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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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2013 Kootenay Lake Agricultural Fall Fair

Top left: watermelon eating contest - winner Dema Fiddick-Halfnight (photo Jacqueline Wedge)
Top right: Paris Marshall-Smith at the FoodRoots table (photo Farley Curzons)
Left: Gorgeous array of prize-winning produce (photo Jacqueline Wedge)
Middle: noodle eating contest - winner Luka Baetzel (photo Jacqueline Wedge)
Bottom: Elena Yeung and band (photo Allan Hughes)



MS Issues

by Ingrid Baetzel

I recently had a very special rare sighting that impacted me in several ways. I came rather suddenly upon the largest silver/gray (at least the rain made it look silvery) bull moose that I've ever seen. I haven't seen many, admittedly, but the majesty of this creature was immense. I followed him with my car for a little way until he slipped off into the forest. I was oohing and ahing over this sighting when I told a friend, and she quickly admonished me to not tell anyone about it... oops. It was too late earlier, and it is still too late now. I hadn't thought through the possibility that a sighting might lead to hunting and killing this fine fellow. The thought distressed me greatly. I had posted the sighting on Facebook, even with where I saw him.

The idea that hunters might follow the lead and take advantage of this was upsetting. Don't get me wrong. I am in no way against hunting for food. I am a strong proponent of hunting for food. I'm definitely NOT a advocate of hunting for sport and there's nothing that can be said to change my feelings in that regard.

I eat meat. I have eaten moose. I very much appreciate being able to eat the meat of animals who have been killed humanely and with reverence and butchered with attention and thoughtfulness. Any day of the week, if it is available and affordable, I would choose to eat local wild

game and locally-farmed and ethically processed beef, pork, chicken, etc... That doesn't mean I always make that decision, but I would like to say I make an effort.

But I don't want to eat that moose. I want him to keep running. Something in his appearance in my life was special. It felt like a gift. Maybe because it was so rare. He graced me with his presence. He dropped in to say hello and remind me that they are all out there, living with us, tolerating us, falling under our development.

There is a fascinating little clip from the documentary, "Earthlings" (2005) narrated by Joaquin Phoenix that is rolling around social media right now. It is about speciesism and our tragically poor treatment of animals. It is a powerful and moving clip (I haven't seen the whole movie) about the sideways approach we've taken to living with other animals on this planet and a good discussion about finding answers to the problems and imbalances we've created.


The big silver moose I saw may end up on someone's plate someday. In the meantime, it was just really nice to get to spend a minute of his life with him and to allow him to trigger some debate to keep me present.

Nelson Shotokan Karate

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

New students (age 12+) are welcome

Call Klaus Plaumann @ 505-3868



LETTERS TO THE EDITOR

THANKS FOR SQUASHING

A huge thank-you to all the people from Creston to Riondel who took the initiative to squash the proposed PAWS taxation.

Commercial Farmers need to be accountable for developing and executing an emergency response plan without the use of more taxation.

*Regards,
Danielle Linn, Riondel BC*

WHAT TO DO IN CASE OF STROKE

Dear Dr. Kettner,

Thanks for your informative article about stroke prevention in the September *Mainstreet*. I'm sure there are a lot of us who need these reminders to keep on track with their personal health regime.

Now that you have covered how to prevent a stroke, can you please tell us how to recognize if a stroke is occurring, and also what to do? I've read that there is a 'clot busting drug' that can help within the first hour or so of a stroke.

Living on the East Shore, I'm pretty sure I couldn't get to a hospital within an hour. What advice can you give those of us who live in this 'remote' area? What can be done while waiting for help?

I'm sure you are familiar with our situation regarding the ambulance (sometimes an ambulance call is answered by the Creston or Nelson crews, extending the wait period) and the ferry - not running all night and in the winter running infrequently.

I'm not complaining about our remoteness, just seriously asking for a plan of action - what should we do?

*Thanks
Fran Kinder, Crawford Bay*

CHRISTMAS FOOD HAMPER COORDINATOR NEEDED

Dear Editor

The East Shore Christmas Food Hamper Program is in need of a coordinator.

The volunteer position would involve the overseeing of putting these hampers together with a group of experienced helpers who are familiar with the program.

The group usually meets around November 1 to discuss and plan for each year's hampers and the hampers are then disbursed mid-December.

If you would be interested in joining this very worthy cause, please contact me at 250-225-3596 for the details.

*Thank you,
Shelli Bothamley, Riondel Road*

FAMILY FUN TIMES! JOIN US.

Dear Editor:

Family Fun Times are starting again every Thursday from 3-5 at the Crawford Bay School.

Everyone is welcome and we need adult participation. A huge thank-you to Sharon Webster for all of her help last year and her continuing support as the Treasurer.

We would like to set up a volleyball net to expand the fun. If there are older students who wish to use the music room from 3-5 on Thursdays, please contact 250-225-3388.

Thank you to Danielle Tonossi who gave a cash donation to support this program and to Laverne Booth who acknowledged the benefits of our efforts.

We need interested adults who want to explore free play as well as ideas that focus the interest of the youth such as Halloween decorating.

Thank you to the Nelson and District Credit Union



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Next Deadline: Wed, Oct 23, 2013

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for the grant money that bought wing making supplies. Thank you to Dan Rude, principal of Crawford Bay School, who generously provides us with a fantastic place for us to all play.

Please visit us on Thursdays from 3-5. Meet new friends of all ages and support the development of this Fun Program.

*Thank you, from the
Riondel Youth Recreation Group Society*



HOT LUNCH is hoping for the return of many of the **canning jars and rings** from last years' fundraisers. We thankfully have an abundance of fruit and hope to make jam and chutney again this year.

Also, we have a **working apple press** we would like to share with the community. In return, we would like a share of the juice to use for the hot lunch program. If you have apples to press, please contact Jennifer at 250-227-9175 to make arrangements.

Also, we are **needing containers** to hold apple juice! We will take larger juice containers with lids, 2 liter pop bottles with lids as well as 2 liter milk cartons. These can be dropped off at the school.

Thank you for your continued support and big thanks to those who have already been so generous with produce donations to our program!



RDCK Area "A" Update

by Garry Jackman,
Director, Area "A"

UBCM: The annual Union of BC Municipalities (UBCM) conference was held in mid September. As expected, some sessions and discussions were informative while others offered limited new information. On the Monday prior to the main conference officials from Interior Health were available by appointment to discuss issues of local concern with elected officials. My comments on IH are under the next segment.

The UBCM conference involves discussions with peers collectively and in groups (such as rural elected officials), review of resolutions for consideration by the province, meetings with ministers and staff to discuss issues and information sessions on a variety of ongoing and emerging topics. I attended informative sessions (offering my thoughts during question and comment time) on increased access to trades training, changes to the fisheries act, interface fire prevention, community building and the new 20 year RCMP contract. I note that we are moving in the right direction with the Community Learning Hub pilot project offered by Selkirk College in so far as it will potentially offer better access to trades training along with a wide field of other opportunities. The key is for us to step forward and identify what courses and/or information sessions we need.

For the ministerial meetings, a group of us met with Minister Wilkinson from the Ministry of Technology and Innovation to look for support for our partnership with the Columbia Basin Broadband Corp (formed by

CBT) to further enhance connectivity. We also met with Suzanne Anton, Minister of Justice and Attorney General to discuss flood protection in the rural areas and opportunities to be proactive in flood prevention. The third ministerial meeting I attended was with Minister of Health, Terry Lake, to discuss a more affordable approach to small water system treatment using point of entry treatment and a less onerous reporting protocol. These meetings tend not to result in yes or no answers but are part of a longer process of change. That said, I do hope we hear a clear yes on two of the topics in the coming months.

INTERIOR HEALTH: I had the opportunity to meet twice with the Chair of Interior Health, Mr. Norm Embree, and the CEO for IH, Dr. Robert Halpenny. The first meeting on Monday morning was as a member of the executive committee for the West Kootenay Boundary Regional Hospital District. We had asked to cover three topics in our 30 minute meeting, those being communications, in particular around the water quality advisories during the Lemon Creek fuel spill cleanup, the policy on disposal or relocation of equipment which is funded by local service groups such as hospital auxiliaries and rural health services. The third topic was discussed in general terms but was on the list at my request as a lead in to my subsequent meeting.

Later that afternoon, I had another 30 minutes on my own with Dr. Halpenny and Mr. Embree. Since we had spent time in the morning exchanging greetings, I asked in the afternoon session if I could give a two minute overview of our ambulance service, two minutes for a few thoughts on our loss of a dedicated community nurse and then asked their indulgence to watch a 20 minute video consisting of excerpts from seven interviews (physicians and residents) conducted by Bruce and Wendy Scott. We made it about fifteen minutes into the video before Dr. Halpenny asked that

we spend the remaining time talking solutions. I must note that both gentlemen were very interested in hearing the individual stories and concerns. We all need to thank Bruce for his time to do the initial interviews and then to edit based on my recommendations for selected excerpts in order to craft a focused message for the 30 minute meeting.

So what about solutions to the awkward and less effective mode of delivering community nursing? I stressed we need to return to a situation where we have continuity in the service provider, less travel time and a possible realignment of service areas (Boswell and south is in a different hospital district than Gray Creek and north). Dr. Halpenny tended to agree and I am optimistic we will receive favourable results based on a common sense, practical approach focused on patient service. Since I do not have a crystal ball I will hold off on further comments and wait.

PAWS: As I indicated last month, early this calendar year the RDCK held discussions with representatives for the Pet Adoption Welfare Society (PAWS) around the possibility of their receiving an RDCK contribution through taxation to support a portion of their operations. Part of the proposed service to be supported which would align with local government responsibilities was building their capacity to respond to animal welfare and related health issues in the event of an emergency situation.

Based on the intense debate over the topic and issues around lack of information for some plus misinformation being provided by others, we proposed to withdraw the process via a formal motion to the board at the September meeting. This has been done, and the process is stopped. The proposed service may be revisited at a future date but costs and benefits would need to be more clearly defined for residents to consider and the matter would probably be put through the referendum process.

CBT COMMUNITY INITIATIVES AND SELF DIRECTED FUNDS: Further meetings have been held to consider the formation of a self directed area to receive Columbia Basin Trust (CBT) community initiative funding under a new program. See my submission from last month for more details, but the key question to consider is whether the East Shore should be part of the Creston Valley self directed group, whether the east shore could form a smaller area independently or if the old process of accessing community initiatives funds through our CBT contacts, Linda Lafleur and Jennifer Krotz, would be the best approach.

A working group has been formed to draft the terms of reference for a steering committee along with the definition of the geographic area to be represented. As I stated last month, the geographic area is a key issue to resolve as we would like to ensure representative input from all communities within the area, recognizing a tendency to direct funds to 'core' facilities in larger population areas (such as Creston) could overshadow projects in the outlying areas. I believe the discussion around the inclusion of all or part of Area A with the Creston Valley should involve reps from all of our communities from Wynndel to Riondel. The Community Connections group is trying to pull together reps from the area to discuss the matter further in the next few weeks.

If you have other questions or concerns please contact me by calling 250-223-8463 or e-mail gjackman@kootenay.com.

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8:30-10:30: Live music with The Good ol' Goats
10:30-2:00: DJ

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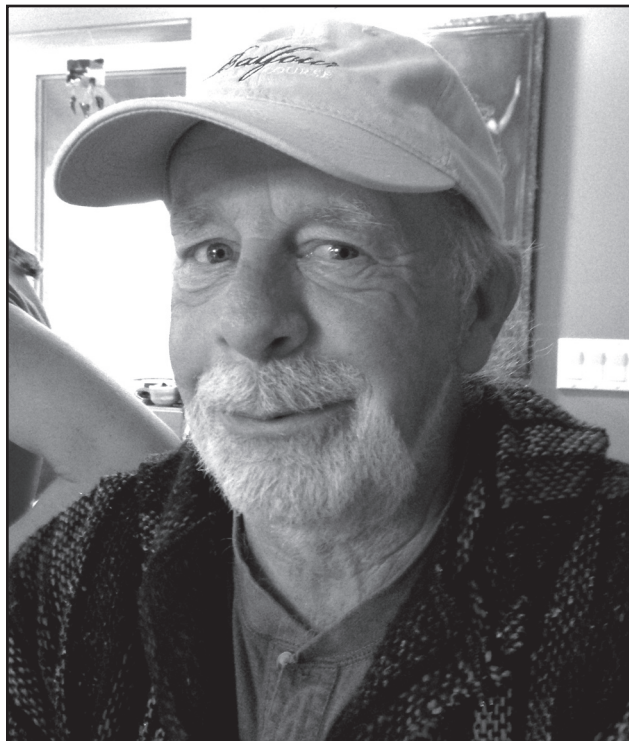
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Next Deadline: Oct 23
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Word on the Mainstreet

If you could have any special ability/talent/power, what would it be?



To be able to give birth. No, not really... not ever! I would like to be able to sing better than I do now. And how about the ability to reach the top shelf?

*Tim Miller,
Kootenay Bay*



Talking to the dead, because I bet that 'Crossing Over' guy gets all kinds of women.

*Tyler Erlandson,
former East Shore resident*



I would love to be able to teleport because I really hate long car rides and the bus ride after school is always so noisy. I wish I could just snap my fingers and be wherever I want to be.

Addison Fowler, Riondel

The East Shore Mainstreet Creativity, Community, Conscience

Getting to Know You

Mainstreet's Proust Questionnaire

Lucy Durant



- 1. What is your idea of perfect happiness?**
True happiness... When a person feels a sense of inner well-being, peace and vitality. Feeling a deep sense of gratitude for simply being alive and remaining aware to thoughts and emotions without being caught up in them.
- 2. What is your greatest fear?**
Being in deep water... not knowing what's underneath me & heights. So cliff jumping really is a no win situation for me.

3. Which historical figure do you most identify with?

Whoever I was in my past life. I'm sure it was a historical figure to somebody

4. What is the trait you most deplore in others?

Ignorance. I'm not sure that being hypocritical is considered a trait but that's a big one as well.

5. What is your greatest extravagance?

Hahahahahahahaha... shoes.

6. What is your favorite journey?

Dreaming

7. What is your greatest regret?

I don't regret; I choose to only learn from my mistakes.

8. What or who is the greatest love of your life?

Creating art and music and feeling happiness through dancing.

9. When and where were you happiest?

Right here in Kootenay Bay with my baybay.

10. What are you most grateful for?

I'm grateful for the kindness and patience that my parents have brought me up with and being able to share that with others.

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

I have no idea what I would be and I don't believe we'd have the ability to choose, however I wouldn't mind being a bob cat or a minx.

12. What is your most treasured possession?

My treasure box my father made me for my ninth birthday.

13. Who are your heroes in real life?

Tim Burton, Gwen Stefani, Stella Rose and Charlotte Rutherford.

studio ponnuki fall calendar

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weekly classes

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Create and Explore your own Meditation

One day meditation retreat

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Shiva Shakti Dance

with dj damaru

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Wednesday, November 20th 7pm to 10pm

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Fortis BC Electrical Rates & Conservation Rate East Shore Residents Electric Heating Customers

by Brian Zytaruk

submitted by the Kootenay Lake Chamber Of Commerce

This article is intended to raise awareness of two issues related to all of us who are direct customers of Fortis BC's electrical business. It pertains to the escalation of electrical energy costs to all of Fortis BC's direct customers. My electrical costs from July 2012-2013 increased 13.9 % from the corresponding period in the previous year. In reviewing the increase in electrical costs for the last 10 years I am quite alarmed that since Fortis has assumed operation of our local electrical generation, transmission and distribution the cost per kWh has doubled without corresponding improvements in service.

We have now been subjected to the new rate structures for just over a year. On July 1 of 2012 Fortis imposed a dual rate structure referred to as Block 1 and Block 2 on your regular bill. The conservation rate was implemented in response to the Province of BC's 2007 Energy Plan which set out the province's commitment to reduce green house gas emissions and maximize conservation efforts.

While I applaud the province's attempt to reduce energy use and reduce carbon emissions, the approach is poorly thought out. We do not have alternate suppliers to create competition and efficiencies in the supply of our energy and the electrical power we buy on the East Shore for the most part is produced by hydro facilities with an already low carbon footprint. Increasing rates may cause a switch to other sources of energy to avoid or minimize the Block 2 rates impacts and most of these alternatives have a higher carbon footprint.

I have registered a complaint with the BC Utilities Commission regarding the implementation of the conservation rate. The response I received provided little comfort that the government of BC is looking out for customers who are captives of a single provider. In fact the response I received supported Fortis in that the process they used to determine block rates was the easiest process as the 1600 kWh consumption level was the median consumption of all Fortis electrical customers.

What this really means is that they used existing data which is readily available to Fortis and thus Fortis did not have to go to the effort of identifying separate customer classes (electrical heat users). I also argued that they should have taken into account the direct users that must use electrical energy and those that have access to or use natural gas. This could easily have been undertaken on a regional allocation basis with little extra effort. It does not require the identification of each and every user's total energy use. There is also a conflict as Fortis is the supplier of both sources of energy in some areas. This should have raised an issue with BCUC as having a low threshold for implementation of the Block 2 rate puts pressure on individuals to switch heating to natural gas were available, which has a higher carbon footprint.

Compounding the issue is that Fortis continues to request rate increases above the rate of inflation without providing improvements in service. They do claim that they are making improvements in infrastructure but my experience is they are reactionary on the transmission and distribution side of the business which has the most immediate impact on residential customers. Fortis customers are currently paying rates 20% above those of BC Hydro. Fortis argues that they have made significant improvements in the

infrastructure, expenses which BC Hydro will have to incur shortly and thus BC Hydro rates will escalate. This argument is difficult to understand when Fortis requests and gets rate increases every year. In 2012 Fortis requested a rate increase of 4.6%, BCUC approved 1.5%, 2013 Fortis requested 6.9% BCUC approved 6.5% - Fortis is projecting requests of 2014-5.4%, 2015-10.6%, 2016-4.3%. These increases compound upon one another year after year.

At the end of 2013 Fortis is required to evaluate the impacts of the conservation rate and file a report with BCUC. They have been instructed to:

1. define the energy consumption reductions achieved,
2. determine if the reductions will persist or are expected to be temporary,
3. the impacts for electrical heat customers and;
4. the resulting operating cost reductions Fortis has achieved.

We have now been through one relatively mild heating season and the only impact we have experienced is a substantial increase in annual residential electrical costs.

The Province of BC has set three objectives in the Energy Plan

1. Use clean or renewable resources
2. Promote energy conservation and efficiency
3. Reduce greenhouse gas emissions

The current plan as envisioned by Fortis (electricity@fortisbc.com) and the BCUC (complaints@bcuc.com) for electricity users in the Kootenays does not meet any of these objectives and promotes quite the opposite. We have an opportunity to be heard and I recommend that you register your concerns with both BCUC and Fortis BC prior to year end to ensure that the required Fortis impact report reflects what we have all felt from this program. Please use the two contact points as listed above.

The Kootenay Lake Chamber Of Commerce would also like to receive a copy of your letter to the BCUC and Fortis BC. Please CC your email or letter to Jamie Cox the KLCC Chair @ jcox@theeastshore.net or drop off a copy at the Crawford Bay Market.



Hidden Taxes

by David George

We have all noticed that Fortis BC has raised their rates for electricity. The new Residential Ripoff Rates,

as some are calling them, have been a shock to those who remember West Kootenay Power and five cents a kilowatt hour. After WKP was sold to an American owner in an unfair sale process, the name of the company was changed three times, and rates increased. Profits left Canada.

A Newfoundland company, Fortis bought the utility, and some of us thought this would be a Good Thing. And so it seemed, for awhile.

Then the BC government ordered the BC Utilities Commission to direct both BC Hydro and Fortis BC to design residential electricity rates which would encourage conservation. Did they ever! An inclining, or increasing block rate was devised, in which a small amount of electricity costs an almost reasonable rate, while after that block, a much higher rate is charged.

Add to that the annual rate increases which seem to be rubber-stamped by the Utilities Commission, as well as a rebalancing of rates which saw residential rates go up while small commercial rates went down, and the average homeowner now has rate shock.

Take a homeowner who does not have electric heat, and uses 1,000 kilowatt hours a month. In Fortis' s area, including the basic charge for billing, the first 800 kWh block, 200 kWh in the more expensive block, and GST, they would pay \$117.07 per month.

In BC Hydro's area, that same customer would pay only \$93.45. It gets much worse if you have only electric heat, without the availability of natural gas.

Does it strike you as unfair that Fortis customers should pay 25 percent more for the same electricity? Even more so as we in the Kootenays live so close to the hydroelectric generating system?

How about small commercial customers? Look at a small business which uses only that same 1,000 kilowatt hours a month. Fortis will charge \$118.25 per month, including GST & PST. BC Hydro charges \$110.50.

There used to be in this province what were called Ópostage stamp ratesÓ for electricity. That meant that WKP, or Fortis or BC Hydro customers were supposed to pay the same rates for the same amount of electricity. No more!

Who benefits from these rates? Obviously Fortis, also the BC government, which milks BC Hydro of \$250 million or more per year. What can be done? Suggestions will appear in the next column on Hidden Taxes.

Next Deadline: Oct 23

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All Waste Facilities will be CLOSED on
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Normal operating hours apply for the rest of the week.
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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

Ambrosia Artisan Chocolates

BY BRIAN LAWRENCE
Creston Valley Advance

After a few years in the Kootenays and the better part of two years at the Yasodhara Ashram, Maureen Kalibri wasn't sure what to do.

The former conservation biologist came to the Kootenays seven years ago — her work dealing with songbirds and their habitat — and wound up at the ashram between contracts. And when the time came to chart a new course, a dream pointed her in the right direction.

"I genuinely had a dream where I was making bee pollen chocolate truffles," the St. Albert, Alta., native said.

That led to a three-month online course to become a professional chocolatier, and, after a firefighting contract was completed, getting help from Community Futures to start Ambrosia Artisan Chocolates in 2011.

Having travelled a fair amount in South America, naming the business was simple, as was sourcing the chocolate — considered ambrosia ("food of the gods") to the Mayan, Aztec and Olmec cultures, where the cacao bean originated.

"It carries many healing properties and has an interesting history," says Kalibri on the Ambrosia website. "Mayans claim cacao has the potential to unlock hidden yearnings and reveal destinies. Ambrosia's mission is about exploring and sharing the healing properties that cacao holds and experiencing its power."

The chocolate she uses comes from organic fair-trade cacao beans from Venezuela and Colombia, the latter of which she said isn't known for chocolate, but is up and coming in the industry.

Kalibri described her connection to the chocolate as "heart-centred."

"I know chocolate through the experiences of people and cultures," she said. "I've been to South America quite a bit before, so I have that connection."

Creating the chocolate bars she offers has allowed her to use her imagination as she combines flavours, colours and textures in unexpected ways.

"They're all original," she said. "I haven't looked at a book or tried anything anyone else does."

The Mayan Tradition, for example, combines chocolate with spice, as the Mayans did when drinking ceremonial cacao. The Ambrosia bar takes it a

step further, with the addition of purple corn to freshly ground black pepper and cinnamon.

Inspired by the power of rose quartz, the Crystal Rose incorporates some unexpected ingredients — the 61 per cent dark chocolate is infused with high quality rose oil and Bolivian rose salt.

Then there's Radiance, which combines green and reds — wild raspberries, rooibos tea and peppermint — and was planned as a Christmas-season bar but was too popular to limit to the holidays.

"It's been one of the most popular," said Kalibri.

Ingredients in other bars include cardamom and coconut (Calliope), and blueberries, goji and açai berries, pumpkin seeds and hemp hearts (ColibriBerry).

Seasonally, Kalibri also makes truffles, with flavours including gingerbread, lavender-fennel, maple nut and raspberry espresso, along with whatever creation comes to mind.

"That's where new things can come through," she said, but noted that not all of her ideas pan out (case in point: the avocado-cream cheese truffle).

And if the bars and truffles weren't enough, Kalibri has also created Nectar, a drink mix made of chocolate powder and shavings, and Ambrosia Beans, which are nibs that come plain or with chocolate or maple flakes.

Whether it's the creativity behind the flavours or simply the quality of the chocolate, Ambrosia chocolates have become a hit.

"I'm sometimes amazed at the response I get," Kalibri said. "I hear a lot of, 'I've never had chocolate this good before.' And people who don't like chocolate say, 'I'll eat this again.'"

She's happy to hear that reaction — it just helps the creative juices to keep flowing.

"I like being able to create something a bit different and share what high-quality chocolate is," she said. "The word alchemy comes to mind — blending different things and seeing how different ingredients mix. It's like a dance."

For more information, visit www.ambrosiachocolates.com or find "Ambrosia Artisan Chocolates" on Facebook. Ambrosia chocolate bars are available in Creston at Creative Fix, and on the East Shore at the Yasodhara Ashram bookstore, Crawford Bay Market and Lakeview Store.



New Key's Place

250.227.6911

Newkey's would like to thank all the sponsors for a successful F&B golf tournament. A huge thank you to the Riondel golf course and staff. Special thanks to Helder, Angie, Corey and Sean - great job! Last, but not least, hats off to all the players who helped raised \$100.00 for the hot lunch program. We do hope that everyone enjoyed & see you next year.



Riondel Mens Golf Championship Results

submitted by Glen Kinder

Overall Low Gross (Club Champion) - Doug Bothamley (score - 70)

Overall Low Net Champion - Greg Place (Net 52)

1st flight - low gross - Brian Bishop - 73

2nd flight - low gross - Bill Smith - 78

3rd flight - low gross - Lee Martin - 83

1st flight - low net - Brendon Bishop - net 61

2nd flight - low net - Brian Hubka - net 55

3rd flight - low net - Duncan McGillivray - net 54

1st flight - 2nd low gross - Grant Crosby - 76

2nd flight - 2nd low gross - Mike Jeffrey - 79

3rd flight - 2nd low gross - Ken Fraser - 81

1st flight - 2nd low net - Andy Dejonghe - net 61

2nd flight - 2nd low net - Geoff Kinder - net 56

3rd flight - 2nd low net - Dennis Kane - net 56

1st flight - 3rd low gross - Ken England - 77

2nd flight - 3rd low gross - Arny Ames - 80

3rd flight - 3rd low gross - Harold Praestegaard - 90

1st flight - 3rd low net - Mike Faurot - net 62

2nd flight - 3rd low net - Lionel Simpson - net 57

3rd flight - 3rd low net - Brian Zytaruk - net 65

Most Improved golfer this year - Arny Ames

KPs:

1st flight - Mike Faurot

2nd flight - Bill Smith

3rd flight - Sam Lawrenow

All flights - Ken Fraser

Next Deadline: Oct 23

Birdies: Doug Bothamley, Glen Kinder, Ken England, Brendon Bishop, Brian Bishop, Geoff Kinder (2)

Longest Putt - Bill Smith

Closest to Marker - Sam Lawrenow

Longest Drive - Geoff Kinder



Arny Ames and Ken England presenting the Club Champion trophy to Doug Bothamley.

Next Deadline: Oct 23, 2013

www.eshore.ca

mainstreet@theeastshore.net

Kayakers Successfully Paddle the Incomappleux River

by Tom Lymbery

This little known river runs through ancient rain forest from Glacier National Park to the upper Arrow Lake, near Beaton. The last attempt to kayak resulted in the death of three in 2003.

The six in the Endangered Creeks Expedition team took from September 3 to 8, 2013 to complete this dangerous but successful trip. They had to spend two days backpacking their kayaks in from Highway 1 in Glacier National Park to reach the river. "It was a trip of a lifetime" said Carl Jack, expedition leader.

The footage of the trip will be compiled into a video, to be premiered at the North Valley film Festival in New Denver in February. Please look up this river in your Back Road Mapbook — you will find that you have to look over at least three maps to trace the route.

What a Celebration!

by Farley Curzons

The 102nd Annual Kootenay Lake Agricultural Fall Fair was for me truly an inspired event. I was proud to be part of the coordination and volunteer effort. Although long time attendees can observe many changes in the presentation of the Fair, the organization committee can certainly credit the events legacy to the many volunteers who have come before us. We are truly standing on the shoulders of generations of East Shore residents.

This year I spent some time endeavoring to find a spectacle that would top last years dunk tank entertainment. A number of emails were exchanged with West Coast Amusements and smaller midway companies but to no avail.

Perhaps a Ferris wheel or mini roller coaster was setting my sights too high? Even an inflatable bouncy house was not economical and certainly not thematic with the Fall Fair vision.

The small village of Rock Creek celebrates its Fall Fair on the same weekend and features a full blown midway to compliment its agricultural presentations and stage entertainment.

Not long after my special event research was turning up little substance the answer revealed itself. A local woman from just down the lake offered to provide horse and carriage rides and, for me, that was it. And what an amazing time. **Crystal and her horse Hero** were an absolute hit. It was getting to be a pretty hot afternoon and Hero had had enough fun. But don't worry; they offered to come back next year.

Besides the horse and carriage rides, kids could be found at the craft tent with **Dana Gallinger** where she was training future Picassos and NASA engineers. The kids had fun eyeing and sampling the many donated baked goods under the watchful eye of **Virginia Holman**. More treats could be found under the Fall Fair Tea tent which is coordinated by **Marion Johnston**.

Children and adults alike were dazzled by **Angus Magicus** our local "magician in residence". Several vendors and information booths were providing nourishment for body and mind. The Fall Fair committee will explore future development of the vendor complement.

Thanks to the **Lions** for providing the BBQ lunch. Thanks to the community for supporting their many fundraising efforts. The cakewalk hosted by **Carol Van R and Gina Medhurst** was a hit as always. Thanks to **Nancy Galloway** for executing the Food Eating contest. First round: A watermelon quarter. The second round: A plate of spaghetti noodles - both with no hands. (A spectacle to be sure.) Congratulations to the winners (**Dema Fiddick-Halfnight** and **Luka Zaiss Baetzel**).

On the music front we were pleased to present **Elena Yeung and The Kootenay Special**... a perfect sound track for the harvest celebration. Local singer/songwriter **Howlin' Dan** performed some tasteful sweet melodies and drove it home with a five pound hammer.

Overall the community feedback from this year's Fall Fair has been super positive. Its current success can be attributed to the organizational prowess of **Jacqueline Wedge, Laverne Booth, Kristy Winger, Branca Lewandowski, Paris Marshall-Smith, Farley Curzons and Fran Kinder**. Thanks to **Allan Hughes** for providing sound for the day, **Florence Terriff** for the extra effort with the flowers, **Brenda Panio** for all her advice and expertise, and **Glen Kinder** for the set-up and take-down of the hall. An extra special thanks to **Paul Hindson** for doing such a great job at the food auction and **Jennifer Irving and Ingrid Baetzel** for working the entry. Thanks also to everyone who entered, attended, or pitched in - in any way.

We're already looking forward to next year's Fall Fair and the Fair Organizing Committee welcomes new members, volunteers and suggestions. We can look forward to a training demonstration by the **Riondel Fire Department** and even more activities the

whole family will enjoy. See you next year!

Winners:

- Fruits and Vegetables** – James Green
- Flowers** – James Green tied with Gary Sly & Alexis Philips
- Preserves** – Yasodhara Ashram
- Spirits** – James Green
- Baking** – Brenda Panio
- Farm Products** – Jacqueline Wedge
- Needlecraft** – Brenda Panio
- Photography** – Dena Kubota
- Special Pumpkin section** – Joan Huiberts
- Student** – Maya Sly
- Men's Grand Aggregate** (\$70 gift certificate from Kokanee Springs) - James Green
- Women's Grand Aggregate** – Brenda Panio tied with Dena Kubota and each received a \$70 gift certificate from Kokanee Springs

Raffle winners:

- \$100 gift certificate from Crawford Bay Market – Doreen Nault
- Whisk from North Woven Broom plus \$25 gift certificate from Kootenay Bakery in Nelson – Valda Downing
- 2 nights camping at The Lakeview plus a painting by MaryLou Pompu – Darlene Cook
- Floor Broom from North Woven Broom – Chris Lymbery
- Bundle of kids toys – Vic Simmons

Many thanks to the following for their support in the form of grants and/or prizes: **Rec 9, RDCK director Garry Jackman, Nelson & District Credit Union, Kootenay Lake Lions, Kokanee Springs, North Woven Broom, Crawford Bay Market, Gaia Rising (Nelson), Kootenay Bakery (Nelson), The Lakeview, Gray Creek Store, Moonrakings.**

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Hacker's Desk

by Gef Tremblay

Online Learning

Online schools have evolved quite a lot in the last few years. Nowadays you can learn almost anything online. Although you can learn everything, it doesn't make it easier to learn. I think it's actually a bit hard to start on your own. I would like to introduce you to some of the techniques and tricks I've developed in the last few years to help with this process

Getting the proper tools: Learning online means that you'll be spending a lot of time in front of the computer. One way to keep you motivated is to reduce the time spent sitting in front of the computer. You need to gather the right tools and find the best way to go about it.

A Kindle or any sort of e-reader is really useful in this process. Why? When learning a new subject you'll do a lot of reading, and trust me you don't want to read complete books over your computer. The e-reader lets you view any pdf, or online document, in your bed or anywhere you like to read.

There is also a nifty browser plugin that sends any web page to your Kindle, so if you find relevant information, for example on Wikipedia, you could in one click send it to your Kindle. The Kindle also offers a way for you to take notes and clip any part of the text you are reading and compile all these notes in one document. That in itself makes the learning even faster. Most e-readers also come with some audio playing capabilities, which is something really important.

This allows you to take any audio on the road. If you have an iPad or something similar you can also bring with you any of the videos from your classes. The idea here is to find as many ways as possible to continue the learning process away from the computer.

Another really useful tool is Evernote (<http://evernote.com>). Evernote is an online tool that helps you gather all your research in one place. You can install Evernote on your iPhone or your android or your computer, so it can run anywhere. You can send any clipping from the internet, or photos, or even personal recording to Evernote. Within Evernote you can also classify everything you've sent so that it becomes organized and you can later retrieve it. It might sound complex but it's really easy to get started and, best of all, it's free. Of course the pen and paper is really important in the learning process, I wouldn't give away my Moleskine notebook for any other note taking device.

Finding what interest you: Next you need to find what might interest you. Going through lists of online class can be a start and then you can read some details about what the course is. Once you find something that might interest you, it's important to do a bit of research. I generally start this process on Wikipedia, by first reading about the subject and then any related subjects. Remember that you can now start sending everything to your Evernote or your Kindle.

Doing a bit of research about the school itself and the teacher is a great idea. Often the teachers are well known and sometimes have written a book or two. Some of them might even have a blog or newsletter.

I wanted to take a class on creativity last year, and I realized that the teacher had already published a book about her classes. I ended up simply buying her book and reading it. That was actually enough for me.

If you don't know where you start you can follow these links:

1. Open Culture is a great site which often list online courses: <http://www.openculture.com/freeonlinecourses>
2. The MIT (Massachusetts Institute of Technology) has been a key player in online learning: <http://ocw.mit.edu>
3. Khan Academy was also one of the leading groups to start free online learning: <https://www.khanacademy.org>

The new generation of online classes, what are MOOC? A new trend in online classes are MOOC, or Massive Open Online Course. The difference between these and traditional online classes is that these classes are not only free, but generally, a few thousand people are taking the course at the same time. The structure is similar, but the interaction between students is a lot greater. Don't worry; they will generally split all the students into smaller groups to facilitate the communication. To find out about some of courses offered in that fashion head over to Udacity (<https://www.udacity.com/>) or Coursera (<https://www.coursera.org/>) or even edX (<https://www.edx.org/>)

Connecting with the community: Learning alone can be hard, so it's always interesting to learn with someone else. If you can find friends or family members who want to learn with you, then that's excellent, but if you can't find anyone, there are many other ways to connect.

More and more online schools have a social element to their online classroom, so you can use that to talk to your fellow learner, but when you can't do that there are still other ways. Connect through Facebook or any other social network. Sending a request to all your friends to see who wants to learn with you, or finding groups with the same interest is an option. If that fails, you still can connect through online forums. Forums have been around the internet for the longest and host some of the biggest and most specialized online communities.

If you have some idea in mind and would like to know if it's possible through online learning feel free to contact me at gef@ponnuki.net and I would love to help. Happy learning.

Creativity, Community, Conscience

What's Up at the East Shore Learning Place?

by Laverne Booth

The new office of the East Shore Community Learning Hub partnership is open for business two days a week. Drop by on Tuesday or Thursday between 10 am and 4 pm to the corner community use room at Crawford Bay School.

Coordinator Laverne Booth says the office is meant to support lifelong learning on the East Shore. Our partnership with Selkirk College means we can access their resources to get the training that residents want. The Advanced Computer Training course which starts October 21 and runs for six weeks is inspired by the interest of one East Shore resident. We are able to hire local instructors wherever possible.

Area A business owners will be contacted over the next few months to find out what the training and support needs are for themselves and staff members. We hope to bring in training in a timely way to support our local businesses. Gef Tremblay will be offering a workshop on making business cards and flyers- watch for email, Facebook and posters.

The hub office will partner with local organizations to put on events such as the recent film screening of *The Change Agents* where the income from the film went to support the students and community members who made the film. Thanks to those who came out to support the film and thanks to Food Roots for supplying the popcorn and tea.

After Thanksgiving there will be a conversation series at Gray Creek Hall starting with Luanne Arm-
8 Mainstreet October 2013

strong talking about fruit growing in Area A. In a conversation on local exchange systems, we hope to bring in Michael Sheele from the (failed) Columbia Community Dollars and Angela Safire Jones (Time bank) to inspire our community conversation on potential ways to support co-learning and the local economy.

We want to hear from you: what do you want to learn and what would you like to teach or share? On October 24, local organizations and our regional partners will come to the table as an advisory council to guide the learning community partnership.



Next Deadline: Oct 23
www.eshore.ca
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GRAY CREEK PASS REPORT

by Tom Lymbery

I drove to the summit after those torrential rains in September, expecting to find some surface deterioration but there was none! The waterbars had done their job. Many huckleberry bushes near Oliver Lake had turned colour with ripe berries. Some years the fruit at the 6500 foot elevation stays green. A windstorm had bought a tree down across an Oliver Lake picnic table but the outhouse and other table are okay.

Please recommend Trans Canada Trail travelers to sign the TCT register at the store. We also have a Selkirk Loop Register, particularly for cyclists. Do you realize the loop is bringing people from Chicago, California, Colorado and more? Three cycling ladies from Montana overnighted at Wedgwood Manor and were extending their trip with the Silvery Slocan loop after Nelson.

The pass is usually okay until the end of October, early snow usually melts fast, but if it stays, then four wheel drive becomes necessary.



Tom's Corner

by Tom Lymbery

SS Nasookin's Ferry Years - Part 6

Continued from December 2012 and January, February, March, and September 2013 issues of East Shore Mainstreet

Continued from December 2012 and January, February, March, and September 2013 issues of East Shore Mainstreet

After the boilers had been replaced and the ship overhauled in 1942, the Nasookin had few problems during her remaining years in ferry service. Her last trip from Gray Creek to Fraser's Landing (Balfour) was June 26, 1947. The next day the new ferry MV Anscomb began her run to Balfour from the new ferry terminal at Kootenay Bay.

The City of Nelson purchased the Nasookin sternwheeler for the Nelson Sea Cadet Corps, and she was tied up at Nelson with access for the sea cadets' activities. However during the lake's high water in June 1948 she got loose, and the city decided to put in pilings to tie her to in another location.

On June 21, 1948 the *Nelson Daily News* reported, "TUGS REFLOAT NASOOKIN - SS Nasookin, which was blown ashore last week by a wind, was refloated yesterday, and tied up offshore from the former BC Veneer Works site. Tugs pulled the vessel into the water Saturday afternoon. It is moored to new dolphins driven last week which are situated considerably closer to shore than those to which it was formerly tied."

"New dolphins were driven last week through the cooperation of the Public Works Department pile driving crew, which worked overtime to complete the job.

Piles were made available through a local lumber firm, whose manager Larry Edington assisted with the two tugs moving the ship. Appreciation of cooperation received from all hands on the project was expressed by Sea Cadet and Navy League officials. The Nasookin is the training base of the Hampton Gray, V.C. Sea Cadet Corps."

This looked secure but whoever chose the site was in error, for when the lake level dropped in July, the large steel hull settled on a mound of cement. This broke the boat's back and buckled three of the 21 watertight compartments in the hull, so that water penetrated most of these when the lake rose in 1949. On May 29, the paper had an article about who was responsible and reported that vandals added to the loss.

The Daily News reported on July 12, 1949, "WRIT IN NASOOKIN DAMAGE SUIT ISSUED AGAINST CITY OF NELSON - A writ has been issued against the City by the Nelson Branch of the Navy League of Canada for damages allegedly caused by removal of the SS Nasookin Sea Cadet training base." It appears that this was settled with the city paying \$1000 to the Navy League, and the boat being put up for sale.

On July 25, 1950 the paper reports, "ALBERTA MAN BUYS NASOOKIN - The *Nasookin*, which had a successful career as a Kootenay Lake sternwheeler and a less fortunate retirement, has been bought by Earle Cutler of Taber, Alta. Nelson branch of the Navy League has sold the grounded vessel for an unstated

sum. Mr. Cutler, a brother of Art and Len Cutler of Nelson, will attempt to refloat the boat with high water next spring."

Earle Cutler, who had a jewelry business in Taber, had often caught the Nasookin ferry at Gray Creek when he visited his brothers in Nelson, who had Cutler's News. He moved to Nelson and over the winter of 1950-51 he set about repairing the buckled hull. John Gaelan came from Taber to help, and they bolted plywood over the damage, sealing it with inner tube material. Not knowing if this would work, Earle tells me that he was elated when the lake level rose in the spring of 1951. Standing on the deck he suddenly felt

the boat lift as the rising lake produced a buoyant boat.

Earle set about finding buyers for the equipment that had not been stolen or vandalized. He was able to sell two lifeboats to a Captain Terry of Vancouver for \$375 each. These were shipped on a CPR flatcar for use on tugs the purchaser owned.

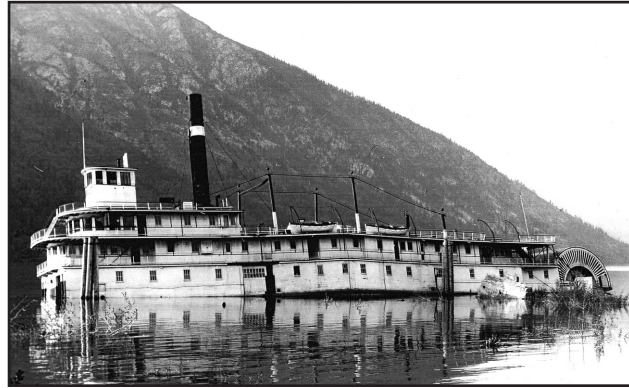
He took over J. P. Morgan's used furniture store in Nelson, and jokes, "From jewelry to junk!" Since he

now was gaining experience as to what the boat's furnishings could be sold for, the CPR asked him to value material they had stored at a building at their Nelson shipyard. After he had given the company a figure they sold him what they had saved from some of their other boats, such as the Bonnington, Kokanee and Kuskanook. He was able to sell searchlights, commodes, life jackets, and the coloured clerestory windows to Penticton, where they were needed to refurbish the beached SS Sicamous, a sister ship to the Nasookin and Bonnington. He used cutting torches and dynamite to dismantle steel to ship to a foundry in Vancouver, which recast this as cast iron drain pipe (the forerunner of ABS). The shaft (axle) of the 25 foot sternwheel was massive - solid steel 21 feet long, weighing 21 tons. The CPR charged \$7.60 per ton to take this to Vancouver in carload lots. Some of the steam pipe and tubing he was able to market to Kootenay Forest Products for their Nelson sawmill. Much heavy moving - remember this was before fork lifts.

Earle had a competitor in the sternwheeler salvage business - Denny Coen, who had purchased the SS Minto from Nakusp. The CPR had sold the ship for \$1 and was most upset when Nakusp found that they could not afford the cost of setting up the Minto so resold it to Coen for about \$800. Hence the CPR was cautious about selling the Moyie to Kaslo for a dollar, and removed toilets, linoleum and much else before the boat made its final trip to Kaslo in 1957, the last of the CPR sternwheeler Kootenay Lake fleet. Perhaps some of these furnishings went through Earle Cutler's hands, but he had no way of knowing where the material he got from the CPR came from.

Next month I hope to tell you how the wheelhouse and upper salon got to the North Shore.

Many thanks to Earle Cutler for photos, clippings, and memories of the Nasookin.



The derelict SS Nasookin, the former flagship of the CPR lake fleet, lies semi-submerged with a buckled hull. Nelson, 1949

Photo courtesy of Earle Cutler

TOM SEZ

by Tom Lymbery

Make sure you have a can of Wasp and Hornet Spray as it can shoot up to 30 feet. It is much more effective than bear spray which doesn't go the distance.

When will animal rights people start protesting spay and neuter clinics because they deprive animals of the pleasures of motherhood?

Teck Cominco in Trail processes 32 tons daily of CRT glass (cathode ray glass from discarded TVs) to reclaim lead and other metals. They also process 3.3 tons of electronic waste daily.

We stock both of F.J. Hurtak's excellent books on elk hunting. The Kootenays have the world's best elk hunting. Apparently only those who don't get their elk will settle for a deer. Where can we get a tazer for those deer in our garden?

Stanfields is the only name you need for outdoor winter comfort. This iconic Canadian company found success because they solved the problem of wool shrinking. Previously, your long johns only reached your knees after the first washing.

This seems to be an upturn year for cedar bugs. They are actually Western Conifer Seed Bugs (*Leptoglossus Occidentalis*). Fortunately they are only looking for a winter home. They don't eat or lay eggs in your house.

If you haven't yet purchased a copy of my forthcoming book *Tom's Gray Creek - a Kootenay Lake Memoir*, please stop in the store and prepay your copy. We need to sell more to help fund the project.

When the sudden torrential rains came in early September it was easy to see who hadn't put in an open face culvert or two on their gravel driveway. Their road surface was washing across the highway.

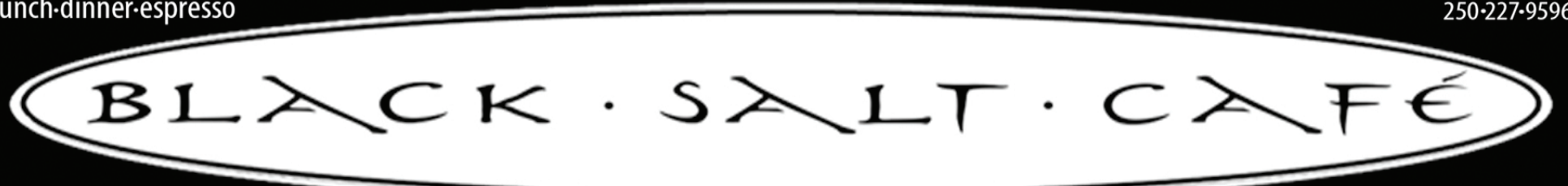
The Sign Post Forest in Watson Lake that was started in 1942 with Alaska Highway construction has now grown to 72,000 signs. You may need a day or so to find the Gray Creek sign.

This is a mushroom year! Have you ever seen so many? The foldable, wet-proof Mushroom Guide is very necessary.

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The free Nelson Star is still available at Gray Creek Store. The Wednesday edition in one blue box and Friday's in the other.



Susan Tesoriere on behalf of the membership of Nelson & District Credit Union presenting a cheque to Tom Lymbery to support his East Shore history book.



Geri Gomola painting in her gallery at Emerald Eastcliff in Gray Creek
Kootenay Lake Art Connection



Karen Arrowsmith from Arrowsmith Art Gallery was an integral part of Kootenay Lake Art Connection



The Mervin Robertson Art Gallery was a drop off this summer for the brochures.
Kootenay Lake Art Connection



Heather Krislock of Boswell won the second \$200 Art Voucher. Everyone who had visited at least ten venues or galleries along the East shore that was part of the Kootenay Lake Art Connection this summer was eligible to win one of the two vouchers drawn. One draw took place on August 1 and the last on Sept 6. This photo has Geri Gomola, Coordinator for the Art Connection handing over the art voucher to Heather Krislock.



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**Next Deadline:
Oct 23, 2013**

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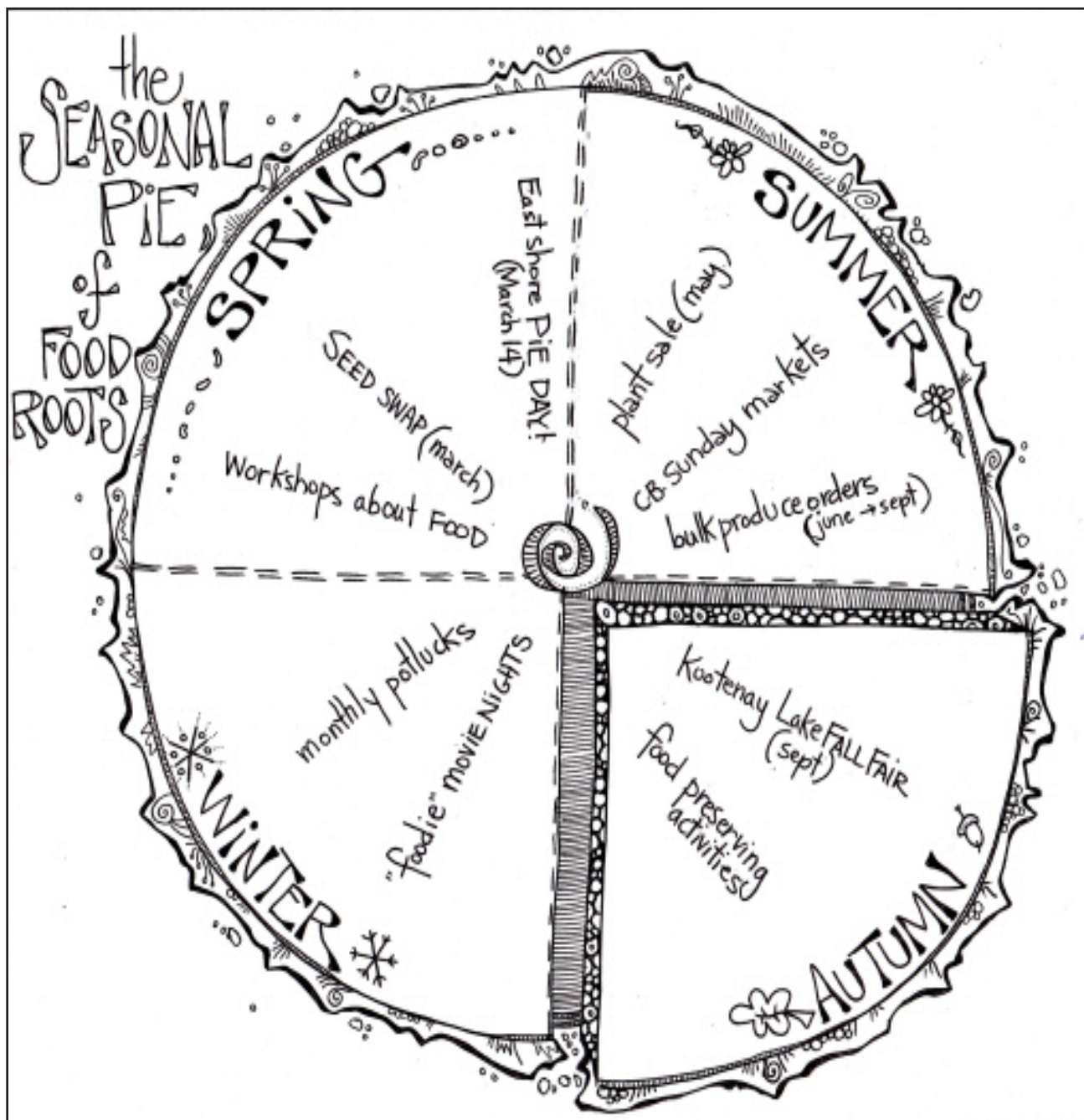
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250-225-3214



INTRODUCING the FoodRoots "SEASONAL PIE"

submitted by **Jacqueline Wedge**

The diagram to the left represents annual food-oriented activities throughout the East Shore communities, divided into scrumptious seasonal slices.

Please come to our **FoodRoots Community POTLUCK on Sunday, October 27**, from 5 to 8 pm at the Crawford Bay Hall. Bring some food AND ideas to share, as we will be mingling, brain-storming, and discussing what local folks want to see happen over the next year and beyond on the subject of food sustainability, sharing, and education.

Join our team(s) with your inspiration and energy, and add ingredients to this delicious community pie. See you there.

OLD FASHIONED PUMPKIN PIE

submitted by **Branca**

Prep time: 45 min

Chilling time: 1-2 hrs

Baking time: 55 min

Req'd: pastry for a single crust 9" pie

Filling:

- 1 cup dark brown sugar
- pinch salt
- 1 tbsp all-purpose flour
- 2 tsp cinnamon
- 1 tsp ground ginger
- ½ tsp each, ground: cloves, allspice, nutmeg
- 3 eggs, beaten
- 1 14oz can mashed, cooked pumpkin
- ...or if you have your own squash: 1 ¾- 2 cups
- 1 ½ cups milk
- optionals: 2-3 tsp brandy/um, 1 tsp grated fresh ginger, 1 tbsp cut up candied ginger, handful of dried cranberries
- Garnish: whipped cream, ice cream

Method:

-line a deep 9" pie plate with pastry, flute edges and brush bottom with beaten egg; refrigerate
 -prepare filling by combining: sugar, salt, flour, cinnamon, ginger, cloves, allspice & nutmeg in 1 bowl
 -blend in another bowl: beaten eggs, pumpkin & milk
 -pour above into dry mixture, stirring in optionals too
 -chill well, then pour into pie shell
 Bake: @ 450F for 10 min, lower heat to 400F then bake for another 10 min finally lowering to 350F and baking for 30-35 min or until set

Serve with topping when cooled to your taste.

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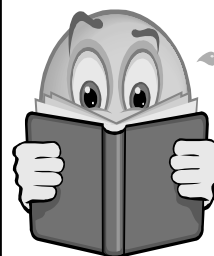
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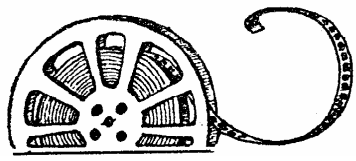
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Saturday, Nov 16, 2013
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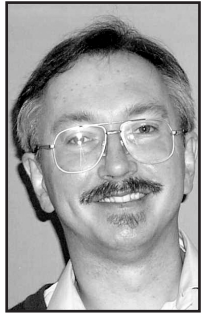
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watch for it...



Seldom Scene by Gerald Panio



“A tsar must always weigh and assess—mercy and gentleness for the good, cruelty and torment for the wicked. A tsar who hesitates in this is not a tsar!... From now on the sword of justice shall flash against those who dare to oppose from without the greatness of Russian might!” —Czar Ivan the Terrible, shortly after deciding to become Terrible.

I was hoping to devote this month's column to *The Change Agents*, LVR's remarkable venture into the world of feature film production. But after seeing it for the first time only a couple of days before the *Mainstreet* deadline, I knew I wouldn't have time to do it justice. During the discussion with the movie's director and producer after the screening at the school, Peggy Tugwell commented that the opening scenes of the film were like walking into someone's welcoming, beautiful home. I thought that was a wonderful observation, and I don't want to go trampling about too soon and leaving muddy footprints. By next month I'll have had a chance to watch *The Change Agents* a second time and be better prepared to celebrate the work of everyone involved in its production.

For this month, something completely different. Let's forget about social consciousness and global awareness for the moment, and indulge in some old-fashioned chauvinism, grand guignol theatrics, and costume design that Liberace would have thought to die for. How ironic is it that Sergei Eisenstein, Russia's most intellectually dazzling filmmaker, whose critical writings are marvels of poetic sensibility and eclectic taste, should have created a pair of movies that make the twisted Expressionist fantasmagoria of *The Cabinet of Dr. Caligari* look like *Mary Poppins*? Am I exaggerating? Not a bit. Eisenstein's *Ivan the Terrible, Part 1 & Part 2* are probably unlike anything you have ever seen. Imagine an unholy cross between *Citizen Kane*, Wagner's *Ring* cycle, and *Duck Dynasty*.

I'm going to focus on *Ivan the Terrible, Part 2*, because I don't happen to have a copy of *Part 1* on hand. (Reo's Videos in Nelson has the Criterion versions of both films.) *Part 2* begins in the year 1564 with Czar Ivan IV, “founder of the stardom of Muscovy,” heading into self-imposed exile. He's fought the good fight against the foes of Russian unity, but as soon as he steps off the main stage the powerful boyars, wealthy Russian landowners, go spinelessly groveling to the court of the Polish king Sigismund, offering to put a puppet czar in place in Moscow in exchange for peace and some payola. The vile curs! (I'm channeling Ivan here. I don't a clue what's historically accurate and what's pure fabrication, although Eisenstein himself spent two years doing research prior to making the two movies.) Sigismund has nothing but contempt for “Muscovite barbarism.” He's the kind of corrupt, jaded, beruffed aristocrat who four centuries later would have been helping the Gestapo round up Jews and sipping champagne with Hermann Goering.

The black & white parquet flooring of Sigismund's court is a gigantic chessboard, with appropriately sinister knights & bishops, and the Russians as pawns. The whole scene is Alice visits the Red Queen, filtered through medieval iconography, gigantic close-ups, high-key lighting, and enough royal fabric to clothe the Statue of Liberty. *Ivan the Terrible* has garnered its fair share of critical pans, so maybe I'm just a sucker for excess, but I honestly never wanted to take my eyes off the screen. (I resented every second I had

to look down and write notes for this review.)

Of course, the Russian people get wind of the Big Sell-Out and undertake a pilgrimage in their thousands to beg Ivan to return and save Mother Russia. He doesn't take a lot of convincing. He's gathered his own fanatically loyal army of bodyguards, the Oprichiniks, to counter the power of the boyars. They're as protective of their master as Dobermans, and Ivan treats them as little more than dogs he's trained well.

Ivan squashes the plot to weaken his homeland, taking on not only the landowners but the powerful Orthodox Church that backs them. Actor Nikolai Cherkasov is magnificent as Ivan; he's like some giant praying mantis with a spiky beard instead of mandibles. There's something not quite human about the way he moves. I don't know that I've ever seen an actor go after a role with more gusto. This is an epic, heroic Ivan as he might have visualized himself, outside the judgment of history. Not so much Ivan the Terrible, as Ivan the Terribly Patriotic, Ivan the Terribly Conflicted, Ivan the Terribly Alone. It's deeply, deeply disturbing to imagine how much Joseph Stalin might have seen Eisenstein's Ivan as a flattering mirror of his own despotic rule.

The boyars aren't about to go down without a fight. Ivan's own aunt, Boyarina Efrosinia Staritskaya (Serafima Birman), taking time off from feeding poisoned apples to Snow White or trying to do in Dorothy, schemes to put her son Vladimir (Pavel Kadochnikov) on the throne. Vladimir's a drunken half-wit, the perfect tool. The fact that he has zero interest in being czar doesn't faze mom a bit. The feudal princes must rise again, come hell or high water. The Boyarina is Eisenstein's Lady Macbeth.

Efrosina allies herself with Novgorod's Archbishop Pimen and Muscovy's Archbishop Philip, the latter a man who had been one of Ivan's closest friends in days gone by but now wants to see the tsar's power humbled, crushed under the weight of the Church Triumphant. Recognizing the seriousness of the challenge to his authority, Ivan insists he's the one with God on his side: “My power is carried by the shoulders of the people and their will is my strength. I hear the voice of God through them and I carry out His holy designs.”

The confrontation between Ivan and Philip is one of the film's great set pieces. A couple of others include Efrosinia crooning a bizarre lullaby about a black beaver to her stupefied son, a scene featuring the Dance of the Oprichiniks—where the black & white photography suddenly becomes saturated with reds and unhealthy greens and we have a musical number that's part Cossack dance, part Roman theatre, part Three Penny Opera, part Kabuki—and a third scene, homoerotically charged, featuring Ivan and Vladimir.

Eisenstein does some particularly magical things with faces in this film. I've already mentioned the close ups and the lighting, but there are also low-angle camera shots, diagonal compositions, heavy use of ogival arches as framing devices, sliding of heads into shots, goth make-up, much wearing of ponderous crosses and rings and rosaries, the rich resonance of the Russian language itself, and more cool beards than have ever been amassed in a single film. On the basis of characterization and production design alone, *Ivan the Terrible* stands as a kind of Slavic *Arabian Nights*.

Nothing that Sergei Eisenstein achieved in *Ivan the Terrible* was accidental. The film is the product of an artist at the peak of his creative power, pursuing a vision as far as it will take him. As evidence, here are two short paragraphs from a journal Eisenstein kept as he was making Ivan:

“For days we will struggle with the stubborn cloth, cutting and draping it to capture that rhythm of folds that suddenly struck me when I closed my eyes over that bit of brocade and envisioned a procession of boyars in heavy robes moving slowly to the chambers of the dying Tzar.

“And Cherkasov's incomparably lithe and flexible body will practice long and tiringly to produce



the tragic bend of Tzar Ivan's figure so spontaneously fixed on paper as camera set-ups. In intent these drawings are no more (but also no less) than those Japanese paper toys that, when cast into warm water, unfold and develop stems, leaves and flowers of fantastic and surprising shape.”

Ivan the Terrible is one of world cinema's most fantastic and surprising unfoldings. Eisenstein may have paid for the film with his life, as it drained his energy at a time when he was in poor health, and he was attacked by a Soviet Establishment that wasn't at all sure what Ivan was really about. *Ivan the Terrible* was completed in 1945. Eisenstein died in 1948. Ten years would go by before the film was finally released to the public.

Kootenay Lake Art Connections

by Geri Gomola

Well, the season has come and gone and there was a lot of hustle and bustle with everyone trying to get their brochures signed to make the final draw for the \$200 art voucher.

There were three delightful receptions, two at the Wynnwood Cellar Estate Winery and one at Kokanee Springs Golf Resort. At the first two, the artists introduced themselves, exhibited their work and elaborated on it. It was the first time many of the artists had met and exhibited publicly. Wynnwood hosted us, introduced their wine and hung our paintings. There were brisk sales made over the summer and we did a good job of letting people know that artists are here on our shore. I am hoping for even more artists and venues next year.

I believe that we have helped make the East Shore a destination place for our many visitors. Many commented on how much they loved the new concepts and said they would be back next year. The season was a successful business as well as cultural venture as businesses told us that they were busier this year than ever. I believe that the brochure and advertising helped to make that happen. The Lakeview Store had a permanent dragon fly sculpture by Niels Elris erected and that sculpture will remain there as a testament of the Kootenay Lake Art Connection's first year. If you haven't seen it, it is high on the right hand side of the road going north on 3A across from the store. The final draw was made on September 6 at Art Connection's final reception. Heather Kislock of Boswell was the lucky winner of the \$200 art voucher. The reception was held at Bunkers Restaurant at Kokanee Springs Resort. The music was great thanks to Mike Stenhouse.

The artists have already been invited to exhibit as a group in March and April at the Chamber Gallery in Creston as a precursor to next year's Art Connection. We will have to keep busy this winter creating our many works and hope for an even busier and better 2014 season.

I would like to thank our sponsors again, Regional District of Central Kootenay, Columbia Basin trust Fund, The Lakeview Store, Kootenay Lake Chamber of Commerce, Nelson and District Credit Union, and the Creston and District Credit Union. I would also like to thank Community Connections who we partnered with this year to help with the grants and budgeting. Thanks in particular to Greg Blackwell for his assistance. I would like to thank the venues and galleries for their input and cooperation and of course the artists and artisans who put their heart and souls into their work. Without every one of you we could not have been a success.

I am hoping to hear from more businesses who would like to house art next year and more galleries that are planning on opening up along the lake, as well as more artists who want to exhibit with us next year. Please contact Geri Gomola at 250-227-9085, or Karen Arrowsmith at 250-223-8177 if you wish to be part of the Kootenay Lake Art Connection next year. Together, let us showcase and promote this beautiful region that we call home.



It's A Small World After All

by Anna Rose

Poster text of the month: "How to Build Global Community" by members of Syracuse Cultural Workers, Peace and Justice Publisher and Distributor, New York 2002. Printed here in its entirety in "Fair Use" context. *Columnist's note: a couple of the suggestions are particularly appropriate to the US, but most are appropriate for people anywhere. Think these through yourselves. See also www.syracuseculturalworkers.org*

- Think of no one as "them".
- Don't confuse your comfort with your safety.
- Talk to strangers.
- Imagine other cultures through their poetry and novels.
- Listen to music you don't understand. Dance to it.
- Act locally.
- Notice the workings of power and privilege in your culture.
- Question consumption.
- Know how your lettuce and coffee are grown: wake up and smell the exploitation.

- Look for fair trade and union labels.
- Help build economies from the bottom up.
- Acquire few needs.
- Learn a second (or third) language.
- Visit people, places, and cultures – not tourist attractions.
- Learn people's history. Redefine progress.
- Know physical and political geography.
- Play games from other cultures. Watch films with subtitles.
- Know your heritage.
- Honor everyone's holidays.
- Look at the moon and imagine someone else, somewhere else, looking at it too.
- Read the UN's Universal Declaration of Human Rights.
- Understand the global economy in terms of people, land and water.
- Know where your bank banks.
- Never believe you have a right to someone else's resources.
- Refuse to wear corporate logos; defy corporate domination.
- Question military/corporate connections.
- Don't confuse money with wealth, or time with money.
- Have a pen/email pal.
- Honor indigenous cultures.
- Judge governance by how well it meets all people's needs.
- Be skeptical about what you read.
- Eat adventurously. Enjoy vegetables, beans and grains in your diet.
- Choose curiosity over certainty.
- Know where your water comes from and where your wastes go.
- Pledge allegiance to the earth: question nationalism.
- Think South, Central and North – there are many Americans.
- Assume that many others share your dreams.
- Know that no one is silent though many are not heard.
- Work to change this.

Book Reviews

by Tom Lymbery

THE BRAVEST CANADIAN, FRITZ PETERS, VC, the Making of a Hero of Two World Wars by Sam McBride, Granville Island Publishing, 212 pages, \$24.95

This book has strong Canadian and Kootenay links as Fritz Peters' grandfather was a Father of Confederation. The family tree pages at the beginning of the volume are most important, showing the family connection to Samuel Cunard (steamship line founder) and Col. John Hamilton Gray (P.E.I. Premier and Father of Confederation). Fritz's uncle was a Bank of Montreal manager who was stationed in New Denver and other Kootenay towns, while his mother lived in Nelson. His father died in Prince Rupert and his mother in Nelson in 1946.

It is amazing that Peters served for the Royal Navy in two World Wars, earning the Victoria Cross, DSO, DSC and bar, and DSC (US). He was our bravest and most decorated, but least known, military hero. Operation Torch was the invasion of North Africa (this ordered Johnny Oliver's corvette, the Weyburn, to the Mediterranean) Peters led the attack on Oran, Morocco in an attempt to seize the harbour and the Vichy French warships there. He survived the attack on Oran in command of his ship, HMS Walney, even though he was wounded more than once. Churchill wanted to interview him as soon as possible, to help with invasion plans, so he was being flown from Gibraltar to England, but the Sunderland Flying Boat crashed near Southampton, killing him on November 13, 1942.

His Victoria Cross was awarded May 18, 1943, and mailed to his mother in Nelson. He was awarded the American Distinguished Service Cross, for heroism at Oran. This was presented to his mother with considerable ceremony in Nelson by U S officers accompanied by a brass band. Peters Mountain near Nelson is named for him.

Author Sam McBride was born in Nelson. Letters from Fritz Peters to his family were carefully saved and are printed in the book – forming a most important part of the records that made this book possible.

CONSTABLE FOR LIFE, Chronicles of a Canadian Mountie, by Chuck Bertrand, Hugo Publishing, 148 pages, \$14.95.

This is a compilation of 30 short stories of Chuck Bertrand's 28 years as a Mountie, serving in many parts of Canada, but most especially in Whitehorse. The back cover says it best "The Constable for Life anecdotes relate how a common sense, well-rounded individual attempts to police in the square mould of the RCMP."

The story of how Chuck joined the RCMP after working as a high school teacher is most interesting. After being accepted he drove from Montreal to Depot at Regina in an older Ford Econoline van, bringing another Quebec recruit who spoke little English. The two became friends and after graduation were posted to Ottawa, most uninteresting for Mounties, supposedly looking after the foreign Embassy people. After he visited the Trudeau home dressed as Santa Claus, the Force transferred him to Fort McMurray where he could handle some realistic police duties.

This is a very readable book that I can recommend you will enjoy.


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: October PAC Meeting is on October 7 at the CBESS Library. All parents/guardians are welcome and are voting members. Join us! It's our AGM.

GROCERY GIFT CARDS: The grocery gift card fundraiser is on-going throughout the year. For October, proceeds go towards the music and art program at the school. After that, they will go towards the Hot Lunch Program and other worthy school programs.

HOT LUNCH PROGRAM: We are looking for the return of any canning jars and rings from last years' fundraisers. Also, we have a juicer this year and are excited to use and share it with the community. Finally, we need containers to hold and store juice in. Please see our ad in this issue for more details.



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pebbles by Wendy Scott Abundance

At the top of the hill in Riondel, eighteen steps above the road, a garden basks in the low autumn sunlight – or survives the heavy

rainfalls. This year it's a combination of both, and we never quite know which to expect. But that garden, at the top of the hill, maintains its dignity and its delightful colour and splendour – no matter what the weather. It is a true English Country Garden and if you Google that phrase you'll find a serenade by Jimmie Rogers singing that familiar old song. The melody reminds me of the radio program, *The English Gardener*, which ran during the Second World War. Cecil Henry Middleton was the English Gardener and his wise and often witty advice was dispensed freely every Sunday afternoon.

My daughter and I strolled through that garden at the top of the hill. It has been one of Riondel's gardens to see for many years now and of course it is cared for and maintained by a couple of very busy people. The English Country Garden effect is apparent here. A person can actually enter the flower garden and disappear from view – completely. The path, winding through tall flowers and shrubs, is reminiscent of Frances Hodgson Burnett's *The Secret Garden* – a wandering tale that eventually declares that – all the world's a garden. This is a statement that would be wonderful to believe, and perhaps it could be true – in certain little corners of our world.

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Crawford Bay Reading Center

by Cathy Poch

Well here it is, the season to close the windows, drag out the heavier clothing and start thinking about our winter heating arrangements.

Fortis has given our Reading Center a "Kill-A-Watt" meter to help us track our small appliance power usage. Whether it is the computer that is left on, the old fridge down in the basement, the stand alone heater in the back bedroom, do we know how much power and the cost involved in keeping those appliances running? Easy to use and understand, borrow this tester and get a better handle on your optional power usage.

Thanks to Rebecca Bradley of Castlegar we have received over 30 books as a donation from the Sun-Burst Award for Canadian Speculative Fiction, for which she is a judge. These books will be making their way on the shelves over the next month along with new books by Maude Barlow, J.B. MacKinnon (author of the 100 Mile Diet), James Patterson and many other favorite writers.

More and more people are shifting the focus of Christmas from a commercial aspect to one more personal. It's not too early to start that Christmas project and we have a nice selection of How-To books. Directions for everything from canning, special baking, knitting, handcrafts and household decorations are available in books for all ages. Try out a new craft or recipe to give to those you exchange gifts with, personal gifts are always appreciated.

The Crawford Bay Reading Center is open on Tuesdays and Saturdays from 12 - 3 and Thursday from 7-9pm, come by to check out our books, DVD'S, CD's or maybe use the public access computer. See you here.

One of those little corners was visited last week by our daughter with her husband. They stopped at Minter's Garden, near Chilliwack. The garden is a magical place to be at any time, but particularly for those important happenings – weddings, graduation photos, or just a day with special friends. Magic, unfortunately, can not always last and Minter's, open now for over thirty years, is about to close.

A place like this is a labour of love, and no matter how much love is involved, maintaining a beautiful garden is a lot of work. The vagaries of peculiar weather patterns have been contributing factors in the decision to close this place of colour and scent, but The Minter's Country Garden Store will continue and expand.

The extremes of Kootenay weather are unique. I'm willing to bet there could be more, and smaller, eco systems on the East Shore than in any other area of similar size in BC. Riondel is a good example. Having been laid out carefully on a mountainside, gardens beside the lake can and do vary greatly from those at higher elevations.

When we first arrived in Riondel we came to a garden already blessed with an abundance of grape vines. Since we were not experienced gardeners and certainly knew very little about the care and handling of grapes, we chose to ask advice from an Italian man who lived on one of the lower roads. The first whimsical question was, of course, Do you make wine? His reply came as quite a surprise – Grapes do not grow at the bottom of the hill! Dear me.

There is a vine that has no problem with elevation or location. Wild blackberries have followed me since my childhood in Vancouver, to Vancouver Island and on to Shalalth in the BC Interior, and now they abound on my Riondel back fence in Kootenay country. They are prolific, abundant and glorious – if you don't mind

Riondel Reading Centre

by Muriel Crowe

Summer has disappeared and we are settling into our autumn routine. We are planning another wonderful authors reading afternoon which will take place on November 16 from 2-4 PM at Dutch Harbour. The invitations to authors are in progress but we will be able to list them in the next *Mainstreet*. We hope to have a great attendance and are offering some wonderful snacks as further enticement. See our ad in this issue for more info.

Wendy Scott and I attended a meeting at the Creston Library with their head librarian, Aaron Francis, as well as Cathy Poch, Joan Valgardson and Glynis Miller from the Crawford Bay and Yahk Reading Centres. There was a good discussion about advertising each other's hours, location and the possibility of more library information being available on line. The main discussion, however, was about the possibility of digitizing out of print local history books with the possibility of grant money from RDCK and Columbia Basin Trust.

We are all aware that many local history books were of limited edition printing and some on our shelves are actually in manuscript form with no possibility of standard printing being accomplished except at personal expense. This idea would ensure that we don't lose those sources completely and these expenses would not be paid out of our regular budgets. It was wonderful to meet with other libraries in a harmonious forward looking manner.

While you wait for these events to take place please drop-in, browse, borrow or just have a visit. If you think that libraries are of no use to you please check us out. We aren't just books; we also have DVD's, CD's and even some VHS and cassettes. We have two meters to check electrical usage of most appliances, and we are happy to help you photocopy or perhaps to search on line. The library is free to use and we are friendly too.

the thorns. But, this year, even those sturdy, indestructible berries were damaged terribly by the frequent, extreme rains. They remain, horrible little dusty lumps of mould, clustered on their vines.

There is not much we can do about weather – good or bad. I can only hope that the heavy and frequent rains are only a soggy aberration and not a permanent shift, because, apart from being juicy and marvellous fruits, those blackberry vines do a very good job of holding up our back wall.

There is one plant – one flower – that has maintained its considerable height and dignity throughout wind, rain, and storm. It remains the guardian of that spot at the top of the Riondel hill. The sturdy stem holds a single (very large) sunflower blossom. The flower looks down on that special garden from a height that could easily exceed twenty feet.

So please, if there is a weather god, lay off with the downpours! Our English Country Gardens need a bit of sunshine.

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\$20,000 is available for projects for Area A (East Shore) relevant to the promotion of economic development. Applicant groups must be a registered society or apply to a registered society to sponsor the application and handle the funds.

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

email skootenaylakecss@gmail.com
or phone 250-354-2951

Community Connections office at Crawford Bay School is closed for the summer, however contact information still applies.

*Grant applications recommended to RDCK for approval at June, 2013 meeting:
Community Connections - \$4500
Invest Kootenay listings project - \$1500*

**next application deadlines:
Aug 31, 2013; Oct 31, 2013;
Feb 28, 2014**

Approval/funding lag time 6 to 8 weeks
An application form can be printed from the RDCK website following this path, or filled out online and emailed:

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

For more information and assistance, email EDC Chair lornarobin@bluebell.ca
Or call 250-225-3333. 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



East Shore Hospice News

by Ali George,
Coordinator

Hello from East Shore Hospice. In the spirit of community education and creating more awareness about our organization, we are inviting the East Shore community to join us on **Wednesday, Oct 9 at 6 pm for a potluck dinner and a viewing/discussion of *Living With Dying***, the first episode of a PBS series called *On Our Own Terms*.

Dozens of terminally ill patients from a variety of cultures and backgrounds tell their stories to journalist Bill Moyers in this fascinating look at the end of life, and how society deals with the inevitable. This episode explores the fact that dying is a part of life that each person, in every community, approaches with different attitudes, beliefs and wishes. As the process of dying is prolonged by advances in medical knowledge, we face increasingly complicated choices as individuals and as a society. And most of us don't want to talk about it. Through the personal accounts of people facing death, 'Living With Dying' explores the choices we make at the end of life. After the viewing, there will be an opportunity to share our ideas and responses to the program. We will be meeting at Ali George's place at 16286 Wadds Road. Please call Ali at 250-227-9006 ext. 29 or email at hospice@theeastshore.net for details and to confirm your attendance.

East Shore Hospice invites you to join us on Saturday, **November 2 from 9:30 to 3:30 at the Yasodhara Ashram for *The Growth of Metaphor and Meaning: Living with Anticipatory Grief***, an art therapy workshop for hospice volunteers, community members, and caregivers with Monica Carpendale, Executive Director of the Kootenai Art Therapy Institute in Nelson. This eco-art therapy workshop will focus on making meaning and enhancing one's experience of gratitude for life in the context of living with anticipatory grief, and helping others to do so. The role of nature and the awareness of life cycles will be reflected on with regards to the process of loving and letting go. This hands-on workshop is free for East Shore Hospice volunteers and participation by donation for other East Shore community members (suggested donation \$20). Lunch will be available for an extra charge. To register or for further information, please call Ali at 250-227-9006 ext. 29 or email at hospice@theeastshore.net.

East Shore Hospice is always looking for new volunteers and input from the community on workshops, discussion groups, articles, or information that you would like to have access to on the East Shore. Please call us to discuss your ideas.

East Shore Hospice provides practical, emotional and spiritual support to individuals and their loved ones through the stages of dying, death and bereavement. Hospice palliative care aims to make the last months of life comfortable, peaceful, and dignified for patients and their caregivers by providing care, support, respite, and advocacy. Our office and lending library are located at the East Shore Health Centre.

For information or an appointment, please call Ali George (East Shore Hospice Coordinator) at 250-227-9006 ext. 29 or email at hospice@theeastshore.net.

Health & Happiness

by Dr. Sid Kettner

Thanksgiving will soon be upon us. Let's make it more than turkey and pumpkin pie. Let's stop to think back to its roots—the gratitude our ancestors expressed for their blessings, especially the harvest and the freedom they were enjoying. We ought to do the same.

But did you know that the expression of gratitude can lead to improved health? Research in the fields of medicine and psychology is piling up evidence in this regard. In general people who express appreciation to others enjoy a higher level of well-being. They reported significantly greater happiness, optimism, and satisfaction with their lives, greater progress in attaining important life goals, higher frequency of feeling loved and less stress and depression. They sensed less pain, had lower blood pressures and increased vitality. They recovered faster and enjoyed a better quality of life after cardiac bypass surgery and heart attacks. They had improved survival rates in immune disease and some forms of cancer.

Other studies showed higher levels of alertness, enthusiasm, determination, attentiveness, and energy. Grateful people spend more time exercising, report more hours of nightly sleep and a better quality of sleep while suffering fewer physical symptoms such as headaches, cough, nausea or pain.

With all those benefits, why would we not express our sincere thankfulness? Here are some strategies to consider:

- Send thank-you notes that detail the basis for your gratitude
- Meet with special people to explain what their thoughtfulness means to you
- Take an extra minute to clarify how helpful someone's assistance was to your endeavors
- Ask a colleague how you can reciprocate when they need some assistance
- Let your coworkers know how much you enjoy working with them
- Look for what is right about a situation, not what's wrong
- Spend a few quiet moments in thankful repose at your place of worship or at any naturally quiet or beautiful setting in your area--especially if you are fortunate to live near the sea, the mountains or a lake.

You will note the difference in your life from here on out. Watch love, compassion and helpfulness grow. See anxiety, pain and depression lessen. Feel inner peace grow. Watch physical health improve. And then you will want to practice gratitude and appreciation every day of the year, not just on Thanksgiving Day, and thank you for listening.



Location: kootenay Bay Ferry Landing

Winter Hours:

Open Fri/Sat/Sun/Mon: 8-4

Watch for special events and extended hours where we will stay open later.

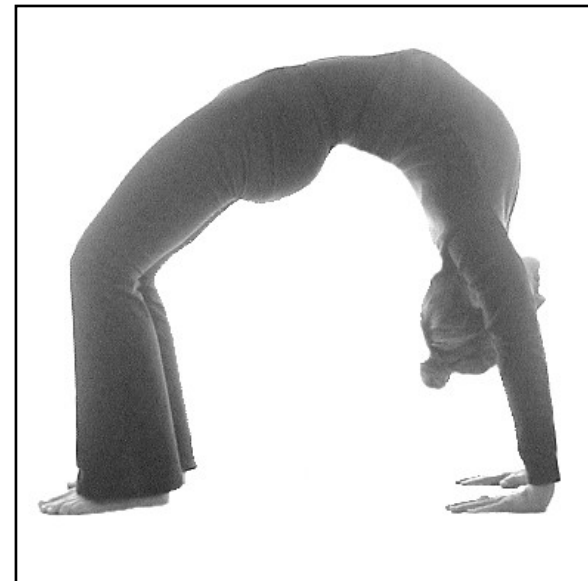
All day breakfast is back – fantastic food specials every day!

250.227.9100

Asana of the Month

by Jayanti Holman

Chakrasana ~ Wheel Pose



Benefits:

- tones the whole body, especially the spine
- strengthens the arms, thighs and buttock muscles
- strengthens the abdominal muscles and tones the organs
- stretches the front hips, increasing flexibility
- helps to regulate metabolism and keep obesity in check
- keeps the spine elastic
- nourishes the brain
- gives vitality & energy
- brings a feeling of lightness to the entire body

Doing the Pose:

- lie on your back
- put your hands beside your ears, palms down and fingers pointing toward feet
- bend knees & bring feet close to buttocks
- inhale, slowly & raise body up, balancing on hands and feet
- breathe deeply in pose; exhale while lowering body back to floor

Cautions:

- Keep your knees and feet parallel
- move smoothly and slowly into and out of the pose
- ensure that feet stay flat on the floor and hands are aligned
- do NOT practice if you have high blood pressure or a heart condition



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

October Hours

8 to 10am & 6 to 8 pm
Monday to Friday

Questions answered at:
thefitnessplace@theeastshore.net

Start where you are.
Do what you can.

Massage Therapy
Harreson Tanner, RMT
Over 30 years clinical experience



* Knowledgeable * Skilled * Experienced
For appointments, call 227-6877/505-6166

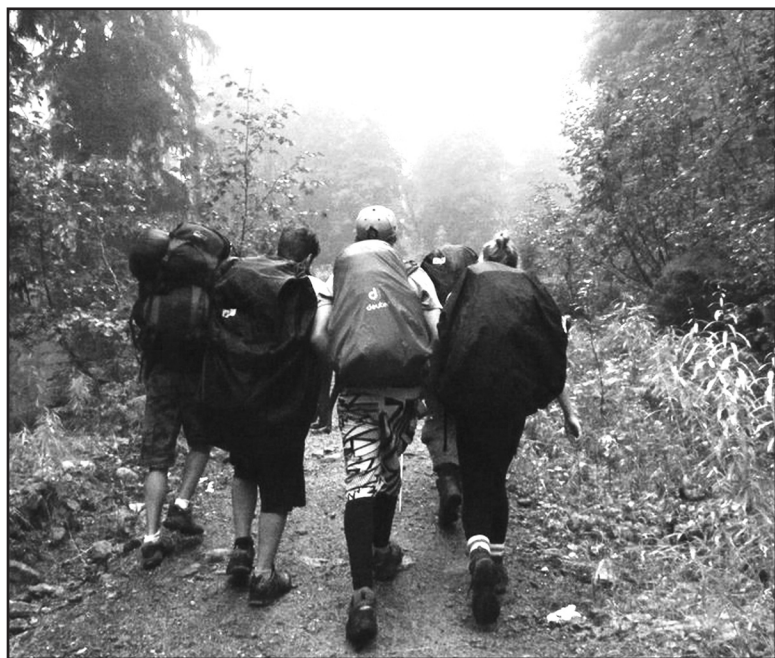


From the Principal's Desk

by Dan Rude

During the third week of September, our secondary students joined Ms. Okros, Sandra Bernier, and Annemarie

Perciaspe on what has become our annual beginning of year overnight trip to Kokanee Glacier. A few years ago, when I pitched the idea of backpacking trip to our secondary students, six students signed up and committed to the trip. Since then, this outing has continually grown and this year 26 students were involved. I have great appreciation for the enthusiasm of this group of youth – and their parents who are supporting them in growing up active.



Kids hiking to the Kokanee Glacier cabin in early September.

Photo: Drew Rideout

With that in mind, we are organizing this year's *Community & Global Involvement Project* around developing two spring weeklong outings to the west coast. The plan is for one group to join Ms. Okros and Lee Reidl on an exploration of the ocean

ecosystems, food production, forests, and community of Cortez Island. The other group is set to join me, along with a certified guide to be determined, on a backpacking trip along the Juan de Fuca Trail, between Port Renfrew and Sooke. From now until then we will spend many of our Wednesday afternoons in preparation for these trips, including planning, learning outdoor skills, improving our physical conditioning, learning more about these places, and raising funds for covering expenses.

Lately I have been considering why it is important to me that we continue to involve our youth in such outings – especially knowing how much work they take to organize. From this perspective, I started reading a book that has been waiting for me on one of my shelves for a few years, entitled, *A Voyage of Uncommon Sense: Sailing the 7 C's to Purpose, Passion, & Power*. Written by Cresswell Walker, this book shares the story – and the immense insights uncovered – from an adventure that the author had with his partner Irena, sailing from Vancouver to Australia. Although the writing is based on

sailing, it connects for me with any adventure that gets us outdoors and tests our capacities to live life to the fullest. I'd like to share with you the following passage.

"Sometimes, when the wind begins to howl in the rigging and the waves rise as high over our heads as our boat is long, it frightens us. We see the end of life might be closer than we care to be reminded. This is sobering, but oddly enlivening. For in those moments, standing on deck looking around at nature's ferocity, we are reacquainted with the certainty of our own mortality. We feel the music of our being vibrating in our breasts. When at last we surrender to the immensity of this place, as eventually we all must do, we see we are not separate at all. Our soul and the sea are one.

'And so our reward for our adventure and surrender at sea is the joy of coming back to ourselves. When we return from these kinds of passages – whether they are literal passages at sea, or passages in life – we have a renewed sense of who we are and of our place in the greater scheme of things. But in our new-found humility, we are enlarged, rather than diminished, and closer to our spirit in the bargain. We appreciate our life's delicate, finite nature. We want never to waiver in our attention to this "magical kingdom" for, too soon, we remember now, like the wind that day, we will be gone. It is a fearful thing being at sea, as it is being in life, but when we venture into these raw spaces of our being, we return with new love for our short, difficult lives, and we are newly determined to make the most of them.'

Here's to another year of adventurous learning together.

REMEMBRANCE GARDEN

by Wendy Scott

The ferns are wet, the cedars might drip as you pass under the branches, but even with all the rain, the ground is not soggy, and it's quite easy to wipe any pooled water off the benches.

We'll be doing a fall clean-up fairly soon to clear the season's detritus before winter comes a-calling.

Take a look. It's a friendly place to be at any time of the year.

Wendy: wmescott@gmail.com -- 250-225-3381

Muriel: mcrowe@bluebell.ca -- 250-225-3570

Samba With Us!

by Shirley Wyngaard & Ben Johnson

Samba Lago Profundo (SLaP) under the direction of Ben Johnson, enjoyed a full schedule of performance this summer. An upbeat version of "Oh Canada" and the parade routine comprised of rhythms from many cultures were performed for Canada Day celebrations in Crawford Bay. Jon Wyngaard played the Clown and the horn, miming our leader and playing "Oh Canada." The Samba band lead the parade at Starbelly Jam. A Parade Routine and some "stage" pieces contributed to the "standing parade" at Riondel Days. A highlight of this performance was an impromptu performance with the bagpipers for several pieces including "Scotland the Brave" to a bhangra beat. The pipers really grooved on the relationship and so the drummers! The stage show included children's tunes "The Belly Button Song" and the "Bear Song" by Farley Cursons and an original song "Lazy Man", written by member Dan Silakiewicz, sung by Ben Johnson to a Rio Samba beat. The season climaxed with a stage show and parade at the Bibbity Bobbity Boo Children's Festival in Fernie.

Small business accounts for 98% of all business in B.C.

You may have a hobby or skill that with a bit of help could turn into a viable business. If you want to explore this more, call us for a free appointment.

The Self Employment Program offers income benefits for up to 52 weeks as well as business management training & counseling for qualifying entrepreneurs.

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



Growing communities one idea at a time.

We were shown great hospitality by Jay Ray who billeted many band members.

Funding assistance from the Columbia Kootenay Cultural Alliance for the purpose of developing our repertoire was greatly appreciated and well utilized this past year. Our web site, <http://sambalagoprofundo.ca> greatly assists in keeping us connected and facilitating the learning process.

A new season has started and newcomers are welcome. Instruments and instruction are provided. We meet at the Crawford Bay School in the performance theatre, Tuesdays 7 - 9 pm. The first visit is free and you are welcome to come for a preview experience. Fees are \$5 per week for adults, \$3 for students 12 - 18.

The band is polishing the routines and learning some new Samba patterns which are symbolic of the music in various countries throughout the world. Ben is always seeking new ideas for the repertoire keeping the experience interesting and exciting.

For information call Ben at (250) 2253423 or Shirley at (250) 225-3535 or just come to class for a visit.

ENERGY RESILIENCY

Rural Alternatives for Eastshore Communities

An Evening Discussion

Energy Resiliency is an issue of major local concern for the Eastshore community on Kootenay Lake.

Eva Snyder will report findings collected through research, evaluation and assessment of how to work with energy conservation and renewable energy technologies on the Eastshore of Kootenay Lake.

The report features both household and community level solutions highlighting simple and accessible technology: biomass, micro hydroelectric, photovoltaics, etc.

Date: Tuesday October 15

Time: 7pm to 9pm

Location: Gray Creek Hall

All are welcome.

Together we can create solutions to protect our energy future.



Yasodhara Ashram
YOGA RETREAT & STUDY CENTRE



Teck Selkirk College

COMMUNITY CONNECTIONS

SERVICES DIRECTORY

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

AUTOMOTIVE/MARINE

EASTSHORE AUTOMOTIVE - Service & Repair 250-227-9370

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

BUSINESS SERVICES

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

CONSTRUCTION/CONTRACTORS/TRADES

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

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

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

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

THE GREEN MACHINE - Excavation, Landscaping, Installation of Waterlines. Ph.: 250.225.3485

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

PERSONAL CARE/HEALTH

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

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

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

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

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

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

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

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

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

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

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

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

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

RESTAURANTS

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

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

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

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

YARD/LANDSCAPING/SITE PREP

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

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

CLASSIFIED SECTION

AUTOMOTIVE

1967 VW Bug, good condition, many original features. Keraiffs: 227-9361

BIZ ANNOUNCEMENTS

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

250-866-6811. 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.

CLASSES

Thai Yoga Massage with Melina or Gef. Sliding scale 60 min. \$40 to \$60 and 90 min. \$65 to \$85. Also available to do massage for couples. Located on Riondel North Road, for information or to book an appointment yoga@ponnuki.net or 1.877.782.2843, ponnuki.net

EVENTS/WORKSHOPS

Self-Healing with Yoga every Monday 7pm, drop-in \$10 at Melina's place - 2019 Riondel North Road. Healing happens on many level. From the simple need for relaxation, to untangling deeply rooted habits. You will be guided through a variety of yoga practices to maintain and improve your healing process. Awareness, breathing, visualization relaxation reflection and yoga, will all be explored. There is also possibility of private or online class in French or English for more information. yoga@ponnuki.net, ponnuki.net, 1.877.782.2843 **Hospice Workshop:** East Shore Hospice presents 'The Growth of Metaphor and Meaning: Living With Anticipa-

tory Grief' with Monica Carpendale, Executive Director of the Kootenai Art Therapy Institute. This eco-art therapy workshop will focus on making meaning and enhancing one's experience of gratitude for life in the context of living with anticipatory grief. The role of nature and the awareness of life cycles will be reflected on with regards to the process of loving and letting go. This hands-on workshop is free to East Shore Hospice volunteers and \$20 to other East Shore community members. Saturday, November 2 at the Yasodhara Ashram 9:30 to 3:30. To register or for further information, please call Ali George at 250-227-9006 ext. 29 or email at hospice@theeastshore.net. **Hospice Potluck:** East Shore Hospice

invites the community to attend a potluck dinner and viewing of 'Living With Dying', episode 1 of the PBS series 'On Our Own Terms' by Bill Moyers. Wednesday, October 9 at 6 pm at Ali George's place, 16286 Wadds Rd.. A discussion of this powerful documentary will follow the viewing. For information, please call Ali at 250-227-9006 ext. 29 or email at hospice@theeastshore.net.

HELP WANTED

Requesting help with light housekeeping and bookkeeping. Please call Dave Agnew - 227-9252.

NOTICES

Nelson Parkade - offers easy downtown parking. Just one dollar per hour or four dollars per day. Next door to the Hume Hotel on Vernon Street. We accept

credit Cards. Call for weekly or monthly rates. 250.354.8834

WANTED HOT LUNCH is hoping for the return of many of the canning jars and rings from last years fundraisers. We thankfully have an abundance of fruit and hope to make jam and chutney again this year.

Also, we have a working apple press we would like to share with the community. In return, we would like a share of the juice to use for the hot lunch program. If you have apples to press, please contact Jennifer at 227-9175 to make arrangements.

Also needing containers to hold apple juice! We will take larger juice containers with lids, 2 liter pop bottles with lids as well as 2 liter milk cartons. These can be dropped off at the school.

BULLETIN BOARD

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

CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

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

EAST SHORE COMMUNITY HEALTH CENTRE Call 227-9006

See calendar for doctor days - Doctor hours are from 9:30am to 4:30 pm. Please call 227-9006.
Interior Health Authority, Community Care Nursing and Home Support Services - 250-352-1433.

PHYSICIAN COVERAGE FOR OCT 2013

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

Oct 1, Tues - DR GRYMOPRE

Oct 2, Weds - DR MOULSON

Oct 3, Thurs - DR LEE

Oct 8, Tues - DR GRYMOPRE

Oct 9, Weds - DR MOULSON

Oct 10, Thurs - DR LEE

Oct 15, Tues - DR GRYMOPRE

Oct 16, Weds - DR MOULSON

Oct 17, Thurs - DR LEE

Oct 22, Tues - DR LEE

Oct 23, Weds - DR MOULSON

Oct 24, Thurs - DR LEE

Oct 29, Tues - Dr. GRYMOPRE

Oct 30, Weds - Dr. MOULSON

Oct 31, Thurs - DR. LEE

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

Call to make appointments at 227-9006

on doctor days and Thursday morning.

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

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

EAST SHORE HOSPICE

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

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MARK YOUR CALENDARS!

Ninth Annual Christmas Craft Fair
Saturday, November 23, 2013 10:00 - 3:00
Vendors call Sherlyne - 250-225-3597

The East Shore MAINSTREET

Contact: Ingrid Zaiss-Baetzel

Phone: 250-227-9246 Fax: 250-227-9264

Box 140, Crawford Bay, B.C. V0B 1E0

E-mail: mainstreet@theeastshore.net

**ADVERTISING RATES

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

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

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

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

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

or 6 3/4" wide by 2 1/4" high

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

or 6 3/4" wide by 3" high

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

or 6 3/4" wide by 4 1/2" high

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

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

\$150.00 (third page) - 6 3/4" wide by 7 1/2" high
or 3 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****

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

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

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

CHURCH CALENDAR

RIONDEL COMMUNITY CHURCH OCTOBER 2013 SCHEDULE

Oct 6: Br. Jeff Zak, 11am

music - Marie Gale

Oct 13: Linda Moreau, 1pm

music - Marie Gale

Oct 20: Rev Robin Celiz, Anglican, 3pm

music - Brenda Panio

Oct 27: Linda Moreau, 1pm

music - Marie Gale

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

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

For information call Christ Church Creston 428-4248

Oct 6: 1:30pm, Rev Robin Ruder Celiz

Nov 3: 1:30pm, Rev Robin Ruder Celiz

HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

Oct 20: 1pm, Rev Robin Ruder Celiz. This is a joint service with Riondel at the Riondel Community Church.

For information call Karen Gilbert: 227-8914

or Sue Philp: 227- 9140

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Pastor Bill Gooding - Come & join us Sundays at 10 am.

Sunday School for Children.

Coffee fellowship after the service.

16190 Hwy 3A, Crawford Bay 250.227.9444

TEMPLE OF DIVINE LIGHT

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

Everyone welcome - Yasodhara Ashram 227-9224

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

Sunday Mass at 2:30 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: 250.229.5237

Next Deadline:

Oct 23, 2013

MEETING PLACES

LIONS CLUB - meets at the Kootenay Lake Community

Church - 16190 Highway 3A, Crawford Bay.

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

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

or Lion Jim at 250-227-9622.

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

PARENT ADVISORY COMMITTEE

(PAC) Meetings held at 7 pm at the Crawford Bay School library

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

Call Ingrid to be put on the agenda - 250.227.9246

Oct PAC Meeting: Oct 7 (Monday) at 7pm in the

CBESS school library.

All parents/guardians welcome!

October 2013 Mainstreet 19

October 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	FITNESS PLACE OPEN MONDAY-FRIDAY, 8-10 AM & 6-8PM	1	2	3	4	5
		Samba, 7-9, CBESS Dr. Grymonpre	Charlie Burton, Hub 16+ Volleyball, CBESS, 7pm Dr. Moulson	Hatha Yoga, Boswell Hall, 9:30 am Family Fun, CBESS, 3-5pm TOPS, KLCC bsmnt, 8:30am Dr. Lee		DJ Rippel, Hub Ping Pong/Pickle Ball/ Badminton, CBESS gym, 9am
6	7	8	9	10	11	12
Intro to Thai Yoga Massage, 1:30-4:30pm, Studio Ponnuki Concert at Harrison Church La Cafamore, 2pm	Shotokan Karate, CBESS, 5-7pm Self-Healing Yoga w/Melina, 2019 Riondel Rd, 7-8:30pm	Samba, 7-9, CBESS Creston Vet in CB Lions Mtng, 7 pm Dr. Grymonpre	Hospice Potluck, Living w/Dying, 6pm 16+ Volleyball, CBESS, 7pm Dr. Moulson	Jotul Days, GC Store Hatha Yoga, Boswell Hall, 9:30 am Family Fun, CBESS, 3-5pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	Gabriel Palatchi, Hub Jotul Days, GC Store	Ping Pong/Pickle Ball/ Badminton, CBESS gym, 9am
13	14	15	16	17	18	19
	Shotokan Karate, CBESS, 5-7pm Self-Healing Yoga w/Melina, 2019 Riondel Rd, 7-8:30pm	Energy Resiliency Discus- sion, GC Hall, 7-9pm Samba, 7-9, CBESS Dr. Grymonpre	16+ Volleyball, CBESS, 7pm Dr. Moulson	Hatha Yoga, Boswell Hall, 9:30 am Family Fun, CBESS, 3-5pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	Shiva Shakti Dance, Studio Ponnuki, 7-10pm	Ping Pong/Pickle Ball/ Badminton, CBESS gym, 9am
20	21	22	23	24	25	26
	Adv.Comp.Training, CBESS Shotokan Karate, CBESS, 5-7pm Self-Healing Yoga w/Melina,	Samba, 7-9, CBESS Lions Mtng, 7 pm Dr. Lee	16+ Volleyball, CBESS, 7pm Mainstreet Deadline Dr. Moulson	Hatha Yoga, Boswell Hall, 9:30 am Family Fun, CBESS, 3-5pm TOPS, KLCC bsmnt, 8:30am Dr. Lee		Intro to Thai Yoga Massage, 6:30-9:30pm, Studio Ponnuki Ping Pong/Pickle Ball/ Badminton, CBESS gym, 9am
27	28	29	30	31	FITNESS PLACE OPEN MONDAY-FRIDAY, 8-10 AM & 6-8PM Starbelly Halloween Dance, GC Hall, Nov 1st	
	Shotokan Karate, CBESS, 5-7pm Self-Healing Yoga w/Melina, 2019 Riondel Rd, 7-8:30pm	Samba, 7-9, CBESS Lions Mtng, 7 pm Dr. Grymonpre	16+ Volleyball, CBESS, 7pm Dr. Moulson	Howlin' Dan and the Moondogs, The Hub Hatha Yoga, Boswell Hall, 9:30 am Family Fun, CBESS, 3-5pm TOPS, KLCC bsmnt, 8:30am Dr. Lee		



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Transfer Station Hours
CRAWFORD BAY:
Sun/Tues
Thurs:
9 am - 3 pm
BOSWELL:
Weds/Sat:
12-4

Library Hours:
East Shore Reading Centre:
Tues & Sat: 12-3
Thurs: 7-9 pm
Riondel Library:
Mon: 2-4 pm,
Weds:
6-8 pm
Tues, Thurs, Sat:
10am-12:30pm

ES Health Centre 227-9006

COUNSELLORS

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

Public Health Dental Screening/Counseling: 428-3876

Community Nursing: 352-1433 Hospice: 227-9006 Mammography Screening: 354-6721

Baby Clinics: 428-3873 Physiotherapy: 227-9155 Massage Therapy: 227-6877

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