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The East Shore Mainstreet

KOOTENAY LAKE BC

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

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

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2,18

Flu Clinics: **3**

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 Dragons: **5**

Fall Fair Wrap-up: **4**

Doukhorbor Jam: **6**

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 and celebrate: **14-19**

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 Box 140, Crawford Bay, BC
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Blue Scarecrow by Leah Wilson



Mike Jeffery Auctioning Leftovers



Sola at the crafts

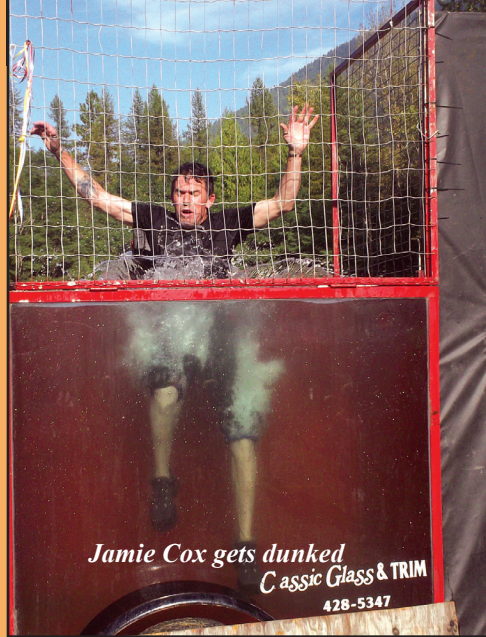
Fall Fair 2012

A Carnival for the Senses!

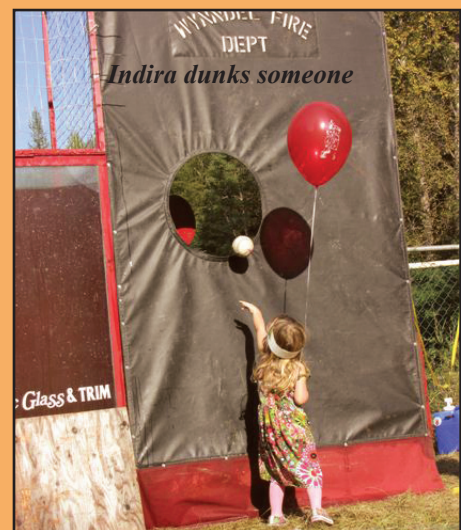
All photos by Dena Kubota



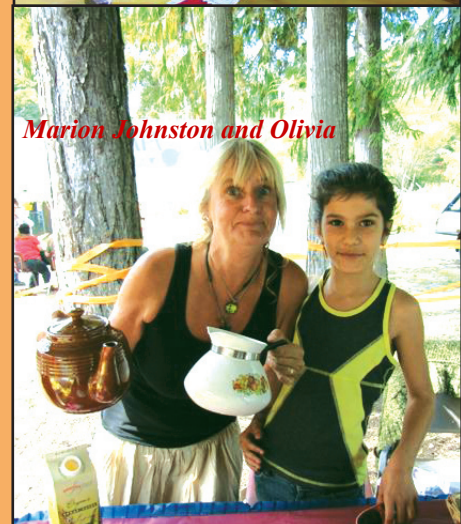
Little ladies at the fair



Jamie Cox gets dunked
Cassie Glass & TRIM
428-5347



Indira dunks someone



Marion Johnston and Olivia



Local youth take it in



MS Issues

by Ingrid Baetzel,
Editor

¿Qué está pasando?
(What's Going On?)

Something wonderful is simmering away in a pot of spicy south-of-the-border deliciousness... and it involves our youth doing something wonderful in their towns and in a Mexican community too!

If all goes as planned, sometime in this school year a good percentage of the high school students will be travelling to Oaxaca, Mexico to work at an orphanage, as well as with agriculture and ecotourism organizations, in construction and more... and they will be doing it as part of their curriculum.

Principal Dan Rude and a group of parents and teachers have taken on the challenge to raise enough money to send committed high school students on a Community and Global Involvement Project excursion, likely in the spring of 2013. Read more on this in Dan Rude's articles each month.

This is a massive undertaking as each student will require approximately \$2,000 to make the journey and will, most importantly, be required to take a very active role in the fundraising and community development/involvement aspect of the program, right here in their hometown. The idea is that these kids get involved on a local level to help in our community. While doing this work, they earn "travel bucks" towards the trip to Oaxaca. They've already worked at several locations so far this year, including helping take down Tipi Camp at the end of the year, volunteering with

the lunch program, helping at the Fall Fair, organizing school activities and volunteering for the Riondel Fire Department.

There is a group of parents working with the school in fundraising and grant-writing for this project. They will be contacting most readers over the coming months (or you'll just see projects going on around town – feel free to get involved!) with fundraising opportunities like bottle drives, local events, student work, etc...

How can you help right now? There are opportunities to employ youth, either in real form with cash exchanged for labour, or through community involvement work, where they can earn "travel bucks" which get paid into the travel pot through grants and existing dollars for the project. Need help splitting firewood? Got some yard work or cleaning to do? The opportunities are endless and by hiring a student, you create an opportunity for them to develop themselves through community consciousness and energy and bring what they learned to a community in more dire need of support.

This is the epitome of win/win. Contact Dan Rude at drude@sd8.bc.ca or at the school at 250.227.9218 if you have ideas or want to be involved in this astounding new program that is all about global/community betterment and education for our area youth.

Yoga w/ Lea:

Mon: All levels, 10-11:30am, Comm. Cnrr.

Thurs: All levels, 9:30-11am, Boswell Hall

Fri: Beginner's/Gentle Yoga, 10-11:30, Comm. Cnrr.

Available for booking group Laughter Yoga sessions for parties & private functions.

More info: 250.227.9030

learae75@gmail.com



LETTERS TO THE EDITOR

THE DEPTH OF MY GRATITUDE

Dear Community,

Heartfelt thanks to all who have brought nurturing meals, sent cards, offered gentle words, countless hugs and endless support during this difficult time. I feel so blessed to live in a community such as this. Words cannot express the depth of my gratitude.

Barbara Loeppky, Riondel Road

101 YEARS AND GROWING

Dear Editor:

Phew! It looks like the Kootenay Lake Fair managed to stay alive for the 101st time.

Years back, I was invited by one of the Fall Fair Tea organizers to help out with the tea, and ever since that initial introduction to Fall Fair Flair, I have always enjoyed the array and the celebration of harvesting food.

Last year the old members decided to make the 100th year a big success (or at least an even bigger event than they had hosted for the past 100 years in Crawford Bay). After its completion the word was, "There are no new people to take on the fair, so no more Fall Fair."

Seeing the importance of carrying on such a long-standing community event, and hoping to regain the passion of the community for the joy of gardening, four of us showed up at the AGM last fall, where all existing board members announced their resignation.

Jacqueline Wedge, one of the Food Roots coordinators, showed a tremendous creative interest in the importance of community, getting back to our roots, and coming together in celebration of our harvest. Being an inspiring teacher, she wanted to bring more creativity and artwork forward from the children, so that they could get more involved with the fair.

Nicole Schreiber, also a Food Roots coordinator passionately felt the need to keep the fair alive and

wanted to add some new elements to the fair. Her ideas were about boosting the educational component of the fair with booths for families and children to learn and interact.

K'Arlee Morison, granddaughter of Evelyn Green (one of the ladies who has been a part of the Fall Fair for 22 years), saw the importance of not letting a family tradition die, and took on the organization of the judged competition.

All I can say is that I am very impressed, and thank Nicole, Jacqueline and K'Arlee, for getting friends and community motivated to make it all happen. It was truly such a beautiful community event, from the smallest child to the most seasoned elder; everyone came out to support it and enjoyed a wonderful day celebrating our collective harvest. Thank you to all who helped, participated, and came out to enjoy it all.

My special thank you goes to Olivia Wedge-Darchen, the young girl who helped me right from the start to nearly the end, missing all the fun just to stick by my side to make the Fall Fair Tea run as smoothly as it did.

Also thank you to Laverne, Amanda, Daniel, Kelly, Diane, and Kelly who popped up just like angels at the right time and made the event all it could be. Also, special gratitude to Mojo's, Bocalino, Fairy Treats, and all the East Shore home bakers who generously donated bake goods. I would also like to send out a tremendous thank you to the previous Fall Fair committee who were integral in guiding us through this year, and who were a major help to glean the tricks and techniques of how to execute the event so wonderfully. I always get joy out of serving coffee, treats and happiness to fall fair lovers of all ages. Hope to see you all next year.

PS: We are planning to hold a meeting in mid October 2012, and would like to invite whoever enjoyed and loved the 101st Fall Fair and would like to see it



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Next Deadline: Wed, Oct 24, 2012

Subscribers: Did you know?

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

continue to come out and lend a hand or two to help, so that we can make it all happen again next year.

For any info you can take a look at the Kootenay Lake Fall Fair Facebook page, or feel free to contact Jacqueline at 250-227-6803, Nicole 250-227-9111, or K'Arlee and me at 250-227-9583.

Marion Johnston, Crawford Bay

A FITTING TRIBUTE

Dear Editor;

Many may be aware of the uncertainty surrounding the health of the Riondel Community Centre and the difficulty in particular of finding the Riondel Library (...is it in the old Clinic today or back in its proper location?) – Which must be accessed through a Fire Door, and then how does one get to the Commission Office – or, my goodness – Bingo tonight – or, yikes – where's the bathroom!?

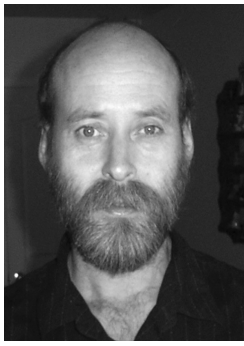
This can get so ridiculous that it would be laughable – except for those who have cared enough to donate towards the Roof Fund for the Community Centre – which is and remains the true centre of our community and a place to gather for the entire East Shore.

One dedicated and talented woman in particular not only fashioned crafts, created decorations, and every year led the search for a Christmas Craft Fair theme, but donated all of her profits to the Roof Fund; this woman, Fiona McLaren, even by-passed her own church – which was the centre of her life – because she believed so strongly in the importance of saving and preserving the Riondel Community Centre.

I believe that it is important to make sure that whichever route we take to maintain the Community Centre is a fitting tribute and sincere acknowledgement to this woman's memory.

Sincerely,

Wendy Scott, Riondel



RDCK Area "A" Update

by Garry Jackman,
Director, Area "A"

Annual local government conference

I am writing this submission at the midpoint of our annual local government conference. So far we have had some very useful discussions and indications that some of our local issues may be addressed. Other key discussions, such as dike maintenance and emergency response services, are scheduled for Wednesday and Thursday. These meetings range from discussions with provincial senior staff to ministers responsible to the premier.

On issues already covered, some of us have asked the Minister of Agriculture and his staff to consider ways in which to assist us with local agricultural issues, in particular in support of some of the goals set out in the Ag Plan which the RDCK has developed. The face to face discussions help to relay the differences between our farming communities in the RDCK which range from very small mixed farms to single crop operations such as orchards to small beef producers or to small and medium sized dairies. These farms are distinct from the much larger scale operations found in the Fraser Valley or Okanagan and would benefit from a more generalized support network as opposed to the past model of more specialized provincial extension officers. In addition, we discussed support for a farmland trust and small scale abattoir (E license).

We also discussed the current drinking water regulations and the resulting financial impacts on residents with the Minister of Health, proposing what we feel are some more cost effective, risk management options.

Free TV Programming Update

by Ingrid Baetzel

Thank you again to Ron Smythe who contacted *Mainstreet* to confirm that, in fact, the digital signal for over-the-air television does not reach nor cover our area at all. It appears to only apply to urban areas.

If you are in the middle of replacing your old television and hoping that buying a digital converter box or a television with a built-in digital tuner, you will be disappointed.

However, Shaw Direct's offer is still available to set up customers with a few Canadian channels (CBC, CTV, Global, CityTV, Check and Knowledge) at no cost, including a free satellite dish and receiver. This offer has a limited time left, so act now if you want to take advantage of it. Former CBESS student, Robert Hahn, is our area installer and does the job efficiently, taking the time to be sure you know how to operate the system.

Please call 1-888-782-7602 to find out if the FREE Local Television Satellite Solution (LTSS) program is in your area.

A very informative forum covering the changes to the Federal Fisheries Act and the trickledown effect on review and approvals for developments was coordinated by our rural caucus rep. The current process to assess fisheries impacts used by the province under Riparian Area Regulations was reviewed and we discussed the past relationship between federal and BC jurisdictions under a 'cooperation agreement'. There is some uncertainty as to how future agreements, if any, will look as amendments to the federal regulations are still a work in progress. I view our Kootenay Lake Partnership initiative as our own cooperation agreement.

The rural caucus session also included a presentation by ministerial staff on the status of the resource road project. General information on this project has been available on the web for more than a year now, but the updates stressed the principals of trying to maintain public access to as many rural roads as feasible while identifying a fair model for funding maintenance. Legislative changes to relieve rural road maintainers of some degree of liability are also being proposed - more to a 'use at your own risk' model rather than an assumption that a rural road maintainer owes the public a level of maintenance anywhere near that which we expect for roads under our highways network. To frame the scope of the issue, there are currently around 450,000 kilometers of rural roads in this province with less than half of them having some entity (government, private or volunteer) with any obligation to provide maintenance. Of the roads which do receive some level of maintenance, many are still in a state of decline. One figure quoted was the forest service budget to perform their share of maintenance is \$5.5M annually while the projected needs are ten times this amount. No indication is being given at this time as to which roads are highest priority if or when any budget increases are granted. Yes, I made a suggestion.

The other major rural forum topics were a review of recently implemented Local Government Act amendments and a new dispute resolution process for local governments who have issues with the specifics of delivering a local service.

Less satisfying, in my view, were updates given at the session on the Small Water Systems Working Group. Many of us have been looking for more practical approaches (see notes above re meeting with the Minister) but the evolution of the new guidelines seem to be towards the more expensive, comprehensive options. The great irony of this is many people on small water system are resisting any change in the face of daunting costs which is delaying the implementation of the more cost effective small improvements which could be made in the short term.

The two other forums which I participated in so far are the marijuana decriminalization debate (remarkably strong consensus on the need to protect developing youth plus the small percentage of adults who may see very serious harm while strongly opposed views on how to achieve this) and update on the performance of communities in achieving climate action objectives with some highlights on projects to reduce energy consumption.


Last, to date, the CEO of Interior Health listened to some of our concerns about mid to long term budgeting for hospitals in the Kootenays, ambulance services and the recent overnight closures of the Kaslo emergency room.

Note that the forums and discussions which any individual can attend are around one quarter of the total offered, but discussions with colleagues during meals and breaks help fill in some of the gaps on what we miss.


Treaty updates

The province has scheduled a series of public information meetings to provide residents with an update on the negotiation status. I understand there will be one meeting on the East Shore. This is an important step in the process which identifies the sites which the parties (federal, provincial and first nations) have agreed upon in principal for inclusion in the treaty. Please check bulletin boards for the confirmed date and location.

As always, if you have a question please contact me by calling 250-223-8463 or e-mail gjackman@kootenay.com.



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



Interior Health

2012 FLU CLINIC

FLU SHOTS ARE FREE FOR:

- Children and adults with chronic health conditions and their household contacts
- Children & adolescents (6 months to 18 years) with conditions treated for long periods of time with Acetylsalicylic acid and their household contacts
- Residents of nursing homes and other chronic care facilities
- People 65 years and older and their caregivers/household contacts
- All children 6 to 59 months of age
- Household contacts and caregivers of infants 0 to 59 months of age
- Pregnant women who will be in their third trimester during influenza season and their household contacts (pregnant women who are in other high risk groups can be immunized at any time during the pregnancy)
- Aboriginal people
- People who are morbidly obese (BMI > 40)
- Health care and other care providers in facilities and community settings who are capable of transmitting influenza disease to those at high risk of influenza complications
- Inmates of provincial correctional institutions
- People who provide essential community services (First Responders, Corrections Workers)
- People who work with live poultry and/or swine
- Individuals who provide care of service in potential outbreak settings housing high risk persons (e.g., crew on ships)

CRESTON: THURSDAY, OCTOBER 25 or FRIDAY, OCTOBER 26
DROP-IN AT THE CATHOLIC CHURCH HALL, 9:00 AM TO 5:00 PM

CRAWFORD BAY: THURSDAY, NOVEMBER 1
DROP-IN AT THE CB HALL & PARKS BOARD, 9:30 AM TO 10:30 AM

RIONDEL: THURSDAY, NOVEMBER 1
DROP-IN AT THE RIONDEL COMMUNITY CENTRE, 1:00 PM TO 2:00 PM

For more information contact the local Public Health Office at 250-428-3873


*Please: Bring Your Personal Health Care Number (Care Card)/
Wear A Short Sleeve Shirt/Do Not Wear Perfume or Cologne*



RDCK Resource Recovery Facilities

THANKSGIVING DAY

HOURS OF OPERATION



All Waste Facilities will be CLOSED on
Monday, October 8, 2012

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

Kootenay Lake Fall Fair: Another Century of Food Celebrations

by Jacqueline Wedge

FoodRoots (and me in particular) have SO many people to thank. I was feeling rather stressed about missing someone. I really can't fully express my gratitude for the time, energy, commitment, and creative wondrousness the folks of the East Shore, Nelson and Creston have shown.

First off, to the Fall Fair's out-going board of directors... WOW. The Thursday and Friday nights before the fair were dizzying. The new board (**Jacqueline Wedge, Nicole Schreiber, Marion Johnson and K'Arlee Morison**) was awe-struck at the efficacy and ease of this set-up crew, and their generosity toward our newly-formed committee. **Brenda Panio, Ivy & Mike Jeffrey Jeannie Lahnemann**, and the quiet strong men who showed up too: we salute you.

To our sponsors and donors: **RDCK, the Creston Kootenay Foundation, the Nelson & District Credit Union**, for financial assistance. This event would not be possible without your generosity. A bushel full of thanks.

To the judges and conveners, thank you, thank you with hugs, for your patience and understanding during this crazy transitional time for us. FoodRoots is a food-security group, and taking on a food celebration was a bigger task than we thought it would be, a behemoth undertaking, it turns out. Our judges were great with their time expertise, anonymity, and efforts. (Especially the last minute judge I shall call "**Black Pearl**", who rolled out of bed on Saturday morning to find out she was desperately needed. You rock.)

To **Farley Cursons**, who got the dunk tank on-site and peopled it with willing (and not so willing) dunkable folks, including the school's principal **Dan Rude**, some eager teens, **Paul Hindson, Pam Spiers** and others who took one for the team. Also to Farley

a big thanks for the music and mc-ing during the day: your presence is always fun and spectacle-inducing.

A few "we-are-not-worthy" bows to the following individuals. **Andrea Betke** (helium balloons - OMG, you did it!); **Dena Kubota** (official photographer and expert helper); **Ingrid Baetzel & Jennifer Irving** (raffle queens and stellar volunteers); **Virginia Holman** (bake sale goddess: a total success raising \$730 for the next fall fair (and a big hats off to **Pat Schreiber** who helped tonnes and the plethora of bakers who filled the table... SWEET!); **Leah Wilson** (scarecrow maker extraordinaire! We will have many scarecrows to adorn our groovy community in preparation for all future fall fairs. Lucky us!); to those who lent or rented us tents for the outdoor activities— **Kathy Donnison and Joe Bechal, Carol VanR and Sara Loeppky**; to Carol VanR again for organizing the 'cake walk' event (which raised a few hundred dollars for the secondary school trip to Mexico in March. It was impressive how many people baked cakes for this. Thanks, sweetie-pies); to **Diana & Doug Stokes** for being the beautiful happy faces at the admissions all day (you saved our butts, so thank you); **Laura Kernohan** who put together great raffles to benefit our local food hamper; to **Florence** the flower lady (you, my dear, are amazing and gorgeous and we are so glad you were around all weekend.); the **S.L.A.P. samba band** (as always a pleasure, always entertaining, and working with the cake-walk really made for a high-stimulus activity).

Thanks and squishy hugs to **Dana Gallinger** who stayed crafty throughout the afternoon (the craft tent was responsible for some pretty wacky head-gear); to **Helene Carter** for staying with me at the food-testing table. (Fun times! The people's-choice awards went to: **Erin Cristofoli** - best chocolate chip cookie, **Garry Sly** - best berry jam, **Dana Rude** - best pesto. Amazing, fun-filled, yummy and educational);

Speaking of educational, thanks to **Pixie Henriksen** for talking for the chicken, **Joan Huiberts** for sharing fermented foods info, and the **Alanna Garrett** from Creston who shared so much "72-hour-preparedness" data with our community.

A few other names of people who picked up the slack, volunteered their time & energy to help make this an amazing event: **Sandra Bernier, Fran & Glen Kinder, Doug Middlebrook, Daniel Chiasson, John Smith, Chris and Theo Artzoglou, Félix Wedge-Darchen, Jessica Rideout, Zoe Zaiss-Baetzel, Joli Mwinyi, Olivia Wedge-Darchen** (tables/chairs/tents/cakes/serving), the guy who mowed the lawns, and the folks who stayed behind to clear everything away with us. Thanks as well to all of

the people who entered in the food & art judging categories. Wow, we are one talented pool of growers and creators. I know I have missed names, and I apologize. We thank you too - you know who you are. I will be submitting a full thank you list of the generous businesses who donated items to our raffles and prizes, in next month's *Mainstreet*.

I would also like to bow down to my fellow FoodRoots gals: you were great to work with. **Marion's** tea-party was a huge success, **K'Arlee's** judging coordination was a huge undertaking and worked-out marvellously. And **Nicole**, who dedicated large portions of her life to the fair, gathering raffle items and prizes, networking and searching out vendors and tents... you are a force, a trooper, a great co-coordinator.

FoodRoots will most likely be hosting the 2013 Kootenay Lake Fall Fair. We are gathering contact info (if you would like to be involved let us know). Next year will be even better... if that's even possible. We had a good time. But we need more bodies. Kootenay-foodroots.wordpress.com. Box 115 Crawford Bay BC. V0B 1E0.

Gray Creek Pass Report

by Tom Lymbery

Despite all the CLOSED signs there is quite a bit of traffic to and from Kimberley. The *Cranbrook Daily Townsman* had a feature story headed 'Gray Creek Pass a Vital Road' as Cranbrook city council advocates repairing this year's problems to allow travel unimpeded by closed signage. Forest Service has all these posted because they are concerned about their liability.

Lightning started a forest fire on the Sphinx Mountain about September 10, with smoke visible from Balfour. Story has it that it can't be accessed because the road is closed!

An ATV accident resulted in a broken arm for a woman from the states. How they got too close to an edge and rolled a unit we don't know... inattention perhaps? This is a very safe route for ATVs.

The route is usually snow free through October, an early snowfall can happen but because the ground has retained warmth this melts in a day or so.



Looking for Inspiration?

Community Connections is sponsoring a video viewing and conversation around revitalizing rural economy. Jeremy Rifkin coined the term "Peak Oil" and advises heads of state about these exciting and forward thinking methods to create a new economy. The video is Jeremy speaking about the 3rd Industrial Revolution. The conversation will go much broader. Be a part of it.

October 12, 2012
Junction Creek Hub, 7:30 pm

Nelson & Area Elder Abuse Prevention Resource Centre

◆ 250-352-6008

◆ preventeldRabuse@sbdemail.com

◆ www.nelsonelderabuseprevention.org

◆ Drop-in Wednesdays 12-2pm

719 Vernon Street, Nelson
Nelson and District Seniors Coordinating Society

Golden and back to Kelowna. It is children and families in these areas that are the beneficiaries of all the efforts.

This year we would like to extend a big and sincere thank you to Doug and Beverly Anderson for attending to the barbeque and to Beverly helping with the set-up and serving. Thanks also to the well known (by the RCMP), "Kootenay Brownie Maker", Verna Mosley! Last year Verna served up the brownies in Tim Bit cartons! We assured those members present that they would definitely feel more relaxed by the time they reached Creston - I noticed that the brownies were quickly consumed. This has been a great joke over the years and Verna has been volunteering to help for several years.

We would like to extend sincere thanks to the Kootenay Lake Lions Club for their support, and Kokanee Springs Golf Resort for once again allowing us the use of the boardroom at the lodge. Thanks are also extended to Fritz's Deli and Overwaitea in Creston for their support of Cops for Kids and the Kootenay Lake Lions Club.

After eleven years of begging and sometimes trying to remove one, I was presented with an RCMP Cops For Kids Jacket, which Jim says: "No you cannot wear that to bed." A proud moment for me...

- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL HALL

Booking/info: Judy @ 250-223-8664

Cops For Kids Ride Through CB

by Hope and Jim Fortune

The now familiar RCMP riders and admin staff once again descended on our village, visiting the Crawford Bay School and reportedly enjoying a great visit with the students. There were twenty-two cyclists and seven administration staff to accompany them.

It has been eleven years that Jim and I have been preparing and serving the luncheon, with the Kootenay Lake Lions Club paying the expenses. During all this time there are still a number of riders and staff that have been able to come year after year and good friendships have been formed. The RCMP are so grateful for the support as without the support received from companies, private donations, hotels, food and all the extras along the way, this really great effort to assist those children and families that are in need in so many ways, either support to attend critical care or those needing assistance due to disabilities are the recipients of all the hard work it entails. This year the ride made a total to date of \$220,000.

The ride starts in Kelowna, to Midway, Nelson, Crawford Bay, Creston, Cranbrook, Revelstoke and

Local Woman Shares New Product with the World

Yoga Loving Herbalist Entrepreneur Enters the Dragon's Den with Innovative Healing Bead Necklace

press release



Countercultural entrepreneur, Maria Latouf, designer and creator of Posture Beads™, attempted to charm the money-loving venture capitalist Dragons on the second episode of this year's popular CBC's *Dragon's Den*, which aired on September 26. Junction Creek Hub screened, for East Shore residents and others coming from as far away as Nelson, Creston, the Okanagan Valley and even Montana, Maria's appearance on the show and it was exciting to see a local resident represent her brand and her idea in such a huge forum.

Latouf's appearance on *Dragon's Den* didn't result in any offers from the fierce, but obviously charmed Dragons (although for a moment, it seemed that one dragon was a breath away from an offer) but Latouf's product was very well-represented and appreciated and got plenty of positive exposure. Latouf says the

experience was wonderful all around. To the average viewer it was obvious that the dragons found Latouf to be poised, knowledgeable and loaded with personal and global integrity.

Latouf comes to the East Shore from Windsor, Ontario and has found herself, through a series of incidents, on the East Shore and discovered that she loves it here. She is able to manage her business remotely with high speed internet and regular trips to Nelson. Latouf says, "I fell in love with everybody I met on the East Shore and area and am so happy with the groove here, the serene mountains and lake, the fact that although it is not a densely populated area, there is still a young and vibrant energy here, great music, barbeques, hiking and fishing, always something to do. I also appreciate the new beautiful school, and healthy, happy community. It is a perfect place to raise a family. We (Latouf and her three-year-old son) were welcomed with open arms. What a blessing."

On *Dragon's Den*, Latouf featured her product, Posture Beads™, a necklace with a round disk stone pendant in front which balances a strand of beads that lay against the spine. The design offers the person who wears the piece the opportunity to be aware of healthy postural alignment, promoting a mindful relationship to one's body. It is the only "posture aid necklace" on the market.

The beads target the health and wellness market. "At first, I thought that my main interest would come from the multibillion dollar yoga industry, where new products are rare," said Latouf, who is seeking companies and manufacturing representatives to carry her product. "But physical therapists, massage practitioners, and chiropractors have also been contacting me—it can even, by enhancing awareness, help the postural alignment of someone who sits at a desk all

day.

Latouf, a single mother, has been developing the product for the past two years. Previously, she had no business experience. "Creating the design, getting a patent pending status, brand development, finding a manufacturer and market research into the channels of distribution with no money has been a formidable challenge and amazing learning experience," Latouf said.

The call from CBC just ten days before the airing date set her scrambling to redesign her website, www.posturebeads.com, and prepare for the publicity.

Latouf currently has one style offered to the public for sale online. Additional designs will be introduced later this year. Retail price points in the line will range from \$60 to \$250. "I've designed them to be so beautiful and distinctive that people want to wear and collect them aside from their ability to support a more mindful approach to postural alignment."

If you are interested in acquiring a Posture Beads™ necklace, go to Latouf's website - www.posturebeads.com or phone 1.800.717.1565 for wholesale inquiries.

Latouf added to her story the origination of her design of the necklaces. "I designed them while living as my grandfather's caregiver for the last three years of his life. He passed in March and Posture Beads™ has blown up since. I truly think he is my angel. His last spoken words to me were, "How are your ambitions coming, babe?" He didn't understand the posture beads thing, but he fully saw how driven I was while caring for him and my son, Nestah. When he passed he couldn't speak words but his lips read, "How is Nestah" (he loved my son so very much, it may have even extended his life some) and, "I love you, I love you, I love you."



Riondel Community Centre

by Muriel Crowe

This past month has been one of turmoil for those of us using or working in the building. A complaint of a mouldy smell, not the first by many years, mushroomed into the building being closed and tested. The building was totally closed, partially reopened and then closed again. As I write this I am waiting for confirmation that we are allowed back in. This all took place as we were preparing to do some repairs to the leaking section of the roof and start on a cleanup of the damaged area. The Commission of Management is hoping to have the roof work underway soon as it is critical to have it done before we have more rain. The remedial work for other sections is pending and will rely on having someone qualified to do the work.

A public meeting was held on September 25 with Joe Chirico and Ann Fisher from RDCK describing some of the processes required, explaining responsibilities and then answering questions. The last part of the meeting was a general question and answer period and discussion of the options regarding this building. The Commission of Management will attempt to provide details of cost and possibilities for several options regarding repairing or replacing the Community Centre. A question from the floor regarding whether or not the Commission could use some help with this process was gratefully accepted. A meeting will be held in about three weeks for the Commission and any interested volunteers. Prior to that we will attempt to list what areas we will need help with and will welcome suggestions.

TOM SEZ

by Tom Lymbery

Firewood time! Please make sure you have a plastic wedge in your pocket anytime you use your chainsaw. It surely saves having the bar stuck in a log, as well as being a safety factor.

Please check www.royaltheatretrill.com for the upcoming programs of the **Metropolitan Opera, National Theatre Live and Bolshoi Ballet** from October to May 2013. These are daytime programs, so should be accessible from the Best Shore.

I often ask cyclists where they are from and those doing the **Selkirk Loop** come from afar – such as the state of Virginia. Two others from Colorado had booked at Deer Ridge B & B, and were heading for the Hills Garlic Festival.

Compared with a pit bull, **your local independent cougar** is a pussycat.

For some reason the **Brooklyn Bridge** has had a name change on the map to the Natural Arch. This is Canada's largest natural stone bridge, and is above Renata on the Arrow Lakes. The name comes from the town of Brooklyn, a place that only survived a few years while the half mile long Bulldog tunnel was being built in 1898 for the Columbia Western rail line.

Now you can have a **QR code** (sometimes known as a tag) on a gravestone or next to a plaque on the Memorial Wall. Those with a smart phone can then read the obituary or information about the deceased. Look for this at www.QRMemories.com. The Netherlands was the first country to put a QR code on a coin.

We can put the **National Hockey League** out of business. Why watch an outfit that strikes so often? Enjoy the smaller, less money hungry teams. There are enough on TV if you look.

The heavy acorn crop on the oaks doesn't seem to have attracted as many blue jays this year. They are usually in the trees by the store arguing with the squirrels.

How did SUNDAY sneak in before Market in last month's **Tom Sez?** It was about the extra truckloads of supplies coming for the new CB Market. **ED: Ooops, sorry Tom. Glad to see you're on your toes – more than we are, apparently!**

We often have people asking if the **cedars are dying** in September/October, but this is a natural shedding of needles/fronds.

The **miles shown on the odometer** on a vehicle don't tell the truth about the condition of the unit. That depends on the driver and regular servicing.

We have **Cleaning Vinegar** in stock. This an amazing natural cleaner for many jobs, and you can't paint anything galvanized without using this first.

Tom Comet (Hulland) and a friend crossed Lake Erie on September 10 having a tough 12 hour trip using SUPs (Stand Up Paddleboards). Remember nearly all of the Best Shore at the Capitol Theatre in Nelson seeing Tom juggle chainsaws and cut up cabbages with a lawnmower? What a show!



Tom's Corner

by Tom Lymbery
Doukhobor Jam

Wendy Voykin performed at the Kootenay Storytelling Festival in

Procter on September 15, 2012. The Festival program says, "Wendy Voykin is an active member of the Doukhobor community in Castlegar. After two years in Russia studying the language and Doukhobor historical sites, she received degrees from DTUC in Nelson and from UVIC. She teaches Russian, French and drama. Her intense interest in Doukhobor history continues."

The program continues with this description of Wendy's talk, "Growth of the Doukhobor Communities from 1908 to 1930 - Wendy's story at a

previous festival introduced audiences to the details of the first Doukhobor settlement at Waterloo. Her current story will describe the growth of the communities, increase in population and resulting expansion throughout the West Kootenay area. She will describe the construction of homes, sawmills, ferries, a bridge and the development of a thriving fruit and jam industry in the area."

The Kootenay Jam Factory was established in Nelson with Harry Beach as their expert to supervise the correct procedures for making jams commercially to be shipped across Canada. A small operation in Brilliant made the four pound jam cans and lids.

When my Dad was planting his Gray Creek apple and cherry orchard in 1911 - 1914, he planted strawberries between the trees, both to encourage tree growth and to produce some revenue from the berries. For the 1913 and 1914 seasons he contacted the Doukhobor jam factory, and they were willing to send a crew of ladies to pick the berries. What a godsend to a bachelor, with no wife or children to send into the strawberry patches.

The ladies arrived on the SS Moyie bringing picking buckets and boxes for the fruit. They had a tent and food and flour. Two young girls were asked to bake bread, as Dad had offered his cookstove and kitchen. The two had helped with the process before, but as helpers perhaps didn't have sufficient experience. The mixing and kneading went okay along with adding the yeast, but the dough didn't rise as soon as they had hoped. Feeling that perhaps they had not done it all correctly, they took the dough outside and buried it! But it rose after all - and the evidence was there in the risen soil.

When the Doukhobor crew arrived the next season in 1914, they built a stone oven in a bank across from Dad's cart shed. This was much more effective than the somewhat cranky cookstove. That old timer had cast iron doors on each side, and if the door by the wall wasn't tightly shut, the oven didn't get hot enough to bake. Unfortunately we didn't preserve that in-ground oven just below Rob and Janet Schwieger's house.

In her story, Wendy told about men who were trying to cross the river from Castlegar to Waterloo with a bull in a rowboat. The bull jumped out, and the fellows found out that the best way was to row ahead and

make the bull swim. That rowboat had to be replaced with a ferry, and someone had to be found for the ferry construction and operation. These early ferries were of the reaction type, in which the current is used to make the ferry cross to the other side. With the ferry usually attached to an overhead cable, the operator arranged the angle in which the boat is attached to the cable so that the river itself moved the unit to the far bank. Usually this also needed some cranking to get it right up to the ferry slip.

The numbers at the Ootischenia site and others continued to rise as more people moved from Saskatchewan. These most industrious workers expanded into other areas such as Pass Creek, but the ferry access to what is now the Castlegar airport was a constriction with both the Columbia and Kootenay Rivers to be crossed. They found a suitable site for a bridge over the Kootenay River and went ahead with this stupendous project, rather than waiting for Public Works (now Highways) to help them out. This bridge is now a National Historic Site - thank goodness the bridge has been preserved.

Movement from Saskatchewan continued through the 1930s and 40s. I well remember the truckloads of Doukhobor people arriving to cross on the sternwheeler SS Nasookin from Gray Creek to Balfour. They were standing up in stake body trucks - those rough gravel



A rare early view of Doukhobor strawberry pickers at Gray Creek ca. 1913. The women are dressed in their best for the photograph, or perhaps for a special occasion, - or both. Although Doukhobor workers have been part of the Gray Creek scene since early years, this is the only photo we've seen to date. Photo: Tom and Sharon Lymbery collection

Former Residents Revisiting

by Tom Lymbery

When I mentioned Steve Metcalf to Johnny Oliver, he remembered him immediately and could guess his age within a year. Steve came here in the early 1970s. I sold him the Gold Boulder searchers' shack on floats which he resold, and it became a fixture at Picnic Bay for some years. Steve and Eric Lovell built a log cabin at Lime/Crystal Lake for my sister Alice. Steve became a mining engineer, moved to Germany, married Daniela and has a son Emil, now five years old. They are currently moving to Kigali, Rwanda where he is working for CRONIMET, a German stainless steel recycling company that is mining tungsten (steel) and tantalum (electronics). He says "The challenge is to help the artisanal (very small scale) miners who sell their minerals to CRONIMET operate more safely and to meet basic environmental standards. We are anticipating implementing such interventions at some 50 mines employing some 20,000 informal workers over the next year."

Several of the Davidson family was here, intending to climb up on Old Tom Mountain to spread Ted and Thora Davidson's ashes. Ted started a garage on the site of Crawford Bay Auto as well as logging and running small sawmills. Unfortunately I didn't manage to get an obituary for either Ted or Thora.

roads were more comfortable standing than sitting. My Dad would send me to the top of the wharf, as there were no signs to regulate ferry parking. If their truck needed to be moved back to allow space for vehicles coming off the boat, I would try and explain. The response I always got was "No spik Inglis", but I found that they usually did heed my request.

On hot summer days some of the ladies would walk down the sandy beach to cool off in the lake. They all wore colourful stockings and dresses, and took off some of their outerwear before wading into the lake a few feet.

The Doukhobors were only a few of many escaping dusted and busted Saskatchewan in those depression years. At least in BC they could grow vegetables and more. From July on we would have nearly all Sask. - plated vehicles in the ferry line up, until about 1942. Too bad Dad didn't take a photo of any of the overloaded trucks and cars, often decrepit with hay-wire vital. Too everyday for that photo.

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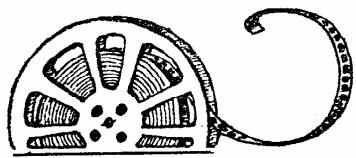
Harold and Linda Prussin came over the Gray Creek Pass on a hunting trip. Harold was president of the Kootenay Lake Chamber of Commerce when the Minister of Forests officially opened the Pass in 1990. His suggestion of MAINSTREET became the name of the paper. He and Linda had a successful dentistry clinic in Gray Creek which they operate in Sidney BC.



Richard (left) and Brennan Drew identifying faces in their family reunion photo of the Drews' 50 years in Canada, at the Gray Creek Hall in 1985. Photo: Frances Roback

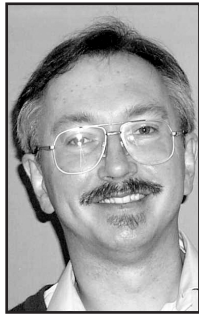
Brennan and Richard Drew spent several days in Gray Creek to revisit the site of their family's original homestead (now Rocky Anderson's), and to record their memories of Gray Creek seventy years ago with Frances Roback of the Gray Creek Historical Society. Frank and Betty Drew, arriving fresh from England in 1935, operated a fruit ranch and attempted a pheasant breeding operation with their young sons Brennan and Richard on Tom O'Neill's and Dick

Russton's former properties south of Anderson Road. Then the war intervened, and Frank was called to serve in the navy in 1940. Betty, now with four young sons, carried on with help from Magnus Jernberg and George and Johnny Oliver until the closing of the Gray Creek School ended any hope of staying. The Drews left Gray Creek for Nelson in 1942. As Brennan said, "Our years in Gray Creek were just seven years in our lives - but they were formative years." All told, Brennan and Richard recorded eight hours of tape in several sessions; their memories were well fortified with two family photo albums, Betty's memoir, Brennan's letters, art work and report cards from the Gray Creek School, all to be scanned for the Gray Creek archives.



Seldom Scene

by Gerald Panio



"There are situations that leave you utterly speechless. All you can do is hint at things. Words, too, can't do more than just evoke things. That's where dance comes in....Dance, dance, dance, otherwise we are lost." --Pina Bausch

If you've watched any online video clips in the last while, you'll know that they often begin with 30-second mini-ads that you can skip over after about five seconds. Consider this first paragraph to be one of those ads. If you wish, you can now skip to the next paragraph to fast forward to the actual beginning of this month's review....Still here? Okay, then know that the YouTube video for Tom Waits' song "Hell Broke Luce," directed by Rolling Stone illustrator Matt Mahurin, is one of the most jaw-dropping bits of cinema on the internet. It's also one of the most passionate and angry anti-war songs of the last 20 years and, in a bizarre bit of synchronicity, the anti-matter version of *Up*, the movie I reviewed last month. Prepare to be shell-shocked.

Germany's Wim Wenders is one of the finest directors in world cinema, with an enviable track record going back more than 40 years. I saw my first Wenders films in Paris more than 30 years ago, with *Alice in the Cities* still ranking high on my list of favourite films. His most recent film, *Pina* (2011), a tribute to the great German choreographer Pina Bausch, is one of his finest. With *Pina*, one consummate artist succeeds in capturing the essence of another.

In part, the revolution in modern dance—away from classical ballet—was born out of the ferment of German Expressionist art in the early part of the 20th century. Choreographers such as Rudolf Laban, Mary Wigman, and Kurt Jooss evolved whole new approaches to dance that liberated it in regards to the movement of physical bodies in space, the poetic fragmentation of narrative, and the tensions between music & ambient noise & silence. Although I was unaware of it at the time, Laban, Wigman, and Jooss laid the groundwork for much of the dance theatre that had me spellbound in the years I was living in Vancouver.

When Kurt Jooss returned to Germany in 1949, after a 16-year period of exile in England, one of the first students at his new Folkwangschule in Essen was a young woman named Pina Bausch. Twenty years later she would herself found a dance school and become one of modern dance's guiding lights. Wim Wenders was a friend and admirer of Bausch, and was collaborating with her on a documentary about her work when she died, suddenly, two days before filming was set to begin. In shock, Wenders was going to shelve the project but was persuaded to continue by pleas from her colleagues at the Tanztheater Wuppertal.

To add even greater richness to an art that was already an inexhaustible gift of corporeality, empathy, eroticism, and symbolism, Wenders shot *Pina* in 3D, availing himself of the services of Europe's leading expert in stereography and an innovative dual camera system that mimicked the human eye. If, like me, you grimace when you hear any mention of 3D—because

you've watched too many cheesy overpriced Hollywood exploitations of it—let that cynicism go. *Pina* and 3D is a marriage made in heaven.

The film itself has several elements, seamlessly edited together. There is live footage shot during actual performances at the Tanztheater. For this, a massive camera crane was used that could reach from center stage all the way back across the audience to the sound & lighting booth. To shoot an hour's live performance meant pre-planning hundreds of camera cues and crane movements beforehand so filming could proceed uninterrupted. For greater control, elements of the four featured dance works—Café Muller, Kontakhof, Le sacre du printemps, Vollmond—were also filmed in isolation on the Tanztheater stage or in a nearby theatre space. Finally, the leading dancers of Bausch's company were each asked to do a solo piece or pas de deux that reflected ways that Pina had taught and inspired them. These pieces were filmed on location—in the middle of a busy street, in the forest, on an escalator, in a subway car, at an abandoned factory, and on top of one of Europe's biggest slag heaps.

The latter fits amazingly well with the earthy otherworldness of Pina Bausch's choreography. Her stages were often covered in peat or leaves, drenched with water, or crowded with chairs or giant cacti. Wenders moved her dance out into the world, but Pina always insisted on bringing the basic elements of the world onto her stage. The centerpiece of Vollmond (Full Moon) is an enormous boulder. The dancers fling buckets of water about with utter abandon while the rain pours down. With *Le sacre du printemps* (The Rite of Spring), the first thing that the audience sees is the dancers emptying huge bins of red peat onto the stage.

As with all great teachers, Pina Bausch was a mentor to her students. They came to her from Spain, from Portugal, from England, from China, from Japan, from France, from Italy, from America, and from her homeland. I don't think she ever told them what to do with their dancing; instead, she suggested where they might look within themselves to find what they needed. "What are you longing for?" she would ask one dancer. "You just have to get crazier," she would tell another. Perhaps one dancer said it best with the comment that "Meeting Pina was like finding a language." The central focus of her choreography was always people—the passions that drew them together, the conflicts that tore them apart, the things they stumbled over and fought from under and sheltered in, the fears, the rages, the bewilderment, the moments of loss, and the transports of ecstasy.

Bausch was a master choreographer of both crazy-intense pas de deux's and heart-pounding explosions of group energy. At times it's hard to know whether it's more terrifying to be swept up in the collective frenzy, or isolated in a solitary moment of angst. There was a perpetual flux between fragility and strength, a continual testing of limits.

Hugely important to Pina Bausch's work are an overriding joy and playfulness. Both are captured perfectly in the cover photograph for the DVD, with one of the dancers from Vollmond leaping out of giant puddle of water like an elfin Aphrodite from the sea's foam. In Kontakhof, we have the classic high school dance scene—boys lined up against one wall, girls against the facing one—except with three generations of dancers. The piece shifts from teenagers, to Bausch's regular dancers, to dancers over 65. It's like the whole of our lives in fast forward and fast rewind. In passing,

I might also mention the topless accordionist, the leaf blower, and the giant rubber hippopotamus. Life, after all, is an inscrutable thing.

Ultimately, of course, what the dancers do onstage can't be put into words—any more than I can use words to describe T.S. Eliot's "The Waste Land," Franz Marc's *Roe Deer in the Forest*, or Pachelbel's *Canon*. Watching *Pina* is the next best thing to a seat in the audience in Wuppertal or at the latest performance of Canada's own La La La Human Steps. And around home, we're fortunate to have Slava Doval's FolkFusion Dance company to remind us how vital this art form will always be.00

(*Pina* is available at Reo's Videos in Nels)



We're Planning for Next Year

by Sue Philp

With Indian Summer just around the bend and our Summer Concert Series over for this year, the busy ladies of the Harrison Memorial Church are starting to plan next year's concerts. Before we go any further, it's time to offer our thanks.

First: A big thank you to all the performers who offer so willingly to share their many talents. You are the best. This summer you provided us with two wonderful evenings of incredible music. A very special thank you goes to the delightful Mr. Peter Dent. He flew in from Victoria (amid a domestic water crisis) and along with Donnie Clark and Jim Donald gave us a truly memorable performance. Earlier in the summer, vocalist Bessie Wapp charmed our socks off!

Second: Thank you to our audiences. You came, you heard and you were so appreciative. It makes us want to go on doing these concerts.

Third: Thank you to our volunteers who cleaned, baked, poured drinks, worked on lighting and staging and did all the other things to help make these concerts successful.

Finally: Thank you to Deberah Shears who has coordinated and nurtured the concerts.

Thank you one and all for your support. Check the *Mainstreet* in the spring when we announce our next concert series!



Jim Donald, Donnie Clark and Peter Dent, who performed at the Harrison Church on Aug 25/12

October 2012 Mainstreet 7



From the Principal's Desk

by Dan Rude

The question I get asked most often in my role at the beginning of every school year is, "How many students are there at the school this year?"

I'd like to change this question so that I'm more often asked, "How engaged in learning are the students at the school this year?"

What really counts for me is how well our students, families, teachers, and community are taking advantage of the opportunities we have here to explore and commit to continual learning. Further, how well are we all involving our children and youth in learning projects that are meaningful, while making connections with others locally, provincially, and globally?

Some evidence I've seen so far this year of engagement in learning include:

- Early morning, student-led 'jamming' in our music room and independent studies in music;
- Elementary noon hour radio show in the lunch room;
- Teachers organizing learning in multi-aged classes both according to the needs of specific levels and around projects that involve all learners;
- Garden and food-based learning project possibilities coming from community members for all ages;
- Contributions from secondary students toward Tipi Camp year end takedown;
- Students surpassing their own personal expectations on secondary fall hiking trip to Kokanee Glacier;

CBESS Community & Global Involvement Project 2012-13 School Year

by Dan Rude

Some of you had the fortune, last school year, of being part of a presentation from Don & Lois Warthe, retired teachers from the Slocan Valley, about international humanitarian trips that they have been involved with over many years with students. The intention was to connect their work with possibilities for our secondary students and to develop a global involvement project for Crawford Bay secondary students. This has evolved into our own 'Community & Global Involvement Project' that is underway this year.

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

Local Projects: So far students have been involved in helping Tipi Camp with their year-end takedown, volunteering in our lunch program, helping with the Fall Fair setup and takedown, organizing the Terry Fox Run, taking on the school's 'Pizza Friday', and volunteering for the Riondel Fire Department.

Global Projects: While in Oaxaca, students will be involved in a combination of tasks that include language lessons, fighting poverty through microfinance, helping at an orphanage, visiting historical sites, working with agricultural and ecotourism organizations, construction, and experiencing another culture.

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

- Ideas and commitment from our drama class for multiple performances;
- Supporting of early learners from older buddies;
- Educational assistants taking on learning to use new technologies to meet the learning needs of specific students;
- Parents and community members sharing ideas for meaningful learning projects;
- Interest in – and commitment to – local and global involvement from students, families, and our community; and
- Teachers working with students to develop and pursue their own questions related to subject content.

Our school district has made a commitment to work with four expectations for student learning: Academic Success, Creativity & Imagination, Citizenship, and Resiliency. While educators have long valued these expectations, we are working at making progress in developing a system that reflects all of these and assesses where we are doing well, and where we need to improve with each learner. With this in mind, I am intending to invite parents to a session sometime this fall so that we can work better with each family in weaving together these expectations in relation to home and school.

Another opportunity I'm looking forward to for this fall is a visit to the Gulf Islands school district. I am impressed with work that they are doing in connecting students from their small islands schools together in learning projects in which students meet each other face-to-face and then stay connected through technology. I'm also interested in how their smaller schools have developed 'niche programming' with a specific and meaningful focus.

Opportunities for you: Please contact Dan Rude at drude@sd8.bc.ca or 250.227.9218 if you would like to involve one or more of our secondary students in a particular project in our community/region and/or if you have ideas specific ideas for funding opportunities.

Thank you's so far: RDCK, Garry Jackman, Don & Lois Warthe, Laverne Booth, Carol Vanruymbekes, Jacqueline Wedge, Kate Page, Christi Peel, and Sandra Bernier.





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EASEY News

by Laverne Booth

The East Shore Alliance Supporting the Early Years (EASEY) will meet on Thursday, October 11 from 3:45 to 5:00 pm. at the Crawford Bay School Library.

Who is invited? All parents, grandparents, aunts/uncles and other people interested in supporting the young children of Area A and their families.

Please let coordinator, Laverne Booth know if you need child care for the meeting at 250-227-9552, or laverne@theeastshore.net.

What does EASEY do? EASEY brings together all those interested in promoting young learning and family support on the East Shore. Our members include the people who work in child care, the agencies that provide support for early learners including Crawford Bay School, Kootenay Kids, Columbia Basin Alliance for Literacy, the West Kootenay Early Learning network and others. All are invited to help create a supportive environment for our youngest children and their families.

At our first meeting we will talk about what inspires parents of young children and what kind of skill sharing we are interested in developing this year. Hope to see you at our first meeting in the second week of October.

The PAC Box

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

PAC MEETING: Our next PAC meeting will be held on Monday, October 15 at 7pm in the school library. It is our AGM and all are welcome! Call Ingrid at 227-9246 or email mainstreet@theeastshore.net to be put on the agenda.

HOT LUNCH PROGRAM: We have hired a new chef! Lee comes to us from Cortes Island and brings a wealth of food production and security knowledge with her. We are so glad to have her on board.



AREA "A" EDC

Economic Development Commission

Application deadline extended!

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

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

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

Email lornarobin@bluebell.ca
 Or call 250-225-3333 for assistance.
 All meetings are open to the public, call for meeting dates.

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Gray Creek Regatta Report

by Kim Deane

The Gray Creek Regatta took place over the Labour Day weekend off The Lakeview resort in Gray Creek on the East Shore of Kootenay Lake. Fourteen boats competed in the Cruiser and Dinghy fleets.

The ten Cruisers were divided into two groups according to international speed rating tables. Top placings in the A Fleet went to Nelson sailors with Jim Reaburn first in Orbit, a J29, Dave Heath second in Snooker, a Schock 35 and Jay Blackmore third in Makai, a San Juan 30. Gray Creek resident Tim Elias placed fourth in a Kirby 25 sailboat.

In the B Fleet, first went to the Richard Deane family of Rossland and the East Shore in Windsong, a San Juan 21. He was followed by Gray Creek Sailors Colin Johnston second in Shamrock a San Juan 21 and Fred & Martin Schutter third in a Coronado 25.

In the Dinghy Fleet, four very different boats competed. The declared winner, repeating from last year, was Fritz Dau of Richland, Washington, a summer resident of Gray Creek, sailing a HobieFX17 catamaran. He was followed by Laser sailors Christopher & Sara Mountain from Rossland and Gray Creek second, and Shen and Taro Fiddick-Halfnight from Crawford Bay third. Fourth was Melissa Townsend from Nelson in a home-built 13-foot dinghy.

Overall winner was Richard Deane family in their San Juan 21.

Winds and weather were favourable for the two days. Variable westerly (crosswise) winds on Saturday created back and forth (north and south) shifts in Crawford Bay. These forced many course and sail changes by skippers during four races. Sunday was very sunny with the reliable 'Crawford Bay good-weather southerlies'. Three excellent races were run in the steady, moderate winds.

The 2012 event was organized by the Kootenay Lake Sailing Association based in Nelson, with support from Lois Wakelin and the Lakeview Resort. The KLSA is well organized and very active, putting on many races at Nelson during the season, and even a few races during warm spells in winter months. At this event, the timing and calculations were done by Bryce Musil, and races run by Kim Deane, both from Gray Creek. The KLSA awarded a special life membership to Colin Johnston of Gray Creek, who has competed in most of the Gray Creek Regatta's since 1975 and his Shamrock San Juan 21 was winner in many of these.

The Gray Creek Regatta is the longest-standing such event on Kootenay Lake with roots in challenges between east shore settlements back to 1923. In the modern era, since 1975 this was the 38th consecutive regatta. The historic trophy is on display at the Gray Creek Store.

Men's Golf Championship

by Glen Kinder

Here are the results from the Riondel Men's Club Golf Championship held on September 13.

Overall low gross (Club Champion)L: Grant Crosby - with a 64

Overall low net Champion: Mike Jeffrey - with a net 52

1st flight - low gross: Brendon Bishop - 70

2nd flight - low gross: Mike Faurot - 74

3rd flight - low gross: Arnie Ames - 83

1st flight - low net: Andy Dejonghe - 59

2nd flight - low net: Bill Smith - 59

3rd flight - low net: Brian Hubka - 58

1st flight - 2nd low gross: Bob McAllister - 74

2nd flight - 2nd low gross: Cliff McGregor - 77

3rd flight - 2nd low gross: Chuck Lloyd - 85

1st flight - 2nd low net: Bob Miller - 59

2nd flight - 2nd low net: Lou Cote - 60

3rd flight - 2nd low net: Peter Shinn - 60

1st flight - 3rd low gross: Nils Anderson - 76

2nd flight - 3rd low gross: Don Clark - 78

3rd flight - 3rd low gross: Greg Taylor - 85

1st flight - 3rd low net: Glen Kinder - 65

2nd flight - 3rd low net: Sam Lawrenow - 60

3rd flight - 3rd low net: Stu Corry - 60

The 'George Stewart' Most Improved Golfer Award:

Don Clark

KP's:

-1st flight - Grant Crosby

-2nd flight - Don Clark

-3rd flight - Dave Rokeby-Thomas

-All flights - Brian Bishop

Longest putt: Don Howie

Closest to marker: Duncan McGillivray

Longest drive: Grant Crosby

We would like to thank Bob and Wendy of 'Bob's Bar and Grill' for putting on a fantastic rib dinner for our awards banquet. We would also like to thank the following for the donation of prizes: North Woven Broom, Balfour Golf Course, Riondel Golf Course, Mirror Lake Golf (Bonners Ferry), Doug Bothamley (Hi-tech Seals), Bob's Bar in Riondel.



'Club Captain Lou Cote congratulating Grant Crosby on winning the Riondel Men's Club Golf Championship'

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Thoughts from a Disturbed Mind

by Harvey Valgardson

Disturbed Requiem

I saw her this morning
By the side of the road
As I've so often seen her before
But this time was different
Something was wrong
So I stopped to further explore.

It had been but a day
Since I'd stopped in to pay
My respects and visit awhile
But in that one day
She had faded away
Her soul fled along with her smile

She was well past her prime
When I came to this place
And the years since then were unkind
Now the bitch known as time
Had weathered her face
So her friends had left her behind.

Because it's all about new
We've no time for the old
As a race we've a future to build
Tell us not what you've done
But what you'll still do
We've no time for service fulfilled.

I suppose it's just me
And the strange way I see
Life, and what matters the most
But I just couldn't leave
There was just me to grieve
Well, only me and her ghost.

So I stood in the lot
With only one thought
That she really deserved something more
But hearts made of stone
Left her there all alone
They closed down the Crawford Bay Store.

Next Deadline:
Oct 24, 2012

Volunteers Needed to Read With Children! ONE TO ONE



Parent and Community Volunteers are needed to read with Crawford Bay Elementary School students.

The commitment is two hours for one morning or afternoon a week, for seven weeks plus three hours of training. Information and tutor applications available at Crawford Bay School, or call Verna @ 250-223-8474 for more info. Training will be in early October.



It's a Small World After All



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Reading to Help Develop Compassion and Wisdom

by Anna Rose

Book of the Month: *The Essential Gandhi: an Anthology of His Writings on His Life, Work, and Ideas* - edited by Louis Fischer, 1962. Preface by Eknath Easwaran, 2002. Vintage Spiritual Classics, 338 pages.

Mohandas K. Gandhi was born on October 2, 1869. Called by his followers Mahatma, meaning "Great Soul", he was the spiritual leader of the people of India in the years leading up to the nation's independence from Britain in 1947. He is also acknowledged as the founder of an approach to effecting social or political change, often called in English non-violence or passive resistance. In his own language, Gandhi called it Satyagraha, which embodied the concepts of truth, love and firmness.

Reading this book feels like meeting Gandhi in person rather than learning about him. The editor, a writer for the *New York Post*, was a house-guest of Gandhi's in 1942 and 1947. He wrote a full biography called *The Life of Mahatma Gandhi*. In this book,

however, he pieces together relatively brief excerpts from Gandhi's own prolific writings, with a minimum of editorial comments to set the context when required.

Many of the excerpts are from the weekly paper Gandhi put out, first under the name of Young India, then under the name of Harijan, meaning "Children of God", his word for the out-castes otherwise known as Untouchables. These papers were addressed to the masses he so loved, whether they could read it themselves or heard the content through someone else who could. Therefore, the writing is straightforward in style, the tone honest and earnest. This is not a dry, theoretical document to wade through, though the reader may want to pause after every page or two to think over what Gandhi is saying, in relation to his or her own experience.

The first part of the book gives Gandhi's description of his waking up to institutionalized injustice in South Africa, where he went as a young lawyer, and his development of Satyagraha there as he helped the "coloured" people (i.e. immigrants from India) improve their legal status. The second and longer part of the book, with chapter titles such as "The Power of the Mind" and "How to Enjoy Jail" give his thoughts on the attitudes the people of India needed to develop to achieve independence by peaceful means, in keeping with their spiritual traditions. In the chapter "Independence and Sorrow" he describes his grief over the development of a violent rift between many Muslims and Hindus, and the eventual partition of what Gandhi had seen as one nation.

Gandhi's humbleness is amazing. He says, "I have not the qualifications for teaching my philosophy of life. I have barely qualifications for practicing the philosophy I believe. I am but a poor struggling soul yearning to be ... wholly truthful and wholly non-violent in thought, word and deed, but ever failing to reach the ideal."

And yet through the clarity of his observations and his exemplary dedication to ideals he can teach every one of us.

Riondel Library

by Muriel Crowe

September was a challenge for the library. The Riondel Community Centre was closed and we moved to the old clinic building for several weeks. We worked with some donated books and some returned books as well as new purchases. Unfortunately, we were not able to offer internet access or photocopying and had to ask patrons to limit themselves to three books checked out per visit. When we were allowed back into the building we packed up the items from the clinic and hauled them back to the library and at the same time moved our storage books to the clinic.

Thank you to Chris Robertson, Grant Christensen, Frank Schmaus, Wendy and Bruce Scott for making that work so efficiently. As I write this we are once again in the clinic with hopes of returning tomorrow.

We are still planning an evening with authors from across the water early in November and are open to suggestions for other library sponsored events. In the library we have moved all local history books to the shelves by the front entrance. Some of these will be classified as Reference and may not be removed from the library. The term local history covers the Kootenays on both sides of the border and the Boundary district to Rock Creek. We might possibly put a section of local authors' books in the same area.

The drop box is currently on the back ramp but will be moved back into the hallway when the wet weather arrives. It is made of pressed board and would become a soggy sponge if left out in the rain. Wherever we are located we hope we can still entice you with some marvellous books and our friendly smiles.

Eastshore Community Library/ Reading Centre News

by David George

MANY THANKS to all who donated money for used books at our Sunday Market table, and at the Grand Opening of the Crawford Bay Market. Your generosity has benefited your library to the tune of exactly \$527 this summer. That will buy quite a few books for you to enjoy this winter!

We also thank our summer residents, who have donated money for used books, and who have added so much to the library this year.

Remember, we can give any Canadian resident a Charitable Donation receipt for money given to the library. This receipt means a deduction from your taxable income.

Also remember that there are more than a million library books available to you through Inter-Library Loans, which we can initiate online. It usually takes less than two weeks to obtain these books, so come in and ask for a book by your favourite author which we do not have here, but which is available from another library.

We are open Tuesdays and Saturdays from 12 o'clock Noon until 3pm, and Thursday evenings from 7 to 9pm. Closed legal holidays. Phone is answered when we are open, at 250-777-1492.

Book Reviews

by Tom Lymbery

A Field Guide to EDIBLE MUSHROOMS OF THE Pacific Northwest, by David Winkler, Harbour Publishing, \$7.95

This is a most convenient waterproof folder that has very clear pictures of 30 edible mushrooms as well as their not-so-edible look-alikes. So much easier to identify than looking through the pages of a book, and a durable pocket size. Discover boletus, chanterelles, matsutake, shaggy mane, candy cap and many other tasty wild mushrooms.

THE LIGHT THROUGH THE TREES

– Reflections on Land and Farming by Luanne Armstrong, Caitlin Press, 206 pages, \$24.95

I love the front and back cover photos on Luanne's newest book, which express some of the feeling that Luanne has for her farm and Kootenay Lake. She explains how deeply she is connected to her land and home, feeling lost and out of place when she is in Vancouver or elsewhere. She even spent some months in Dawson City, as a writer in residence at the Berton home on 8th Avenue, just across from the Robert Service cabin

She expresses the fact that those who talk about farming all too often have little idea what farm life is all about. She really knows, as Bob Armstrong, her dad, was one of very few who actually made a living on his farm, which is now Luanne's and her brother's. She grew up working to help make that lifelong struggle happen.

Bob worked at Riondel's Bluebell Mine for a bit, but the land drew him back. When he was able to purchase a back hoe on rubber he came to put in a pipeline for our campground, and I was amazed how he could do this between the trees to below the upper bridge without having to fall any of the trees on the route. He cared for our trees as he cared for his farm.

This next review is also about farming - but so very different from Luanne's.

BEYOND THE HOME RANCH, by Diana Phillips, author of the best seller *Beyond the Chilcotin*, Harbour Publishing, 320 pages, hardcover \$34.95, softcover \$21.95

This is a sequel to her previous book, continuing for the next 35 years of her life, on the Blackwater River, a great many miles from roads, power or telephone lines. Brought up able to shoe a horse and turn a breech presentation calf inside its mother, her versatility carries no bounds.

Her father Pan Phillips was immortalized in *Grass Beyond the Mountains* by Rich Hobson. The tremendous circulation of that book brought continent wide attention to the far flung Chilcotin, resulting in a continuing parade of books about that country and its characters that readers avidly pursue.

When Pan sells the Home Ranch and goes into a Fly In Fishing Resort business on Tsetzi Lake, Diana and her husband move a few miles further to Sleepy Hollow on the river. There is no shortage of tales of herding cattle, bears everywhere, guiding hunters, pitching loose hay - you name it they did it, almost entirely on horseback. When snow machines appeared that gave them winter mobility, able to visit the closest neighbours about six miles away and others up to 40 miles or more.

She writes with affection of her first nations neighbours and is saddened when they all leave the back-country to be closer to towns, also losing their self sufficiency of trapping and cattle raising. Diana helped her three sons with correspondence up to grade 8, which was how she got her own schooling. It was a triumph when a pickup first reached their ranch, after logging road access eventually came from Vanderhoof to the north. They raised hay but the seasons were too short for potatoes though turnips grew most years.

The Last Hand

by Yvon Mercier, Gray Creek

Three dozen eggs in a bag
and a smile in your face,
faithful yesterday you came.

I poured coffee,
we sat at the table and played.
The purpose of the game was beyond
winning or losing...
It was just a background
to our friendship.
We laughed, we had lunch
and then you went home and died.

In the middle of the night I woke up.
In spite of the storm the moon was bright
and so were you dead
but not quite gone...
and until dawn and again
we played for a last time.

Unless cheating
I dealt you such a hand
that not even God can beat:
three fives
spades, clubs, and diamonds
plus the jack of hearts
and when you cut the deck
the last five turned up -
the five of hearts.


Rest in peace, Johnny.
Nobody ever lost
at our game.

It is said
that a picture is worth
a thousand words.
Our friendship, Johnny,
was worth much more
than pictures by the millions

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RDCK Recreation Commission No. 9

Call for Grant Applications

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Baked Goodies at the Fall Fair - Photo Dena Kubota

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Pink raffle scarecrow - Photo Dena Kubota



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Johnny Changed My Life

by Ali Keraiff

“Hey Larry! Where’d you find such a cute little \$#!@ disturber?”

That was the first time Johnny Oliver ever spoke about me directly. My dad and I were up at Rainbow’s End collecting manure for our garden. May 6, 2012 was a gorgeous Sunday afternoon. We were wandering the fields, bucket and shovel in hand, when Johnny pulled up in his white pick up for a chat. We shook hands and he told me I was cute. Then followed that comment quickly with “Well, Larry, you know she didn’t get her looks from you!” Then came ‘the hug’. We all know what kind of hug it was...my first of a precious few.

He saw that we were in the middle of our task and invited us to pop by for tea and a visit once we were done. That invite would change my life.

We entered his home without a greeting; Johnny was busy, his hearing aid turned down, spreading butter on saltines and brewing his famous tea. It was a knock on the counter that caught his attention. The hosting began.

Ushering us to his small table and rearranging some chairs, Johnny began to spin his web of love. He poured us each a cup of tea, set out some milk and sugar. Then the stories began. Sailing in the Navy, building the house we were sitting in, shoveling snow off its roof, and hauling anvils on the Gray Creek Pass at 17. The best of all, his explanation of why he was so healthy: one garlic and one cod liver oil pill every morning. Beautifully simple.

Next came a tour. He pointed out the highlights: his lovely Grace, his beautiful great grandchild, him in uniform, and the ship he sailed on. But it was his ‘doodling’ as Johnny called it that caught my eye. First I picked up a goblet. He took it gently and told me humbly that he carved it. Putting the goblet back, he reached into the box and pulled out a length of wood carved chain links. I was blown away. I squealed with amazement at the craft. It still blows my mind to think two hands could carve a solid piece of wood into chain links. Remarkable. I held it for some time, admiring its carver.

As our visit wound down we said our goodbyes. He invited us back for a tour of the land and a visit to the waterfall, something we never got the chance to do. Another rib cracking, airtight hug and we were gone. Tears welled up as I climbed into our truck. Johnny and his farm overwhelmed me. It was truly an enchanting place: the orchards, gardens, swinging gates, pulleys, and barns. The beauty of Johnny as a person moved me beyond understanding. The love he emitted. The life he led. He was more than inspiring to me on that sunny afternoon. He was life changing. He showed me what it meant to put in an honest day’s

work; what it looks like, sounds like, and feels like, to love the one you’re with, in every piece of your bones; and how to be a host to your friends. All in an hour or so.

The afternoon ended, but my reflection of our encounter continued for days. I kept imagining what life might have been like when Johnny was young.

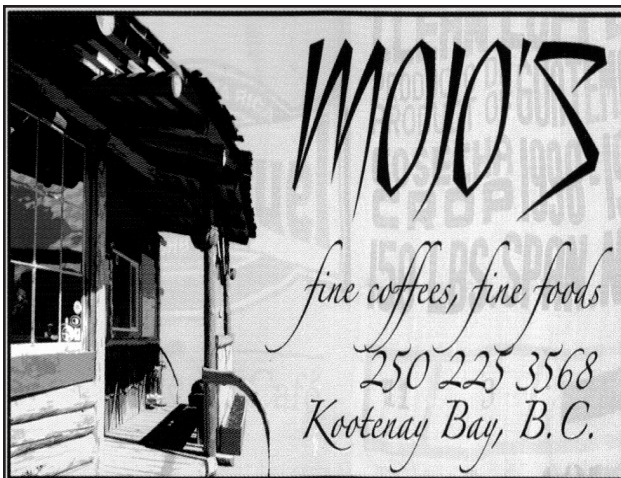
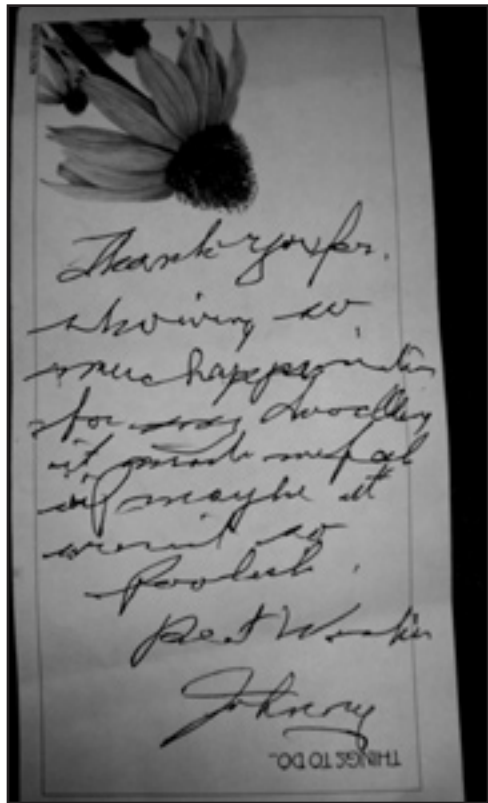


When his family began. When life existed without iPhones, iPads, and PVR. How beautifully simple it must have been. Weeks passed, then suddenly my mom answered our phone on the afternoon of June 26, 2012. It was Dianne. “My Dad asked me to call you. He said to put the coffee on. He’s comin’ over for a visit.”

Johnny showed up that afternoon during a rainstorm, asking about me. He thought I was away at school, and was shocked when I greeted him at the door. Cue ‘the hug’. Johnny had come to deliver something he had made for me. Me, Ali Keraiff, the little \$#!@ disturber who had met

Johnny once and hugged him twice. I was honoured. Johnny had written me a note, as you can hopefully see, and widdled me a masterpiece. His 92-year-old hands worked an hour a day for a week, “In my younger days it woulda taken me half that!!” to create the best gift I have ever received. I keep it on my windowsill, the note safely tucked in my journal. Together they remind me of all the good in this life.

My mom, dad, Johnny and I continued our visit as the rain pattered on our tin roof. Then Johnny announced he’d been away from his oxygen long enough and had better get home. My mum and I walked him to his truck, helped him climb in, and watched him drive away. Our encounter was brief but magical. Johnny inspires me to live like there may not be a tomorrow; not to take anything for granted; and to truly enjoy this simple gracious life. I hope one day I can find a Johnny of my own. Rest easy Johnny. You have earned the break. And put the coffee on. One day I too will be comin’ over for a visit. Until then, much love.



Notice of Passing

Wayne A. (Ole) Johnson

The Jounson and Kelln families siad goodbye to our dear husband, father and grandfather, Wayne “Ole” Johnson on August 22, 2012 in RCH.

To know hi m was to love him - a great lover of life and people. He left, to carry on his joy for life, his loving wife (of 44 years) Dianne, daughter Tarina (Travis) Kelln, son Wade (Brittany) and two beautiful granddaughters Mackenzie and Reilly. Also, his brother Karl (Jan), sister Margaret, Joe, and many neices and nephews.

He was predeceased by his father Karl, mother Rose, sisters Reta, Marge, Elve, Ume, Florence and Viola and brother Reuben.

Ole was very proud of his children and was always willing and happy to lend a helping hand. The majority of his teaching career was spend in Cranbrook, BC, where he developed strong and lasting bonds with fellow teachers and students.

On his retirement, he and Dianne moved to their cabin on Kootenay Lake which became home for family and friends. He embraced the relaxed lakeside lifestyle amongst beauty and friendships.

He will be remembered for his love and involvement in sports, expecially fastball, slowpitch and golf and greatly valued the camaraderie he developed. He was very involved in his community, acting as director at the Riondel Golf Course and treasurer of the Vista Hermosa HOA in Florence, AZ. He and Dianne spend their winters in Florence, where they enjoyed the lifestyle and good friends. He leaves behind many friends from near and far, but especially those from Cranbrook, Riondel, and his dear neighbours on Pilot Bay Road.

Ole enjoyed the simple pleasures of life; being with family and friends was his greatest joy. He will be fondly remembered for this sense of humour and ability to entertain with endless stories and jokes.

His pasing leaves a huge hole in the many lives he touched but we will carry on his legacy, holding him close to our hearts.

A Celebration of Life will be held at Bob’s Bar and Grill in Riondel, BC on October 13, 2012 at 2pm.

Donations may be made to the Riondel Golf Course, Defibrilator Fund.

*I’ll love you forever,
I’ll like you for always,
As long as I’m living
My husband and father you’ll be.*

Health & Happiness

by Dr. Sid Kettner

Living Alone

No surprise... living alone is more likely to lead to depression and/or anxiety. Many of us are in that situation right now and the rest of us know that our turn may be coming. Research also shows that the resulting social isolation and loneliness results in poorer mental and physical health, especially in older adults. And this group has an 80% greater odds of receiving anti-depressant medications. But don’t despair. There are ways to reconnect and become socially engaged.

Living alone often results in missing and longing for human interaction, wanting someone with whom we can share our thoughts and emotions. There is an increased incidence of alcoholism, suicide, poorer memory, learning and decision-making and a great likelihood of developing Alzheimer’s. There is also a higher incidence of disturbed sleep, diabetes, heart disease, high blood pressure, stroke, ulcers, respiratory conditions, immune problems, headache, low back pain and even abdominal pain. These lonely people will often suffer more stress, lower self-esteem, fear of rejection and a lack of trust, which makes reaching out to others even more difficult. But seeking out social support is so important. At first this may be very difficult but one’s skills in this area will improve, new relationships will form, optimism will increase and the risks we take in reaching out will be so rewarding. So be proactive and just do it. Next month we will learn six strategies for making it happen. Stay tuned.

IRIS

by Wendy Scott

*Precious Lord, take my hand
Lead me on, let me stand
I am tired, I am weak, I am worn
Through the storm, through the night
Lead me on to the light
Take my hand precious Lord, lead me home*



When a woman has sung hymns since childhood and the melodies float in her mind and she needs no hymn book, no printed lines -- that music will flow through all her days and all her years. And with this particular lady, the language could be

Welsh or English, it wouldn't really matter, except that in Iris's case, Welsh took precedent for a good part of her childhood and the Welsh music and lyrics floated right on throughout her entire life.

Jack and Iris met at a dance (of course!) in Luscar, a small mining town in the Alberta foothills. But Iris, having spent the first ten years of her life in Wales, was not quite comfortable in that relatively flat province and the couple soon moved to Northern BC where Jack was meteorologist in Fort Nelson. But when the time came to consider retirement, they took the advice of friends and explored southern BC.

The Rocky Mountains and their diminishing ranges to the west that couch the Kootenay area often set off a nostalgic pull for many travelers who have emigrated from the British Isles -- especially Wales. And this Welsh lady was no exception. For Jack, the curling rink helped and, of course, the lake and all those fish -- along with the fact that in the 1970's new homes in Riondel were ridiculously cheap.

Iris took the precision that was familiar and necessary to her life and used her love of numbers and her organizational expertise to take on pretty well any job that involved bookkeeping, keeping track of money and planning community events. Her voice and her willing hands were a happy presence in the community and in the church that she loved and supported for so many years. And after Jack's death in 1987, their son, Lee, was there for Iris to give comfort and support.

Music is an intricate art form and like math and science, lends clarity to the entangled, mysteries of the universe as well as nudging a child's feet into play and dance and blessing the voice with song. Music spins with the patterns of romance, flows with the sorrow of loss and the gentle healing of peace.

We miss her smile, her hands, her voice, and her presence. Dear Iris, may you enjoy heavenly concerts and join in the music of your eternal peace.

*When the darkness appears
And the night draws near
And the day is past and gone
At the river I stand
Guide my feet, hold my hand
Take my hand precious Lord, lead me home*

IRIS MARTIN 1918-2012

**Next Deadline:
Oct 24, 2012**

Notice of Passing

Celebrating the Life & Legacy of
Swami Radhakrishnananda



Swami Radhakrishnananda (nee Donna Mary Pace) died on August 31, 2012 at the age of 63 from ovarian cancer.

Swami Radhakrishnananda lived a life based on selfless service, gratitude, humility, surrender and generosity in a manner that inspired everyone who met her.

Her early years were spent working in Northern Ontario, where she worked at Wawatay Native Communications Society, helping to set up a communication network for communities in the north. She relished her work and made exceptional friendships during this period of her life. Her pioneering work in the north is still referenced today. It was her ability to listen and connect with those she served that made her such an asset to the work there.

A member of Yasodhara Ashram Society since 1982, she taught yoga at the Ashram and Radha Centres across North America, including Spokane, Toronto and Montreal. Diagnosed with Parkinson's disease in 2001, she was especially happy to be able to teach yoga to others with Parkinson's. She was also a keen student of Sacred Dance based on the East Indian dance traditions, and shared her love of dance with many students.

Swami Radhakrishnananda is survived and will be sadly missed by her devoted daughter Alicia Pace and son-in-law, Daniel Seguin; her mother Helen Pace; and her brother and sister, Greg Pace and Elaine Pace.

Memorial Information:

Swami Radhakrishnananda was cremated in Spokane and a memorial service will be held in the Temple of Divine Light at Yasodhara Ashram on October 7, 2012 (2-4pm). Please contact Yasodhara Ashram for more information (250-227-9224).

Swami Radhakrishnananda requested that in lieu of flowers, donations be made to the Yasodhara Ashram Elders Fund, a fund she was supported by through her illness.

To read more about her life and legacy, visit: www.yasodhara.org/swami-radhakrishnananda

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Notice of Passing



Dave Loeppky

It is with heavy hearts and deep sadness that we announce the sudden passing of David Franklin Loeppky on September 17, 2012.

Dave was a kind, generous and thoughtful man. He leaves an enormous hole in our family near and far. He will be deeply missed but never forgotten.

Safe be your journey, my love...till we meet again.

There will be no service at Dave's request. If you wish to remember and honor Dave, the next time you are out and about, sweep the Lighthouse steps, rake under the Remembrance Garden benches or make sure an abandoned campfire you find is out. Dave will appreciate it.

The Craftsman

1957-2012

by Wendy Scott

We no longer have his expertise, his love of the warmth and the smooth, satin caress of polished wood; we can no longer share ideas and plans with him for the Remembrance Garden that had become his personal project and his gift to the community and to his friends.

Ten years -- a decade has passed since the first bench was placed with care and the joy and pleasure of completion. Four more followed and each came with equal satisfaction and the promise of a special new bench that would be different and his own unique creation. But it was at this time that we lost Dave Loeppky.

We are saddened and greatly distressed. Dave's work in the Remembrance Garden will remain and serve as a tribute to his dedication, his generosity and kindness, his love of the wild outdoors, and his affinity with nature. This is what we will remember and honour.

Thank you, Dave, for all you did for the garden and for the people of the East Shore; may we continue to strive toward your visions and be able to realize at least a part of your dreams. May you find your own peace.



Notice of Passing

Toby Reid (1921 – 2010)

Intro by Frances Roback: *Some of you may remember Toby's sister Topsy, who lived at Jolly Hill (now Louis and Ruth Coté's) in Gray Creek before moving to Baker's Landing (Pilot Bay) with her husband Joe Gunther.*

Toby Reid, Topsy's younger sister, was Johnny Oliver's friend and classmate at the Gray Creek School. Toby spent her war years in the British Foreign Service decrypting codes from the German Enigma machine. After the war she was stationed in Germany with the YWCA, then in Malaya with the Red Cross where she met her husband Warwick Reid. Toby and Warwick worked and raised their two sons Petre and Richard in North Borneo for a number of years, before eventually resettling back in England.

Topsy and Toby's lives followed very different paths, but their letters kept them close. As per Toby's wishes, her ashes were recently interred next to her sister Topsy and father Thomas Peters at the Gray Creek Cemetery.

Tom Lymbery writes: "Toby Peters was 10 years old when she attended school at Gray Creek Hall with Johnny Oliver. Since she stayed in England and married after the war ended in 1945 we only saw her occasionally. She was last here for the internment of Topsy's ashes in our cemetery."

As Johnny wrote Petre: "She was my best friend at school. The two of us were the whole class at the Gray Creek School for three years, and have kept in touch for over eighty years. The only one who was as kind was her sister Topsy."

Melodie Brooke ("Toby") Reid (1921 – 2010)

Melodie Reid (nee "Toby" Peters), who died aged 89 on December 26, 2010, was the youngest daughter of a Gentleman Landowner of Antigua who in 1930 relocated his young family to Gray Creek in the Kootenays. She was a linguist, who worked at Bletchley Park during the war and thereafter with the YWCA in Germany. Later, she relocated to Malaya with the British Red Cross where she met her future husband. Throughout her life she always maintained a close bond with her adopted country, Canada.

Melodie Brooke Peters, born in Antigua, British West Indies, was the youngest daughter of Thomas Entwistle and Margaret Annie Peters. Her father had inherited a sugar estate at Jolly Hill and around 1910 advertised in the British press for a governess to look after his children, primarily his two sons, following the separation of his first marriage. Margaret Bothway answered the call and travelled out by ship to take on her role, having never met her employer, his children, nor been to Antigua. In 1913 they married and on 5th February

1920 Melodie was born. Melodie inherited her nickname "Toby" to complement her elder sister, Romarie Frances, who was known as "Topsy". On 4 September 1924, when Toby was 4 she lost her mother through tuberculosis. Her father and her sister Topsy, who was nearing 10 years of age, assisted by an aunt, took it upon themselves to bring Toby up.

With the passing of her mother, the family bond between sisters and their father was to become a strong force which in later years remained as firm, even when separated by thousands of miles. Topsy sustained a serious riding accident, and on hearing of a physician in Switzerland who could treat her, the family in 1929 moved to Europe. Whilst Topsy was in Lausanne, Toby and her father resided at the Villa Soleila, at Cap Ferrat near Nice. This introduction to the French language was to lead Toby to later study French between 1938 and 1939 at the Sorbonne University of Paris.

Her father, not wishing to return to the memories of his late wife and, it is believed on health grounds, sold the estate in Antigua. In 1930 he and his two

daughters moved to the Kootenays and settled in Gray Creek. There Toby went to Gray Creek School where she and one other – Johnny Oliver – were the class. By 1934 she was a boarder at Shawnigan Lake School, Vancouver Island.

On concluding her Canadian education in 1938 it was her intention to further develop her linguistic skills by studying first French, then German. With the advent of war she had only completed her French studies in Paris; however, prompted by the German Army's advance, she returned to England. In June 1940 her mailing address became Room 47, The Foreign Office, as she was recruited by the United Kingdom Government to work at Bletchley Park decrypting codes generated by the German Enigma machines. She found herself in Hut 6 where many of the top "brains" were based. They worked a three shift basis to cover the 24 hours, seven days a week with only two and a half days off every 14 days.

It was during the war that Toby's father Thomas Peters died aged 72 from throat cancer. At the end of hostilities Toby followed her sister back to Canada. Her sister subsequently married Joe Gunther and settled at Baker's Landing on Kootenay Lake. Toby returned to England where she joined the YWCA and worked for a number of years in Germany, before signing up with the Red Cross to go to Malaya in 1952. Whilst working in a team of two in Ampang she met her future husband, Raymond Warwick Harry Reid, who was the Assistant District Officer working for the Malaysian Civil Service. They married in England in 1953 at

St Swithen's Church, Woodbury, Devon and she was given away by her half-brother Rupert Peters. Following a short honeymoon in Jersey, and a somewhat chaotic flight where they shared the plane with a bull and used umbrellas to stave off water dripping into the plane's cabin, the newlyweds then returned via ship to Malaya where both her two sons were born. The fam-

ily then moved to North Borneo (now Sabah), spent a year back in England (Cambridge), and then returned to North Borneo.

In the early 1960s she relocated her two sons to schools in England and alternated between her family in Devon, England and North Borneo until her husband retired from the Civil Service and returned to England. The family settled in Hertfordshire, firstly in Radlett and later in Little Gaddesden. She was now a devoted grandmother to 5 grandchildren and, when prompted, would regale them with stories of her past.

Melodie – or Toby as many wished to call her – will be remembered by most as a people person with a warm heart who always saw the best of folk. With her unique background not only did she have a fascinating story to tell, but as a good listener she was much loved by all who touched her. Unlike her sister, Melodie was always surrounded by at least one dog and would often be seen in deep conversation with them. She took an active interest in the legacy of the Peters and Bothway families, loved her garden and played an active part in her local community, supporting a number of charities, including of course the Red Cross. Whilst for much of her adult life she was separated geographically from her sister, the bond was always there in their regular and copious correspondence. In her later life, Melodie, like her sister, suffered from Parkinson's. A few days before her death she was in excellent form looking forward to her Christmas and, as was her way, full of questions about her family. She died on 26 December 2010.

A thanksgiving service to celebrate her life was held on April 19, 2011 at the church of St Peter and St Paul, Little Gaddesden. At its conclusion all were asked to remain standing for the Canadian National Anthem.

Melodie Brooke Reid, born February 5, 1921, died December 26, 2010



Toby (left), her husband Warwick Reid (right), and their sons Richard and Petre pay a visit from North Borneo to their Gray Creek friends Arthur and Kathleen Lymbery, in the 1950s. Photo: Topsy Spiers collection, GCHS



Topsy (left) and Toby Peters visiting at their "Jolly Hill" home, Gray Creek, in 1947 or 48. Photo: Topsy Spiers collection, GCHS

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Loss

by Wendy Scott

Death has many faces. Life can linger through long and good years then slip quietly away. Sometimes the end may come after enduring a terminal illness. An unexplained disappearance may confuse the mind until mystery and uncertainty dwindle to sorrow.

But life shatters suddenly when death is an unexpected shock, there is no time then for encouraging visits and phone calls; well worded cards and flowers to cheer – there was no need for any of these – yesterday.

Normal is the state that most of us experience from day to day – year upon year and it is not until nature throws an unexpected curve in the form of a blood clot or an aneurism that we realize our own mortality and direct all our abilities for compassion towards those who are left to gather the shreds of a life lost too soon.

But it is when a person loses hope and can no longer discover the support of his vanished confidence that the will and the real reason for life fades until it becomes an enemy that must be destroyed. A total, oppressive, black depression may cause this state and if mind and body resist relief the condition can be and often is fatal.

All of these possibilities are familiar to families on the East Shore but it is the last two examples of sudden loss that are closest to our hearts and minds today -- and are the most difficult to reconcile. Invariably we look for medical reasons – we search memory for unexplained, unusual behaviour – moments that in retrospect were danger signs. But all this does is to establish a useless and devastating feeling of guilt which is of no help whatsoever to those who need our compassion and an arm to lean upon – a voice and an ear.

The Johnson family and the Loeppky's and all their friends and relatives are not only in our thoughts and prayers but must be kept in those little scraps of time allotted to phone calls and visits. They are members of our communities; friends in need of gentle hands to understand the gaping, permanent holes left in their lives and in the lifetimes of their collective families.

Loss, sorrow, and grief are as intrinsic to most lives as are happiness and fellowship. Friendship, compassion and empathy assist when the lives of friends need a boost.



pebbles by Wendy Scott Johnny & Grace

“... my tulips are in bloom...” – or the aconites; daffodils; tiger lilies; magnolias – the phone call always focused on flowers and came

with an invitation to visit.

One day in the spring it was, “Come and look at the best damn swimming pool you’ve ever seen.” The pool, built when young children needed swimming lessons, overflowed now with rhododendrons: soft pink, pale mauve, brilliant orange, deep purple, and a mass of crimson so vibrant it was almost iridescent. Beyond these abundant hues, a hawthorn added its own deep dusty rose. There’s blue spruce here as well, and the insignificant smudge of flowerets on a mountain ash that will burst with bright berries in the fall. High above the colour, a bird feeder in the shape of a miniature church—complete with steeple—stands ready to service the needs of winged visitors to a busy man’s farm.

Johnny Oliver was the busy farmer. Johnny cleared the forest that existed long before the pool or the rhododendrons; he built everything on this property: the house—he continued to extend the roof; the barn—in several stages; the chicken house and all the outbuildings. Johnny even had his own abattoir—which nearly fell over, Johnny said, when he first used it, but with the help of his son, Ross, he constructed side buildings to steady the equipment.

Johnny planted a garden every year, harvested his own hay field, and cursed the day he planted scotch broom because Grace complained they didn’t have any. Johnny met Grace, his wife of sixty-three years, in England, while he was serving with the Canadian Navy during the Second World War. Grace and Johnny were married in 1945. It was a glorious white wedding, befitting the gracious woman that Grace was and always remained throughout those sixty-three years.

Even though speech became difficult for Grace, she had a smile that made a person want to sing—ever so softly, if only for a few brief moments. Even after Grace closed her eyes and died, that smile continued for Johnny, and stayed with him for what would be the remaining four years of his life. Just the smile; it was everywhere – on the farm, in the house and especially up the mountain in their honeymoon cabin on the Back Forty. The smile remained for Johnny until the day he walked in the kitchen door and heard no echoes; saw no shadows and no longer felt that familiar presence. Perhaps then he realized that there would be no thermos of tea or picnic lunch and they would never again hike up their mountain. Overcome with the true emptiness surrounding him, Johnny reached out, at last, for her hand.

Early in the year, the sky above the barn was a misty springtime blue. And like a willow pattern plate, the willow tree by Johnny’s barn is outlined against the sky and filled to its abundant height and width with short slim fronds that move like shimmering lights in as many directions as possible—all at the same time. If you stand beneath the tree, you’ll hear the whispers—constant, busy, soft, and if you know how to listen, you might hear a tale about the best damn swimming pool you’ve ever seen, and the whispers will sing you a song. It’s the kind of song you might have heard in Johnny’s house. A song for Grace and Johnny; a song for Johnny and Grace: constant, busy and soft.

Grace Oliver 1920-2008
Johnny Oliver 1920-2012

Remembrance Garden

by Wendy Scott

Take a walk through the garden now and you will see that the two oldest benches are a new and beautiful deep mahogany. Miroslav Doval has refinished and restored them and has also taken a third bench – the one by the back lane and will rescue the peeling finish that was the result of our unexpectedly wet spring – and early summer.

Denis Kane is prepared to install five of the newest plaques and we extend our sincere thanks to these two men.

It is because of the kindness and generosity of people like this and all the volunteers who care for the garden – including Dave Loeppky, who we dearly miss – that this garden holds a very special place in our community and in our hearts.

Thanks to all of you.

Plaques – wmescott@gmail.com 250-225-3381
Shrubs -- mcrowe@bluebell.ca 250-225-3570

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Radar and laser jammers are another matter entirely. While they are not illegal to install they are illegal to use to defeat police speed measurement. In fact, if you are successfully prosecuted for using them, you will have a criminal record that could prove to be a significant handicap to you later in life. The offence is in obstructing a peace officer in the execution of his duty, in this case speed measurement.

Laser jamming devices are the most commonly found because modern lidar units warn their operator that they are being jammed. Since the vehicle being targeted is known precisely, it is easy to flag the driver out of traffic and start an investigation to confirm the source of the jamming. If found, the jamming equipment will be seized and kept to present as evidence at trial. If convicted, the equipment will be forfeit in addition to any other penalty imposed by the court.

Are you willing to trade the possibility of a fine and a few penalty points for the possibility of a criminal record? Think twice about the “legal counsel” provided by the producers and sellers of jamming equipment.
The author is a retired constable with many years of traffic enforcement experience.
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John Alfred Oliver - A Strong and Generous Man

Written and read by Jim Oliver
at Johnny's service

July 1, 1920 - August 28, 2012.

How many people in this room have introduced their children or grandchildren to the wonders of my Uncle John's farm, shared a cup of that amazingly strong leaf tea with John and Grace, or had the misfortune of being trounced in a game of crib on his red kitchen counter? As I suspected... many of you. Most of you could deliver and share the same words and memories of my uncle as I can. Today it's my privilege to do so on behalf of John's family, his daughters Lynn and Diane, his son Ross, his sister Beth, his grandchildren and his many other good friends in this community and beyond. I would also wish to thank, in advance, Pastor Middlebrook and members of the Royal Canadian Legion for their contributions to this service.

John was born to Mary and George Oliver on July 1, 1920, right here in the Kootenays, living first in Taghum and then in Gray Creek. John was the fourth of seven children, sisters Kay, Beth and Alice and brothers Ernie, George and Jim. John's sister, Beth Richards, is with us today. I know from many accounts that George and Mary's family was a happy, industrious and self-reliant group. From this beginning, on George Oliver's small farm, how does John Oliver become the man we know?

We all like to think that we are defined or identified by something - our cars, the way we dress, our homes. When I think of my uncle, I wonder about those special defining characteristics that brought him so close to so many people. For me, and possibly for you, John was defined by his farm "Rainbows End", by service to his country, by his friends and community of Gray Creek, by his family, and by Grace his life partner. Let's briefly look at these.

John and his land: "Rainbow's End"

You don't call 64 acres of hard scrabble farm studded with granite boulders, cedar and spruce, Rainbow's End unless you really have a vision of what it can become. Was it to become, in 1947, the Kootenays largest mink ranch? No, that didn't quite pan out. In the mid 1960's, would it become a leading edge pork producer? No, that didn't work out either. Would it become a scattered amalgamation of small buildings, elegantly aging fruit trees, beautiful gardens and an island of peace and solace in which to raise your family, meet your friends, and welcome your relatives? Yes, that worked out. John Oliver's farm must be indelibly etched on the minds and eyes of scores of young children, adolescents and adults which he escorted with such pride and enthusiasm through his pig pens, duck ponds, chicken coups, hay lofts and raspberry patches. Many of those same people would have left with small tokens of his generosity, a bunch of carrots, a dozen eggs, a pint of cream or sometimes inadvertently, chicken lice. That guided tour would have a John's commentary about hay crops, strawberry plants, breached birth calves, run-a-way pigs, what great cow Lady or Babe was, tractors that "broke down for no damn reason"; all of which would have been punctuated with

really impressive streams of rich brown Copenhagen tobacco. With the fruits of his labours, and in all other ways, he was a generous man and so proud of this 64 acres. It was this land which he was so fortunate never to have left.

John and his country

In September of 1939 the world of my grandparents and their children would be altered by advent of the Second War. John Oliver, along with his cousins and brothers, signed up in the service of their country. Was this an easy process? No. The sense of purpose which 19 year old John felt in 1939 when he first applied for service in the Royal Canadian Navy, was shared by thousands of his countrymen. Recruiting offices were overwhelmed by the response of so many young men and women. Listen to this exchange, taken from his actual service records between John and the Royal Canadian Navy Recruiting office.

*"June 11, 1940:
Dear Sir:
I applied for entry into the Royal Canadian Navy as a stoker last October, since then I have received no word. I would appreciate it if you let me know my chances of entering.
I remain,
Yours Sincerely, John Oliver"*

In a remarkable display of patience, for him, John waited eight months before writing again:

*"Nov. 28, 1940.
Dear Sir:
It is now a year since I applied for entry into the Royal Canadian Navy as Stoker Second Class and I am most anxious to get into the Navy. If there is no chance of getting into the Regular Navy just yet, I could go to Victoria on my own and join the Naval Reserve and be transferred to the Navy when my call comes, that is if I am accepted, of course.
Yours truly,
John Oliver."*

The recruiting officer never stood a chance as we all know John could be a very determined man. After all, if you can remove by the strength of your two hands and even stronger back, several hundreds of tonnes of rock to build pasture land at Rainbow's End, tackling the Defence Department should be easy.

John got his wish and entered the service on Her Majesty's Ships in March of 1941, signing up for a seven year hitch, Stoker 2nd Class for \$1.35 per day. The German Navy and submarine U-118 demonstrated the cold reality, and the real price of naval service, when John's ship, a Flower Class Corvette, the Weyburn, was sunk on the 22 of February, 1943, in the straits of Gibraltar. About a third of the crew were lost and many were injured. On that day, we may never know what

John, and his shipmates experienced, but we all know that he would have acquitted himself with courage and distinction. Throughout his long life, my uncle referred with quiet pride to his service to his country, to his shared experiences with his brothers, Jim and George, and to those common bonds that they forged during their countries time of need.

John and his family

John was devoted to his family. Here are a couple of examples of his sense of generosity and purpose towards his children Lynn, Diane and Ross.

How many of us remember what a "Metropolitan" is? Not "Neopolitan" a flavour of ice cream, but Metropolitan. It was a very small, two door sub-compact car manufactured by the Nash Motor Company up until 1962. It was just such a car that my Uncle John gave to his daughter Lynn as her first car, probably around 1965. Think of this, it's 1965, you are driving a maintenance truck for the department of highways, you

are raising your three children, scraping together enough for feed for your animals, assisting you parents and yet you manage through your hard work and Graces thrift to supply your daughter Lynn with such a neat little car. I am not sure how long that car lasted or if Lynn's boyfriend at the time, Dave Fowler, was ever at the wheel, but I recognize what it really represented to my Uncle John, a generous gift to a daughter he loved.

At about the same time, with a hundred bags of cement, a couple of shovels, and hours of time you magically generate for your two other younger kids an in-ground swimming pool. I spent hours in this "huge" pool with my cousins Ross and Diane and as it was never chlorinated it got a bit greener and more "organic" with each week of summers use, but did we ever enjoy it. That was a real gift to his two younger children. In many small ways John's support for Lynn, Diane and Ross continued long after they had left home.

When talking about his children John always emphasized their strengths, the kindness of Diane, the support and loyalty of his daughter Lynne, the intelligence of his son Ross. As parents, we can learn something from that approach.

John and his friends and community, Gray Creek

Beanie Johnson, Floyd Oliver, Bill Burge, the Nesbitts, Mr. Benthien, Herb Draper, Johnny MacGregor, the Derbyshire's, Tom Lymbery... these are but a few of the dozens of people and multitudes of stories which I heard my uncle talk about. All of these people and many others, past and present, form the nucleus of this community. John's name comes up many times in Tom Lymbery's column in the Mainstreet. In some of these the snow slides seem to get deeper, the



John Oliver, age 90, pauses for the camera in the "gizmo" (gazebo) he was building on his farm. 2010 photo courtesy of Jackie James

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Johnny Oliver Cont'd...

lake levels higher and the images of John and his young brother jumping off the wheelhouse of the SS Nasookin even more vivid. This was the man who would run the snow-plow over to Crawford Bay for one more pass or drop a load of sand on Crawford Hill; it didn't matter if it was his day off. He always participated in the several restoration projects in the vintage 1911 Gray Creek Hall. He dug by hand the graves of many of his friends, neighbours and relatives at the Gray Creek Cemetery. For many years he annually cut and split 10 cords of wood for his mother and he assisted many of his cohorts in packing prodigious amounts of whitetail deer off of the Gray Creek side hill. He tirelessly helped his brother Jim pound eight inch

families, struggling with finances, and supporting each other in sickness and health, Grace and John maintained a steadfast devotion to each other. John maintained the ability to compliment and flirt with my Aunt Grace throughout their marriage; you could see in it in the light in their eyes. Fifteen, or so, years ago the severe stroke that Grace experienced dramatically changed both their lives. But it also demonstrated the true strength and depth of their commitment to each other as they continued to live, to meet their challenges, and to prosper at Rainbows End. That spark never left their eyes.

John and Grace's home was always warm. It was warm not only because of the wood heater in their living room, but because of warmth of the people who lived there. The many memories which we all have of this strong and generous man will continue to provide us with an inner warmth, long after the last coal in that wood heater slowly dies out.



spikes into the walls of his new log home. John put his considerable physical strength and even greater determination to the betterment of this community, and in assisting his friends and neighbours. All of which was done with no expectation of any personal gain. Today, judging by the number of people in the Crawford Bay Hall, this community gracefully acknowledges, his contribution.

John and Grace

Part of John's success over much of his long life stems from his choice in his life's partner, my Aunt Grace, who preceded his passing by four years. As a ten year old kid running through my Uncles kitchen in the early afternoons, I was always surprised to see John and my beautiful Aunt Grace wrapped in each other's arms on their living room couch. Married people could behave like that, hmm... pretty neat. Over the space of more than 50 years, through all the trials of raising

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Next Deadline:
Oct 24, 2012



AREA "A" EDC Economic Development Commission

Application deadline extended!

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

Next application deadlines:

November 1, 2012

March 1, 2013

Approval/funding lag time 6 to 8 weeks

An application form can be printed from the RDCK website following this path, or filled out online and emailed:

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

Email lornarobin@bluebell.ca

Or call 250-225-3333 for assistance.

All meetings are open to the public, call for meeting dates.

Visit InvestKootenay.com

A free service for you to list your business for sale and view investment opportunities

Mungall Announces the Peoples Choices for Queens Jubilee Medals

Nelson –After a two month democratic process, MLA Michelle Mungall would like to announce the nominees for the four Queens Diamond Jubilee Medals she has been tasked with selecting.

“I am very excited and pleased with the whole selection process” says Mungall “There were so many people involved in deciding the recipients of this prestigious award, and the choices are clearly well respected pillars of their communities”

Mungall’s selection process started with an open call for nominations during the month of August, from which a group of prominent community members created a shortlist of thirteen. That shortlist was then put out to everyone in the Nelson-Creston riding to vote online or by phone, selecting one person from each of the four corners of the riding.

After the nearly 700 votes were tallied, the following four emerge as the choices of from their communities:

- **Bruce Walker of Kaslo**
- **Joan Reichardt of Nelson**
- **Dorothy Hearn of Salmo**
- **Shannon Nickisch of Sirdar**

These nominees will be honored at a ceremony hosted by Mungall in the New Year.

“I want to congratulate and thank everyone that was nominated, submitted a nomination, and voted” says Mungall, adding “We are very lucky to live in such engaged communities, and it is wonderful to recognize those working to make our country great.”

BC Children’s Offers Tips: How to Pack Lunches Kids Will Eat

Vancouver – With school in session, parents are bracing for the battle over packed lunches. Parents want to provide food that’s healthy while kids often ask for processed or junk food.

The trick, according to registered dietitian Arlene Cristall at the hospital’s Centre for Healthy Weights “Shapedown BC” program is to involve kids in the planning of meals right from the start.

This could begin with kids growing their own vegetables in the garden or patio planters to include in salads or sandwiches, to going grocery shopping with mom and dad, to preparing meals and packing lunches the night before.

The Shapedown BC program helps children, adolescents and their families manage weight concerns. Cristall, the program’s coordinator and a dietitian for more than 35 years, has counselled nearly a thousand families about how they can eat better. Here are some of her tips:

1. Families need to have a plan – what will kids eat, what won’t they eat, and where are parents willing to compromise? It’s a two-way street; parents and kids need to work together.
2. Spend time thinking about what you’re going to pack for lunch to make it appealing visually as well as tasty and nutritious.
3. Include each of the food groups when packing a lunch; meat and alternatives; grain products; vegetables and fruits, and milk and alternatives.
4. Don’t worry if kids indulge occasionally. Follow the 80/20 rule. If they’re eating well 80 percent of the time and getting plenty of exercise, the 20 percent they indulge in unhealthy choices won’t be a problem.
5. Involve your kids in preparing lunches – if they’ve had a hand in making them, they’re more likely to eat what’s in their lunch bag.
6. Stay away from processed foods as these foods are high in sugar and salt and low in fibre, which means kids get hungrier faster. Processed deli meats are also low in nutrients – choose roasted chicken or beef instead.
7. Stay away from zero fat foods. For example, when buying yogurt – choose 1 to 1.5% fat – as it is less processed and will keep kids feeling fuller longer.
8. Get creative: if your child likes Caesar salad, put a little chicken in it for protein, substitute a lighter dressing and add it to a pita pocket. You’ve just added a couple more food groups for a healthy lunch!
9. Protect food in containers or zip lock bags, particularly whole fruit which may get squished.
10. Pack a healthy beverage – water is best – or juice, but limit the juice to one a day because of the sugar content.

Meal ideas and recipes are available on the Centre for Healthy Weights -ShapeDown website at www.bcchildrens.ca/healthyweights

Apply Now For Environmental Project Support

Maximum increased for CBT’s Environmental Initiatives Program grants

(Columbia Basin) – Columbia Basin groups wishing to help maintain or enhance environmental conditions in and around their communities are invited to submit project ideas to the Environmental Initiatives Program (EIP) of Columbia Basin Trust (CBT). Over the past 11 years, the program has provided over \$5 million in funding for environmental conservation, restoration, stewardship and education projects across the Basin.

The program’s small grants stream, geared at projects under \$10,000, has a continuous application intake depending on available funding. The large grants stream has an annual intake, and, for 2012 – 13, will fund projects up to \$50,000. The next application deadline is 3:30 p.m. PDT/4:30 MDT on October 26, 2012.

“We’re pleased we can increase our support of projects that aim to reduce the impacts people have on our environment,” said Rick Allen, CBT Program Manager, Environment. “The projects also encourage education and awareness for all generations about Basin ecosystems.”

White Bark Consulting was recently able to carry out whitebark pine restoration thanks in part to EIP support. Whitebark pine is an endangered tree species of high-elevation forests that provides food and shelter for various wildlife species. The project also included educating community members, collecting seeds from healthy trees and creating a distribution map of the Basin.

“The funding provided by CBT has been vital in enabling people and organizations that are interested in whitebark pine to come together and work on restoration efforts,” said Adrian Leslie, White Bark Consulting. “It has been a fun, interesting and rewarding experience.”

Another example is Seepanee Ecological Consulting, which undertook a wolverine population and habitat assessment. By collecting wolverine hair samples from the Selkirk mountain range, as well as from trappers, this project was an important step in determining if the current harvest levels of wolverines are at risk of being unsustainable.

“Funding from partners like CBT has been critical to the success of the project,” said Doris Hausleitner, Seepanee Ecological Consulting. “Without their contributions, and assistance from local trappers and a multitude of volunteers, this type of research would not be possible.”

For more information about EIP or to get an application form, visit www.cbt.org/eip or contact Rick Allen, Program Manager, Environment, at 1.800.505.8998 or rallen@cbt.org.

To learn more about CBT’s other environmental priorities, visit www.cbt.org/environment.

CBT supports efforts to deliver social, economic and environmental benefits to the residents of the Columbia Basin. To learn more about CBT programs and initiatives, visit www.cbt.org or call 1.800.505.8998.

**Next Deadline:
Oct 24, 2012**

Behind the Wheel
Update your Driving Skills and Knowledge

Radar and Laser Jammers

Radar and laser detectors are currently legal to install in your vehicle and use to avoid prosecution for failing to follow the speed limits in British Columbia. One has to ask why BC is one of the few provinces in our country that has not made this illegal. If you think like I do, inappropriate speed is a significant contributor to collisions and should not be encouraged in any way. Radar and laser detectors are encouraging some drivers to drive at inappropriate speeds every day.

Radar and laser jammers are another matter entirely. While they are not illegal to install they are illegal to use to defeat police speed measurement. In fact, if you are successfully prosecuted for using them, you will have a criminal record that could prove to be a significant handicap to you later in life. The offence is in obstructing a peace officer in the execution of his duty, in this case speed measurement.

Laser jamming devices are the most commonly found because modern lidar units warn their operator that they are being jammed. Since the vehicle being targeted is known precisely, it is easy to flag the driver out of traffic and start an investigation to confirm the source of the jamming. If found, the jamming equipment will be seized and kept to present as evidence at trial. If convicted, the equipment will be forfeit in addition to any other penalty imposed by the court.

Are you willing to trade the possibility of a fine and a few penalty points for the possibility of a criminal record? Think twice about the “legal counsel” provided by the producers and sellers of jamming equipment.

The author is a retired constable with many years of traffic enforcement experience. To comment or learn more, please visit www.drivesmartbc.ca.

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Next Deadline: Oct 24, 2012

Photo Opps - In and Around the East Shore



Wedding Announcement Amanda Dawn Bothamley & William Andrew Love

Barney and Shelli Bothamley announce with joy that on August 25, 2012 their daughter Amanda Dawn married William Andrew Love. Their vows were witnessed by family and friends on the 10th green of Granite Point Golf Course in Nelson. We could not have asked for a more amazing day – the ceremony and the views were beautiful. A reception followed later at the Prestige Lakeside Resort. Mr. & Mrs. Love are back in Calgary, Alberta where they will continue to live. Amanda is in her final year of university and will finally receive her degree in elementary education next spring. Andrew is working for Husky Energy and will finish his mba in business this fall. We wish them a life journey together that is filled with everlasting love, patience with one another, continued growth, and lots of adventure.



Susan Tesoriere of Nelson & District Credit Union presenting Tom Lymbery of Gray Creek Hall Society a cheque from the membership of NDCU to do needed upgrades to the Gray Creek Hall.



Karol Draper on behalf of the NDCU membership presenting a cheque to Tom Lymbery of Bluebell Manor Society.



Susan Tesoriere on behalf of the membership of NDCU presenting Enzo and Laurel Salviulo with a cheque for the Brandon Salviulo Memorial Fundraiser weekend.



Julie Dade of Nelson & District Credit Union presenting members of East Shore Library Society with a cheque to provide internet to the library

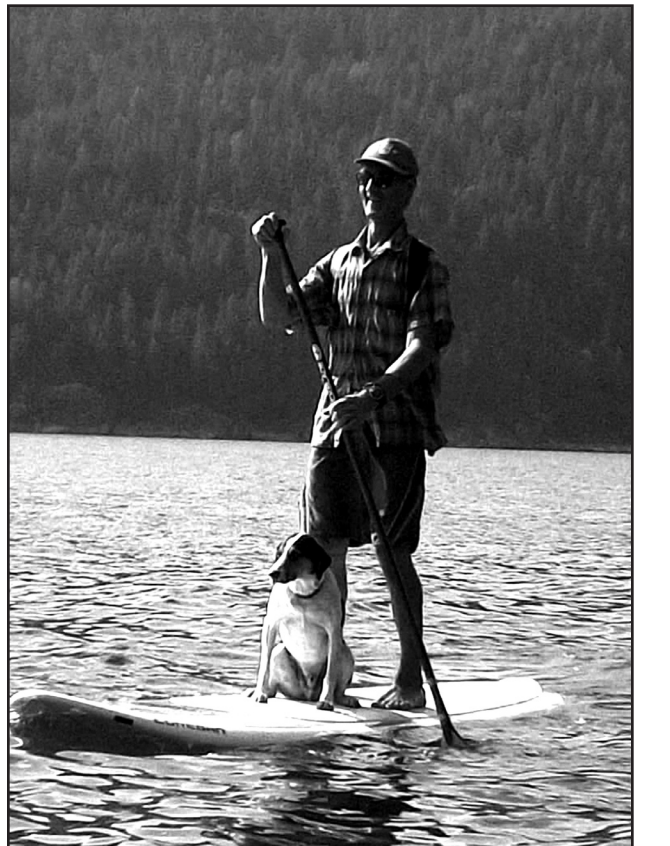
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After Johnny Oliver's funeral in the packed Crawford Bay Hall a group of family and friends got together at the Oliver farm for the first annual "Johnny Oliver 22LR Competition". The coveted gropher in a tin can trophy was won by Barry Oliver with a score of 88 out of a possible 100. Above: Ian Oliver presents the trophy to Barry.



Shown with Gisela Conrad, proprietress of Bocalino Restaurant, Motel and Cabins, is Brenda Kovich (middle) and partner in front of the wood-fired oven. Brenda was taking advantage of the Gift Certificate for a one night stay for two plus a \$40 food voucher won at the Annual Riondel Ladies Bluebell Classic Golf Tournament. Riondel Golf Club thanks Gisela and Bocalino for the generous donation to our annual event.



Matthew Sinclair demonstrates another hidden talent of his remarkable dog, Chester, as the two of them enjoy a leisurely late-summer paddleboard on Kootenay Lake. Photo: Ingrid Baetzel

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SERVICES DIRECTORY

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

AUTOMOTIVE/MARINE

EASTSHORE AUTOMOTIVE - Service & Repair 250-227-9370
NORTHSTAR CRESTON - 1-800-551-9351. Full service 8-bay shop featuring Goodwrench Service - \$41.95, genuine GM & AC Delco parts. Full line of major tire brands featuring: BFGoodrich, Michelin, Uniroyal, Hankook, Goodyear and Firestone brands.

BUSINESS SERVICES

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

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MARK JOHNSTON CONSTRUCTION LTD. Ph: 250-227-9583, email: markjohnstonconstruction@gmail.com
MATTHEW SMITH BUILDER - Trained/Certified Heritage Restoration and Conservation. Carpentry and woodworking services. matthew.smith.builder@gmail.com or 250-505-2305.
THE GREEN MACHINE - (See colour ad in this issue for more information.) 250-225-3485
TURLOCK ELECTRICAL CONTRACTING LTD. (See colour ad in this issue for more information.) 250-227-9688 or 250-551-4671

PERSONAL CARE/HEALTH

ACUPUNCTURE - Christine Peel R.Ac. Located at 16210 hwy 3A Unit 9, Crawford Bay Motel. For an appointment please call 250-505-8130.
ACUTONICS - vibrational healing with tuning forks, practitioner available. For appointments call Theresa Lee 225-3518/cell:505-4706
ALEXIS PHILLIPS, M.A., R.C.C. - Registered Clinical Counsellor specializing in complex trauma, relationship issues, grief & loss, anxiety & depression. Apptmnt/consultation, call 250-509-0368.
BLANCHE TANNER - Breath Practitioner, (Family Constellation) Heart-Centred Therapy (Meditation), Healing Emotional, Physical & Sexual Abuse, Addictions, Relationships, Anxiety, Depression. 227-6877

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

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

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

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

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

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

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

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

RESTAURANTS

BOCCALINO RESTAURANT, MOTEL & CABINS - We serve dinner from 5-10 pm Sunday - Weds (closed Thurs-Sat). Come & enjoy our fine food & wines & check out our new fall menu, starting after the Sept long wknd. For reservations call: 250.227.6906 www.boccalino.ca

BUNKERS GRILL AT KOKANEE SPRING - Open for the season and serving breakfast, lunch and dinner. Call 227-2006 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.

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CLASSIFIED SECTION

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 - A unique place to shop on Duck Lake. 2012 - 2013 Angling & Hunting Licences, Regulations, Tags & Bird Permits - (Limited Supply). Tackle, Groceries, Souvenirs, Seasonal Greeting Cards, Island Farms Dairy Products, Energy Drinks & Bars, Juices, Water, Soft Drinks, Chocolate Bars, Breyers Ice Cream Treats. Locally made crafts--aprons, baby dresses, placemats, wooden cribbage & cutting boards. Post Office, Stamps. 8050 Hwy 3A, 250-866-5570 or Fax 250-866-6811. Happy Thanksgiving.
Insurance Certification requires professional chimney installation - we are the Pro's - Gray Creek Store, 250.227.9315

BUSINESS SERVICES

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

EMPLOYMENT OPPS

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



HOME/BUILDING

Again: tarps and more tarps. Green is best, up to 40 foot by 60 foot - Gray Creek Store 250 227 9315
Forstner wood bits by Irwin: full stock for carpenters - Gray Creek Store 250-227-9315
Fire extinguisher and smoke alarm combo pkg \$49.95 - Gray Creek Store
Cleaning Vinegar: double strength for a natural cleaning job. Essential before painting galvanized metal. Gray Creek Store 250-227-9315
Energy Logs - 100% natural. No chemicals or binders. Clean no bugs or dirt. With less ash and creosote means less maintenance for you! 8hr burn - Gray Creek Store 250-227-9315
Log Tongs - orange for lifting, blue for skidding. (The lifting ones are special steel) - Gray Creek Store 250-227-9315
Finest quality Benjamin Moore Paint. Please phone 250 227-9315 to make sure that we have a tinting specialist on shift - Gray Creek Store
16', 20', 24', Industrial aluminum ladders, plus a 8' to 13' multiway ladder - Gray Creek Store 250 227 9315
Building Supplies you may not know we have

- Sill gaskets, insulation, waterproofing products and more - please ask our knowledgeable staff - Gray Creek Store 250-227-9315

MISC FOR SALE

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

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

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

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Roadside Emergency Kits \$39.95: everything from jumper cables, tire sealant, to an emerg. blanket, first aid kit, and more - Gray Creek Store, 250.227.9315
Canadian Made Gumboots: these include insoles which are essential in a rubber boot - Gray Creek Store, 250.227.9315

NOTICES

Call for entries for the Community Arts Council of Creston's Christmas Craft Fair on Nov 24. Contact Harry Miller - 250-428-2527.

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

OUTDOORS/REC

ATV & Snowmobile Helmets - even Spokane can't compete with Gray Creek on these! 250-227-9315

Bears R Out! Get your bangers, spray and bells - Gray Creek Store 250-227-9315

The Hunter's Hoist Kit -the easy way to string 'em up - can we persuade you to delete some of our surplus deer? Gray Creek Store 250-227-9315

Telescopic Boat Hooks - extend up to eight feet, but are only 3 1/2 feet when retracted. The hook end is plastic so its easy to get your dog back in (as long as its wearing a life jacket) Gray Creek Store. 250-227-9315

Hiking Poles: versatile, different tips for different terrain, Much lesser price than those in sporting goods stores Gray Creek Store 250-227-9315

Live bait and the best selection of fishing lures, rods, reels, nets, weights and down riggers on the eastern shore - Gray Creek Store 250 227 9315

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

Dog Life Jackets, a super large net to retrieve your dog! Marine supplies, kayak paddles, oars, marine oils. Gray Creek Store 250-227-9315

YARD & GARDEN

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

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

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

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

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

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 2012

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

OCT. 2, TUESDAY: DR LEE

OCT.3, WEDNESDAY: DR MOULSON

OCT. 4, THURSDAY: DR GRYPONPRE

OCT. 9, TUESDAY: DR GRYPONPRE

OCT.10, WEDNESDAY: DR MOULSON

OCT.11, THURSDAY: DR LEE

OCT.16, TUESDAY: DR WALKER

OCT 17, WEDNESDAY: DR MOULSON

OCT. 18, THURSDAY: DR LEE

OCT. 23, TUESDAY: DR LEE

OCT. 24, WEDNESDAY: DR MOULSON

OCT 25, THURSDAY: DR LEE

OCT. 30, TUESDAY: DR LEE

OCT 31, WEDNESDAY: DR MOULSON

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

Call to make appointments at 227-9006

on doctor days and Thursday morning.

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

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

WEEKLY EVENTS AT BOSWELL HALL:

All clubs which regularly meet in the Boswell Hall, except yoga, stopped meeting over the summer.

1. Yoga continues to meet on Thurs from 9:30 to 11:00 am. All welcome on a drop-in basis. Contact Marilyn Arms for details
2. Carpet Bowling: Season gets underway @ 6pm, Tues Oct 9. No registration required
3. Beginner Line Dancing @ 9:30 am, Sunday, Oct. 21 and 28. To register, contact Cheryl Place at 250-223-8694
4. Intermediate Line Dancing @ 10:30 am, Oct 21 and 28. No registration required

SPECIAL EVENTS AT BOSWELL HALL:

Oktober Fest to be held Oct. 27th @ 6pm. Sausage on a bun plus other German delicacies. Music by East Shore Dixi Band. Tickets \$12 available from Destiny Bay Store prior to the 27th; \$14 at the Hall door

SPECIAL MEETING - RIONDEL GOLF CLUB

Riondel Golf Club will having an extra ordinary meeting October 29th 2012 at 1:30 at Dutch Harbor. Please attend to find out what's happening with the Golf Club, and new ideas for next year.

STARBELLY AGM - ALL WELCOME!

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

HAMPER RAMP UP - AND THANKS!

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

WINTER WONDERLAND

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

FOODROOTS COMMUNITY POTLUCK.

SUNDAY, OCTOBER 21 at the Crawford Bay Hall, 4:30 to 8. Games, cards, poker... oodles of fun!

The East Shore MAINSTREET

Contact: Ingrid Zaiss-Baetzel

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

**ADVERTISING RATES

\$35.00 - 3^{1/4}" wide by 1^{3/4}" high
\$40.00 - 3^{1/4}" wide by 2^{1/2}" high
\$45.00 - 3^{1/4}" wide by 3^{1/4}" high
\$50.00 - 3^{1/4}" wide by 4" high
\$55.00 - 3^{1/4}" wide by 4^{1/2}" high
 or 6^{3/4}" wide by 2^{1/4}" high
\$65.00 - 3^{1/4}" wide by 6" high
 or 6^{3/4}" wide by 3" high
\$85.00 - 3^{1/4}" high by 9" high
 or 6^{3/4}" wide by 4^{1/2}" high
\$100.00 - 3^{1/4}" wide by 10^{3/8}" tall
\$130.00 (quarter page) 5^{1/4}" wide by 7^{1/2}" tall
\$150.00 (third page) - 6^{3/4}" wide by 7^{1/2}" high
 or 3^{1/4}" wide by 14^{1/2}" tall or 10^{3/8}" wide by 4^{1/2}" tall
\$225.00 (half page) - 10^{3/8}" wide by 7^{1/2}" tall
\$400.00 (full page) - 10^{3/8}" wide by 14^{1/2}" tall
Sample Sizes - more sizes available.
Column Width: 3^{1/4} inches - double column width:
 6^{3/4} inches - full width: 10^{3/8} inches
Services Directory: \$5/month, up to 3 lines.
Classified Ads: \$5/first 30 words,
 10¢/word after the initial 30.
**** 30% MORE FOR COLOUR ADS****

Next Deadline:

Oct 24, 2012

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

**Off-Season Schedule in effect:
All times listed in "East Shore Time"**

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

CHURCH CALENDAR

RIONDEL COMMUNITY CHURCH OCTOBER SCHEDULE

Oct 7: Canon Jim Hearne, Anglican, 11:00 am
music - Deberah Shears

Please join us for Thanksgiving

Oct 14: Brother Jeff Zak, 11:00 am
music - Margaret Kehler

Oct 21: Rev. Robin Celiz, Anglican, 1:00 pm
music - Deberah Shears

Join us for a combined service at Riondel Community Church

Oct 28: Bill Gooding, KLCC, 1:00 pm
music - Marie Gale

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

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

For information call Christ Church Creston 428-4248

Oct 7: 1:30 pm, Rev Robin Ruder Celiz

Nov 4: 1:30 - Rev Robin Ruder Celiz

HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

October 21, 1pm: A joint service with Riondel Community

Church at Riondel. Rev. Robin Ruder Celiz

For information call Karen Gilbert: 227-8914

or Sue Philp: 227- 9140

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Pastor Bill Gooding

Come & join us Sundays at 10 am. Coffee fellowship after the

service. 16190 Hwy 3A, Crawford Bay 250.227.9444

TEMPLE OF DIVINE LIGHT

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

Everyone welcome - Yasodhara Ashram 227-9224

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

Sunday Mass at 2:30 pm

1st Sunday of the month, Fellowship Sunday.

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.

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

CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church,

8151 Busk Rd, Balfour

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

Next Deadline:

Oct 24, 2012

MEETING PLACES

LIONS CLUB - meets at the Kootenay Lake Community

Church - 16190 Highway 3A, Crawford Bay.

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

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

or Lion Jim at 250-227-9622.

TOPS - Take Off Pounds Sensibly: meets every Thursday morn-

ing at 8:30 am in the Kootenay Lake Community Church base-

ment. Call Marilyn for more info: 227-9129

PARENT ADVISORY COMMITTEE

(PAC) Meetings

held at 7 pm at the Crawford Bay School library

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

Call Ingrid to be put on the agenda - 250.227.9246

Next Meeting: AGM Oct 15, CBESS Library

October 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
*Strong Start is every weekday at the Family Place at the school from 10-1	Yoga w/ Lea, CBay, 10am	Dr. Lee	Volleyball, CB School, 7pm Dr. Moulson	Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Dr. Grymonpre	Yoga, w/ Lea, CBay, 10am	
7	8	9	10	11	12	13
Swami RK Memorial Service, Yasodhara Ashram, 2pm Bottle Depot, 10-2	Yoga w/ Lea, CBay, 10am	Lions Mtng, 7 pm Dr. Grymonpre	Volleyball, CB School, 7pm Dr. Moulson	EASEY Meeting, CB Lib, 3:45 Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Dr. Lee	REC 9 Deadline Community Connections Video and Discussion, The Hub, 7:30 Yoga, w/ Lea, CBay, 10am	Ole Johnson Celebration of Life, Bob's Bar, 2pm
14	15	16	17	18	19	20
Bottle Depot, 10-2	PAC AGM, CB Library, 7pm Yoga w/ Lea, CBay, 10am	Dr. Walker	Volleyball, CB School, 7pm Dr. Moulson	Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Dr. Lee	Yoga, w/ Lea, CBay, 10am	
21	22	23	24	25	26	27
FoodRoots Potluck, CB Hall, 4:40 Bottle Depot, 10-2	Yoga w/ Lea, CBay, 10am	Lions Mtng, 7 pm Dr. Lee	Volleyball, CB School, 7pm Mainstreet Deadline Dr. Moulson	Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Dr. Lee	Yoga, w/ Lea, CBay, 10am	Oktoberfest, Boswell Hall, 6pm
28	29	30	31			
Bottle Depot, 10-2	Rio Golf Club Special Mtng, Dutch Harbour, 1:30 Yoga w/ Lea, CBay, 10am	Dr. Lee	Volleyball, CB School, 7pm Dr. Moulson			

the MARKET

Deli Groceries
Liquor Agency

Gas
Natural Foods
Fishing Tackle

Ahhh...
Endless
Summer!

Drop in and check out the New Market.

Tell us what you'd like to see offered.

Hours:
Mon-Sat, 9-7
Sun, 9-5

YOUR Market is here...

Bottle depot open on Sunday only.

Junction Creek Hub
Lounge, Coffee Shop & DVD Rentals

Open Monday-Saturday, 3-11
(open later for special events)
250.227.9339

Wednesday Nights: Live Music Jam

Please see The Hub's Facebook page for upcoming events and band demos.

LEARN SPANISH

Weds, 3:15 to 4:30 pm
Starts Oct 17-Dec 5, 8 weeks
Crawford Bay School

Cost is \$80 for adults and \$40 for teens
Children under 12, accompanied by an adult
Call to sign up: 250-227-9552
~laverne@theeastshore.net~

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Turlock Electrical	12	
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Russ Anderson Rock & Soil	12	
Sapphire Hair Salon	12	
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Sunset Seed	11	

Transfer Station Hours

CRAWFORD BAY:

(thru October)
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:
Mon: 2-4 pm,
Weds: 6-8 pm
Tues, Thurs, Sat: 10am-12:30pm

ES Health Centre 227-9006
COUNSELLORS

Drug & Alcohol: 353-7691 Child & Youth: 353-7691
Public Health Dental Screening/Counseling: 428-3876
Community Nursing: 227-9019 Hospice: 227-9006 Mammography Screening: 354-6721
Baby Clinics: 428-3873 Physiotherapy: 227-9155 Massage Therapy: 227-6877
For more on facility, call Kathy Smith, 227-9006