together and lightens the often funereal tone of the play considerably. Doreen's direction saw the group go through the motions of awkwardness, confusion about Shakespeare's language, giddy highs and schedule woes, only to come out the other side with what was starting to feel like a true first-timer group of actors. We were having fun. We looked forward to practice and created our own practices outside of the Thursday nights. We shopped for costume accessories and made crowns and examined our characters under all sorts of lights – some of us even found our voices... what a charge!

Throughout this, our noble prince Hamlet, played by Carol, was helping her husband as they faced some challenging health issues and was trying to balance out a world of work, scheduling and care-taking. As the day of our performance drew near, the health problems in Carol's family suddenly took a substantial jump in severity and it became clear that she would not be able to stay around for the performance. Everyone in the group completely understood and supported her decision to stay in Vancouver and support her family and we know that we will do this Hamlet thing someday.

We had to cancel the Hamlet segment, but as they say, "The show must go on," and go on it did. Caillie Wallace was here for the summer and had been simultaneously rehearsing her own performance, under the direction of Doreen. *Pochsy* (an acronym for psycho), is a series of one-woman plays by Karen Hines. Caillie took on one of these plays and became the focal point for the evening's performance. The date was set (September 17), Caillie was ready to do *Pochsy*, and all we needed were one or two more performances to make the night complete. Howlin' Dan Silakiewicz and Leah Wilson had come forward earlier with the plan to do the *15 Minute Big Lebowski* – an adaptation of their own making. They put in their time, but when

it came time for rehearsals, Leah became quite sick with strep throat and their plans were put onto the back burner. They wanted to remain involved, though, and decided instead to do a live-action painting during the evening's performance. So, Caillie as *Pochsy*, a real time painting performance, and what else?

Allan Hughes put her thinking cap on and contacted Bessie Wapp of Nelson, BC. Bessie is a performer of many genres and she said that she could fill in with a monologue and music. This was only about one week before performance time, and we would all like to extend great gratitude to Bessie for her willingness to step in at a time of need. Sadly, and yet somehow not surprisingly, Bessie came down with a throat infection a few days before the performance and had to cancel. Jacqueline Wedge stepped in with an idea to invite Michael Graham of Nelson's Living Room Theatre. He is currently rehearsing for his role of *Scaramouche Jones* – a play about an ancient clown on the eve of the millennium and his 100th birthday about to put on his final performance. Michael at the 11th hour, agreed to come over from Nelson and do something for us. That was all we got. He'd do something.




Approximately eighty people entered the Crawford Bay School performance space at 8pm on September 17. The PAC Hot Lunch Subcommittee had refreshments on offer and everyone enjoyed a sweet treat and settled in. Doreen Zaiss introduced the evening and managed the lights system. Dan and Leah showed their blank canvas and got to work in the corner of the room while Caillie came on as *Pochsy* and rocked the room with her powerful singing voice and her lovely, glamorous and genuinely silly mercury-poisoned sexpot interpretation of her character. She swooned and tittered and titillated the audience and left us all cheering for more. Allan Hughes on accordion was a dramatic and innovative accompaniment to the performance. Thank you, Caillie and Allan.

After Caillie's show, we got to see the progress of the painting and could start to determine what was being created. Michael Graham came on after Caillie and asked Robert Boker to join him on stage, where Robert was encouraged to don a tailcoat and take a seat as Michael's official line-giver while the actor rehearsed for our viewing pleasure a small

portion of the 90-page one-man play, *Scaramouche Jones*. Michael cajoled and heckled... he jumped in and out of character as fleet of foot as a man can be. He certainly gave us a lesson in acting and, for me personally, was an inspiring example of how fantastic it can be to lose yourself in someone else only to come back to yourself when you're finished.

At the end of Michael's show, Dan and Leah presented their painting for the audience. They had created a wonderful painting of Hamlet holding Yorick's skull in front of an audience in the theatre. The painting represented the audience in attendance that night and people had fun trying to find themselves in the image. It was decided that they would auction off the painting and the proceeds could go to a worthy organization of the winner's choice. The Hexagon Players



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(Subscriptions: \$40/year within Canada,
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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 November 2010 issue items by:

Next Deadline:
Weds, October 27, 2010

decided to go in together and offer to buy the piece as a gift for our own absent Hamlet. We put a bid forth and the audience seemed to agree that it was where the painting should go. Not only did we, as a room, decide to give Hamlet to Hamlet, but the audience chose to add money to the top bid and we raised over \$550 in the auction alone. Thank you so very much to those of you who gave from the heart that night. The door took in about \$400 and the PAC took in about \$200. It was an extraordinary night of spontaneous wonder and generosity.

Thank you to our patient and creative director, Doreen Zaiss for getting us all to "go there." Thanks to Lori O'Neill for her help with the lighting and with allowing us to use the performance space to rehearse in and put on our show. Thanks also to the Crawford Bay School for giving us the space and freedom to make this happen. Thanks to Bessie Wapp for trying to be there, to Michael Graham for actually being there (and on such short notice), to Jacqueline Wedge for making so much happen and for selling the beautiful totes as a PAC fundraiser, to Leah Belcourt, Garry Sly and Jennifer Irving for managing the refreshments, and to the community for coming out to support the performance. We hope to put Hamlet on for you later, and to continue to bring theatre to the community and keep this fun momentum going. There's even a chance that Caillie will come back with more *Pochsy*...

Huge thanks to Caillie for her heart and beauty and Dan and Leah for coming through so astoundingly.

The current Hexagon Players (watch for us) are: Carol VanR, Jacqueline Wedge, Kate Page, Janet Wallace, Leah Belcourt and Ingrid Baetzel.

Photos top to bottom: Caillie Wallace as Pochsy - photo Ingrid Baetzel. Michael Graham as Scaramouche Jones - photo Ingrid Baetzel and Dan Silakiewicz and Leah Wilson - photo Allan Hughes



RDCK Area "A" Update

by Garry Jackman,
Director, Area "A"

There was no shortage of meetings in the month of September. I either attended in person or joined in by conference call on meetings with the RCMP, Creston Valley Services Committee, Columbia Basin Trust, Riondel Commission of Management, Agriculture Land Commission, East Sub Region for Resource Recovery (solid waste) Committee, Rural Directors' Committee, Ministry of Highways, two Regional Board meetings, off road vehicle management working group, Economic Development Commission, Kootenay Region Surveyor's Association, West Kootenay Boundary Hospital Board, East Shore Health Care and Support Services Society, Kootenay Lake Stewardship Partnership and the South Kootenay Lake Community Services Society. From the time of writing this article to the actual end of September, I will also attend a meeting with the Minister of Rural and Community Development plus four days of workshops and meetings at our annual local government conference. I am not going to write specifics about these meetings but I invite you to call or e-mail me for updates on any of the topics.

Last month I invited comments on the major topics that the RDCK will be stressing at the end of September annual conference for B.C. municipalities. As outlined by the board these are pre-hospital care improvements, water issues (such as requirements for drinking water systems and protection of sources) and

economic development in general. I have received very little input but if you have last minute thoughts on these or other topics email them to me as I will check my messages each day.

I attended the briefing on transit on August 25 where BC Transit outlined their plans to improve service in the Central Kootenays. The preliminary plan shows promise. As a board we were asked to wait for the official report release before making specific comments to the public. The draft plan had yet to be reviewed by the partners in regional transit, those being the cities of Nelson and Trail. I expect the plan to be available at any time. What can be discussed is the approval of an updated Creston and area transit plan which improves service to Wynndel and extends service into west Creston. This amended plan is intended to go into effect in January.

The Kootenay Lake Fall Fair had a somewhat smaller than usual number of entries but the local produce and handmade submissions were impressive. It is good to know that we live in a community where people still know how to produce their own food. Next year is the fair's centennial! I also enjoyed the fall Creston Community Radio BBQ fundraiser and I thoroughly enjoyed the community drama performances at Crawford Bay.

Welcome to Shandi Miller who has been selected to work with the South Kootenay Lake Community Services Society on a number of community initiatives. Look for updates on the society's mandate and progress in *Mainstreet*.

The preliminary reports from the consultant on a sub-regional fire service model and on sub-regional governance have been received. In my opinion there is a great deal of additional information required before either report can be useful to the public in reviewing their options for governance. I see that additional infor-

mation on fire services, including a range of services from structural fire response to road rescue, is being pulled together and used to cost out various options. The regional district has also given first reading to an updated fire services bylaw which recognizes the various services provided by each of the existing seventeen fire services within our regional district. I had thought some information would be ready for public release by the end of September but I can see the process going well into October. The governance proposals also have not yet been costed out for various models.

I note with sadness the passing of an active East Shore community volunteer, Don Hallstrom. I know that community volunteer work has its ups and downs yet I always enjoyed working with Don. The community as a whole will miss him and I extend my condolences to Dianne and family.

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

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LETTERS TO THE EDITOR

MEMORIAL FUNDRAISER SUCCESS

Dear Editor,

It is wonderful to experience enthusiasm, generosity and great philanthropy, all evident in and around Riondel September 10 – 12. Thank you for the opportunity of participation and joy in that.

Vincenzo, Laurel, and daughters Morgan & Bryanna Salviulo lost their son and brother Brandon in 2009 in an ATV accident. Brandon wanted to be a fire fighter. Thus, his family started an event with the objective of raising money to fund in-perpetuity, a scholarship for a worthy student from the east or west Kootenay enrolling in the Fire Training Certificate program at the College of the Rockies. The Salviulos' planning, energy and hard work while they remained upbeat, helpful and caring was heartwarming.

The goal to help others is wonderful. For an entire region to join is inspiring. I represented the Creston – Kootenay Foundation, a charity registered with Canada Revenue Agency. All funds collected will be held in-perpetuity with the annual earnings funding the Brandon Salviulo Memorial Scholarship Fund. (With today's markets a return of 2-4% from a safe investment can be expected. A fund in the amount of \$30,000 will be required to make a significant scholarship.) The first scholarship will be available in 2011.

What I saw that weekend were businesses from Cranbrook to Riondel and Nelson to Riondel donating products and time, volunteer workers donating their time and talents to help, volunteers taking time off their jobs to referee and organize. Around all this were kids guessing the number of gummies and jelly beans in a jar, young men hurling themselves around a shinny rink, mixed teams of men and women hitting and catching balls in slow pitch, golfers seeking the 'hole in one', and in the evening bingo players hoping to win a barbecue or tickets to a Vancouver Lions football game.

It was heartwarming to observe such generosity and activity.

Ten thousand dollars (\$10,000) was raised that weekend, Fantastic!

Thank you for sharing,

Larry Brierley

Chair, Creston – Kootenay Foundation



TRUCK DISASTERS

Letter To The Editor:

Regarding Colin Johnson's letter in the last *Mainstreet* and the accidents that keep happening this side of Wynndel. This is the THIRD truck disaster in the exact same corner, not the second. When material from the Bluebell Mine was being transferred to the COMINCO tailings pond in Kimberley there were trucks on the road constantly, and one ditched in that same spot toward the rail track just below.

B Train drivers do not seem to realize that the succession of curves sets up a perhaps harmonic shift of load from one side to the other, and they just haven't slowed enough. B trains hauling from the IMASCO plant at Sirdar have no problem – it's those that push the allowable speed limit, and don't realize that their

load is not stable.

The Creston/Salmo Highway 3 route is actually much more dangerous for these irresponsible drivers. This sort of rollover nearly always results in the death of the operator.

Tom Lymbery, Gray Creek

BUYER BEWARE

Dear Editor:

I am writing this short warning should there be any other East Shore residents such as myself who are living on the fringe of high-speed availability and have "had it to here" with the frustrations of dial up.

Having heard more and more lately of the relatively recent mobile devices called turbo sticks that hypothetically provide high speed internet capabilities to even remote rural areas, I decided to investigate further. Last Saturday I ventured into the new Source location at the Chako Mika Mall and spoke with a very helpful young fellow who assured me that should the device not actually work at my location, I could return it within 14 days at no charge and cancel the three year insurance plan as well with no fees.

Now it IS possible that as he very efficiently whisked the "stick" into a bag, handed me a five page document of fine print, had me sign the two year contract I had agreed to and chatted about the wonders that I too would soon be enjoying as I whisked hither and thither through cyber space, that he actually had mentioned quickly (and under his breath perhaps?) that there was a onetime fee of \$35 for the initial connection of the service. Actually, I do recall him mentioning this, but blindly (foolishly it turns out) assumed that the fee would be levied IF AND WHEN it was confirmed that I could actually use said service.

Well, I don't want to startle anyone but gee... guess what? Unless I wanted to stand shivering outside with the rain drumming down on the porch roof, there was

Introducing: The South Kootenay Lake Community Services Society (soon to be renamed!)

press release by SKLCSS

We are a community-led local development initiative, and we are committed to strengthening local communications and services.



Photo: DanielSeguin.ca

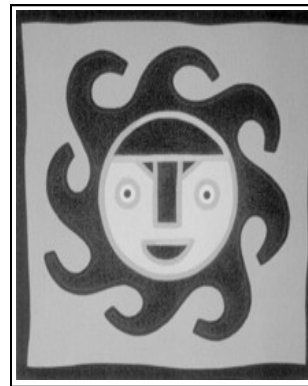
The society was officially created this summer and our Board of Directors formed in September with representatives from diverse parts of Area A. With start up funds committed by RDCK we've recently hired a part-time Executive Director, Shandi Miller, who you can expect to see around in the community in coming months.

Shandi's roots are deep in this area - her parents were living in Kootenay Bay when she was born, she grew up in Creston but visited her grandparents regularly in Twin Bays, she was a temporary resident of Wynndel during her teen years, and has returned regularly to Crawford Bay and area as a young adult. Following many years away in Quebec and Europe, studying and working in non-profit organizations and as a community planner, she has happily returned to the Kootenays with her family and is very excited to be part of

SKLCSS and to contribute to the health and wellbeing of the area in such a concrete way.

But as you may have noticed, our official name makes for a pretty clunky acronym, so we're taking suggestions! (The Hub? Community Connections? The Link?) Can you help us come up with a snappy nickname?

We'll be keeping you posted on our activities and priorities for the coming months in future issues of the *Mainstreet*, so watch this space, and let us know what you think! skootenaylakecss@gmail.com



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Wednesday, November 10, from 1 to 2 pm

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- **Holy Cross Catholic Hall, Creston, 128 - 16th Ave North (no appt necessary)**

Thursday/Friday, November 4/5, from 9 am to 6 pm

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web: interiorhealth.ca

LETTERS TO THE EDITOR

no way that the "stick" was going to do the deed. Rats. Phooey. Darn! How totally disappointing after going through all the rigmarole of getting the stick, getting the software uploaded (slowly, painfully from the dial up provider) then trying for hours to somehow, somewhere get it to work, wandering throughout the house, sidling up to windows, swiveling and turning my laptop every which way but loose - I had to face the fact that it was, quite simply, a no go.

So... I called up the efficient young salesman as he had told me to do if had any trouble whatsoever and explained my situation. He expressed his sympathy with what now amounted to my extended sentence so to speak, to continue suffering the anguish of dial-up. Any chances at a reprieve had been dashed. Yes, certainly, he said. Just bring it back within the 14 days for a complete refund.

To make a long story short, I went to return the lovely, sleek, useless turbo stick, cancel the insurance plan and get my money back.

Well. The conversation went something like this:

"You see here on page such and such of the contract that you signed? Right here, yes. It says that the initial start-up fee of \$35 is non refundable."

"Whaaat?! Even if it doesn't work and I can't even use it?"

"Yep. 'fraid so. You'll have to speak with B--- if you want to try to refute it."

"Really. They are going to charge me \$35 for something I have totally not been able to use? (Voice rising incredulously.) So this whole little experiment is costing me \$35?" (I generously didn't even mention the two two-hour journeys to get to his fine establishment)

"Umm. Yes. And actually, see this here, ma'am. This SIM card here? If you look here at this page of the contract you signed? It is non-refundable. I have to cancel it and it cannot be used again. That'll be \$5." Argh!! Unbelievable.

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I hope by sharing this experience that it will save others from going through the same trouble. And of course next time - as my purchases are being so efficiently slid into bags, credit cards swiped and five page documents presented for signing, I am just going to ignore the queue building up behind me, get out my glasses and stand there and read the whole darn thing from beginning to end, underlining the tricky bits I want to discuss with the salesman with a highlighter as I go. (Yeah, right!)

Buyer beware. They're out there. And they're gonna git'cha if they can...! (Hope this helps reduce their catch.)

D. Nault, Gray Creek

LYME DISEASE BULLS EYE RASH

Dear Editor:

When a bear attacks you and you don't see it coming because you are asleep, at least you can feel its teeth scraping your bones ... this is a way to be bear aware but it's another story when it's a tick attack: you don't necessarily see it and you don't feel it.



One Thursday in August I noticed this rash inside my right arm. Since I did not remember being bitten, it was not swollen, it was not itching and I could not feel any pain it was nothing else than a weird rash not

worth bothering about.

Fortunately I have guardian angels looking over and Janet Schwieger is one of them. When on Sunday I did show it to her as a curiosity, she at once said it looked like a Lyme disease bull's eye rash.

After the internet told me the same thing I got an appointment with the doctor the following Wednesday and he confirmed the diagnosis, had a blood sample sent to the lab and insisted that I start a twenty-day antibiotic medication at once.

I understand that I am lucky it was diagnosed and treated in the first phase because its symptoms can be misdiagnosed as flu, arthritis or other... and then real big health problems can occur.

Contrary to general belief, Health Canada says that the tick season spreads from May to September.

Bears are big and easy to see or feel; ticks are small and painless when they lunch out of you.

Yvon Mercier, Gray Creek



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Kootenay Lake Ferry Office

OSPREY 2000 FERRY

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October 12th - October 29th, 2010

Western Pacific Marine Ltd. advises travelers that the Osprey 2000 will be out of service October 12th through October 29th, 2010, inclusive for maintenance. **The M.V. Balfour will be in service during this time - expect sailing delays.**

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

Brandon Salviulo Memorial Scholarship Fundraiser

submitted by the Enzo Salviulo

The Brandon Salviulo Memorial Scholarship Fundraiser was a gigantic success. The winners of the events of this fun-filled weekend are as follows:

Slo-pitch - 1st Kokanee Inn Crush, 2nd Fernie Pirates, 3rd Kokanee Inn Chuggers. **Golf Best Ball Scramble** - 1st Ken England & Harry Arnott, 2nd Doug Bothamley & Bill Smith, 3rd Brendon Bishop & Wade Hill. **4 On 4 Hockey** - 1st Team Domination, 2nd Chuggers, 3rd Pull-Outs. **Guessing Games** - Jar of Jelly Beans: Tina McKnight & James Miller. Jar of Jelly Sharks: Aurora Smith. Jar of Jube Jubes: Alex Soukup. 5 Gallon Pail of Golf Balls: James Miller. **Bingo** - The winner of the mystery prize Brandon Bingo Blackouts on both Friday & Saturday was Debbie Buckart.

The event raised close to \$10,000. \$25,000 - \$30,000 is needed to make this firefighter training scholarship secure in perpetuity. Laurel & I, along with our daughters Morgan and Bryanna would like to extend a huge thank-you to the Nelson & District Credit Union for their start-up donation as well as the donation they made directly to the scholarship. A special thanks goes out to Bob & Wendy Miller for the encouragement and the best pancake breakfast we have ever seen. You and your crew rock! We give a warm hand of appreciation to all those who gave their time and talents to make the fundraiser fun and successful.

Thanks also to the following people & businesses for the donations of merchandise for the prizes of our event:

Balfour Golf Course, Balfour Superette, Barefoot Handweaving, B.C. Lions (Keith Hawkins), Big Cranium Design, Black Salt Cafe, Blue Sky Clothing, Blown Away Glass, Bocalino Restaurant, Bob's Bar & Grill, Bunkers Grill, Calgary Stampeders (AJ Johnson & Marguerite Whiffin), Chatters Hair Salon, Craw-

ford-Bay Store, Co-op Radio (Leah Wilson), Comfort Welding, Creston Golf Course, Creston Thunder, D3 Logging, Destiny Bay Resort, Destiny Bay Store, Dock N' Duck, Dog Patch Pottery, Doug & Nancy Bothamley, Extra Foods, Fairy Treats Restaurant, Fortis, Gill & Gift, Glass House, Gray Creek Store, Hedlund Contracting, Home Hardware, Imasco Minerals Inc., Jackson's Hole, Jan Brooks, Kokanee Chalets, Kokanee Park Marina & Grocery, Kokanee Springs Golf Resort - Pro Shop, Golf Pros (Mike Ashton & Bryan Boyes), Ryan Latta - Kootenay Forge, Kootenay Ice, Lakeview Store, Lordco, Maglio Building Center, Margo's Farm, Mark's Work Warehouse, Mojo's, Nelson Golf Course, Nelson Grand Hotel, Newkey's Place, North Star Motors, North Woven Broom, Oso Negro, Prestige Lakeside Resort, Pick Your Crop, Purple Door, Pyramid Building, R.B.C Nelson, Riondel Golf Club, Riondel Market, Riondel Volunteer Fire Department, Rockwood Cafe, Safeway, Sam Anderson, Save On Foods, Selkirk Beverages, Sears, Shoppers Drug Mart, Sherlynn Green, Sirdar Pub, St. Eugene Golf Resort, Sunset Seed, Sunnywoods Farm, Sutherland Music, Truscott Farms, Vance Brothers, Waves On The Lake, Wedgwood Manor, Wynndel Foods, and Yellowhead Road & Bridge.

Donations can be made to the Brandon Salviulo Memorial Scholarship Fund, deposit at the Nelson & District Credit Union East Shore Branch, Or to Box 124 Riondel B.C. V0B 2B0, include name and address for receipt purposes. Thank you.

To see photos of the event check the Facebook site: Brandon Salviulo Memorial Scholarship Fundraiser.



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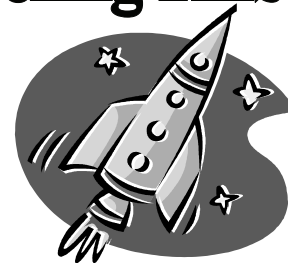


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The Salviulo family (Morgan, Bryanna, Enzo and Laurel) with Susan Tesoriere from Nelson and District Credit Union (with daughter Taryn) and Larry Brierly of the Creston Kootenay Foundation.



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Highlights in October:

October 1st: 8-course Wild Game Menu with local entertainment by Kate Loverock, Teague Lamond & Ben Johnson.
October 9, 10, 11: Traditional Thanksgiving dinner with organic turkey and all the trimmings.

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Gisela Conrad, Proprietress
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Childcare Program Closes

press release by
Kootenay Kids Society

Kootenay Kids Society had the great pleasure to offer a childcare program at the East Shore Family Place two days per week since January. Families had expressed great interest in the program last year; however, **Kootenay Kids now has to close the program due to low enrolment.** "I would like to take this opportunity to thank Arla Bennett and Lorinda English who provided care for children at the Huckleberry Patch Children Center; they did an awesome job" says Stephanie Fischer, Kootenay Kids Executive Director.

The East Shore continues to have a wonderful StrongStart program every day of the week. "Check out kootenaykids.ca for this year's schedule and drop in to the Family Place in Crawford Bay or the Community Centre in Riondel" says Simone Stanley, the StrongStart facilitator.

The EASEY (East Shore Alliance Supporting the Early Years) Council is also in the process of hiring an EASEY / East Shore Family Place Coordinator. Laverne Booth, who held this position since the inception of the Council, is stepping down to embark on new adventure. "The East Shore is such a great community and I feel confident that we are on a path to bring more early year's programs to the Family Place and other locations on the East Shore. The EASEY Council provides a great opportunity for parents to participate in shaping early years programs on the East Shore" says Laverne Booth. Please stay tuned and watch for the announcement of the new coordinator.

Contact: Stephanie Fischer: 250-352-6678 x232

From the Principal's Desk...

by Dan Rude

Our Mainstreet submission for this month is an invitation for you to join our newsletter email list, by sending your email address to Sandy Watson at swatson@sd8.bc.ca.

Currently, our secondary students are involved in our first project week. Students have chosen between a five-day art intensive, creating mandalas with Ted Wallace, or a four-day backpacking trip along the Bonnington Traverse with Lori O'Neill and me. Being involved in this adventure means that we are up in the alpine during the Mainstreet submission date and that our regular staff meeting, in which we discuss some of the items for the *Mainstreet*, is postponed for one week.

Please watch for our newsletter and our Mainstreet submission for November.

After School Art Starts Again!

by Jacqueline Wedge

The much anticipated, highly intensive, eagerly attended, non-invasive art classes will be back in full swing for another fabulous year of after-school activities. This year, kids from the CBESS elementary grades (and anyone else brave enough to join us...) will paint huge canvass portraits, draw detailed still-lives, sketch 'à plein-aire', gesture-draw from models, work on negative space, copy the styles of some early-20th-century master painters, sculpt and hand-build pottery, needle-felt, ink-stamp, mosaic with tiles and with recycled bits, make beads, cards and even books, and to top it all off, we will be in charge of an absolutely huge installation piece for the main foyer of the school (you know, that gigantic wall that was supposed to be a tile mosaic: it still will be, just not this year. The young artists of the after school art club will initiate a very beautiful painting project to bless the wall until further developments...)

With a generous grant from the RDCK, we are able to offer these classes using the best possible materials available. Much of the paint, canvasses, glues, papers, charcoal, inks, and other top-quality products are purchased for the kids because of such support, along with very helpful staff at Cowan's in Nelson (thank you!). Donations of picture frames, brushes, rags, and various odds and ends are always appreciated, (thanks to those who've already saved stuff for us). The principal is letting us use the school once again in exchange for a child-subsidy arrangement, and last year this worked out great. Mr. Rude is artist-friendly, which is one more reason that this community and our phenomenal school are so face-meltingly wonderful. (Face-melting like a Munsch painting: you know the one.)

Every Tuesday in October, November, and December, up until the second to last week of school, will see us stretching our creative selves to unknown heights, maximum possibilities, and more colour than should be legal. It's all very messy and chaotic, and we love Chickie more than she will ever know for cleaning up what escapes from the masterpieces (we'll avoid the sparkles and confetti this year).

The time is 3 to 5 pm Tuesdays from October to June. The place is the art room in the secondary end of the school. The cost is \$10 per child per class. The way to register is by e-mail (moonrakings@theeastshore.net) or by phone (227-6803). The idea is to be gloriously pre-occupied and obsessed with art.

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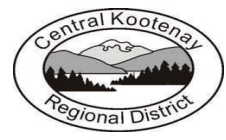
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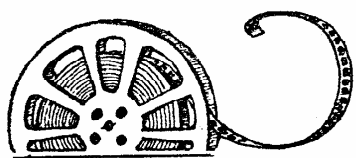


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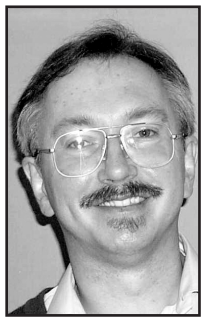
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Seldom Scene

by Gerald Panio



"[The church] was desolate and parched, with whitewash on the siding showing only under the eaves...The rest of the building was grey and decaying. the door sagged and was held closed by a length of rope and a peg. The windows were cracked and taped with strips of paper in grotesque patterns, like veins in the eyes of a man who has worked through the night without sleep." - from George Ryga's *Hungry Hills*

It's no secret that strange things happen during the course of a book's journey to the screen. Case in point: *Hungry Hills*, George Ryga's slim, grim novel of life in the dry Alberta foothills in the late 20's. This is the first of a trio of novels by the author of *The Ecstasy of Rita Joe*, one of the key plays in the Canadian theatrical canon and the springboard for Chief Dan George's career in film. George Ryga's three novels were among the very first published by B.C.'s now-venerable Talonbooks, back in the early 70's when a new, small-press Canadian novel cost you \$2.95. I remember Ryga's books as breaths of fresh-yet-claustrophobic air. The cover of *Hungry Hills* was classic—a woman in a white shift, spread-eagled on the dark earth of a fresh grave, her head at the base of a black cross, with a brooding clapboard church in the background and a lowering sky. There's a whole Canadian literature essay there. The story itself was filled with choking dust, burning sun, Pentecostal fire & brimstone, moonshine whiskey, incest, betrayal, and

madness. Not bad for a 160 pages.

Imagine my surprise when I came across the DVD of the 2009 film version of *Hungry Hills* in the back of the Riondel Market. I'd thought Ryga's novels had been largely forgotten these days. I was astonished that I'd heard nothing of *Hungry Hills* being turned into a film. Either I'm out of the loop, or it's a sad reality that the major media outlets are much quicker to lament the state of English Canadian cinema than they are to cover it or promote it.

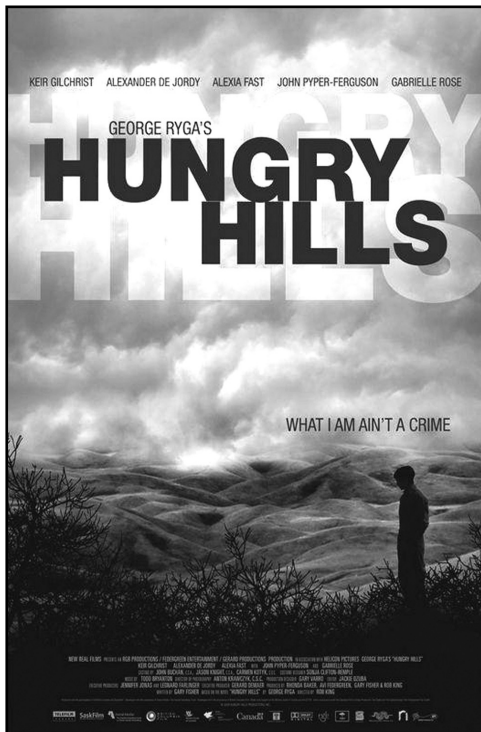
What was I expecting of *Hungry Hills*, the movie? Probably some sort of distinctly Canadian film noir, with prairies and run-down farmhouses and dust substituting for the classic noir elements of city streets, dingy hotel rooms, and rain.

Wrong.

Yes, there is the classic, Andrew Wyeth-style lonely farmhouse and the dilapidated General Store. There's the rust-bucket pickup truck and the shiny, sinister black Mercury. Coal oil lamps and stone boats. The time frame's moved ahead about 30 years to 1954, so the whole Dust Bowl thing is gone. The first time we see a country road it's actually wet from rain. Later we get heavy clouds and drifting snow. We're talking scenery here rather than *Grapes of Wrath*. The setting's now the Qu'Appelle Valley in Saskatchewan.

No big deal. We've still got all those juicy Canadian Gothic themes to play out.

And then comes *The Change That Really Matters*. The ages of the two main characters, Snit and Johnny, drop by about four years. Instead of the young men of the novel, fresh into adulthood, the film presents us with teenagers at odds with an adult world. We've now gone all the way from Woody Guthrie to Stephen King. *Stand By Me* on the Saskatchewan. *Rebel Without a Cause* in the barley fields.



Am I outraged at the changes? Not in the slightest. I'm thrilled that director Rob W. King was willing to spend ten years trying to make his vision of a Ryga film a reality. I would have loved something with more of a Flannery O'Connor feel, but that's just because I'm a sucker for darkness. Rob King was trying to keep the essence of the novel's story—the relationship between Snit and Johnny—intact, while also making his picture accessible in a way that flat-out Dusty & Grim might not have been. There's a whack of great Canadian stories out there. Any time someone willing to tackle one of them comes along the first thing we need to say is "Thanks, eh."

King did other things to soften the novel's edges. He threw in a gangly neighbour girl (Alexia Fast) with an eye on Johnny. He threw out the fire & brimstone. One of the book's least sympathetic characters, mountie Corporal Kane (John Pyper-Ferguson), gets a makeover.

But Johnny remains Johnny, and Snit remains Snit. Younger, yes, but their story arc is no less tragic for it. Snit's an outcast, shipped off to an abusive orphanage when his father commits suicide and the town's afraid he'll run wild. His mother's bedridden, and his aunt Matilda (Gabrielle Rose), living in the same house, is a broken woman.

This is back story. *Hungry Hills* is about what happens when Snit Mandolin (Keir Gilchrist) runs away from the orphanage and comes back home to reclaim his place in the world. He knows that it was paranoia and small-town bigotry that destroyed his family and bundled him off like dirty laundry, and he wants to make a stand on the hardscrabble hills that are the only home he's known. He's going to resurrect the farm and give his aunt an excuse for living instead of all the ones she's embraced for dying. For Snit, even the stones that seem to grow in the fields from one year to the next help keep things real.

The first person Snit meets as he walks down the long dirt road to his house is his fellow outcast, Johnny Swift (Alexander De Jordy). Johnny's trapped in a dead-end existence, clawing out a living alone on the farm with his brutish, alcoholic father. Johnny's only hope for escape is his moonshine operation.



Snit's minimalist dreams have a possibility of coming true. Johnny's, not so much. Aunt Matilda's right on the money when she gives Snit a heads-up on his partner in crime: "You watch yourself with him or he'll take you someplace you can't come back from." The change in Johnny's age between the book and film is actually a plus—the younger the character the more powerfully we're affected by the waste of a life. Johnny's isolation is progressively more heartbreaking. He needs Snit's companionship more than anything in the world, yet he can't hold on to it because it's already too late. "I got no love for no one. No one's got none for me...It's just me myself." And that's bad company.

The cast of *Hungry Hills* is a fine one. Cinematographer Ken Krawczyk, using the new ultra high resolution Red Digital Cinema Camera, gives the film a distinct look. Todd Bryanton's musical score is low-keyed and evocative. Gary Varro's Production Design creates a kind of timeless prairie limbo. Another cool feature of the movie is that it seems to have been part of a Saskatchewan film mentorship program, with various production jobs doubled up by apprentices.

I can't help wondering what George Ryga would have thought of the whole enterprise. He could be a bit of a prickly character at times, not suffering fools gladly. I'd like to think that he might have looked at the movie as he did at a grandchild who'd released the parking brake on the old truck and rolled it slowly downhill into the barn. Not much damage was done, and the kid looked pretty good behind the wheel.

October 2010 *Mainstreet 7*

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Deane Family Centennial/Reunion

by Pauline Butling

On a sunny day in the spring of 1910 my grandfather, Richard Teesdale (R.T.) Deane, rowed along the East Shore of Kootenay Lake north of Kootenay Bay to look at some recently surveyed lakeshore lots that were for sale. He bought two lots and the family moved there in 1912, naming it Deanshaven. Many upper class Brits came to the Kootenays at that time looking for land to establish country estates, but R.T. and his wife Dorothy came for other reasons. My grandfather saw a business opportunity in buying and selling land to his fellow countrymen and my grandmother, who had tuberculosis, came for the mountain air, which she had been told would help cure her.

Dorothy did get better and they stayed on at Deanshaven for almost thirty years, raising seven children and embarking on various business projects. R.T. gradually bought more land. In 1922, when he had amassed some 300 acres, he formed the Deanshaven Development Company and tried to attract buyers. The company also bought the retired paddlewheel boat, The Kokanee, parked it in the Deanshaven bay and converted it into a tourist hotel. Paradoxically, although he acquired the land in order to sell it, my grandfather's greatest legacy is that he didn't manage to sell any of it. One hundred years later, the lakeshore properties have been passed on through two generations and are still owned mostly by family members.

Apart from R.T.'s land development schemes, he spent his time working on the property (with a lot of help from his seven children): fixing car engines, gathering driftwood, cutting firewood, building trails, doing road work, building a 100-yard retaining wall to keep the high water from coming close to the house, building a 34 foot boat, and even operating a mine for a couple of years. In the 1920s the children had a governess for their school lessons, and later on were

sent away to school. Like many East Shore residents then and now, R.T. and Dorothy often went south in the winters, traveling like gypsies in an old car, towing a small travel trailer and camping—in Utah and the Arizona desert.

This first era of the Deanshaven story ended abruptly in 1940 with Dorothy Deane's death from hypothermia while in a lifeboat in the North Atlantic. She and R.T. were crossing the Atlantic on The City of Benares when a German submarine torpedoed it. As if that wasn't tragedy enough, a month later, the Deanshaven house burned to the ground on a cold November night. My parents, Helen (Deane) and George Butling, along with my three sisters and I, were living in the house then. We all escaped the burning building.

The second chapter of the Deanshaven story began in 1945 when R.T. and his second wife, Ilonka, moved to Riondel and then to Deanshaven with their two young children. Ever the entrepreneur, R.T. – together with three others - got a War Veteran's grant to start a sawmill at Deanshaven. Barbara (Deane) Griffiths and her husband Pat joined the partnership a year later and moved from England to Deanshaven. R.T. gave them title to the lot that adjoined the former Deanshaven house site, where Dorothy and Bob Brown had lived in the 1930's. The sawmill project ended in the late 1940's.

In the early 1950's, with all but the home site was about to be auctioned off at a tax sale, R.T. transferred the property titles to his son Richie Deane of Rossland, who paid the overdue taxes. Over the next two decades, Richie Deane sold off the non-waterfront lots. In 1969, he gave the remaining seven (lakeshore) lots to his five sisters and two sons who, in turn, have passed them to the next generation. Richie's sister Ruth (Deane) Barradell-Smith sparked a rebuilding process in 1973 when she hired Kootenay Bay resident Joe Gnilka to build her a house on her newly acquired property. Almost forty years and several subdivisions later there are half a dozen houses and several summer camps along the lakeshore. All but three are owned by

Deane family descendents.

More than a hundred of those descendents gathered this summer on the East Shore during the August holiday weekend to celebrate the family centennial. The group ranged in age from 95-year old Anne (Deane) Hawkes of Riondel to one and a half year old Brady Martel—great-grandson of former Riondel resident Barbara (Deane) Kniert. Also there were three first-generation Deanes—Anne Hawkes, Sheila (Deane) Maires and Tim Deane—seventeen first cousins (from a total of 23) as well as spouses, children and grandchildren of the above.

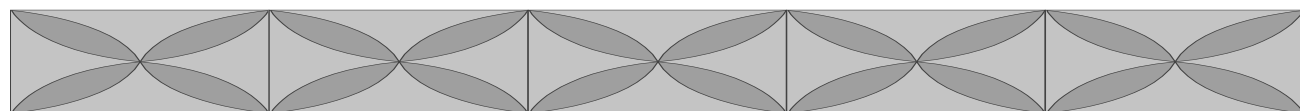
The celebration started with a day of hikes—to Mt. Crawford, Pilot Bay, and Kokanee Lake. The next morning began with a pancake breakfast, followed by a scavenger hunt that had us exploring the whole length of the property on foot, from Sherraden Creek to Waterlap, looking for hidden clues and gathering historical information. The day ended with a campfire at the Deanshaven beach, complete with marshmallows and family stories.

Saturday's events were held at Gray Creek at the summer homes of Richie Deane's descendents. An afternoon of water skiing, kayaking, sailing, swimming, and bocce, was followed by a barbecue supper.

Sunday morning began with a sandcastle contest on the Deanshaven beach, as well as team "boat" launches of hand built miniature boats from each team that were set off in the bay to see if they proved seaworthy. Surprisingly they all floated. The sandcastle prize went to the team that built a replica of the Deanshaven property, complete with pilings, roads, houses, and even an osprey nest. Then we walked to our Memorial Trail, a historic trail in the middle of the property where weathered wooden plaques commemorate our ancestors.

The grand finale was a Sunday dinner of roast beef and barbecued salmon, cooked by two family members—Garret and Brent Weston. No Deane celebration would be complete without the family favourite: huckleberry pie. Several family members dug into their freezers for this precious commodity to produce fifteen pies. As we settled in for the festive evening, even the weather gods were kind. The storm clouds that had been gathering in the late afternoon faded away; the sun broke through and we were treated to a perfect Kootenay Lake sunset. Sitting there beside the old stone fireplace—the only part of the original house that remains today—we felt blessed that we could all be together in this place, even as we listened to silly songs about being Deane (another of the team assignments) and joined in raucous laughter. As one of the silly songs says: "Deanes Deanes are good for the heart/ Deane's genes they make you smart / The more you meet the better you feel/ So let's meet Deanes at every meal."

In keeping with the Deane tradition of putting young people to work, each event had a work crew to help with meal prep and clean up. In this same tradition, the organizer's baton was passed from Sylvia Horwood, who organized the previous family reunion in 1987, to the next generation, to a group of second cousins who live in Vancouver: Colene Weston (daughter of Sylvia & Colin Horwood), Jennifer and Erika Wah (daughters of Pauline Butling & Fred Wah), Bronwen MacLean (daughter-in-law of Sally Butling Maclean), Sara Mountain (daughter of Kim & Gill Deane) and Felice Griffiths (granddaughter of Barbara Griffiths Kniert). Profuse thanks go to all of them.



With Gratitude GHRs Tipi Camp Summer 2010

by Sandra Bernier

The Tipi camp is an experience of its own, lets say there's some "je ne sais quoi" that is indescribable. Once you have been there, you too will try to describe its simplicity and beauty to others.

I am so blessed to be involved with Tipi Camp and I am thankful for all the time I have spent there fully immersed in nature, enjoying the call of the loons, the flight of the eagle, and learning about the medicine wheel.

I would like to express my gratitude to all the people who participate in supporting the camp and who have helped maintain the vision and purpose for it to unfold year after year. Thank you to each volunteer that contributed in their own way. You are appreciated so much.

On behalf of Guiding Hands Recreation Society, I would like to acknowledge all the funders by names so that they are recognized for their invaluable donations:

- Pumpkin Hill Foundation
- East Shore Credit Union
- RDCK
- Creston Art Counsel
- Columbia Cultural Alliance
- CBT Community Initiative
- Nelson Lions, East Shore Lions
- Osprey Foundation
- HRDC

Thank you to all the staff for your commitment to the camp. All your long hours and hard work kept our bellies full and the camp operating smoothly. Thanks to Lois Wakelin at The Lakeview for working with us to sort out logistics and for all the feedback and cooperation.

The more time I spend at Tipi Camp the more I realize how much I am learning about gratitude and how important it is to express.

I want to express a big thank you to Alice Bruce, her daughter Janet and granddaughter Lindsey for their continued welcome on the land, thank you for sharing this beautiful place with so many people for all these years. Finally, let's not forget Peter Duryea, for we all know his legacy and important role with the camp. Hats off, it's a celebration.

Next Deadline: Oct 27/10

FALL FAIR UPDATE

by **Jeanne Lahnemann**

Despite the gloomy start to Sept 11, 2010, the sun did come out and shine for the 99th Fall Fair, making it a great success.

The fair was opened to the public at 1:00PM with a few words of welcome spoken by our president, Mike Jeffery. Assisting Mike with the opening ceremony was Michelle Mungall, MLA for Nelson-Creston, who cut the ribbon for the official opening.

Because the weather did cooperate, the tea and bake sale were held outdoors where the guests to the fair also enjoyed the music provided by the Applesauce Fiddlers.

But it was not just because of the weather that the fair was such a success. It was as a result of the hard work of our many volunteers and donors. We would like to say Thank You to all the people who made this year's fair such a great success.

Thank you to the following sponsors who donated prizes and assisted us financially:

- RDCK and Garry Jackman
- Columbia Basin Trust
- Nelson & District Credit Union
- D3 Logging
- The Lions Club
- Crawford Bay Store
- Gray Creek Store
- Blown Away Glass
- Breathless Glass
- Kokanee Springs Golf Resort
- Dog Patch Pottery
- Barefoot Handweaving
- Kootenay Forge
- Fireworks Copper and Glass
- Bob's Bar & Grill
- Nelson Parkade
- A & L Creations
- Terry Turner

Without your donations, we would not be able to host the fair. Please know how much your support means to us. Thank you again.

We would also like to thank all of you who so generously donated baking for our bake sale. Thank you to the Applesauce Fiddlers for providing us with such great entertainment. Thank you to all who attended the fair and to those who joined us for coffee/tea and cake.

And of course without all those who entered exhibits, we would not have a fair. We would also like to thank those people who took the time to enter their exhibits in the fair. The talent in this community never fails to impress. And a big thank you to all those who donated their exhibits to the auction.

Congratulations to this year's winners:

- Men's Grand Aggregate- James Green
- Ladies Grand Aggregate- Doreen Reimer
- Fruit & Vegetables Aggregate- James Green
- Flowers/Potted Plants Aggregate- Doreen Reimer
- Preserves Aggregate- Doreen Reimer
- Spirits Aggregate- Fred Green
- Home Baking Aggregate- Izzy Snelgrove
- Farm Products Aggregate- Ivy Jeffery
- Needlework Aggregate- Brenda Panio
- Arts & Crafts Aggregate- Jacqueline Wedge
- Photography Aggregate- John Smith

Students

- Pre-School/Kindergarten- Aubree Fillion
- Junior (6-8) – Maya Sly

- Intermediate (9-12) - Felix Wedge-Darchen
- Senior (13 & Over) - Felix Wedge-Darchen
- All Ages- Felix Wedge-Darchen
- Student Grand Aggregate- Felix Wedge-Darchen
- Best Poem/Best Art based on the theme "Go Wild"
Student- Olivia Wedge-Darchen
Adult- Jacqueline Wedge



John Smith enjoying the photo exhibits.



Ivy Jeffery, Mike Jeffery, Brian Enger, Shirley Enger dressed for the occasion.

Congratulations also to the winners of the raffle prizes:

- Picture compliments of Terry Turner and \$25 Gift Certificate- Winner-Lois Lian
- Kootenay Forge Coat Rack- Winner- Laura Lyres
- Cake by A&L Creations- Winner- Ken Meaton
- Tree Pruner and Shears- Winner- Marie Spicer
- Chain Saw Pants, Ear Protection and Wedges- Winner- Doug Paul

The fall fair will be having their AGM the first week in November. The exact date will be posted once it has been set.

And remember 2011 will be the 100th fall fair. If you would like to help out with the planning of this event, please come out to the AGM. We are always looking for fresh ideas.

**Creativity,
Community,
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Michelle Mungall MLA for Nelson-Creston officially opening the fair. L to R- Brian Enger, Shirley Enger, Jeanne Lahnemann, Ivy Jeffery, Michelle Mungall, Mike Jeffery



The Applesauce Fiddlers

**Next Deadline:
WEDS, Oct 27/10**

 Restaurant Motel Cabins	Boccalino www.boccalino.ca on highway 3A, just 100 meters above the ferry landing in Kootenay Bay
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Open for dinner from 5-10 pm (Thursday closed) until Thanksgiving. After that, we close on Oct 14, 15, 16 & 17 and might reopen with regular hours on Monday, October 18, as long as the weather permits it.

Call for restaurant hours and reservations: 250.227.6906.

Highlights in October:

October 1st: 8-course Wild Game Menu with local entertainment by Kate Loverock, Teague Lamond & Ben Johnson.

October 9, 10, 11: Traditional Thanksgiving dinner with organic turkey and all the trimmings.

Come & enjoy our fine food & wines!
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Yves Rossi, Head Chef
Roger Kessler, Sous Chef



BC's Fossil Fuel Exports Have Huge Hidden Carbon Footprint

by the Canadian Centre for Policy Alternatives

GHG emissions from exported coal and natural gas generate more than double BC's combustion emissions: study

(Vancouver) BC must stop exporting fossil fuels if the province is serious about dramatically cutting greenhouse gas (GHG) emissions, according to a new Climate Justice Project brief from the Canadian Centre for Policy Alternatives.

Peddling GHGs: What is the Carbon Footprint of BC's Fossil Fuel Exports? reviewed emissions from BC's production and export of fossil fuels and found some glaring contradictions between climate action targets and the province's industrial policies. One example is the recent approval of an EnCana natural gas facility in BC's Northeast, which, when completed, will be the single largest emitter in BC, adding 2.2 million tonnes of CO2 to BC's greenhouse gas inventory.

"BC is considered a North American leader when it comes to climate action, but we also need to take responsibility for our exports," says study author and CCPA-BC Senior Economist Marc Lee. "Official inventories of GHG emissions only count those released within the borders of a jurisdiction – the combustion of BC coal, oil and gas outside the province is not counted."

The study found that the greenhouse gas emissions from BC's exported fossil fuels to be more than double the combustion of fossil fuels by households and businesses within BC. It also found that BC's (in the

ground) reserves of coal and natural gas are equivalent to more than three years of global CO2 emissions.

The study argues that carbon capture and storage (CCS) is the only practice that could make continued extraction and export environmentally sustainable. However, this technology is expensive and may never be able to capture 100% of emissions.

Lee recommends that BC impose a moratorium on new fossil fuel extraction (and associated export) unless CCS can be effectively implemented. And since such a policy would impact workers in the coal and natural gas sectors, the provincial government should also commit to a "green social contract", including income supports, retraining provisions and mobility allowances.

"Confronting GHG emissions from the oil and gas sector, and emissions from fossil fuel exports that are combusted in other jurisdictions, is perhaps the biggest challenge BC faces, and the most glaring contradiction when it comes to climate policy," says Lee. "This challenge, and its social justice transitional issues, must be acknowledged if BC is to be a real climate action leader."

Peddling GHGs: What is the Carbon Footprint of BC's Fossil Fuel Exports? is available for download from www.policyalternatives.ca. This study is part of the Climate Justice Project, a five-year research initiative of the Canadian Centre for Policy Alternatives and the University of British Columbia.

Free Dementia Education for Caregivers

IHA press release

Cranbrook: Interior Health is offering dementia education sessions to caregivers across the East Kootenay. The free sessions will provide information on dementia care, as well as an opportunity to share "hands on" practical ideas to assist people who are coping with this very challenging disease.

The eight sessions will include valuable information on topics such as the medical explanation of dementia, how to manage the behaviors associated with dementia and the importance of caregiver respite.

Sessions are two hours in length and take place in the mornings and afternoons, depending on location.

Cranbrook: Cranbrook Health Unit-Steeple's Room

- Dates: Thursdays (Sept. 30th to Nov. 25th - no class on Remembrance Day)
- Time: 10:00 am-12:00 noon

To register call: Cranbrook Mental Health Office at 250-420-2210

Creston: Creston Valley Hospital-Education Room

- Dates: Wednesdays (Oct. 6th to Nov. 24th)
- Time: 10:00 am-12:00 noon

To register call: Creston Mental Health Office at 250-428-8734

Elk Valley: Elk Valley Hospital (Fernie)

- Dates: Mondays (Oct. 18th to Dec. 6th)
- Time: 1:00 pm-3:00 pm

To register call: Lori at 250-425-2064 or 1-800-661-0329

Golden: Golden and District Hospital

- Dates: Tuesdays (Oct. 5th to Nov. 23rd)
- Time: 1:00 pm-3:00pm

To register call: Golden Health Unit at 250-344-3015

Kimberley: Kimberley Health Centre

- Dates: Wednesdays (Oct. 27th to Dec. 15th)
- Time: To be determined

To register call: Judi at Kimberley Mental Health 250-432-2001

Please note sessions for Invermere will occur in the New Year.

Next Deadline:

Oct 27/10

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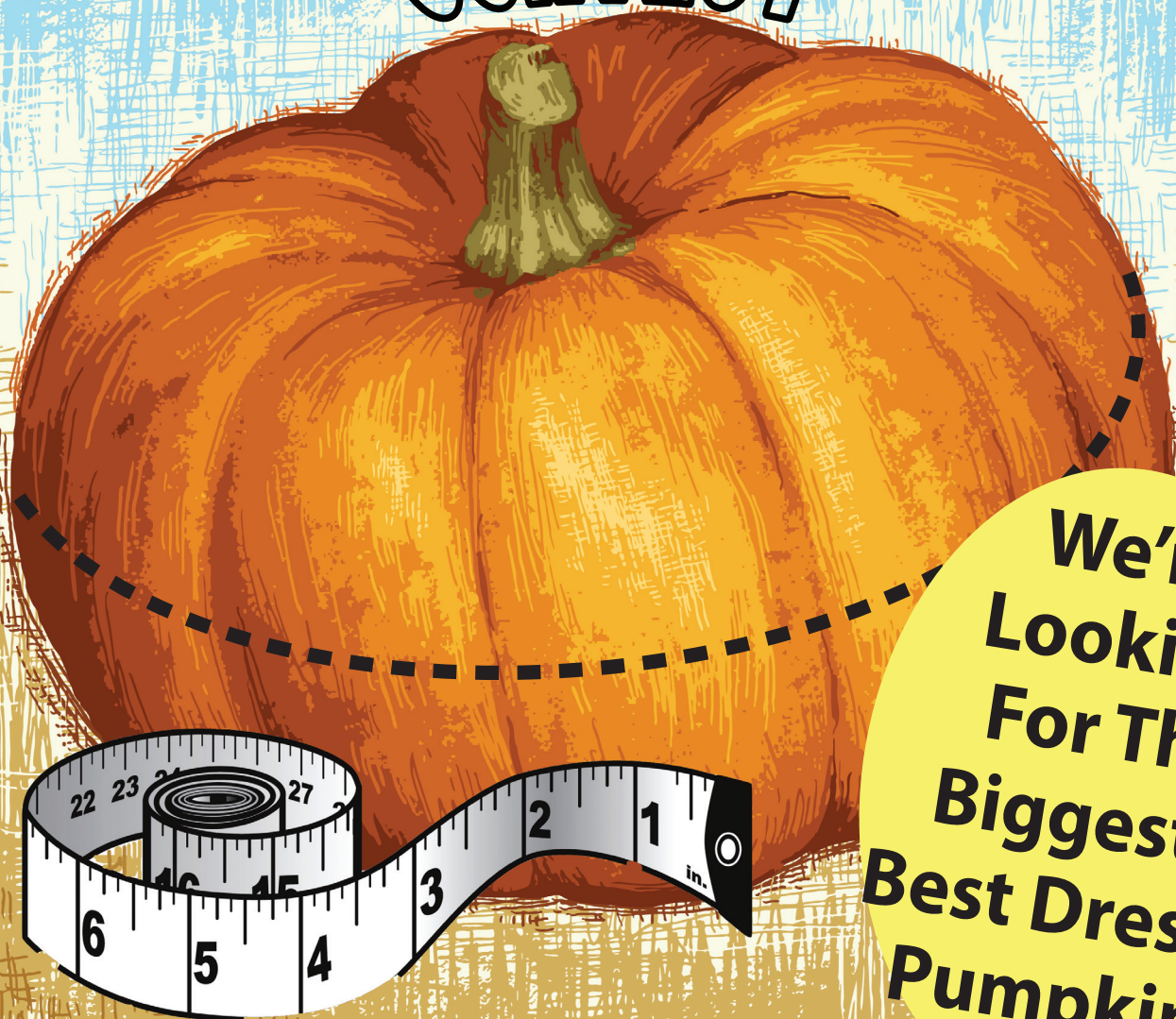
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What Do You Win

The 2 Biggest pumpkins from each division will win a dollar for every inch. We will even donate the same amount of money to the non-profit organization of your choice. (eg. If your pumpkin is one of the 2 largest pumpkins submitted and it measures 60 inches in total circumference, you will receive \$60 in loonies and \$60 will go to the non-profit you select.) The 2 Best Dressed win a NDCU Term Deposit.

Some of the Other Details

- there will be two divisions: Household & Farm. We will also be awarding 2 prizes for the Best Dressed pumpkins but NOT for carved pumpkins. The pumpkin you submit must have been grown in your garden, field, plot or community space.
- PLEASE bring your pumpkins in before 3 p.m. on Credit Union Day - Thursday, October 21, 2010 - not before that date and not after
- judging at 3:30 p.m., please pick-up your pumpkins after judging.
- each entrant can submit one Biggest and one Best Dressed pumpkin
- any questions please call Bradley Roulston at 250.352.7207 or 1.877.352.7207

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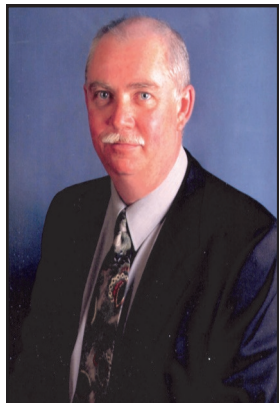
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Marie-Chantal Elias found a Tim Burtonesque movie character caterpillar in her apple tree and sent this photo along.

Bible Talk

by Pastor Doug Middlebrook



(Mark 1:4, 5) John came baptizing in the wilderness and preaching a baptism for the remission of sins. And all the land of Judea, and those from Jerusalem, went out to him and were all baptized by him in the river Jordan, confessing their sins.

We read in the above scripture that John the Baptist's baptism was for the remission of sin. We need to understand that this was before Jesus' ministry started. People were coming to John and confessing their sins to God. This is just one step we all must take on the road to becoming a believer in Christ. Repentance and faith are steps to lead us to Christ. These two steps prepare our spirit for receiving Jesus as our Lord and Savior. We know it to be important as Jesus Himself came and was baptized. He had no sin to confess but it was necessary for Him to do so, as it was to fulfill righteousness.

(Mat 3:15) But Jesus answered and said to him, "Permit it to be so now, for thus it is fitting for us to fulfill all righteousness." Then he allowed Him.

I had the privilege of baptizing three people on Aug. 29, 2010, in the waters at Crawford Bay Beach. The baptism that took place that day at the beach was one of repentance, obedience and identification.

(Rom 6:4) Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life.

We believe as followers of Christ that He commanded us to be baptized. Paul is telling us that as believers, baptism is our way of telling the world around us that we want to be identified with Jesus. As He was buried and rose from the grave so we too will be. The symbolic act of being baptized (completely immersed under water) is saying we have died to the ways of this world. As we come up out of the water it is showing that we are raised with Christ and are new creations.

Peter also tells us to repent and be baptized in Acts 2 verse 38.

To come to Christ we must humble ourselves because we all have sinned and fall short of the glory of God. He tells us that those who repent shall be forgiven and those who believe shall not perish.

Mark 1:4, 5 states that all went out to see John. This tells us that God has made this ordinance for everyone who believes. It was not only for the Israelites of that time. It also applies to us today

(Acts 8:36, 37) Now as they went down the road, they came to some water. And the eunuch said, "See, here is water. What hinders me from being baptized?" Then Philip said, "If you believe with all your heart, you may."

I hope this month's Bible talk has helped in clarifying the Christian reason for baptizing.

Happy Thanksgiving to everyone and may the Lord's blessing be with each one.

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Tom's Corner

by Tom Lymbery

Continuing the Pilot Bay Storey

In the last edition, we told you of the rise of the Pilot Bay town and the first year's operation of the new smelter. Now we continue with Ted Affleck's writings in his Kootenay Lake Chronicles. On pages 89 – 91, Affleck quotes from an article in THE MINING RECORD by Col. James Baker, Vol 1. No. 1 (October 1895).

"The scene at Pilot Bay should warm the patriotism of any true British Columbian. The extensive smelting and concentrating works are in full blast, working day and night, the bullion from the smelting furnace is literally pouring out during the twenty four hours, and under the able management of Mr. Gordon, all the machinery and adaptations work without a hitch. The main supply of ore is from the Bluebell Mine, ten miles further up the lake, and a temporary drawback is experienced in obtaining the necessary dry ores as fluxes for the smelting operations, but this will soon be remedied when the mines in the neighborhood are developed, as there are plenty of dry ores in the district, notably in Ainsworth and the Slocan Lake locations. The most serious drawback is the cost and difficulty of getting good coke and coal, but the introduction of the B C Southern Railway, which will bring in rich coal and coke from the Crows Nest Pass at half the price now paid for inferior coke by the smelting company will soon give the Pilot Bay and other smelters all they can desire.

"The amount of coke in weight to smelt a ton of ore is about ten percent of the weight of the ore, and the smelter already uses 30 tons of coke per day. When cheap fuel and dry ores can be obtained, the works will be greatly enlarged. The amount of bullion turned out in the Pilot Bay Smelter at present averages 20 tons in the 24 hours, and the lead averages 60 ounces of silver to the ton. The bullion is shipped to Illinois, first by steamer to Nelson, thence by train to Robson, thence by steamer on the Columbia River/Arrow Lakes to Revelstoke and on by the Canadian Pacific Railway. It is in contemplation to erect a refinery in connection with the smelter. Through the kindness of Messrs. Herrick and Gordon, I was able to inspect the working in detail of this interesting enterprise. I afterwards proceeded to Nelson to view the Silver King Mine.

"I returned to Pilot Bay by the steamer ALBERTA, spent part of the night watching the smelting operations, and the next morning Messrs. Herrick and Gordon kindly placed their steamer at my disposal and accompanied me to the Bluebell Mine. This is the principal source of supply of ore for the smelter and is owned principally by Messrs. Hendryx. It is probably one of the largest bodies of ore in the world. It is composed of carbonate of lead, galena and copper, the total width of the vein being 193 feet – namely carbonate 100 feet, galena 87 feet, and copper 6 feet, the copper between the carbonate and the galena. Five thousand tons of ore were taken out in one month by forty men and the average daily output is now 189 tons with 39 men all told. The mine has not been proved much more than a hundred feet below the surface, and although it has a low grade averaging about ten ounces of silver to the ton, it is impossible to say what discoveries may be made with greater depth. A diamond drill is about to be put in operation in order to lay out the mine in depth and width."

(Col. James E. Baker (1820 – 1906) was a well connected Englishman who secured a large tract of land in the East Kootenay, as well as the Crows Nest

coal deposits. He started the town of Cranbrook, after persuading the CPR to by pass Fort Steele)

Back to Ted Affleck: "All was not smooth sailing however, as the Bluebell ore was proving highly refractory. In an interview held many years later, Robert R. Hedley recalled how he had arrived at Pilot Bay on January 1, 1896 to serve as a metallurgist and had graduated rapidly to the position of superintendent as one employee after another quit when the Hendryx brothers refused to accept the truth about the tough nature of the Bluebell ore. Hedley lasted as long as any, about six months and the following anecdote which he recounted during the interview illustrates the problems which beset the Hendryx brothers:

"... CAPTAIN ALLAN LEAN, who used to handle the tug towing the ore barges to Pilot Bay, appeared in the smelter office one day and announced that he had lost a barge of ore. Asked how it had happened, he explained succinctly, "Rough weather, slid off into the lake." A. B. Hendryx bolted out of his private office and exclaimed "What's this I hear? Lost a barge of ore!! What do you mean sir? "Well", said the Captain, "I lost the ore, but it might have been worse" "How the devil could it be worse sir! Explain yourself!" rejoined Hendryx. "Well, you might have had to try and smelt the damn stuff" was the laconic reply.

"The technology of smelting is too involved to be described in a few pages, but it may be helpful to mention that the roast-reduction was employed at Pilot Bay, the object being to roast the galena (lead sulphide) to remove the sulphur as sulphur dioxide, then to charge the resultant lead oxide in a blast furnace along with limestone, iron oxide, charcoal or coke. The limestone and iron oxide would fuse into a gangue to form a slag, the carbon in the coke or charcoal would combine with the lead oxide to form carbon dioxide, leaving the reduced heavy lead to drain off.

"The process seem simple enough, but the roasting of ore with a high concentration of sulphide is troublesome, as the sulphur content tends to slow down the roasting process and form excessive matte which has to be re-smelted. A high concentration of zinc tends to cause the precious metals to collect together and drain off in the slag... Unfortunately the Pilot Bay operation had limited access to dry ore, and as a result suffered from a condition akin to chronic constipation.

"Shortly after R. R. Hedley's departure, the smelter works shut down, but the genial Dr. Andrew B. Hendryx assured the local newspapers that the halt was for the purpose of enlarging the plants steam and smelting capacity to cope with the Bluebell ore... On Wednesday, September 16, Andrew B. Hendryx, decidedly the more flinty brother, stepped off the steamer KOKANEE and summarily discharged the entire workforce except the watchman. It was the end of the story for the Hendryx concern."

Those that had lost their jobs had to move away to find work, but the town was not completely deserted as the concentrator worked some of the time handling ore from other mines, and the mill in Sawmill Bay was still operating.



Sunday, October 10

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Also: watch for our Industry Nights - coming in late Oct

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- Thanksgiving Dinner - Oct 10/11

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TOM SEZ

by Tom Lymbery

South Boswell mailing address has been changed to SDESTINY BAY. The name came from the West's who started the store in 1931 – feeling that this was their destiny. They built a rental cabin and then allowed other cabins to be built by people moving from the Saskatchewan dustbowl Depression, on condition that when they moved on, the cottage became the West's property.

The Kootenays don't need a zoo with grizzly bears turning up in Cranbrook, Kimberley, Nelson, and Meadow Creek. What a tourist attraction!

Why is it so hard to find BC grown vegetables or fruit in the supermarkets? Virtually all seem to come from the US.

The new green recycle bins now accept plastics numbered from one to seven. Looking for a bin? Gray Creek has them, and we try to keep them tidy as well.

The new Boswell Cemetery and Hall signs are excellent, and give good community identification to those passing by.

How many more years for our BC license plates? I still see cars on the road carrying those that we issued more than ten years ago when the credit union purchased T. A. Lymbery Insurance.

New cell phones can do almost everything you can think of, from email to videos. But they don't have what I want: one that you point at a person and the phone will display that person's name, as well as where you saw him or her last.

Alexco Resources Corp's new mine at Keno City, Yukon expects to have three daily tractor trailer units hauling silver concentrate to the Trail smelter. They claim to be able to produce an ounce of silver for \$2.96, so with the current silver price of \$20 an ounce it should be profitable.

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Gray Creek Regatta Report September 4th & 5th, 2010

submitted by Kim Deane

During the Labour Day weekend, 25 boats participated in 7 races at the Gray Creek Regatta on the east shore of Kootenay Lake. Leading the 10 boats in the competitive A Fleet was Craig Berg of Nelson in Wicked, a new Rocket22. He was followed by the Cohen family of Kimberley in Touche, a Santana30, with the Deane family of Rossland third in Windsong, a San Juan21 and a multi winner in previous years.

The larger B Fleet for friendlier racing had 11 boats. Repeat winners were the Reaburns of Nelson in Joanna, a San Juan28. Newcomer Bill Green of Kimberley was a very close second in a Catalina27, with Jay Blackmore of Nelson third in Selene a C&C27. Four dinghies were entered. Fritz Dau of Richland, Washington repeated as winner.

Highlights of the event were new fast boats being well manned, raising the level of competitive sailing in the Kootenays. Plus, newcomers such as Bill Green who nearly won in B Fleet, and Tim Elias from Gray Creek who placed first in an A Fleet race. Also, the increased numbers of dinghies sailed by youth and having Colin Johnston, another previous multi-winner, going single-handed with reduced sail and managing 3rd and 4th placings in A Fleet races.

The regatta has roots in challenges between East Shore settlements back to 1923. This year's event was the 36th consecutive event since the modern series began in 1975. The historic trophy is displayed in the Gray Creek Store. The event was held by the Kootenay Lake Sailing Association based in Nelson which is seeing much increased interest in both recreational sailing and racing opportunities at all levels. This regatta was possible due to the support of The Lakeview resort in Gray Creek.

Results:			Handicap	Races							Total*
A Fleet:				1	2	3	4	5	6	7	
1	Wicked	Rocket22	Berg 115	1	2	6	1	6	1	2	13
2	Touche	Santana30	Cohen 126	2	1	7	2	7	2	1	15
3	Windsong	San Juan21	Deane 242	4	4	1	4	2	3	3	17
4	Kilroy	Bray24	Henderson 162	3	6	3	3	3	4	8	22
5		Coronado25	Schutter 243	7	5	2	6	5	5	4	27
6	Shamrock	San Juan 21	Johnston 242**	8	3	5	8	4	7	6	33
7	Freya	J24	Ormerod 184	5	7	4	7	8	6	5	34
8		Kirby25	Elias 190	9	8	8	5	1	7	8	37
9	Makai	San Juan30	Oosthuizen 168	6	-	-	-	-	-	-	-
10		J29	120	Sunday only – races 4,5 & 6							

** Handicap should be higher to account for no spinnaker.

B Fleet:				1	2	3	4	5	6	7	8	9	10	11
1	Joanna	San Juan28	Raeburn 188	1	1	1	5	2	2		8			
2		Catalina27	Green 230	5	2	2	2	1	1	1		9		
3	Selene	C&C27	Blackmore 190	2	7	3	3	4	4	4		20		
4	Santana	Santana23	Siggers 222	4	4	8	4	3	3	4		22		
5	Nojiri	San Juan21	Kettner 242	3	7	6	6	5	3		26			
6	Wind W'p'r	Hunter22	Mayes 255	8	6	5	5	2	6	4		28		
7		Venture23	Baraygo 255	6	8	6	7	-	-	-				
8		Santana20	Cohen 242	7	5	4	-	-	-	-				
9	Chicago	Hunter30	Wilder 182	9	-	-	-	-	-	-				
10		McGregor19	Griffin 260	-	-	-	-	-	-	-				
11		Paceship23	'Vic' 260	Sunday only – races 4, 5 & 6										

Dinghy Fleet:				1	2	3	4	5	6	7	8
1	Hobie17	Dau		1	1	1	1	1	1	1	6
2	Lasar	Foy				3	2	2	-	2	-
3	Sunfish14	McGeady-Bruce		-	-	-	-	-	-	-	-
4	Flying Scot19	Toole		2	3	{Then raced in B Fleet (placed in top half or better)}					

• Total with one throw-out

- Races:
- 1 & 2 South. Light winds with some 'dead' periods. 1 to 1 1/2 hours.
 - 3 South. Light wind. Steady. About 1 hour.
 - 4. North. Light wind. Steady. All within 1/2 to 1 hour.
 - 5. North to South wind shift during race. Half A Fleet late start. About 1 hour for all.
 - 6 & 7: South. Perfect racing conditions. 15 to 20 knots. Steady. 23 minutes to 40 minutes.

Comments for Next Gray Creek Regatta:

Everyone seemed to enjoy the event; well worth keeping it going. Great that the Kootenay Lake Sailing Association is making it possible.

Marks: re-number from South to North as 1, 2, 3 (vs. 1, 3, 2 currently).

Simplify start procedure: a) because boats can miss the loud hailer instructions and horn sounds, especially when winds increase; thus, Flags should rule; b) much more visible flag must be used (the current blue & green blend into Lakeview background and can't be seen); c) consider simpler sequence: 5 min: flag up; 1 min: flag down; 0 min (Start): flag up (and begin 5 min. countdown for next class).

Consider Starboard Roundings. This, because Gray Creek Regatta races start on the east shore and the predominant number of races go south first. Thus, Port Roundings lead to more boat crossings near marks. While Port Rounding normally has some advantages, neither rounding is perfect. On balance, Starboard Roundings might be best at Gray Creek.

GRAY CREEK PASS REPORT

by Tom Lymbery

Allteck Line Contractors have completed their contract, so that virtually all of that 59 year old project has disappeared completely, except for the cleared right of way, and this will soon be growing over with trees. If you wish to climb the Sphinx, access is now better from the east, as it is an easier grade up the former power line route. Also, a bridge has been removed over the main Gray Creek channel, on this side of the summit. (Up the steep rough road that take off just above the gateposts.)

If it hadn't been for the power line, there likely would be no road over the hill to Kimberley. None of this affects the main road whatsoever, only the power line route, which crosses the summit so much closer to the Sphinx, than the South Fork route.

Expect the road to be open until late October, when early snowfalls begin to require four wheel drives. Forest Service have promised to correct the misspelling (Grey Creek) on their signs at end of season.



Lions Report

by Lion Hope Fortune

The RCMP Cops for Kids ride came through our area on September 14. The riders visited the school before coming up to the Kokanee Springs Lodge for a luncheon prepared by Lions Hope and Jim Fortune and sponsored by the Lions Club. On hand for the set-up were Lion President, David George and Lion Lea George. Along with administration staff and riders, there were approximately 40 for the lunch.

Shawna, the Cops for Kids historian, stated that we had been doing the lunch for nine years. During that time, our helpers were Mary-Lou Whiffin, Mary Carr and Verna Mosley. Verna and her famous brownies were missing this year and this was duly noted by the riders! Hopefully Verna will be able to attend next year, (with her brownies).

The picture shows the Cops for Kids with Lions Lea and David George with Jim and Hope Fortune on the right.

The Lions Club donated \$200 for the Cops for Kids this year. The riders are a great group of individuals dedicated to helping kids.

If anyone ever has the opportunity, stop at the memorial for the Fallen Four at Mayerthorpe, Alberta. Jim and I stopped in this year and it is a very moving memorial. When you enter the building there is a counter where you will find a box of Kleenex. Believe us, you will need it!

Many thanks to Greg Garbula, for the use of the board room at the Kokanee Springs Lodge. Thanks to Brenda Oates for her assistance. The riders really appreciate having a place to relax. Gone are the days when we met in front of the old info booth, or the park. I recall the last time there; it was cool and windy!



pebbles by Wendy Scott Late Summer

The curved neck of a swan lends elegance to the strip of muddy sand beside Esquimalt Lagoon. Canada Geese poke for edible tidbits, waddle like elderly matrons then paddle away; ducks skid across the water – feet first, complaining, and a solitary starling dashes around under all the reaching necks. The gulls make as much noise as possible, but only from a distance – there are well over a hundred of them gathered together like a flotilla on the far side of the lagoon. It's only the swans – a group of them now, that seem aloof and detached from all the fuss, even on the sand, where they preen, fluff their bright white plumage, and engage in the silent communication of their upper class image.

It's still late summer here and across the road, on the beach beside the ocean, I can lean against the driftwood and warm my hand in the sand. Bruce and I had picked up snacks at a deli for a picnic lunch on the beach. A few curious gulls join us and one juvenile with a mottled coat and an incredibly hoarse voice manages to beg a scrap or two.

A visit to a deli at noon in the mall adjacent to a high school is a bit of a surprise for me. First it is necessary to find a way around the stack of backpacks dropped at the entrance by a group of hungry students. Then comes the task of peeking around elbows and heads to catch sight of items behind glass and attracting the attention of a rather frantic clerk to indicate package and quantity required. Next a person must guess if the shortest line-up will really be the quickest – but a deli line of students does move a bit faster than

a supermarket checkout with all its inevitable delays.

Later in the day clouds move in and the breeze off the ocean is cool. We've driven along Government Street and down Dallas Road past the terminal for cruise ships and cargo vessels to the breakwater at Ogden Point.

Seaplanes take off and land on the sea; helicopters clatter and roar; gulls laugh, call or sit and wait, and the flat, grey sea spreads to meet a hesitation at the grey horizon that could be hills – that must be mountains.

If you take a million tons of rock and ten thousand granite blocks and place them – wide and solid – as far as you can out into the sea, you could build a breakwater like this one.

The long walkway, which resembles the broad top of a solid concrete dyke, has been here for more than ninety years tempering a capricious sea. It's a two kilometre walk to the lighthouse at the end. The inside curve is decorated now with the first phase of a land and sea mural designed and painted by the Coast Salish First Nations. When completed, the wave pattern – alive with colour and design alternating between creatures of land and sea – will run the full length of this curved barrier.

To reach the end of this structure is to be surrounded by the sea and the activity of a busy port. And yet there is a silence here. Distance creates a delay along with the clarity of sound projected across water. But the sound itself seems to take a breath before its presentation.

Joggers and runners come and go while we pause at the windy end on a memorial bench by the lighthouse. We saw no divers today, but this is a favourite site with its forest of kelp and the sea creatures that inhabit the dark green watery world. You'll find wheelchairs here too and fishermen gather on the lower level of granite blocks along the outer border of the wall. No luck

today, they say, but the enjoyment of fishing is seldom determined by the catch.

A swallow swoops and glides above the sea and a sailboat leaves the harbour under power. It's tea time now – after all, we are in Victoria. A few days later we'll be coming home through the nudging of fall. There'll be bright polka dots of yellow light in the birch and touches of pale pink in the maples. Mountainsides will be splashed with gold and their roads bordered with sumacs already half crimson. We'll cross Kootenay Lake with a double rainbow.

But first of all, the most important part of a trip like this, tea with granddaughters – one of whom is getting ready for a soccer trip to Montreal. Excitement. And then, the smallest and youngest family member, a great-grandson and his mother, who was – such a short time ago – a girl beginning her life as a woman.

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East Shore Community Library/ Reading Centre News

by David George

Show Me the Money!

Maybe that Pink Floyd tune about money from "The Dark Side of the Moon" would be the perfect background music for this month's library column.

Maybe our provincial government should have it played to them loudly throughout all of the budget hearings and debates this year.

Maybe our provincial government will relent and supply the remaining small local libraries, excuse me, Reading Centres, with a total of less than \$50,000 to replace the grants on which they reneged last year.

Maybe pigs will fly.

If you want to help in the struggle to recover provincial money, call our MLA's office and speak with her assistant Laurie at 250-354-5944. You can also try to be heard by the government by emailing the Select Standing Committee on Finance at finance-committee@leg.bc.ca or filing comments online at www.leg.bc.ca/budgetconsultations

You may also phone to 1-877-428-8337 or fax them at 250-356-8172.

Your local East Shore Community Library, or Reading Centre was able to make up some of the shortfall last year, through several kind donations. We thank all those who gave very much indeed. Besides cash donations, we received many books, and also some very good DVDs and books on CD. Thanks to all again.

This coming fiscal year, we thank the Nelson and District Credit Union very kindly for supporting your library by donating a sum to pay for the internet for the next year. By the way, did anyone else notice that

although the East Shore is one of three branches of the credit union, it looks as if we only received about 10% of the donations and grants given by the NDCU in 2009? Perhaps local groups need to make more applications for funding...

So it is now time to ask if our gentle readers will make a few more kind donations of money or good recent books. Please no magazines or condensed books, though. Many thanks in advance to all who are able to help us again.

Riondel Community Library

by Muriel Crowe

We are currently working toward being open on Monday afternoons in addition to our current hours. I will post signs with the hours listed when it happens and make a more formal announcement in the next *Mainstreet*. I'm hoping that this will be more convenient for some of our members who have Mondays off and that there will also be new members enrolled because of the new hours.

We will be expanding our books on DVD section and would appreciate some requests from members so we buy what is appropriate. I will be 'weeding' out the old books on cassettes very gradually but won't clear them out entirely until we have no demand for them at all. We do have a cassette player that can be borrowed if you no longer have one.

There are some new books on the racks in both the fiction and non-fiction sections, I think there is something for everyone. The publishers will soon start their main sales pitch for the coming season and there will be many more new books. We look forward to seeing you and thank you all for your suggestions, support and interest.

Book Review

by Tom Lymbery

FORT ST. JAMES AND NEW CALEDONIA
- *Where British Columbia Began*, by Marie Elliott, Harbour Publishing, 270 pages

We all think of BC starting from Victoria and New Westminster. In fact, Fort St. James was the hub of BC far earlier. Marie Elliott has accessed previously unpublished Hudson's Bay Company records to give us a comprehensive look at the area where the North West Company first established posts in BC, which they named "Caledonia". In 2006 Fort St James celebrated 200 years as the first permanent European settlement in our province.

Establishing fur trading posts in New Caledonia (BC) meant finding somewhere that had a source of food, for it was simply too far to bring pemmican, the staple food that many of the fur trade stations relied on. Stuart Lake had fish so this solved the food problem, but it became hard to persuade workers to accept a posting to a station where the diet consisted of almost entirely fish. Fort Fraser became a most important part of the food chain, as some years the salmon came only as far as that point. There the native people would attempt to dry sufficient catch to trade to Fort St James. Dried fish resembled a cedar shake, so were relatively easy to transport. However, eating them day after day put the word out -- "Going to Fort St. James? Be sure to take a file!" What was the purpose of the file? It was to sharpen your teeth if you were tackling a board-like fish for almost every meal.

Once sternwheelers could reach Hazelton up the Skeena River in the early 1900's, supplies would reach the interior posts by pack train, then by boats to Fort St. James. Photos show the sizeable boats used on Stuart Lake, which can get exceedingly stormy. Marie Elliott continues the story of the HBC stores through the construction of the Grand Trunk Pacific railway, when surveyors and others could obtain what food stocks and necessities were available in the hinterland.

Many of the fur trade characters such as HBC governor George Simpson, packer Cataline and others are familiar to those of us reading Canadian history, but the author enlarges on, for instance Ernest Sturrock Peters. Born in Scotland, he had been a cowboy in Texas and Montana before entering HBC service from Bear Lake to Fort George and many others, where he encouraged opening of schools and was active in community affairs.

It is most interesting to find a book that carries on from the early days of the fur traders to more recent times, as many posts operated into the 1970's.

**Next Deadline:
Oct 27, 2010**

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

250.227.9246

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NOTICE OF PUBLIC HEARING
Boswell – Portion of Electoral Area 'A'
Zoning Amendment Bylaw No. 2167,
2010
7:00 p.m., Wednesday, October 6, 2010
Boswell Memorial Hall
12374 Boswell Hall Rd., Boswell, BC

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 **Zoning Amendment Bylaw No. 2167, 2010**.

The intent of Bylaw No. 2167 is to enact zoning regulations governing such matters as but not limited to land use, permitted uses, site area, building location relative to lot lines, accessory buildings and uses and other similar land use and development regulations. The area subject to Zoning Amendment Bylaw No. 2167, 2010 can be generally described as extending north from Wynndel to LaFrance Creek including the community of Boswell. Zoning Amendment Bylaw 2167, 2010 would provide guidance on the future development of lands within the subject area of the Regional District of Central Kootenay as identified in Part 26 of the **Local Government Act**.

The Public Hearing on Bylaw 2167 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 a copy of Bylaw 2167 as set out in this notice.

Written submissions for or against the proposed Bylaw 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 pm on the day before the Hearing. Submissions may be delivered by: **mail – Sangita Sudan, Regional District of Central Kootenay, Box 590, Nelson, BC V1L 5R4; fax – (250) 352-9300; e-mail – plandep@rdck.bc.ca or by hand to the Nelson address below. Please direct enquiries to Senior Planner, Sangita Sudan at (250) 352-8157 or toll-free 1-800-268-7325.**

The aforementioned proposed bylaw may be inspected from September 22, 2010 to October 6, 2010 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 the hours of 8:30 am to 4:30 pm daily, except Saturdays, Sundays, and statutory holidays, and

Building Inspector's Office, Regional District of Central Kootenay, 531B – 16th Ave., South, Creston, B.C. between the hours of 8:00 am to 4:00 pm daily, except Saturdays, Sundays, and statutory holidays.

DATED at Nelson, B.C. September 22, 2010.

Dawn Attorp
Manager, Corporate Administration

The East Shore MAINSTREET

Contact: Ingrid Zaiss-Baetzel

Phone: 250-227-9246 Fax: 250-227-9264
Box 140, Crawford Bay, B.C. V0B 1E0
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Ironman: The Grand- daddy of Endurance

by Juergen Baetzel

Located on the shores of Lake Okanagan, British Columbia, the town of Penticton is host to the annual event of Ironman Canada. With its 28 year anniversary, it is one of the oldest Ironman races. The event has come a long way since the first race in 1983 where only 23 competitors took to the waters and streets of the Okanagan Valley. This year's event attracted over

3000 men and women to take on the 226 kilometer challenge. I'm proud to say that I had the privilege to be one of the competitors that had entered the race this year.

The family and I have connections to Julia Kinder who lives in the neighbouring town of Kelowna. Thanks again for your hospitality, Julia; you were great. Penticton didn't have any accommodations available for the month.

Check in was on Friday at the beach in Penticton, so we traveled early that day leaving plenty of time to take care of the formalities. After the registration was completed we continued to travel one hour further north to Kelowna. The day wound down with nice company and a good dinner.

Saturday was the day of bike check in so I spent

pretty much all afternoon traveling once again between Kelowna and Penticton while the family enjoyed some quality time in Kelowna.

All the while, traveling along the lake, the rough conditions were giving me the creeps. For some reason there was a really strong wind blowing through the valley for the last two days turning the water into a sea of white caps. Having just done a competition in choppy water I knew quite well how much harder it would be if those conditions would remain.

The rest of the Saturday was family time. We went for some fun time to Kelowna's H2O Water Park, followed by a carb-loading pasta dinner. Bedtime was early that evening.

On Sunday morning I got up at 4 am, leaving me with a nice time buffer to commute to Penticton, find a parking spot and be ready for the 7 am race start.

To my delight the wind had died off and the lake was nice and calm. As all the athletes stood in the water the day began with a beautiful sunrise on the horizon while a singer performed the national anthem. I had placed myself far to the outside of the mass in hope of a somewhat less chaotic swim start.

At 7 am sharp the starting signal saw all 3000 of us begin our journey of completing the Ironman. Some would falter and some would just run out of time but everyone wants to finish.

My strategy for the day was based on a steady but not over-the-top pace. I knew that I would not go as hard as in any other race and if I caught myself with too high of a

heart rate I'd slow right down.

After the first mile of the swim a turn buoy marked a change in direction. As I closed in on the turn, I got startled by oxygen bubbles and a large shadow below me. A second look assured me that what I saw wasn't Ogo-pogo, but rather a scuba diver for the safety of the athletes. After that bit of excitement, I continued focus-

ing on my swim. As I approached the final kilometer I had a rather hard time sighting my line of direction due to foggy goggles. In order to sort out that little predicament I rolled on my back doing some froggy kicks while I applied some spit to the lenses of my goggles. I'm sure this sounds gross, but it does the trick. Back on course I emerged after one and a half hours from the depths of Lake Okanagan finishing the 3.8 kilometer with a solid swim.

I made my way to my first transition bag which held all the gear I would need for the bike segment of the race. By the way the sky looked at the time it would be a warm sunny day. I opted for short sleeves and shorts. A helmet is mandatory at all times while on the bike. I got one of those goofy looking streamline aero helmets, all to shave off a few seconds. Perhaps it worked.

The first sixty kilometers leads athletes through beautiful orchards and wine country south to Osoyoos. Then the course becomes demanding as it winds up Richter Pass for the next twelve kilometers. Once

on top of the pass the course continues for the next fifty kilometers with a series of rolling hills all the way to Keremeos. As I made my way along that segment of the course the wind started to pick up again and by the time I had reached the 120 kilometer mark in Keremeos, it made quite an impact on how fast I could go. The last sixty kilometers included another massive hill climb to Yellow Lake. As I worked myself towards the summit the weather had changed to less favorable conditions. The road was wet and the air had cooled down a lot. Feeling quite chilly, even though I was working hard, made me somewhat regret not having long sleeves. But still, I was lucky, because riders that were about forty-five minutes ahead of me got hit with a heavy downpour including hail, lightning and gusty winds. They were frozen by the time they got off their bikes.

From the summit at Yellow Lake the remaining part of the ride is an easy, breezy thirty kilometer, mostly downhill, packed section to Penticton. On one of the descents I clocked a new maximum speed with eighty seven km/hr. Let's just say that one does not want to go down at that speed. I entered the transition area safely and completed the 180 kilometer bike part in six hour and twenty minutes. I took a little bit more time than usual to change into my running gear, just to make sure that blood circulation was happening again after such a long time on a bicycle saddle. On the ride I had consumed two litres of electrolyte drink, two power bars, two bananas and one protein gel pack. That should be sufficient enough for the run, I thought.

Just at the beginning of the marathon I saw my wife, Ingrid, standing out in all the spectators. We high fived each other and now I had an extra boost to tackle the distance. I felt strong and well-nourished. I had no intentions to run a new personal best (PB) over the distance but I figured even at a slow pace I should be able to stay under four hours. I was slugging away the miles and all went well up to the half way mark. From here on, the course got exponentially tougher with steep inclines that forced all athletes, including myself, to slow down considerably.

At about kilometer thirty, the course flattened out again and my slow foot shuffle became more of a run again. As I entered the outskirts of the city again the number of spectators increased by the mile and their cheers and support made it all so much easier. With no more than one kilometer to go I spotted in the large crowd my two kids, Zoe and Luka. They were cheering for me. I stopped for a moment and gave them a hug as well as a high five and then I continued towards the finish line. After an entire day of racing the fact that it actually would be over in a few minutes seemed surreal, but I tried to take in all the vibes filling the air as I ended the run in front of that enormous crowd in three hours and fifty-six minutes.

After breaking through the finish banner I had completed the Ironman distance of 3.8 kilometer swim, 180 kilometer biking and 42.2 kilometer running in 12 hours and 3 minutes, and it sure felt good to hear the announcer say: "Juergen you are an Ironman."

A second look assured me that what I saw wasn't Ogo-pogo, but rather a scuba diver for the safety of the athletes.

Next Deadline: Oct 27, 2010

mainstreet@theeastshore.net

250.227.9246

2010 Riondel Men's Golf Championship

by Glen Kinder

Club Champion - Steve Mills - score: 72

Low Net Champion - Harold Praestegaard - score: net 54

1st flight - low gross - Ken England

2nd flight - low gross - Bill Smith

3rd flight - low gross - Bill Wallace

1st flight - low net - Phil Newman

2nd flight - low net - Brian Hubka

3rd flight - low net - Bill Gillespie

1st flight - 2nd low gross - Bob McAllister

2nd flight - 2nd low gross - Ole Johnson

3rd flight - 2nd low gross - Chuck Lloyd

1st flight - 2nd low net - Glen Kinder

2nd flight - 2nd low net - Lou Cote

3rd flight - 2nd low net - Garth Norris

1st flight - 3rd low gross - Colin Johnston

2nd flight - 3rd low gross - Cliff McGregor

3rd flight - 3rd low gross - Dave Rokeby-Thomas

1st flight - 3rd low net - John Kehler

2nd flight - 3rd low net - Greg Place

3rd flight - 3rd low net - Harry Arnott

'George Stewart' Most Improved Golfer Award: Greg Place

KP - 1st flight - Steve Mills

KP - 2nd flight - Don Clark

KP - 3rd flight - Bill Gillespie

Longest putt - Don Siam

Closest to marker - Brian Hubka

Longest Drive - Bob Miller

The men's club would like to congratulate and thank the folks at the Riondel Golf Course for the excellent playing conditions and inspired pin placements for our tournament.

We would also like to thank the following for prize donations: Bob's Bar & Grill, Balfour Golf Course, Kokanee Springs Golf Resort, Riondel Golf Course, Mirror Lake Golf, North Woven Broom, Lou Cote, Doug Bothamley (Hi-tech Seals), and Jim Gilbert



Lou Cote congratulating Harold Praestegaard for being the Riondel Men's Club overall low net champion.

Kaso Takes Home the King

E.S.U. - A Day Late and a Goal Short

by John Edwards

Our Crawford Bay "King o'the Balls" soccer tournament is starting to seem like it carries its own special jinx for our local team, as we competed yet another year without taking the overall win. We'd all sworn it would be different this year, as East Shore United has been hotter than a twenty-dollar pistol (there's inflation for you) for the last couple of seasons, and beaten all of the other tourney entrants soundly and often.

E.S.U. Coach Nick Hodgkinson, who organizes the weekend-long contest, had arranged for teams to come from Kaslo, Slocan, Trail/Fruitvale, and Castlegar. (Last year's champions, the Nelson Co-op, couldn't field a team.) Nick lined our East Shore team up for three games on the Saturday, August 21 and one on Sunday, plus the final that we hoped we'd be in, on Sunday afternoon.

We kicked off against Kaslo first, the same team we had tied in the final in Slocan in our last match, and lost no time in taking it to them. Left-winger Donny Lott pitched in one of his patented crosses to the far post and found Right-winger Jake Kelly's talented head waiting to slam the ball into the Kaslo net. Only a few more minutes and Striker Jesse Davidson was given time from 20 yards out to get a shot away and launched a perfect ball over the Keeper and under the crossbar. 2-0 East Shore as the first half ended. Kaslo found some power in the second half and pressed for twenty minutes, finally getting a ball past our defensive line and Keeper, Dano Cheverie, to creep within one goal, but that was the closest they'd come. Donny found himself in the clear without even the goalkeeper between him and the net on a scrambled play that the keeper had thought was offside. He calmly ran the ball in and

deposited it in the Kaslo net and we were up 3-1. Jared Savoie got an insurance goal a few minutes later and we conceded a late Kaslo marker to finally end with a 4-2 victory - a great start to the day.

Our next game against Castlegar was even better, as Jared Savoie went on a scoring spree and blasted in three goals in a row from his Centre-midfielder position while Castlegar only managed a single. Vince Elias subbed in for Jared and lost no time in launching his own run-and-shoot attack, bagging our fourth goal. The game ended 4-1.

Next up for us was Slocan, who'd won their first match of the day against Fruitvale, and were feeling confident. Bad idea. The game barely got under way when one of the Slocan defenders hauled our striker down in their box. Donny stepped up for the penalty shot and drilled it home with barely a second glance and we were on our way. On our next attack Donny found Jake on the long cross once again and Jake banged in his second header of the day. Then the flow became a torrent. We could do no wrong in the scoring department and Jesse, Jake, Vince, Donovan Hough, Gabo from Tulum, and Jesse once again racked up goals. When it was over we'd scored nine times, more than ever before in a tournament game, and allowed four from Slocan, all in the second half when we were far in the lead.

At Saturday's end we were the only undefeated team and had by far the best goal record. If only it could have been a one-day tournament. (There's a thought for next year Nick!)

Sunday's first game for us kicked off against Fruitvale at 1:00 and we knew that win or lose we'd still be in the final. Good thing, as we came out flatter than stale beer and were beaten handily to the ball by the Fruitvale clan. They got on the board early with a penalty shot and never looked back, despite a couple of E.S.U. goals from Jesse and Matt Leishman. It ended 3-2 for Fruitvale - our first loss.

Meanwhile Kaslo had managed to reel off a couple of wins since falling to us in the first game, and their

next game against Slocan would determine who we would play in the final. They fought it out bitterly for what seemed like a very long hour but in the end Kaslo prevailed 7 to 5. Where were the defenses?

Fruitvale and Castlegar went at it next and Fruitvale handed the Castlegarians their fourth straight defeat of the tourney, but it must be said that the young Castlegar team played extremely clean and sportsmanlike soccer the entire weekend and were a pleasure to host. They'll definitely be invited back.

E.S.U. had sat on the sidelines for three hours when we kicked off against Kaslo in the Final, and it quickly showed. Kaslo's first couple of attacks found our defense unorganized and in the early minutes a bad tackle from behind on their Striker drew a whistle from the ref, just outside the 18-yard box. For reasons known only to himself, Andre the referee pointed at the penalty shot dot and insisted on a shot for Kaslo, (penalty shots are only supposed to be awarded for infractions inside the 18-yard box.) The shot caromed off the right goal-post, but straight onto the foot of Noah, one of the Kaslo defenders who'd come forward, and he made no mistake in putting it away. We were down 1-0 early and it wasn't long before bad went to worse. A defensive scramble in our box resulted in the ball bouncing free to Tim, the Kaslo Striker, and he found himself alone behind the defense and our Keeper. 2-0 Kaslo and the first half ended that way. It was strange that, after all of the goals we'd scored the day before, we couldn't buy one then. We pressed hard throughout the second half but only managed our first goal with ten minutes left, as I chopped a Donny Lott corner kick through the legs of Jason, the Kaslo Keeper. In those final ten minutes we threw everything we had at them, but couldn't find another goal. Jason is very hard to beat and he stopped Jesse Davidson several times from in close. At one point Jesse's foot was clipped from behind in a tackle very much like our first half penalty, but he didn't go down and just kept going for the net. If he'd taken a dive we might have won the tourney, but East Shore United doesn't dive. It ended 2-1 Kaslo - a battle of a soccer game, and we weren't ashamed of having lost to a great young Kaslo team. The entire tournament was played with good sportsmanship all around, and mostly very good refereeing from Andy and Andre.

In the awards ceremony, as Nick handed the Kaslo captain our unique King o'the Balls trophy, all we E.S.U. players could say was "Next year", but that's a long ways off.

Nick presented Kaslo Keeper Jason Allard with the Golden Glove award and \$50 cash for having the best goals-against record. Slocan Striker Ramon Rowland tied with Fruitvale Striker Adam, each with eight goals in the round-robin play, to share the Golden Boot award for most goals scored. Incredibly, this was Ramon's 4th year in a row, winning the Golden Boot at our tournament ever since we started handing it out.

We should take a moment to thank the women who arranged the concession stand to raise funds for the soccer clubs on the shore. Thanks to Kate Page, Christi Peel, Patti Kelly and Janaki.

A huge thanks to Coach Nick Hodgkinson for all of the effort he put into organizing, and to his non-stop dedication to East Shore Soccer. Way to go Nick, and good fight, E.S.U.!

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October 2010 Mainstreet 19

Boating Safety

by Garth Norris, Unit Leader, Canadian Coast Guard Auxiliary, Unit 104, Kootenay

With the arrival of colder weather we would like to remind boaters to keep in mind the dangers of carbon monoxide (CO) poisoning. It is listed as the leading cause of poisoning deaths in America. This odorless, colorless poison can hurt you slowly in low levels, cause permanent neurological dysfunctions in moderate levels or kill in higher levels. Protection against this deadly poison is as easy as installing a simple carbon monoxide detector in your boat. It is also good to be aware of conditions that may lead to CO poisoning. One that we see often is the "station wagon effect" which occurs when a moving boat creates a vacuum behind it that tends to pull exhaust fumes back into the boat. This occurrence is worsened when the wind is behind the boat, and the boat is traveling slightly faster than the wind is blowing. If the effect is particularly threatening, alter your course so that the wind is working to break the vacuum. This happened to one of our members while cruising at moderate speed. Fortunately they had a CO detector which kept going on and off even with a front hatch open.

One of the most dangerous things we see boaters do in cold weather is the use of a fuel burning heaters in their closed in cockpit. These stoves burn up the oxygen in the enclosed area and in many cases emit CO. One of the worst is a catalytic heater on a 20# or smaller propane bottle. Not only is it against the law (all propane bottles must be in an enclosed container vented to the atmosphere over the side of the boat) but it is double jeopardy, it burns oxygen and if there is a leak, propane being heavier than air, it fills up the inside of the boat and turns it into a large bomb.

By far the most deadly means that CO accumulates in cabin spaces is via leaking exhaust systems. It is just plain foolhardy not to inspect an inboard engine exhaust system frequently. Like the muffler on your car, exhaust systems do not last forever and require

frequent maintenance. ANY TIME THE EXHAUST SYSTEM SHOWS EVIDENCE OF A WATER LEAK, THERE IS A SERIOUS POTENTIAL FOR A CO LEAK. All exhaust systems are cooled by water. IF IT'S LEAKING WATER, IT'S PROBABLY LEAKING CO.

Symptoms of Carbon Monoxide Poisoning: Low levels of carbon monoxide poisoning can be confused with flu symptoms, food poisoning, excess alcohol consumption or other illnesses and can have a long term health risk if left unattended. Some of the symptoms are the following.

- Shortness of breath
- Mild nausea
- Mild headaches

Moderate levels of CO exposure can cause death if the following symptoms persist for a long time.

- Headaches
- Dizziness
- Nausea
- Light-headedness

High levels of CO can be fatal causing death within minutes.

Treatment Options: There are immediate measures you can take to help those suffering from carbon monoxide poisoning.

- Get the victim into fresh air immediately.
- If you can't get the people out of the boat, then open all hatches and doors. Any combustion appliances should be turned off.

Take those who were subjected to carbon monoxide to a hospital emergency room as quickly as possible. A simple blood test will be able to determine if carbon monoxide poisoning has occurred.

And please WEAR YOUR PFD you don't last long in cold water without one.

We are still looking for volunteers for our "Pleasure Craft Safety Check" program and our "Bobbie the Safety Boat" children's boating safety education program.

I can be reached for questions or to volunteer at 250-227-6991 or email: jagnorris@gmail.com

Boat Safe and have a good time on the water.



Answers from the Physio

by Anna Rose, Physiotherapist

Q. Can physiotherapy help tennis elbow?

A. Yes! I am surprised by the number of times I hear this question asked in

a doubtful tone of voice, as if the questioner expects me to say "no".

Relevant anatomy

Tennis elbow is the inflammation of a relatively wide, flat tendon that inserts on the lateral epicondyle (bony bump on the outside of the elbow), hence its medical name of "lateral epicondylitis". With the palm facing upwards, open and close your fist. Do this again with the fingertips of your other hand on the outer side of the upper forearm to feel the contraction of some of the muscles that blend together into the tendon concerned. In assessing a tennis elbow problem, I check three muscle actions separately, as it could be one, two or all three that are contributing to the problem.

Causes

Tennis elbow is usually caused by making one or more muscles work repetitively against some resistance or in an awkward position, especially if the muscles aren't used to the kind of work you are asking of them. Newbie tree planters and gardeners who suddenly spend a day pruning or digging (turning over shovelful after shovelful of heavy soil) are at risk of developing tennis elbow. So are carpenters, mechanics and yes, tennis players.

Elder Abuse

by Randine Arnesen

Coordinator, Nelson and Area Elder Abuse Prevention Program

Are you concerned that someone you know may be at risk for elder abuse? Elder abuse is an issue that affects approximately one in ten people in their senior years. Elder abuse is defined as any action by someone in a relationship of trust that results in harm or distress to an older person. Neglect is a lack of action by a person of trust with the same result. Abuse may take many forms - physical, psychological, sexual or financial. Often more than one type of abuse occurs at the same time. Seniors are particularly vulnerable to financial abuse.

The Nelson and Area Elder Abuse Prevention Program is a non-profit service that provides information to the community for the prevention of elder abuse, neglect and self-neglect and supports early intervention. It's Resource Centre in Nelson is open every Wednesday from 12 - 2pm at 719 Vernon Street for people to drop in, phone or email for information about elder abuse and prevention or for referrals to appropriate area services. The program is seeking senior (over 55) volunteers in the Riondel, Kaslo, Balfour, Harrop/Procter, Nelson, Passmore and Salmo areas to support outreach services to these communities. There will be a one day training for volunteers in Nelson on Wednesday, October 13 and ongoing support and mentoring will be provided. If this is a volunteer service that interests you please call 250 352 6008 or email preventeldr Abuse@sbdemail.com

20 Mainstreet October 2010

Less commonly, tennis elbow can be the result of asking these muscles to work, even just once, against a resistance much too heavy for them, or of falling directly on the outer side of the elbow.

What physio can offer

1. Full assessment – what muscles are involved to what extent.
2. Explanations and ergonomic advice – what likely caused the problem, and how to do the work differently next time.
3. Self-management – use of cold (usually), avoidance of activities that stress the healing tissue, gradual increase in demands.
4. Home program – specific strengthening exercises, gentle stretches.
5. Ultrasound – often helpful in promoting healing.
6. Active Release Techniques – specific massage you may be able to do for yourself, too.
7. Acupressure – thumb pressure applied to a series of points, again with the option of learning to do this for yourself at home.
8. Trial of an elbow strap - often helpful during healing and during potentially straining activities in the future because it absorbs some of the tension from the tendon.

Prognosis

A mild tennis elbow problem may need a couple of weeks to clear up, while a more significant problem may need a couple of months. A problem of any degree will heal faster, with less chance of re-occurrence if you start treating it sooner (e.g. within a week of noticing the pain, rather than four months later) and if the main site of the inflammation is not right at the point where the tendon inserts into the bone but further down towards the middle of your forearm. It is true that a few people seem unable to get rid of their tennis elbows problems entirely, but don't immediately assume you are in that group – there are many things that can be done to help.

East Shore Hospice

by Ali George, Hospice Volunteer

Last May, Alexis and I attended a seminar in Castlegar called 'Healing Your Grieving Heart When Someone You Loved Has Died' with Dr. Alan Wolfelt. Dr. Wolfelt is a grief counselor and director for the Center for Loss and Life Transition in Fort Collins, Colorado. He is a prolific writer on the subject of bereavement and supporting the bereaved, and is on the road for most of the year conducting workshops across North America. He is an engaging speaker, and speaks and writes from the heart. He is generous with his personal stories of loss, and creates a safe atmosphere in his seminars for others to share their stories and learn from one another. In a mourning-avoiding culture such as ours, Wolfelt encourages us to be open to the presence of loss and hold up each other's stories. He quotes John Donne: "He who has no time to mourn has no time to heal".

I came away with so much from that seminar; too much to write about in one article. I suppose that I was most impressed with Wolfelt's deep respect for the grieving and mourning processes, which are similar yet distinct in nature. To put it simply, grief is the internal feelings that we experience when someone we love dies. It is "the dark night of the soul" (St. John of the Cross), or the soul work we must do before moving on to the spirit work, or mourning. Mourning is the outward expression of grief, the work that we do for ourselves in order to move out of the dark and into a healing light.

Wolfelt says, "...I have learned that if we are to heal we cannot skirt the outside edges of our grief. Instead, we must journey all through it, sometimes meandering the side roads, sometimes plowing directly into its raw center....To mourn is to be an active participant in our grief journey..."

Unfortunately, we live in a culture that fears death, and tends to view active mourning as a sign of weakness, something to hide or fix, something to 'get over'. Wolfelt says that healing is not a linear or finite process; it is organic, unpredictable, ever-changing, and sometimes messy. To deny the griever the ability to mourn is to deny them the ability to heal, to reconcile their grief, to "...integrate the new reality of moving forward in life without the physical presence of the person who died".

Moving forward is only possible in a supportive environment. As a hospice volunteer (or any individual who is supporting the bereaved), it is our job to help to create such an environment. Wolfelt talks about "companioning" a person who is grieving; being present with their pain, not trying to treat it or take it away. He also talks about being a "grief gardener", creating a hospitable sanctuary where the griever is free to mourn in whatever way is meaningful to him or her, without judgment or analysis, so that grief can blossom into healing. A companion walks alongside of the bereaved, or sits with them in respectful silence. A companion is a respectful witness to the struggle and chaos that often accompanies grief and mourning. We are not here to fix or teach or know. We companion the bereaved with a listening and learning heart. We accompany the griever into the wilderness of the soul, without taking on the responsibility of finding the way out. Wolfelt says: "The wilderness of your grief is your wilderness - it is a creation of your unique self, the unique person who died, and the unique circumstances of your life".

You can find many of Dr. Wolfelt's books in the East Shore Hospice library, located in the East Shore Community Health Centre. The Wolfelt titles in our library include; *Companioning the Bereaved*, *A Child's View of Grief*, *Healing A Spouse's Grieving Heart*, *Healing Your Grieving Body*, *Healing Your Grieving Soul*, *Healing Your Grieving Heart*, *Healing Your Grieving Heart For Kids*, *Healing Your Grieving Heart For Teens*, *Understanding Your Grief*, *Creating Meaningful Funeral Experiences*, and *When Your Pet Dies*. All community members are welcome to borrow from the library. If you would like to be companioned through your grieving, mourning and healing process, please call Alexis Phillips, East Shore Hospice coordinator, at 250-227-9006, extension 29.

East Shore Physiotherapy

New Health Centre, Crawford Bay



Anna Rose BScPT

Full Assessments and Explanations,
Gentle Treatments, Home Programs

227-9155

**Next Deadline:
Oct 27, 2010**

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

250.227.9246

Don Hallstrom

by Wendy Scott

Sometimes a man feels a need to return to the place of his youth; to the town where his mother and father lived, worked and died; to the town of his childhood where sun, rain and snow defined his days. But the man seldom finds the same community with the same faces – some of them, yes, but most have left – all have changed, including himself.

Some men are not only grateful for their memories, but willing to give back with their new, different energy; are willing and eager to be a part of this new place, even though its familiar streets are hidden now with many years of growth.

Don made that decision and he continued to give back to this place of his youth. He became a neighbour to strangers and a friend to those others around him who had also returned. He did not yearn for the past, but strode forward building the life that he and his wife, Diane, had chosen for their future.

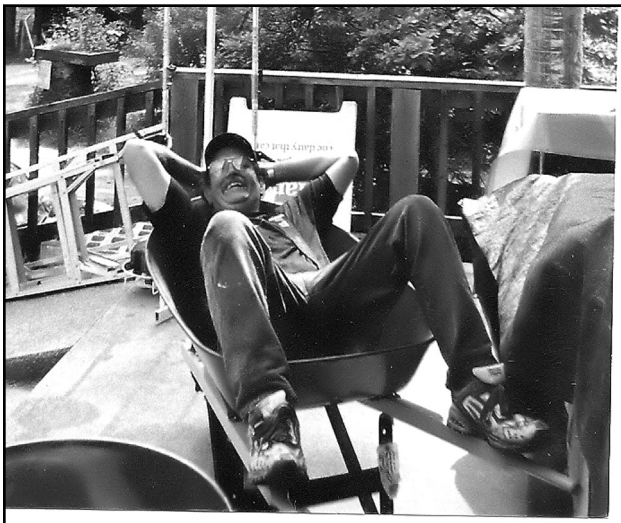
Thank you, Don, for your dedication.

Notice of Passing

Roy McClure

Nov 29, 1961 - Sept 14, 2010

as read by Stephanie McClure at
Gray Creek Celebration of Life



Albert Einstein said "The value of a man should be seen in what he gives and not in what he is able to receive." In one word, Roy was a man who gave. He gave much to his work, to his friends and to his family. That is why we are gathered here to celebrate his life. It was Roy's wish for us to hold this "Celebration of Life" with his family and friends, nothing fancy or formal. Anyone who knew Roy would understand that he was not a complicated man. With him it was pretty simple: what you see was what you got.

Roy Allen McClure was born in Creston BC on November 29, 1961; he passed on at 8.08 pm on Tuesday, September 14, 2010 surrounded by his loving family. Something that the family would like to note is that on September 14, 1984, our mother, June McClure passed away at approximately 3 am; and finds it remarkable, that almost 26 years later we would lose our youngest brother less than 7 hours shy of the anniversary of her passing. That is something we will hold in our hearts.

Some highlights of Roy's life that you may not be familiar with: he lived in Kitimat, BC for a short time and he loved fishing in the Douglas Channel; he also lived in Golden, BC where he worked for a trucking company and for the forest service with some summers on look-outs. This was where Robbie was born; he worked for nine years at Gray Creek Store and prior to that at Baynes Lake where he tried his hand at panning for gold. Although for the last 20 months of his life, Roy fought a very courageous battle with cancer the family is proud of how hard he fought.

The family would like to thank the following:

- Mary Donald of the Home Care Support team, for her caring and compassionate ways, and her endless support in helping out when Roy was moved from the Nelson Hospital to live with Helen and Dunc.
- Marilyn and Stan Dragland for the friendship you shared with Roy and the huge support you have been to Robbie and the rest of the family during this difficult time.
- The nursing staff and doctors of the Nelson Hospital as well as the cancer Centre at the Kelowna Hospital.
- The BC Ambulance Service; especially the girls from Riondel.
- David, Kris, Lorena and Mike for providing the refreshments served here today.
- Mary and Tom Nyce of Kitimaat. BC. They wanted to be here for support of the family, but couldn't make the trip, so they sent a container of food for the family to share during this difficult time.
- Sean and Margaret for making the beautiful wooden box to hold Roy's ashes.

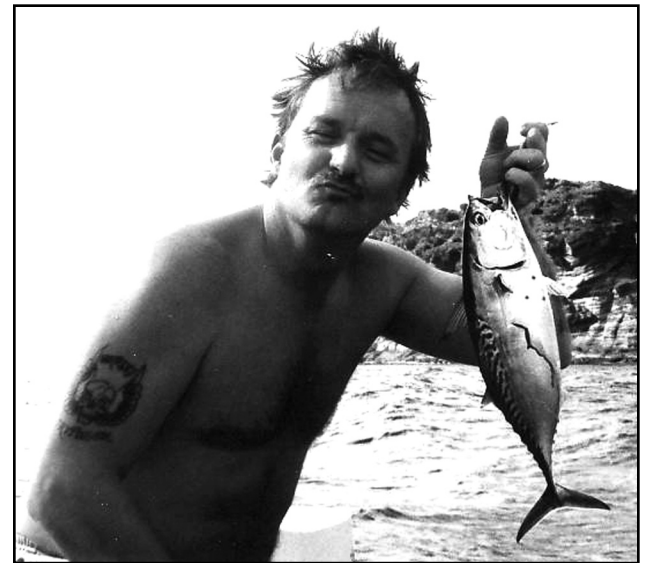
Roy is survived by his son Robbie, brothers Art (Denise), Melvin (Stephanie), sisters Adele (Robert), Sharon (Tom), Maureen (Ed), Helen (Dunc), and numerous nieces and nephews.

Interment has taken place at the Gray Creek Cemetery

Notice Of Passing

Donald Garth Hallstrom

April 27, 1951 - Sept 10, 2010



A son of Riondel left us suddenly on September 10, 2010. He will be lovingly remembered by Dianne, his wife of 23 years, daughters Crystal and Patricia, grandchildren Danielle, Dylan and Braden, and brothers Ronald and Gordon (Eleanor).

He will also be remembered and missed by many family members and friends. Don was predeceased by his father Eric (1989), mother Eyrtle (2008), and his sister Joan (2001).

Don returned to his home in the Kootenays eight years ago to retire and enjoy his love of fishing, hunting, gardening and the community.

Don will be laid to rest with his mother and father at a later date in Greenwood, BC.

A memorial service was held on September 25 at the Riondel Community Church. In lieu of flowers, donations may be made to the Riondel Community Church or a charity of your choice.

Next Deadline: Oct 27, 2010

Box 140,
Crawford Bay, BC
V0B 1E0

Remembrance Garden

by Wendy Scott

It's wet in the garden – very wet. Bears have wandered through and a few deer, along with all the other forest creatures – and dogs, cats and kids. It's a comfortable place to be – even in the rain.

The new plaques have not arrived yet, but should be here this week. Next month I will publish a complete list. In the meantime, we'll try to keep cones and twigs off the benches and pull a few of those eager new broom shoots that insist on growing in the middle of the path.

Many thanks to Garth Saunders who offered to keep an eye on the watering, although you won't have to worry now, Garth, unless you have a secret source of sunshine stored away!

Give us a call if you have any ideas or requests for plaques or shrubs.

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

October 2010 *Mainstreet* 21

Next Deadline:

October 27, 2010

mainstreet@theeastshore.net

250.227.9246



AREA "A" EDC Economic Development Commission

\$7,000 in funding available:

There is \$7,000 still available this fiscal year for grants or projects for Area A (East Shore) relevant to the promotion and encouragement of economic development. Please send in your application early so we can help you to succeed.

Funding approved in June 2010:

Kootenay Lake Chamber of Commerce - \$672 to promote CBESS and other non-profit East Shore amenities in Visitor's Choice mag
Green Boating Alliance: \$2120 – for environmental education, safety, courtesy, and water quality promotion for Kootenay Lake
Crawford Bay Sunday Markets - \$1000 for advertising
Parent Advisory Committee, CBESS - \$800 for school website improvement
KLEECA - \$200 for a promotional video for the East Shore

Next Application deadlines:

October 7, 2010 February 7, 2011
Approval/funding lag time 6 to 8 weeks

An application form can be printed from the RDCK website following this path:

<http://www.rdck.bc.ca/corporate/grants/electoral_area_a_economic_development_grant.html>

Email lornarobin@bluebell.ca

Or call 250-225-3333 for more info

Visit InvestKootenay.com

SERVICES DIRECTORY

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

AUTOMOTIVE/MARINE

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

BUSINESS SERVICES

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

CONSTRUCTION/CONTRACTORS/TRADES

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

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

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

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

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

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

PERSONAL CARE/HEALTH

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

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

An ASTROLOGICAL CHART READING will give you awareness and understanding of your life and your current situation" A chart reading is useful in times of uncertainty and stress. Contact Susan at 250-227-9626

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

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

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

MASSAGE & FOOT REFLEXOLOGY- Relaxing Ayurvedic Massage: Susan Snead is now available for sessions at Barefoot Weaving and Tara Shanti. Call 250-227-9626 for appointment.

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

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

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

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

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

RESTAURANTS

BOCCALINO RESTAURANT, MOTEL & CABINS - We are open for dinner from 5-10 PM (Thurs closed). Come & enjoy our fine food and wines or order a whole roasted chicken 24 hours in advance - we roasted it, you pick it up, for \$20

BUNKERS GRILL AT KOKANEE SPRING - Open for the season and serving breakfast, lunch and dinner. Call 227-9393 to reserve.

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

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

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

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

YARD/LANDSCAPING/SITE PREP

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

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

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

**Next Deadline:
WEDS, Oct 27/10**

**Creativity
Community
Conscience**

CLASSIFIED SECTION

AUTOMOTIVE/MARINE

Utility Trailer, suitable for snowmobiles, dirtbikes, or... \$600 OBO. Also: exercercise bike (Body-break 608). Like new condition. \$100 OBO. (250) 227-9575.

Telescopic Boat Hooks - extend up to eight feet, but are only 3 1/2 feet when retracted. The hook end is plastic so it's easy to get your dog back in (as long as its wearing a life jacket) - Gray Creek Store.

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

BUS. ANNOUNCEMENTS

Sirdar General Store - A unique place to shop on Duck Lake. Angling & Hunting Licenses & Tags, plus 2010/11 Migratory Bird Permits. Trout & Bass Tackle, Gold Pans, Groceries, Chocolate & Energy Bars, Cold drinks, water, energy drinks. Ice Cream Treats, Chips and Nuts. Greeting & Post Cards, Souvenirs, Local Crafts. Post Office. 8050 Highway 3A, 250-866-5570 or Fax 250-866-6811. Happy Thanksgiving Day!

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

BUSINESS SERVICES

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

CLASSES/WRKSHOPS

Get gloriously preoccupied with art: After School Art Classes begin soon! 3 to 5 pm Tuesdays from October to June.

The place is the Art Room in the secondary end of the school. The cost is \$10 per child per class. The way to register is by e-mail (moonrakings@theeastshore.net) or by phone (227-6803).

**EMPLOYMENT OPPS/
HELP WANTED**

Join the Gray Creek Store Team! Now hiring for a Customer Service Representative. Duties to include customer service, operating the cash register, filling propane tanks, and stocking shelves. Applications are available at the Gray Creek Store or please email resume to graycrk@netidea.com. Please call Debbie at 250-227-9315 with any questions.

Help Wanted: The Nelson and Area Elder Abuse Prevention Program is looking for volunteers in the Riondel area. We will be holding a Volunteer Training Day on Wednesday, October 13th 9 - 4 pm in Nelson. Lunch provided. If interested please call 250-352-6008 or email preventeldRabuse@sbdemail.com

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

**ELECTRONICS/
SATELLITE/REPAIR**

Bell is running a special for it's receivers as well as programming with a new High Definition for people with High resolution T.V.'s. Call R&R Repairs @ 250 225-3532 for details on all their Fall specials. We are also doing specials on all appliance repairs. Big or small we fix them all! Check for details on repairs before you throw it out. Over 30 years experience and all

work is guaranteed. Service to pumps and r.v. repairs and winterizing. Got a question? Give us a call! 250-354-3564 or 225-3532 for messages.

HOME/BUILDING

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

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

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

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

Tidy up around your construction work site with a magnetic rake; works wonders before your tires find the nails and screws - Gray Creek Store. Reg \$49.50, Special \$37.50

Lifetime Wood Stain (the non toxic one). You wouldn't want to drink it, but a dog can! - Gray Creek Store

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

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

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

16', 20', 24', Industrial Aluminum Ladders, plus a 8' to 13' multiway ladder, Gray Creek Store
Live Animal Traps - Squirrels to Raccoons - \$24.95 to \$79.95 - Gray Creek Store

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

Grip-o Log Splitter - no hydraulics to freeze or leak - 2 second cycle time, uses the effort of two flywheels. Reg \$3400, Now \$2995 - Gray Creek Store

MISCELLANEOUS

FOR SALE

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

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

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

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

The Butt Bucket \$5.95 - objections to smokers are not so much to the smoke, but to those insidious butts left behind. Here is a way to control that noxious litter - Gray Creek Store (can also be used as a car ashtray)

Motorcycle Gloves: Watson quality \$49 - (up to \$75 at a Motorcycle shop) - Gray Creek Store

Free phone books - the new BETTER BOOKS are here - take extra for your office and car - Gray Creek Store

"Dorothy's Stormy Lake" vol. 4 is here - \$19.95. Complete your collection - Gray Creek Store

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

NOTICES

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

Volunteer Your Time... Transcriptions and translations of Deconstructing Dinner greatly increase our audience. We request your help in transcribing our audio broadcasts, or translating existing transcripts. Transcribing for Deconstructing Dinner is a valuable way for you to assist this project and ensure that this vital information has the opportunity to reach as many people as possible. Upon successful completion of a transcript, we will proudly post your name as the transcriber. This is a great asset to any resume! Thanks for contacting me to get involved at dd.admin@cjly.net

Convenient, clean & safe downtown parking. Park at the Nelson Parkade - Sunday \$3.00 all day. Wkdays \$1.50 for 2 hours, or \$3.75 for all day. 1/2 block off Baker on Vernon Street 354-8834.

OUTDOORS/REC

Dog Life Jackets, in three sizes from extra small to med - Gray Creek Store

Hiking Poles - telescopic with interchangeable tips for different ground conditions. Sets of two or singles - Gray Creek Store

The Hunter's Hoist Kit -the easy way to string 'em up. Can we persuade you to delete some of our surplus deer? - Gray Creek Store

Log Lifter with hickory handle, get your log off the ground for easier firewood cutting \$97.50 - Gray Creek Store

PFD - Personal Flotation Device. Make sure your life

jacket fits and WEAR IT. We stock many sizes and even those for dogs - Gray Creek Store
"Find an ounce of gold a day" with our gold panning kits, or check the beaches for antique coins with a Metal Detector - Gray Creek Store

**RENTALS/
REAL ESTATE**

For Rent: We are a Co-op living situation in which 3 creative and responsible individuals are looking for 2 more compatible house mates at Tara Shanti Lodge in Kootenay Bay. It's a shared accommodation with responsibilities and has ample bathrooms for \$350 per tenant/mth, includes Hydro. For more information call Maggie and Gord at 403 863-6848 or yogamag@shaw.ca

YARD & GARDEN

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

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

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

Fall Planting of Wildflower seed blooms earlier next year - Gray Creek Store

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

The Bucket Saw: for tree pruning, can be used with one hand, an innovation from Jonserved / Husquvama, or a narrow bodied electric saw - Gray Creek Store

BULLETIN BOARD

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

CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

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

EAST SHORE COMMUNITY HEALTH CENTRE Call 227-9006

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

PHYSICIAN COVERAGE FOR October 2010

Oct. 5 Tues - Dr Grymonpre
Oct. 6 Weds - Dr Moulson
Oct. 7 Thurs - Dr Grymonpre
Oct. 12 Tues - Dr Sharon Lee
Oct. 13 Weds - Dr Moulson
Oct. 14 Thurs - Dr Sharon Lee
Oct. 19 Tues - Dr Sharon Lee
Oct. 20 Weds - Dr Moulson
Oct. 21 Thurs - Dr Sharon Lee
Oct. 26 Tuesday - Dr Sharon Lee
Oct. 27 Wednesday - Dr. Moulson
Oct. 28 Thursday - Dr. Sharon Lee

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

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

BOSWELL HALL GOINGS-ON

- 1) Oktoberfest: October 23rd at 6pm. Come out for an evening of great fun with German style food, cash bar, music and dancing. Tickets in advance by mid-October at Destiny Bay Grocers, or at the door for a bit more!
- 2) Boswell Book Club meets monthly on the 2nd Thursday at 1pm.
- 3) Boswell Ladies Club meets monthly on the third Monday at 2:15pm.
- 4) Boswell Nifty Needlers Quilt Guild meets monthly on the third Tuesday at 1pm. For further information call Nancy Bowley 250-223-8046.
- 5) Boswell Vintners meets monthly at the Hall on the first Wednesday at 7pm. Contact Doreen Nault 250-227-9543.
- 6) Boswell Hikers: Oct. 6 - Plaid Lake; Oct. 13 - Kokanee Springs and Wind up. For further information call Melody Farmer at 250-223-8443.
- 7) Carpet Bowling resumes on October 5th at 7pm. Contact Tom Sawyer 250-431-8404.
- 8) St. Anselm's Church Services with Rev. Robin Celiz on the 1st Sunday of the month at 1:30pm
- 9) Yoga with Lea continues on Thursdays at 9:30 - 11 am. Contact Marilyn Arms 250-223-8058.

VOLUNTEERS NEEDED

The Nelson and Area Elder Abuse Prevention Program is looking for volunteers in the Riondel area. We will be holding a Volunteer Training Day on Wednesday, October 13th 9 - 4 pm in Nelson. Lunch provided. If interested please call 250-352-6008 or email preventeldr Abuse@sbdemail.com

FALL FAIR THANKS

The Kootenay Lake Agricultural Fall Fair committee would like to Thank all the volunteers who helped make the 99th fall fair a big success. Thank you to the conveners, judges, Brian and Shirley Enger who greeted the guests, the ladies who helped serve tea/coffee and worked tirelessly behind the scenes, cutting the cake, making coffee/tea and washing dishes. Thank you also to those of you who helped with the set up and the tearing down. Without our volunteers, the fall fair would not have reached 99 years. Thank you again. Your efforts are greatly appreciated.

KOOTENAY CO-OP RADIO ANNUAL GENERAL MEETING

Date: Wednesday October 20, 2010
Venue: The Scout Hall, 310 Cedar St. Nelson B.C.
Time: Doors open 6:30pm. Meeting starts 7pm.
Director nominations invited: call 250-352-9600

BIBLIOBUS

The Francophone Association's Traveling library (Bibliobus) will be in Gray Creek on Wednesday, October 13th at Yvon's place, 15154 Hwy 3A, from 5:30 to 8:00 P.M.(Pot Luck). Come borrow books, vidéos, cds, visits with friends, replenish your stash of maple sugar and syrup. Welcome everyone!

Le bibliobus sera à Gray Creek mercredi le 13 octobre 2010 de 17h30 à 20 heures, chez Yvon au 15154 HWY 3A. Venez participer au Pot Luck, emprunter des livres, vidéos, cds et faire le plein de sirop et de sucre d'érable. Bienvenue à tous! Info: Lyne 250-352-3516. Association des francophones des Kootenays Ouest. 723 rue Ward, Nelson, BC, V1L 5P9

Crawford Bay Store

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

•Groceries •Deli •Natural Foods
•Liquor agency •Fishing tackle •gas

IS Fall HERE?

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

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

Phone: 227-9322 Fax: 227-9417

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Winter Schedule in effect:
All times listed in "East Shore Time"

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

Note: The Osprey 2000 will be out of service Oct 12-Oct 29. Expect delays!

CHURCH CALENDAR

RIONDEL COMMUNITY CHURCH

October SCHEDULE

- Oct 3** - Jean Daniels, United Church, 11am
Music: Kirsten
- Oct 10** - Pastor Doug Middlebrook, KLCC, 3pm
Music: Cheryl Middlebrook
- Oct 17** - Fr. Robin Ruder Celiz, Anglican, 3pm
Music: The Woodwinds
- Oct 24** - Venerable Dirk Pidcock, Anglican, 11am
Music - Anne Rokeby-Thomas
- Oct 31** - Brenda Panio, Anglican, 11am
Music - Fiona

Please see website for changes: www.riondel.ca
Info at 250-225-3381

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

For information call Christ Church Creston 428-4248
Oct 3 - 1:30 pm, Rev Robin Ruder Celiz
November 7 - 1:30 pm - Rev Robin Ruder Celiz

HARRISON MEMORIAL COMMUNITY CHURCH ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!
Church Schedule:
Church Services are held on the third Sunday of the month.
Oct 17 - 1pm: Rev. Robin Ruder Celiz
For information call Karen Gilbert: 227-8914
or Sue Philp: 227- 9140
email: harrisonmemchurch@gmail.com

KOOTENAY LAKE COMMUNITY CHURCH

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

TEMPLE OF DIVINE LIGHT

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

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

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

Next Deadline: Oct 27

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 information call Jim at 227-9622 or Ken at 227-9492.

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

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

PARENT ADVISORY COMMITTEE (PAC) Meetings held at 7 pm at the Crawford Bay School library on the second Monday of the month. **SEPTEMBER Meeting: Sept 14, 2010.**
Call Gina at 250.227.6896 to be put on the agenda...

OCTOBER 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
			16+ Community Volleyball, 6:30 pm, CBESS		Wild Game Night, Boccalino	
3	4	5	6	7	8	9
Bottle Depot, 10-2	Thanksgiving	After School Art, CBESS, 3-5pm Dr. Grymonpre	Public Hearing, Bos Hall 16+ Community Volleyball, 6:30 pm, CBESS Dr. Moulson Lab 7:30-10:30	TOPS, KLCC bsmnt, 8:30am Dr. Grymonpre		
10	11	12	13	14	15	16
Jon Bone @ Newkeys Bottle Depot, 10-2		After School Art, CBESS, 3-5pm PAC Meeting, CBESS Library, 7pm Lions Mtng, 7 pm Dr. Sharon Lee	16+ Community Volleyball, 6:30 pm, CBESS Dr. Moulson Lab 7:30-10:30	TOPS, KLCC bsmnt, 8:30am Dr. Sharon Lee		Sacred Journey Nelson Opening
17	18	19	20	21	22	23
Bottle Depot, 10-2		After School Art, CBESS, 3-5pm Dr. Sharon Lee	16+ Community Volleyball, 6:30 pm, CBESS Dr. Moulson, Lab 7:30-10:30	TOPS, KLCC bsmnt, 8:30am Dr. Sharon Lee		
24/31	25	26	27	28	29	30
Spa Days, Sacred (24) Bottle Depot, 10-2	Spa Days, Sacred	After School Art, CBESS, 3-5pm Lions Mtng, 7 pm Dr. Sharon Lee	Mainstreet DEADLINE 16+ Community Volleyball, 6:30 pm, CBESS Dr. Moulson, Lab 7:30-10:30	TOPS, KLCC bsmnt, 8:30am Dr. Sharon Lee		Halloween Party, Newkeys



When quality workmanship counts

- Stone and tile in every application
 - Hardwood and all engineered floors
 - Custom steam rooms and walk-in showers
- Electric heated floors and slabs
- Masonry heaters - 7 designs
- Quarry and cultured stone fascia
 - Wood stove maintenance
 - Chimney sweeps

TILE WITH STYLE

250-254-0107 • Office: 250-866-5246
tws@wynndel.ca

TRASHY LADIES "FUN" FUNDRAISING BEGINS



at BOB'S BAR & GRILL

SATURDAY, OCTOBER 2
MEAT DRAW (TURKEY AND HAMS)

AND PERFORMANCE

* * *
SATURDAY, OCTOBER 23

REGULAR MEAT DRAW

AND PERFORMANCE

The Trashy Ladies will be performing in Vegas in January 2011, representing the Kootenays and Canada at a Senior Showcase.

These fundraisers will help offset some costs.

Thank you for your support.

Yoga w/ Lea:

Mondays: 8:45am, CBay Community Corner

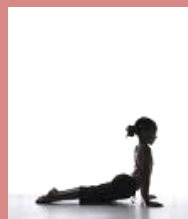
Tuesdays: 7pm, Tara Shanti

Thursdays: 9:30am, Boswell Hall

*Laughter Yoga group sessions available by booking through Lea.

(250)227-9030

learae@telus.net



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Transfer Station Hours

Crawford Bay:
Sun, Tues & Thurs:
9 am - 3 pm

Boswell:
Weds/Sat, 12-4

Library Hours:

ES Reading Centre:

Tues & Sat: 12-3
Thurs: 7-9 pm

Riondel Library:

Weds: 6-8 pm
Tues & Thurs:
10am-12pm
Sat: 10:30am -
12:30pm