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The East Shore Mainstreet

KOOTENAY LAKE BC

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

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

***MS ONLINE**

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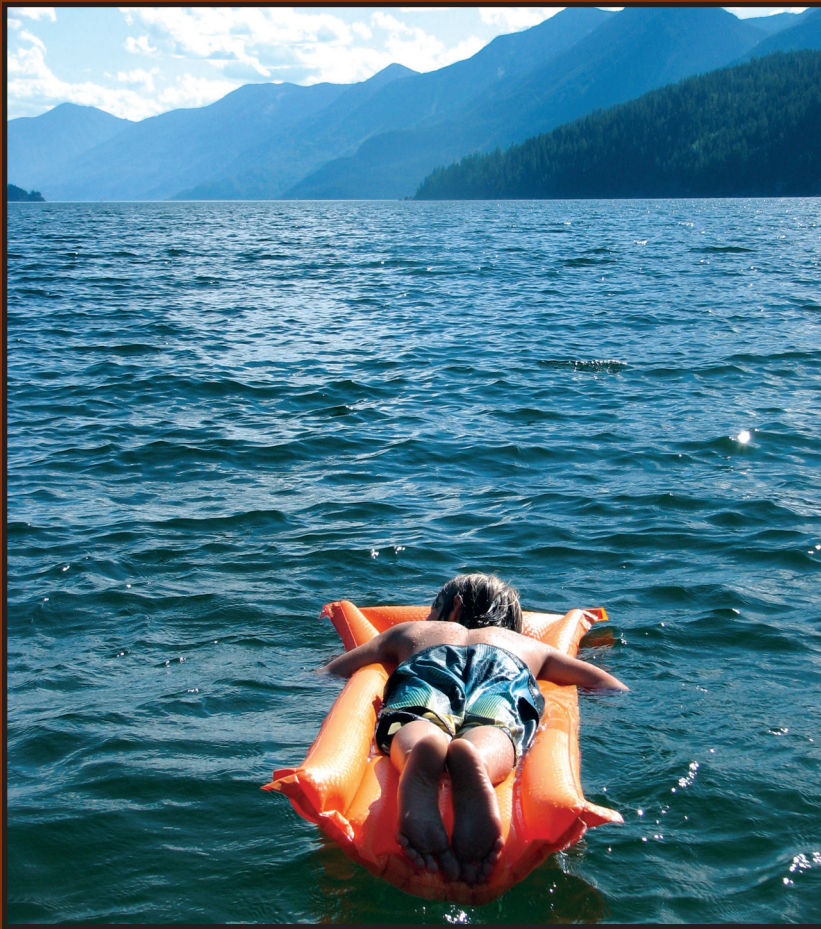
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Above: Jayanti and Francis Holman on a local beach.
Below: Iyra Cristofoli-Couling deliberates the important details in the last, lazy days of summer.

HST Axed!

Mainstreet press release

August 26, 2011 - In a province-wide referendum, British Columbian's have voted to shoot down the harmonized sales tax, which, since July 2010, was the result of combining the 5% federal GST with the 7% provincial sales tax for a harmonized 12% tax. Elections B.C. announced on August 26 that 54.73 per cent of the 1.6 million British Columbians who cast ballots voted to extinguish the tax and 45.27 per cent voted to keep it.



We don't yet know (at the time of printing) how the roll back will occur, but reports say that the government has reported that it will put a

\$3 billion hole in the BC budget, if it has to repay the federal government the \$1.6 billion it received to introduce the HST in the first place.

As consumers, we have been paying an extra seven per cent tax on restaurant meals, airline tickets, funerals and haircuts — all items that were earlier exempt from the PST.

As part of a campaign to keep the tax, Premier Christy Clark promised to cut the HST to 10 per cent if British Columbians voted to keep it.

Watch for changes coming to www.eshore.ca.

The website address will change and the location will change. We will be advertising the new address and new features on Facebook as well as likely in the October *Mainstreet*. Interested in getting your ad up on a site that has over 20,000 new visitors every month? Contact Ingrid at mainstreet@theeastshore.net or by calling 250.227.9246.



East Shore Internet Society

High-Speed Internet

250-505-4089

info@esis.theeastshore.ca
esis.theeastshore.ca

Central Kootenay Lake's community non-profit ISP

www.100milemortgage.com

Local money stays local with our 100 Mile Mortgage program. We take member's deposits and lend them to families and businesses in our communities, building profitability that we reinvest in community initiatives. Arrange a time to meet with a trusted mortgage specialist.
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MS Issues

by Ingrid Baetzel,
Editor

What a Wonderful World:

Our family recently went on a trip to Michigan to visit family. My husband and I took our 7 and 10 year old children to Spokane, where we boarded a plane to Denver and then hopped onto another plane to Detroit. In Detroit we were picked up by my dad and driven another six hours north to the beautiful peninsula region of northern Michigan.

One day, while floating meditatively on my back in the 26 degree water, staring up at an absurdly blue sky, enjoying the silty, soft feel of white sand between my fingers, breathing... I came to a realization. There is such gigantic beauty in this world and we are so lucky to share it with one another.

For over thirty years, I've lived in this place that many call God's Country, others call Paradise, a few others call The Best Shore or The Most Beautiful Place on Earth. I tend to agree with all of these endearing place names, but while floating and dreaming in a big lake in the United States of America, surrounded by enormous white sail boat masts, the hum of family voices on shore, the warmth of the sun on my face, I recognized the urgency of exploration – the practical necessity of learning more about our earth and her gifts.

Where have you been lately? What did you learn there? What did you bring back to your home? Have you been changed recently?

Back to School:

On September 6, we send our kids back to school. We will have our first PAC meeting on September 12 at the Crawford Bay School Library at 7pm. Will this be the year that you choose to join a new committee or group? If you are a parent/guardian of a child attending CBESS, perhaps you want to see what's going on at the school and be a part of discussions regarding our children and their learning environment? You are most welcome to attend. Every parent is a voting member of the Parents Advisory Council and has a voice.

Please note: the Hot Lunch Program will start up again on September 19. This amazing program is finally beginning to take wings under the loving guidance of chef Farley Curzons and Hot Lunch Program Committee head, Jennifer Irving. It will only continue to succeed though, if you take part in the program by offering the nutritious and delicious food alternative to your child, paying the nominal fee for enjoying the lunch program and perhaps even taking a day or two per week yourself to enjoy the most affordable and delicious lunch on the East Shore. It will run Monday-Thursday and the public is welcome to drop in for lunch anytime around noon on those days.

New Item:

Starting in the October issue: Please watch for a "meet your neighbours" variety of article (title in process).

I will be interviewing at least one East Shore person (resident or visitor) and asking some questions.

In recent conversations, I have been discussing the shut down of curiosity in our demographic. Each of us has a story, and each one is unique and deserves recognition.

So, watch for me out there. Please don't be afraid to tell your story.



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The opinions expressed in this paper are not necessarily the opinions of staff or advertisers. We reserve the right to edit for clarity or brevity and acceptance of submissions is completely at the discretion of the editor.

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Next Deadline:

Wednesday, September 21, 2011

the east shore bistro

250.227.9596

www.blacksaltcafe.net

Weds-Sun

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LETTERS TO THE EDITOR

CANADA DAY 2011

Dear Editor:

A big thank you goes out to all the wonderful friends who turned out to help with Canada Day again this year. It takes many hands to bring it together and we did it.

This was my 28th year and I am looking to have someone new take over and run the show. If there is anyone out there interested please call me at 227-9447. It has become a big day for our area and we would like to see it continue.

July 1, 2011 turned out to be a lovely day much unlike our previous rainy days. We had a great turnout and sold out of hamburgers early and almost all the ice cream so thanks everyone for your support.

Issy Snelgrove,
Crawford Bay

TRASHING PARADISE

Dear Editor:

Well, we're enjoying another season in Paradise, although with it comes the usual spate of self entitled CHEAP morons who feel the mere existence of a garbage can gives them the immediate right to stuff whatever trash they have into it.

As a courtesy, I haul the garbage from Crawford Bay Park. Invariably, 80% of what I collect is local household garbage. Kokanee Springs has often been criticized for having no can at the beach, but every time one is placed there, it's immediately filled with household garbage.

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Waiting at the ferry dock, it's hard to decide what makes me sicker – the smokers stomping out their butts all over the parking lot or the parade of millionaires coming off Pilot Bay Road and putting their garbage in the tourist bins by the ferry. If there was an enterprising person around, I'm sure a collection business along Pilot Bay Road would pay off.

Last week, a former guest who hadn't stayed here for three years drove up and nonchalantly tossed his garbage in my bin. When I talked to him, he had no idea where the dump was or when it was open, even though he had been visiting the area for six years.

So you ever wonder why there are no litter barrels on 3A between here and Creston? You can blame the tourists, but the locals are every bit as guilty. Everyone knows or can find out where the dump is and when it's open. If it's inconvenient, take it up with the RDCK or local politician. It doesn't give you the right to shift the time and expense onto someone else.

Paul Hindson,
Crawford Bay

THANKS FOR MAKING US A PRIORITY!

Dear Editor:

We would like to thank the "New" East Shore Health Care Society for their assistance in obtaining priority boarding passes for us to use on the Kootenay Lake Ferry.

This is very much appreciated.

Dr B Moulson, Dr I Grymonpre, Dr S Lee,
East Shore Health Centre, Crawford Bay

RDCK Resource Recovery Facilities



LABOUR DAY

All Waste Facilities will be CLOSED on
Monday September 5, 2011

For more information contact:
Recycling Council of BC Hotline at 1-800-667-4321
RDCK at 1-800-268-7325 Office Hours: 8:30am – 4:30pm
Mon. to Fri. (except holidays) or <http://www.rdck.bc.ca>

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Duties include customer service, filling propane
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Applications are available at the Gray Creek
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graycrk@netidea.com

Please call Debbie at 250-227-9315
with any questions.

Word on the Mainstreet

by *Mainstreet* reporter, Galadriel Rael

QUESTION: The Canadian government says that we are well on our way to recovering from the economic downturn. Do you still feel impacted by the recession? And can you feel/see that things are improving?



I'm impacted! The government has hurt us... it's been very bad, but at least I still work every day, and I've got good friends. I'm going to start a company soon called Whooraah Contracting, so I guess I still have some hope, or at least faith in myself.

Rob Letawske, Nelson, B.C.



I guess things are improving slowly. I don't think there is any quick fix... sure it would be nice to see things totally recovered by the next year, but maybe a quick bounce back could just create more instability. We are probably looking at a few years still...

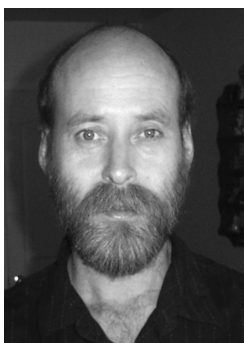
Gina Medhurst, Crawford Bay, B.C.



What the government says is rubbish. Canada and most western nations suffer from debt issues. Recession is different from depression. Recession is a cyclical rebalancing of the market that occurs regularly, whereas depression is a structural shake up of the system.... the dirty 30's wasn't called that at the time, it wasn't called a depression until after it had happened. What is happening is a total shift of global power from west to east (former 3rd world), and it is going to be difficult for us to adjust to that, learning how to share a piece of the pie. I recommend people protect themselves from government driven devaluation of currency and invest in gold and silver. At least that's worth something.

Sean McLaren, Kootenay Bay, B.C.

Creativity, Community, Conscience



RDCK Area "A" Update

by **Garry Jackman, Director, Area "A"**

By now I am actually beginning to feel like we had a decent summer. A few unexpected friends passed through the Kootenays and dropped in. I always enjoy hearing their comments about how beautiful our area is, how peaceful and relaxing.

Not always as relaxing as we would like, however, as noted below. It seems that one of the great attributes most of us enjoy about rural life is our sense of independence, unfettered by rules and bylaws. Ironically when our peace and quiet is disturbed we turn to regulations and bylaws to have the peace restored, often finding that no such bylaws exist.

Gravel extraction bylaw

Case in point of where a bylaw may have made a difference to restore the peace and quiet occurred in Riondel in mid August. A fairly routine contract was issued by the Ministry of Transportation to crush road gravel and winter sand. The contractor, for various reasons, chose to operate seven days a week, 20 hours per day until the work was finished. On one hand some of us want the rural independence to do as we will when we will, while others live in a rural setting to enjoy

the tranquility. This was a case where both could not be achieved. The RDCK does have a gravel extraction bylaw in Areas I and J (around Castlegar) which limits hours of operation, requires dust control measures, etc. This bylaw is quite generic in nature and could be in effect in our Area as well if desired. At our August Rural Directors meeting we asked staff to look at updating the bylaw (mainly by comparing strengths or effectiveness of bylaws in other rural jurisdictions) and prepare amendments for discussion and possible extension to most of the rural areas in the RDCK. Please let me know your thoughts on where to strike the balance.

More about provincial changes to product stewardship program

As I indicated last month, the province has announced significant changes in the product stewardship program which could have dramatic impacts on recycling programs. The proposed regulatory changes will require the producers of packaging and paper products to establish their own depots for return of the materials, similar to bottle return, used oil depots or tire return depots. Last month I noted some concerns about possible reductions in levels of service for rural areas. Today you will find recycle bins in numerous locations, the cost for which is largely borne by your property taxes. Once the model changes to be industry driven choices on locations of depots or collection points will be made based on what the industry and province deem to be a reasonable level of service. As I noted last month, existing product stewardship ini-

tiatives are measured across the province so it is possible to be deemed to be providing adequate service on average across the province while in reality the level of service in rural areas is much lower than the lower mainland. Today all product stewardship groups are required to perform five year reviews of their operational plans and include public input. New stewardship groups are also required to obtain public input as they establish their plans. I suggest we all look for the invitations for input as they are published and ensure that the province receives the message that any program should not be considered successful unless the results are measured and verified regionally throughout the province. The RDCK is preparing a summary of concerns and suggestions now to go to the province.

Union of BC Municipalities

Local government reps hold an annual conference to discuss common issues amongst member communities and to bring issues to provincial reps. This year the conference is in Vancouver in late September. Issues which your reps from the RDCK are actively working on are the level of regulation and testing being required for small water systems, changes to the provincial policy over diking authorities and maintenance, improvements to the BC ambulance service, new product stewardship groups, rural road maintenance and impacts of changes to how the Agricultural Land Commission operates. Your thoughts or input on these or other issues concerning the province are welcomed.

...RDCK Continued

Community planning

Last month I noted the land use plan for the Creston valley, which includes the southern portion of Area A (greater Wynndel) is currently being updated. Area A currently has an Advisory Planning Committee (APC) with members representing communities from Wynndel through to Riondel. I recommend that the APC form a sub-committee of Wynndel residents to give detailed input to the APC and to RDCK staff. If you live in Wynndel and are interested in participating please contact me.

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

Minding your Business

Kootenay Lake Chamber of Commerce

by Gina Medhurst, Secretary

Welcome to September! Even though the weather in the month of July was unpredictable, Starbelly Jam and the 1st Annual KGB (Kootenay Gut Buster) Comedy Fest enjoyed sunny warm weekends. It seems that the month of August has been full of family reunions and friends making their annual visits to our wonderful East Shore. In July, Kootenay Lake was refreshing, and August was hot enough to warm the lake to a beautiful and amazing playground to jump into at the end of a hot work day.

Michelle Mungall attended our August meeting. Michelle came by to meet the chamber members to get a feel of how we felt about the economy and answer questions that any of the members attending may have. Like most communities the economy has been declining over the past number of years in her riding. This prompted a discussion regarding the flashing light signs located at the Highway 3A junctions warning travellers about "Heavy Traffic, Expect Delays" for the Kootenay Lake Ferry. This sign is on even though according to the ferry ridership stats traffic was down by 20% in May and June. A Chamber member mentions that this is a concern and that this may be deterring visitors to take the drive up the lake. Michelle is willing to make some phone calls to have these signs changed or at least get an explanation as to why the warning signs are on.

How many of us actually know that there are actually 72 easements for public lake access along our side of the lake? Most of these public lake accesses are controlled by the Ministry of Highways. A member asked Michelle is there anything that can be done to encourage the Ministry to post signs for them? Even if the more accessible ones are clearly marked it will be easier for us to direct visitors to them, and those visitors just may decide to spend more than the day here, thereby spending their money here. The lake is the Chamber of Commerce's largest marketing tool and one of the the best parts of the East Shore. After more discussion ranging from the HST, the possibility of a fall election, to the TourismBC and the Arts and Culture Funding cuts, Michelle reminded us again that if we have any inquiries or opinions about provincial policies etc, we shouldn't hesitate to contact her. Michelle Mungall: Email: michelle.mungall.mla@leg.bc.ca. Phone (250)354-5944 or fax (250)354-5937

If you would like to contact the Chamber of Commerce please contact:

Jamie Cox, President, by phone (250)505-8286 or email @jcox@theeastshore.net

Gina Medhurst, by phone (250)354-7390 or email @ info@kootenaylake.bc.ca

The next Chamber meeting at the Crawford Bay School Meeting Room on September 19, 2011 at 7pm. Hope to see you there.

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Eastshore Food Discussion

submitted by Laverne Booth

Connect with the Food Discussion Group at the 100th annual Fall Fair on September 10 at Crawford Bay Hall. We will have a table and some information about seed-saving and other activities planned for the fall. If you have land that could support more agriculture, come let us know. We hope to do a land inventory of the area in the near future. If you are interested in growing more food, stop in and chat at the Fall Fair.

The Fall Food Series at Crawford Bay School invites community members as well as students on Wednesday mornings in October to learn about seed-saving with Netta Zeberoff of the Doukobor Discovery Centre, composting with Todd Veri of MyCrobz Bacteria Solutions and permaculture with Gregoire Lamoureux of Winlaw. Keep your eyes posted for notices.

If you are interested in seed-saving please contact Jacqueline Wedge (250-227-6803); permaculture contact Laverne Booth (250-227-9552); and marketing food contact Luanne Armstrong (250-223-8203). Thanks to RDCK and Garry Jackman for a small seed fund from discretionary funds to get activities moving and more food growing.

Local Food Site Visits

A "Community Connections" Notice

by Shandi Miller

Community Connections (with the help of Enterprising Non Profits) will be sponsoring a group visit to community food and garden sites at the north end of Kootenay Lake on Thursday September 22. Are you interested in joining us? Funds are available to cover cost of lunch, and cost of gas if you can drive a few other passengers. Space is limited so please contact Shandi if you're interested in joining us. skootenaylakeccs@gmail.com 250-505-9581

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with Lea Rae Belcourt
Certified Phoenix Rising Yoga Therapy & Thai Massage Practitioner

250.227.9030
learae@telus.net

Social Enterprising Session Invitation

by Shandi Miller

Community Connections invites you to a social Enterprise brainstorming session the evening of Thursday September 15 at the Ashram.

What is Social Enterprise?

It's basically a business that earns revenue, but is equally committed to reinvesting in its employees, and in social, environmental, economic or cultural outcomes. Gleaners in Creston is a well-known example -- used goods are donated, then cleaned, sorted and put on the shelves by volunteers, and the money earned through sales goes to support their food bank and various other good work the organisation invests in around the community. (For more information: http://www.enterprisingnonprofits.ca/about_social_enterprise/definitions)

The brainstorming session at the Ashram will be led by Michele Cherot of the Trail Skills Center, who has experience running social enterprises, and who works locally through Enterprising Non Profits with groups developing and considering social enterprise.

Let's explore potential options for revenue generation through social enterprise on the East Shore! Focal areas are likely to be related to local food and opportunities linked to the school-community greenhouse, but it is an open forum. Please bring an idea for a business which could create income to support social benefit, i.e. a 'social enterprise'!

Community Connections invites you to a social enterprise brainstorming session with Michele Cherot, Trail Skills Center

Thursday September 15, 2011
4pm - 8pm at Yasodhara Ashram,
527 Walker's Landing Road, Kootenay Bay BC

AGENDA

4:00 pm Introductions and Objectives of the session (15 min)

4:15 Social enterprise, ENP and Thinking like a Business (30 min)

This presentation will be a brief introduction to social enterprise, the enp program and what thinking like a business can mean.

4:45 Idea Generation (30 min)

The group will have a facilitated brainstorming session where any idea can be suggested that involves creating a business utilizing the greenhouse. Once all the ideas have been identified there will be a group process to identify the concepts which would most likely become a successful social enterprise; a maximum of 5 ideas.

5:15 Idea Assessment - Part 1 (45 min)

The group will work collectively through a template of questions for each of the chosen concepts but will individually rate each idea against the questions. Each idea will be collectively tallied during this process.

6:00 pm Dinner Break (30 min)

6:30 Idea Assessment - Part 2 (45 min)

Continuation of working through template to rate ideas.

7:15 Idea Selection (30 min)

The group will review the ideas collectively with the objective of reaching a consensus on which idea they feel they would like to test in a Feasibility Study process.

7:45 pm: Next Steps & Check Out (15 minutes)

Community Connections would like to thank Enterprising Non Profits for funds making this event possible, and the Yasodhara Ashram Society for hosting the event and contributing a free nutritious dinner.

Space is limited to 20 participants so please RSVP by emailing Shandi at skootenaylakeccs@gmail.com.



Our Back Yard

by Galadriel Rael,
Mainstreet reporter/
correspondent

500 Children Die in Canada in Fewer Than Two Months!

Tens of Thousands More Expected to Die...

Imagine if this was really the headline, Canadians would be up in arms ready to rectify and remedy the issue in a heartbeat; nobody would be speaking about anything else. So why is it that this headline is not conjuring and rallying Canadians into action? Is it because they are Somali children?

I don't dare imagine that people value Canadian children more than African children. Is it because it's not blaring in our faces incessantly? Well the truth be told, these numbers are for real, and 1.6 billion dollars are needed immediately to help the world's worst famine in 60 years.

The Horn of Africa is looking at the potential of being the world's worst humanitarian disaster, and only half of the money needed has been raised. Without immediate action millions will die.

On July 29 of this year a famine was declared in Somalia. There are a variety of contributing factors: two consecutive growing seasons with no rain (killing both crops and livestock), high international import

costs, food prices increasing by up to 300 percent in part due to increased fuel and transport prices. All of this in a country that hasn't seen real government in two decades and its capital is one of the most dangerous cities in the world. There was already reduced access to food due to a militant group driving humanitarian and aid organizations out of the country. Before the famine, children were already suffering from acute malnutrition and had nauseating mortality rates.

An Islamic militant group called al-Shabab has been at the heart of the country's civil war and instability. Al-Shabab has killed journalists and humanitarian aid workers in an effort to scare and keep foreigners out of the country in addition to keeping Somalians from fleeing the country, where they might seek help. All in all, this is a devastating recipe. Somalia is the most urgent country but Ethiopia, Djibouti, Rwanda, Kenya, Eritrea, and Uganda are also suffering.

So aren't you glad you live in Canada, safe and sound, where nothing like that could happen? Well considering the planet's population is expected to rise from seven to nine billion by 2045 **it has been estimated that we will need to double our current food production to feed the planet.** There are currently one billion people on the planet that are hungry at this very moment and climate change is enhancing agricultural instability. In fact experts say that if we keep "business as usual," it will not suffice. In the next half century, climate change alone could reduce yields world wide by 16 percent and 28 percent in Africa.

Experts are using a new term called climate-smart agriculture. Farming has to change its water management, learning to recapture nutrients in soil and waste streams. We need to tighten up the whole food system, considering that half of the world's harvest is lost between "field and fork". We can help poor countries improve their ability to store and package food and decrease food waste. Studies show that wherever there

is easy access to cheap food, people will buy more than they will consume. **As an example, for every 103 pounds of red meat purchased, 36 pounds are wasted (35 percent).** Considering meat is one of the most costly (on all resources) to produce, the benefits of reducing meat consumption are significant. We also need to focus more energy on supporting and encouraging small farmers, as they can be a key element in improving poverty and hunger.

Seventy-five percent of the world's poor are rural, and find themselves in the infuriating, ironic position of being hungry farmers or farm families. Lack of infrastructure, access to world markets, and weak support systems (insurance) in cases of lost crops, are all weakening the small farmer's ability for success. There has also been an effort to "help" farmers by providing them with high yielding genetically modified seeds that are meant to decrease poverty, but in fact has arguably caused more damage than good since these seeds tend to be genetically weaker and more susceptible to extreme weather and bugs. In turn, these farmers have to buy expensive fertilizers and toxic pesticides that they cannot afford, and find themselves in debt traps. Also adding to the debt load is many of these genetically modified plants have "suicide seeds", so the seed at the end of the season cannot be collected to re-sow the following crop. Farmers traditionally would have been planting a mix of crops from seeds that were specially adapted to its specific region, resistant to common local pests and weather. Many of these seed varieties are quickly being lost to monocrops of hybrid seeds.

Experts estimate we have lost close to half of our food varieties in the past century. For example, in the 1800's there were around 7,000 apple varieties, whereas we now have fewer than a hundred. Once there were 497 varieties of lettuce and now there are 36. The same goes for tomatoes (408 to 79), and the list goes on. The phrase that comes to mind is don't put all of your eggs (or in this case, seeds) in one basket, which unfortunately is exactly what we are doing. More and more we are using a limited variety of plants and animals to feed the whole world. Monoculture crops are inherently weak since they are vulnerable to plagues and easy to wipe out.

As an example of just how vulnerable we have made ourselves, look at wheat. Wheat's old foe has always been a fungus called stem rust. Currently there is a variety of stem rust spreading around the world that 90 percent of our wheat crops have no resistance to. It is estimated that if (or when) the fungus reaches the U.S. it will risk around a billion dollars worth of wheat Throughout Asia and Africa it could leave a billion people without their primary food source.

With food prices rising, 44 million more people have been pushed into poverty. The poor are taking the hardest hit since it takes a greater portion of their overall income to purchase food, and the wealthy spend a relatively small amount of their income on food, leaving them less impacted.

All of this is to say or perhaps suggest, that as we come into the bountiful fall season, and we are harvesting our apples and tomatoes, we take a moment to think hard about where our food comes from, where it originated, and how we can keep it safe and sound.

The last thing you want your mother saying to you at the dinner table is, "There are starving children in Canada who would be more than happy to eat that!"



AREA "A" EDC Economic Development Commission

Volunteers are needed for the EDC. Community minded individuals who are interested in how our tax dollars are allocated ... please contact Lorna at lornarobin@bluebell.ca or Garry Jackman gjackman@kootenay.com (phone 250-223-8463) There are about 6 meetings per year at communities along the East Shore.

There is \$20,000 now available for grants to organizations for the 2011 calendar year, for projects for Area A (East Shore) relevant to the promotion and encouragement of economic development. All applicant groups must be a registered society or apply to a registered society to sponsor the application and handle the funds.

Next application deadlines:
October 7, 2011... March 7, 2012
Approval/funding lag time 6 to 8 weeks

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

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

Email lornarobin@bluebell.ca
Or call 250-225-3333 for more info

Visit InvestKootenay.com

KOOTENAY KIDS SOCIETY is seeking a STRONG START FACILITATOR

for Crawford Bay area to be responsible for working independently to plan and implement a safe, developmentally appropriate, quality inclusive and family centered Strong Start Program based on The Ministry of Education Guidelines.

**For detailed job posting please visit
www.kootenaykids.ca.
Posting closes September 7, 2011.**

New Key's Place

**Downtown Crawford Bay
250.227.6911**

**Thank you for all your support
over the summer! We look forward
to seeing you in the fall.**

Watch for posters for upcoming events...

**Kitchen open until 9pm
Ice Cream Available!**

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1628 Canyon St, Creston (right next to 7-eleven)

Fair Honoured With Century Farm Award

press release by KLAFF

The Kootenay Lake Fall Fair is being recognized with the Century Farm Award after showcasing this area's agricultural contributions for 100 years.

Century Farm Awards honour pioneers whose farms or ranches have been in families for 100 years or more, as well as agricultural organizations that have been active for a century or longer. Category 4 recognizes farm organizations that have been supporting agriculture and farmers continuously for 100 years or more.

Each Century Farm Award celebrates the rich heritage of farming and ranching families and organizations in B.C.

The Kootenay Lake Fall Fair was established in September 1911 and has run each year with exception of one year during WWI.

We are proud of being honoured with this award and would like to thank the BC Agricultural Ministry for their acknowledgement and more we would like to thank the community both past and present for continuing to support the Fall Fair.

See you on September 10, 2011 at the opening of the Fair when we are officially presented with this award.

Kleeca in Transition

by Dave Hough

KLEECA is in transition. As you may know by now the board members have put the brakes on the development proposed for Glen and Fran Kinder's property. The future is not as rosy as it appeared three years ago and our Business Plan will not allow us to proceed with insufficient funds. Also the demographic nature of the community has changed; most seniors are already in homes and intend to stay there while it is the youngsters who have housing needs that are the most challenged.

We have not abandoned the Kinder project. It is still a prime property for development and maybe a White Knight will appear with \$2.5 million and build 8 apartments. The offer to purchase has not expired and for less than \$800k we could buy it and have a centre. In the meantime we are working to identify the best service we might venture to help keep these seniors in their homes; transportation seems to be the most desirable service from a senior's perspective.

The board is now reduced to just four directors but we have retained the capable Johanne Bedard our former Project Manager to help us with the next phase. Robert Agnew and Johanne are reaching out to various organizations for their input. I will remain a board member and chair through this transition phase and welcome your thoughts.

Contact me at kleeca@theeastshore.net.

Like Tipi Camp, Only Bigger

by Anna Rose

At the end of May, I had the opportunity to go to the third annual International Indigenous Leadership Gathering near Lillooet. That's an eight-hour drive from here, to the northwest past Kamloops. I'm not indigenous and I'm not much of a leader, but the gathering is open to all who feel drawn to it. The theme of this event is "Protecting the Sacred", meaning sacred knowledge, sacred lands, sacred children, and sacred generations. The format is a week-long camp-out in a huge field behind the house of one of the local indigenous families, with morning and afternoon sessions of speakers (and one indigenous dance group), optional ceremonies to be part of, and plenty of free time to mingle and reflect.

The organizers themselves don't know exactly how many people come each year, as there is no requirement to register or pay admission. Learning that made me more eager than ever to go – it is truly "about the message" and not about money. Hospitality was shown that I've read about in books but didn't think could still exist. The number of attendees at the IILG this year grew during the days I was there to around one thousand, of all ages. Even those who were not leaders were encouraged to share something of what they'd experienced when they got back home. My public offering is this poem. I'd be happy to talk to anyone who wants to know more about the event. The organizers have a good website, too: www.iilg.ca.

The Gathering

There's a little green valley rich with life at the end of your long dry road past noisy store-filled cities. Your ego's to be left at the gate, says the sign, your alcohol, drugs and items to sell. It's a spiritual gathering here.

The world is in turmoil, we know. Firestorms and floods show Mother Earth's stress, and dominant culture collapses. But indigenous elders have visions: the north and the south, the east and the west will all come together as one.

It's time to share our wisdom and prayers, Especially led by the "red" people for earth-keeping stayed in their blood through hundreds of years of scorn and abuse. They invite you to smoke their peace pipe now and purify yourself in their sweat lodge.

Listen to words for the troubled youth who've had no teaching, don't know, and act for themselves without thought: find mentors among the wise ones. If wounded, you CAN be healed. You're beautiful, strong, you will shine.

See patience, respect, generosity. Come wait in the line for gifts of food, salmon and venison caught by your hosts. Encourage your neighbour and laugh, "We're here all day – it will come" and help out where you see the need.

Shuffle and stomp with the chief of dance, join hands as you circle round. At sacred fire, thank the Creator and resolve to stay open to Spirit. Retire in peace to your tent, van or tipi - fall asleep to the heartbeat of drums.

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Antique Chainsaws at the Fall Fair 2011

by Tom Lymbery

Mike Acres of the CHAINSAW HISTORY BOOK is bringing some of his unusual antique saws from Vancouver to the 100th Anniversary of Kootenay Lake Fall Fair. He has also promised to cut a log with one of these unique machines.

Mike came here many times when Kokanee Carnival of Sports was part of the Southern Interior Loggers Sports Association. He and Dennis Jensen came up with the Fire Pump contest, a team event that was one of the most exciting things on the program that drew up to 3,000 people to our show in the 1970s and 80s.

Mike was on the road for many years as a service representative for several saw distributors, so he always had his eye out for interesting saws. Now his collection consists of at least 160 different machines. Some years back he started 'The Chainsaw Collectors Corner' on the internet, and from this evolved the large hardcover book, *Chainsaws, a History* by David Lee, Harbour Publishing


Since Gray Creek Store has been selling saws for 55 years, Tom has to choose what to display from his stash, most certainly including a 1954 Pioneer made in Vancouver, which was the first ever direct drive unit doing away with the weighty and expensive gearbox that earlier models had. Saw collectors are also bringing units from Kaslo and Creston, as is Mike Jeffery of Crawford Bay, who has spearheaded this event.

6 Mainstreet September 2011

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at the Crawford Bay Castle.

Fall Fair 2011 Centennial Reflections

submitted by Jeanne Lahnemann

I was recently asked for some history on the fall fair. While doing the research, I found out some interesting facts that I would like to share with you.

- The first fair was held on Sept 22, 1911 and was put on by the Farmer's Institute; it boasted 33 classes of fruit, vegetables, flowers, a sporting competition and an evening dance.

- Early fairs were strictly local events due to the lack of roads. For many years the fair consisted of an annual sports day, 4H Competitions which involved livestock judging and public speaking competitions. Apple packing competitions were a big part of the fair in the fruit growing era between the wars.

- The Women's Institute took over organizing the annual event. (Year unknown) A lot of the early records have been lost and there is a large gap in what information is available.

- A lot of the early exhibitors are remembered now by roads and places being named after them. There are however, some families whose ancestors' names appeared as winners in the first fairs. 2 that come to mind are Oliver and Derbyshire.

- In 1955, the fair committee established an annual fee of \$.50 for membership in the association. But it seems the fee was difficult to collect and the practice was dropped.

- In 1967 the fair had a centennial theme.

- In 1969 there was lots of livestock including best beef calf, best hen and chicks, best hen and rooster and best small pony.

- In 1971 the fall fair was a success but the committee was having difficulty with the amount of work involved. The fair did go ahead but entries dropped by almost 1/2 as so many families had left the East Shore with the closure of the Bluebell mine in Riondel.

- Throughout the 70's, there were several years when attendance was down. It began to pick up in the 1980's and the committee tried various kinds of entertainment and other add-ons to the horticultural displays.

- In 1986 the fair celebrated 75 years.

- 1989 included a fashion show of heritage bridal gowns from 1913, 1940 and 1946 as well as modern clothing made by the Crawford Bay Clothing Company which was operating at the time.

- 1991 featured a parade.

- In the 1990's, teas were catered by other community groups.

- In 1993, the committee became a registered non-profit society under the name of Crawford Bay & District Agricultural Fall Fair.

- In 1996, the Kootenay Lake Environmental Education Centre offered sweets and tapas at the tea.

- In 1998, over \$2000 in cash prizes and gift certificates were awarded and a scarecrow contest added to the program.

- In 2002 the name was changed to Kootenay Lake Agricultural Fall Fair.

- In 2004, the fair included a pancake breakfast, children's games, community dinner and dance.

- In 2006 after the 95th fair was held, it was announced that the fair would not continue as no volunteers had come forward to form a new board and take on the organization of the fair.

- 2007- Lorna Robin agreed to become President and with 4 other board members, organized and held the 96th fair but as a much scaled back event consisting of a display of judged exhibits, a bake sale and raffle. An outside group did host a tea that year. Mike and Ivy Jeffery also came forward that year and volunteered with the fair.

- At the AGM in 2007, Mike and Ivy Jeffery came on the board and took over the positions of President and Vice president and along with the other board members, the fair was continued and this board was committed to seeing the fair to its 100th year.

- So please join us as we celebrate this momentous occasion.

- We would like to extend a great big thank you to all of our supporters who have so generously assisted us with financial support as well as beautiful prizes for this year's fair.

In addition to our usual events of judged exhibits, bake sale, raffle and tea, this year, the local Lions Club is hosting a BBQ lunch; there will be historical displays put on by the Riondel Historical Society, Gray Creek Historical Society, Brenda Panio is our histo-

rian for Crawford Bay and Verna Mayers-Mackenzie is supplying a display for Boswell.

There will be lots of entertainment with local musicians supplying music, story telling by Susan Hulland, hands on art with the Riondel Art Club. We will also be having children's entertainment, a boat safety demonstration, antique chainsaw display and many guessing competitions. The volunteers and other community members will be wearing vintage clothing to celebrate the event. So mark your calendar and plan to attend.

If you need any information, booklets or advance entry tickets, please contact Mike and Ivy Jeffery at 227-6807, Jeanne Lahnemann at 227-9082 or Terry Turner at 225-3483

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Starbelly Jam says Thank You

submitted by Starbelly Jam Society

The Board of Directors of Starbelly Jam Society would like to offer their sincere thanks to all the people that volunteered their time and energy to make Starbelly Jam Music Festival the success it was this year. Although it was not a financial success, due to a drop in attendance (as was the case at all Kootenay music festivals this year), it was successful in other ways. The feedback from our survey of attendees showed that the entertainment line-up was considered by many to be our best ever. The food and craft vendors also got good marks, and the 550 children under 13 had a great time in the craft area as well as enjoying the special entertainment we brought in for them. Even the weather co-operated!

Putting on an event the size that Starbelly Jam has become takes thousands of people-hours. Under the board of directors is a list of departmental managers who are responsible for everything from artistic direction to hospitality to sanitation to the gate to parking to security and many other departments. These volunteer managers all have several volunteers working under them, and amazingly enough the work gets done and the festival happens, more or less according to plan.

Apart from the volunteers, there is another form of support that must be acknowledged – financial.

Starbelly Jam gets financial support from the Federal Government (Canadian Heritage), the Provincial Government (BC Arts Council), The Regional District of Central Kootenay, the Nelson and District Credit Union (who have been supporting us from the very beginning), and the SOCAN Foundation. Other sponsors that support us with reduced fees for their services are Kootenay Co-op Radio, *The Nelson Star* (Black Press), 1035 The Bridge radio.

There really is no other event on the East Shore of anywhere near the size and complexity of Starbelly Jam, and it is a testament to our small population that we can pull off such a celebration of community, music, dance, families, and Kootenay culture. It's a ton of work, but seeing all those happy smiling faces, especially the kids', makes it all worthwhile. Those happy faces have been inspiration enough to keep the festival going for 12 years now, and the society needs some new blood to keep going. If you are interested in being part of the Starbelly team, or would just like to know what is involved, please contact us at info@starbelly-jam.org.

Celebrating the 100th Annual
**KOOTENAY
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Centennial Reflections
Crawford Bay Hall, Crawford Bay B.C.

Fair Opens
Saturday Sept. 10, 2011
10am - 4pm

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Farm Products, Fruits & Vegetables, Preserves,
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See the (Silver) Fall Fair Booklet for Entry Forms
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ENTERTAINMENT: Applesauce Fiddlers,
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Many Bays Band, Howlin' Dan,
Farley Cursons, Ruminescents,
Samba Lago Profundo
& story telling by Susan Hulland.

special thanks to





Thought For Food

by Farley Curzons

In the spiritual tradition of India, it is said that if you could taste the soul, it would be sweet. Indeed, the human condition in some of its most precious moments is perceived as "sweet": "the sweet life," our "sweet-heart", "sweet dreams", or "the sweet smell of success." Sweetness is an experience, and food is just one doorway that leads us there.

The Sufis believe that every object and sensation on the physical plane has a corresponding mirror on higher planes. In their view the sweetness of food (on the physical level) is reflected in the spirit of love (emotional), which is reflected in the sweetness of divine ecstasy. Even though the sweetness of a chocolate truffle differs radically from the sweetness shared between lovers, the metaphoric connections still exist.

In fact, scientists have recently discovered a chemical compound in chocolate-phenylethylamine-believed to mimic the physiological sensations of love. Even more fascinating, in the religious traditions of the Hindus, Taoists, and Tibetan Buddhists, mystics have referred to an ecstatic state where a sensation of indescribable sweetness spontaneously arises in the mouth.

Sugar is seen as a food that has had a powerful effect in helping to expand personality force, creativity, and self-consciousness. Even today historians are at a loss to understand why so many wars have been fought over sugar and different spices. I offer this reason: Sugar and spices were the drugs of earlier cultures. When these foods were first introduced, their effect was even more powerfully narcotic and mind expanding than they are today.

When we eat sweets, our desire is not just for food. Our longing is for the experience of sweetness, something we can taste on the tongue, in the heart, or in our most sacred thoughts. However, because it is

more difficult to find a sweetheart or a sweet Jesus, the mind often considers sweet foods an acceptable substitute. Food happens to be the most available form of the sweet experience.

We instinctively crave sweetness on many levels and it is a perfectly natural phenomenon. Research has revealed that as increasing amounts of sugar are added to a newborn's bottle, the rate of sucking increases. Small children offered a choice between a healthy food and a heavily sweetened one will overwhelmingly choose the sweet. Our first food, mother's milk, is naturally sweet. From an evolutionary standpoint, our preference for sweets is highly advantageous for survival. Not only did it direct early hominids toward easily available ripe fruits and vegetables, it kept them away from poisonous plants, which are usually bitter in taste. **There are no sweet foods in nature that are known to be poisonous.**

Sugary food is one of the most popular forms of substitute love. Its effect is even more potent when combined with the love-inducing chemicals in chocolate. The downside of repeated substitution is the same for sugar as it is for drugs, alcohol, or cigarettes- dependency. We become mechanically bound to sugar because it fulfills an immediate need and exerts a powerful narcotic effect. Yes, sugar is the original gateway drug.

Yes, sugar is the original gateway drug.

While we've observed that the need for the sweet experience is inborn it has been proven that there is no physiological requirement for refined sugar in the diet.

Quite the contrary, excess sugar in the diet promotes tooth decay and obesity and has been implicated in heart disease, diabetes, hypoglycemia, immune deficiency diseases, digestive disorders, and allergies. Perhaps the most fascinating and best kept medical secret about sugar is that excessive consumption causes calcium loss, which leads to osteoporosis.

Refined sugar is lethal when ingested by humans because it provides only that which nutritionists describe as empty or naked calories. In addition, sugar is worse than nothing because it drains and leeches precious vitamins and minerals through the demands it's digestion, detoxification, and elimination make upon

ones entire system. So essential is balance to our bodies that we have many ways to provide against the sudden shock of a heavy intake of sugar. Minerals, such as sodium (from salt), potassium and magnesium (from vegetables) and calcium from the bones are mobilized and used in chemical transmutation; neutralizing acids are produced, which attempt to return the acid-alkaline balance factor in the blood to a more normal state.

Sugar taken every day produces a continuously overacid condition, and more and more minerals are required from deep in the body in the attempt to rectify the imbalance. Finally, in order to protect the blood, so much calcium is taken from the bones and teeth that decay and general weakening begin.

Excess sugar eventually affects every organ in the body.

Excess sugar eventually affects every organ in the body. Initially it is stored in the liver as glucose (glycogen). Since the liver's capacity is limited, a daily intake of refined sugar soon makes the liver expand like a balloon. When the liver is filled to its maximum capacity, the excess glycogen is returned to the blood in the form of fatty acids. These are taken to every part of the body and stored in the most inactive areas: the belly, the buttocks, the breasts and the thighs.

When these comparatively harmless places are completely filled, fatty acids are then distributed among active organs, such as the heart and kidneys, and these begin to slow down; finally their tissues degenerate and turn to fat. The whole body is affected by their reduced ability and abnormal blood pressure is created the circulatory and lymphatic systems are invaded and the quality of red blood cells deteriorates. An over abundance of white blood cells occurs, and the creation of tissue slows. In short, our bodies tolerance and immunizing power becomes more limited, so we cannot respond properly to extreme attacks, whether they may be cold, heat, microbes and bacteria.

Well what are we to do? How we protect ourselves and our children from the refined sugar that the ever-powerful processed food conglomerates put in everything from pasta sauce to cheese whiz? Don't buy it. The only thing that will make them change their ways is a loss in revenue. Make your own treats and desserts with natural sweeteners. Natural sweeteners may be defined as sweet foods that have not had the nutrients removed. Here is a list of natural sweeteners that have been used all over the world for centuries.

Don't buy it.

- Raw Honey
- Date Sugar
- Malted Grain Syrups
- Maple Syrup
- Rapadura
- Molasses
- Sorghum Syrup
- Stevia Powder

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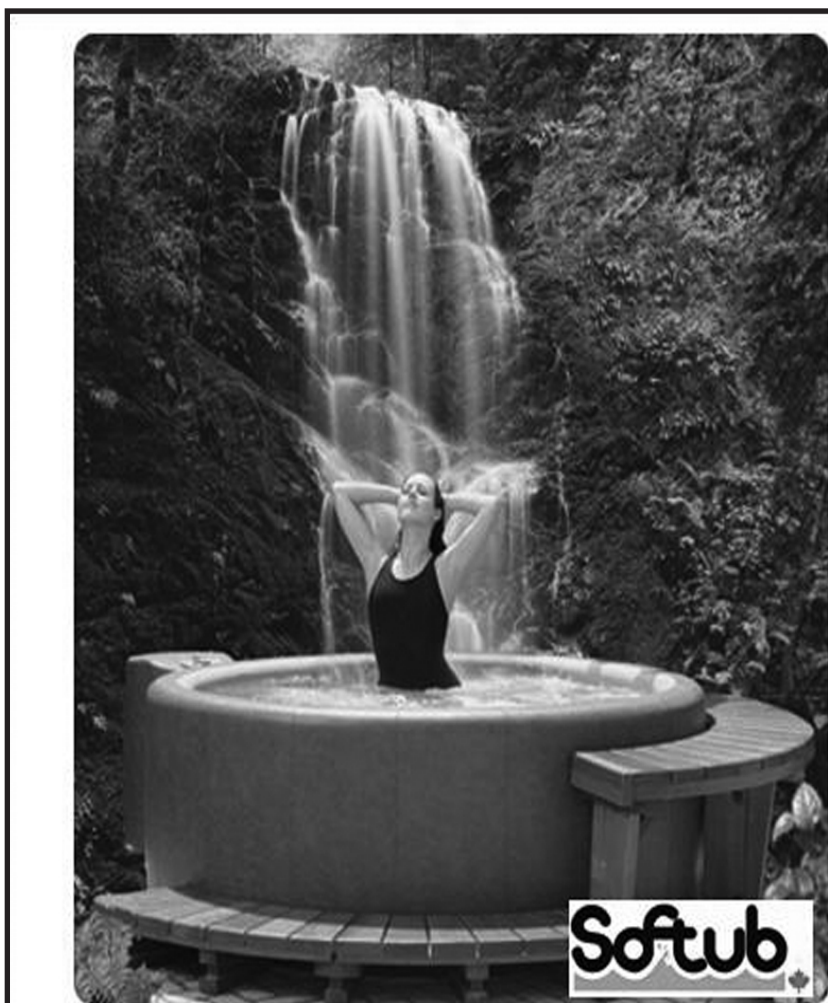
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Tom's Corner

by Tom Lymbery

MacDonald's Golden Stairs

Eoin MacDonald of Calgary holidayed at Kootenay Cottages (now East Shore Properties) for several years from about 1950. He often rowed a boat around Cape Horn, the tip of the Pilot Bay peninsula, to look over the rocky, uninhabited shoreline, and decided that he would like to purchase property there. In those years the BC government was willing to sell virtually any wild land for what today seems like giving it away. He found that he could buy ninety acres extending from the tip of the point as far as Picnic Bay for \$95, as well as two other options for similar prices - about \$1 an acre.

Eoin decided on a lot of thirty-five acres west of Cortiana's (now Tipi Camp) with a distinctive bay, known by a rock outcrop with a tree on top, which pokes up by itself from a pebbly beach (now MacDonald Beach). Eoin's intended project was to build a cabin on a fairly level spot about fifty feet above the beach, and design a staircase up to the cabin site. He talked to "the man of all projects" George Oliver, then ordered some long timbers from Horst Wirsig at Gray Creek Forest Products. Horst agreed to have these placed on the beach below his sawmill site in south Gray Creek, close to two short mining tunnels dating back to Henry Rose in 1895.

I had a cedar clinker - built boat called the Busy Bee which we used as a rental for customers to row or use with their own motor. Many carried a small outboard with them in those years, but I didn't have a motor myself. Slim Midwinter had an outboard, so George arranged a Sunday in January to move the timbers across the lake. We left our wharf and motored to Wirsig's beach to heft the timbers into the water. That went okay, and tying the timbers behind the boat with a rope was no problem, so off we went. It was about 28 degrees Fahrenheit with little wind and no waves to speak of.

Landing at the easy - to - identify beach ("Tree on its Own Rock") was okay, but the pebble beach is usually washed into ridges, so we got water over the stern and had to chop into the ridge with a picaroon* to get the boat pulled up well out of the lake. With three of us it was relatively easy to manhandle the timbers into position where they would become the frame of the stairs. We then looked around up on top where Eoin was planning to build a cabin, so that George could decide what it might need for foundations on a slight slope.

After lunch which each of us had brought, it was time to go. We re-launched the Busy Bee, and Slim attempted to start his outboard motor. It coughed and snorted a few times, and then flamed up. After he put the fire out Slim tried again, but he only managed to get another fire going! George and I said, "This is enough." So we put the oars in the oar locks and rowed home to Gray Creek, which took us a bit more than

an hour. With two people rowing we moved along steadily. It was a poor boat for one person to row, but okay for two as it was wide for a rowboat - you had to row with your arms far apart. I had bought the Busy Bee from a man in Nelson who had it built to order by the boatbuilder H.C. Walton with the intention of taking all his family fishing. That didn't find favour with them so he had put it up for sale. After my purchase Bill Townsend brought the boat to us in his Nelson - Creston Transport truck.

Eoin got the stairs finished the next season, after bringing twenty-five wooden steps from his Calgary home, which he tucked inside his own boat on its trailer. He had built his wooden boat The Gull at his home and powered it with a 15 horse Johnson. That may have been the summer in which Fred and Joyce Gale with their twelve-year-old son Mel camped on Eoin's beach



"MacDonald's Golden Stairs", built over fifty years ago, still climb up a steep bluff from MacDonald Beach on the Peninsula.

Photo: Frances Roback, July 2011

for a month. Their cold water supply was a drip in an old mine tunnel just behind the beach. The drip was sufficient to fill a pail in about an hour. The Gales' house in Calgary was next door to Eoin's, so we can credit him for bringing the Gales to the Lake.

George spent a few days building stone piers for the proposed cabin that never came to be. I think he also built the fireplace near the base of the stairs. He took cement and tools over in the rowboat he had built himself - an easier row in a smaller boat. He made many carries up those twenty-five steps with cement, water, and sand which had sifted into the beach to build the stone and cement pillars for the cabin. Although the build-

ing never materialized, George's foundation pillars are still solid, supporting three timbers. The stairs are still there, and are surprisingly strong after enduring nearly fifty years in the weather. Someone has nailed on two new cedar steps, but the rest are okay.

Take care if you do go to look - I don't recommend running up and down them. It was George who coined the name MacDonald's Golden Stairs as they went to a cabin in the sky that wasn't there. Eoin was an artist, painting Kootenay scenes from colour slides which he had taken in the summers. **As his sight began to fade with old age, his painting improved!**

*Note: A picaroon is a tool used for moving boards or timbers. It is similar to an axe but has a point to grip wood instead of a blade - still in stock in our store.



The beach's distinctive landmark - a tree in a rock outcrop - is shown in this 1956 photo of Mel Gale's cousin Rosalind and an unidentified companion. The tree still grows vigorously today.

Photo: Mel Gale

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- Sept 9: Mike Stenhouse - Brandon Salviulo Memorial Performance
- Sept 10: Llama - Brandon Salviulo Memorial Performance
- Sept 10/11: Brandon Salviulo Memorial Pancake Breakfast, 7-11 am
- Sept 12: Celebrate the Mid-Autumn Moon Festival with our Chinese Dinner
- Sept 24: Thanksgiving Meat Draw
- Sept 25: Eastshore Dixieland Band
- Sept 29-Oct 1: End of Summer Celebration Weekend

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It is through the tireless fundraising efforts of the Parental Advisory Committee (P.A.C.) that our children, educators, and other community members have access to this healthy and diverse menu.

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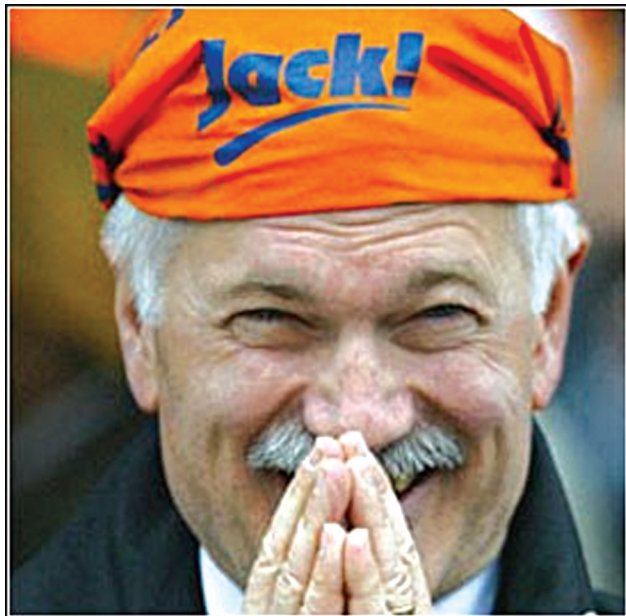
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Jack Layton's Inspiring Final Words to Canadians



Jack Layton, leader of the New Democratic Party, died succumbing to cancer early on August 22. What follows is his letter to Canadians, penned two days before he died.

August 20, 2011, Toronto, Ontario

Dear Friends,

Tens of thousands of Canadians have written to me in recent weeks to wish me well. I want to thank each and every one of you for your thoughtful, inspiring and often beautiful notes, cards and gifts. Your spirit and love have lit up my home, my spirit, and my determination.

Unfortunately my treatment has not worked out as I hoped. So I am giving this letter to my partner Olivia to share with you in the circumstance in which I cannot continue.

I recommend that Hull-Aylmer MP Nycole Turmel continue her work as our interim leader until a permanent successor is elected.

I recommend the party hold a leadership vote as early as possible in the New Year, on approximately the same timelines as in 2003, so that our new leader has ample time to reconsolidate our team, renew our party and our program, and move forward towards the next election.

A few additional thoughts:

To other Canadians who are on journeys to defeat cancer and to live their lives, I say this: please don't be discouraged that my own journey hasn't gone as well as I had hoped. You must not lose your own hope. Treatments and therapies have never been better in the face of this disease. You have every reason to be optimistic, determined, and focused on the future. My only other advice is to cherish every moment with those you love at every stage of your journey, as I have done this summer....

...To my fellow Quebecers: On May 2nd, you made an historic decision. You decided that the way to replace Canada's Conservative federal government with something better was by working together in partnership with progressive-minded Canadians across the country. You made the right decision then; it is still the right decision today; and it will be the right decision right through to the next election, when we will succeed, together. You have elected a superb team of New Democrats to Parliament. They are going to be doing remarkable things in the years to come to make this country better for us all.

To young Canadians: All my life I have worked to make things better. Hope and optimism have defined my political career, and I continue to be hopeful and optimistic about Canada. Young people have been a great source of inspiration for me. I have met and talked with so many of you about your dreams, your frustrations, and your ideas for change. More and more, you are engaging in politics because you want to change things for the better. Many of you have placed your trust in our party. As my time in political life draws to a close I want to share with you my belief in your power to change this country and this world. There are great challenges before you, from the overwhelming nature of climate change to the unfairness of an economy that excludes so many from our collective wealth, and

the changes necessary to build a more inclusive and generous Canada. I believe in you. Your energy, your vision, your passion for justice are exactly what this country needs today. You need to be at the heart of our economy, our political life, and our plans for the present and the future.

And finally, to all Canadians: Canada is a great country, one of the hopes of the world. We can be a better one – a country of greater equality, justice, and opportunity. We can build a prosperous economy and a society that shares its benefits more fairly. We can look after our seniors. We can offer better futures for our children. We can do our part to save the world's environment. We can restore our good name in the world. We can do all of these things because we finally have a party system at the national level where there are real choices; where your vote matters; where working for change can actually bring about change. In the months and years to come, New Democrats will put a compelling new alternative to you. My colleagues in our party are an impressive, committed team. Give them a careful hearing; consider the alternatives; and consider that we can be a better, fairer, more equal country by working together. Don't let them tell you it can't be done.

My friends, love is better than anger. Hope is better than fear. Optimism is better than despair. So let us be loving, hopeful and optimistic. And we'll change the world.

*All my very best,
Jack Layton*

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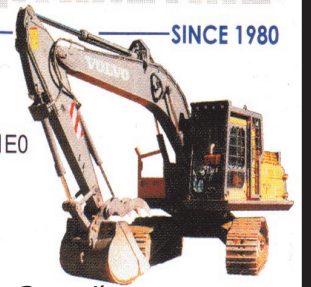
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Riondel Daze Breakfast 2011

by Isabel Snelgrove

Riondel Daze is always an exciting time in our little village and 2011 added another new kind of excitement... power failure.

The first morning of this fabulous weekend got off to a great start with the curling crew ready to perform their masterly art of flipping those pancakes for the pancake breakfast...then...out of the blue the power went off... No lights, no hot grill, no pancakes, no coffee, no eggs... in fact it looked like a no pancake breakfast.

Panic was just about to set in when Dave Soanes and Wade Wensink, both said, "We have generators." Off they went to pick them up, the working curlers went home to bring anything they had to get this breakfast show ready... grills came, frying pans, utensils to keep a crew working and before long the big show was ready to go again.

Everyone worked hard and 132 breakfasts were served with all the trimmings that Saturday morning using every kind of grill and pan possible. People commented on what a fantastic job the crew did. They worked hard and they made a most delicious breakfast under unforgettable circumstances.

A big thank you goes out to: John Kehler, Bob Moore, Terry Turner, Glen Kinder, Bob and Linda Egeland, Don Laing, Nils Anderson, Anne Rokeby-Thomas and Stuart Corry.

This was my first big event as president and I'd like to thank all the customers for their patience and all the willing workers. Acknowledgment needs to given to our 82 year old curler, John Kehler, who is always willing to help... May we all take an example from him.

Gray Creek Pass Report

by Tom Lymbery

Forest Service's improvements were completed on August 6, but they were unable to keep the road open for the holiday weekend as there was more work to be done than expected. New cement curbing of current highway size has been installed in some areas giving drivers added confidence when approaching a steep corner. You may notice a new road across from Oliver Lake. This was used to access stone needed for road stabilization. Please remember to use lower gears on the downgrade. I am still pushing for signs reading, "Stop here to let your brakes cool."

Construction project supervisor Tina Zimmerman estimates that Forest Service has spent at least \$70,000 this year and that's only for the West Kootenay portion - the ten miles from Gray Creek to the summit. East of that is Cranbrook's territory, with a separate budget. It's interesting to note that the value of this important road is being recognized with more substantial dollars - the only true road link between West and East Kootenay. If this was in the US it would be paved with definite seasonal opening and closing dates.

I asked Tina how it felt to be a road project supervisor. She has some years of experience, as she worked for Highways in this capacity before coming to Forest Service. When she was on her first project she found she was the only female, so had her own shower and facilities. The males had to wait to use theirs, and complained somewhat but that was the only problem that came up. We admire a lady who can handle a large project like this, with two excavators, bulldozer, grader, hydraulic rock hammer, and three off highway articulated dump trucks.

Have you seen the Floyd Oliver Memorial at Oliver Lake? It is well worth the three minutes it takes to walk in. Floyd was Johnny's cousin, and Floyd's brother Lyle visited Museum Days from Penticton.

Sunday morning, the second day of the breakfast, was very successful and was with power. Close to 200 breakfasts were served with all the same hard working crew and a few more willing hands. Thanks to Wade Wensink, Harry Arnott and Nancy & Frank Schmaus for doing the clean-up. It was most appreciated.

This was the first year the event was not held in the Curling Club and proved very successful held in the Community Centre giving people more space to work and the wonderful customers time to sit and enjoy the great breakfast and visit.

TOM SEZ

by Tom Lymbery

Bridge washing and oiling is needed to protect highway's structures from the winter's salt treatment. Barney Bothamley of YRB explains that they use boiled linseed oil. You may notice the distinctive smell. Since this is an environmentally friendly oil made of flax, it also lasts longer and won't affect the creek or lake water.

When Kleenex first became common about 1947 people had been told it was disposable so they dropped it on the ground when they had used it. Having to pick up so much in the campground we called it DIRT-YEX!

Wow, has Kootenay Lake ever gotten deeper! It is up to 1600 feet deep according to *Sun Cruiser - 2011 Kootenay Lake Cruising Guide*, a free magazine available in the stores. "Depth in meters, distance in nautical miles". It also says, "Not to be used for navigation. Use official Canadian Hydrographic Charts." The official chart does show the depths in feet, with the deepest main lake south of Gray Creek being shown as 505 feet.

There is another news story about a man who was lost for two days after believing his GPS near Wells BC. Better definitions for automobile GPS units might be your choice of the following: Guess Position Sometime, Go Past Salmo, or how about Get Panicked Soon?

On a recent trip north to Kitamaat for a wedding, we were pleased to see the flowers through many of the towns. Burns Lake has spectacular welcome signs on each side of town: a Volkswagen completely covered with flowers in containers.

We went by way of the Adams Lake shortcut to Barriere and then Little Post through Bridge River. It was too early for the sockeye spawning in Adams River which happens in late September. Google says this attracted 39,000 cars in 2010, but doesn't estimate how many fish.

Invasive weeds - why isn't goldenrod listed with these? It came here about the same time as the knapweed, and now goldenrod seems to be taking over.

It's packrat time again, and peanut butter is the preferred bait. Last year we sold 287 rat traps, and still they go out the door.

Do you realize that in about 40 years we will have millions of old ladies with tattoos and pierced navels?

Virtually no huckleberry crop this year, but it is a heavy crop year for apples, so expect deer and bears to pick these if you don't.

Don't miss the antique chainsaw display at the Fall Fair on September 10 with saw expert MIKE ACRES and some unique models.

Riondel Library

by Muriel Crowe

The library's annual book sale was a great success. We took in \$761 and were able to donate most of that to the Riondel Community Centre Roof fund. Thanks to many volunteers who hauled boxes, unpacked and sorted books and then at the end of it all sorted and repacked books once again. Thank you to those who donated to the cause and to those who came and purchased. We were so happy with the results that we are planning a two day event for next year.

We have been busier this summer than ever before which is very encouraging. We have more adults borrowing books and more young children helping their parents or grandparents pick piles of easy reader books but would love to see more young adults using our services. Please let us know what you would like to read - we will try to fulfill your reading wishes.

Congratulations to Mary Tyrell who was the winner in July of our surprise draw.

Our volunteers are still looking for ideas for winter activities for the library and will welcome suggestions. In the meantime come in and browse, borrow and enjoy lots of books.

East Shore Community Library/ Reading Centre News

by David George

MOVING NEWS - There will be a meeting to discuss and co-ordinate the move from upstairs at the Castle to the much larger downstairs downstairs on September 17 at 10am. Come and give us ideas about how you can help.

THANK YOU - to all who have so far bought used books at our table at the Crawford Bay Sunday Markets. We have raised more than \$75 as of August 21. There will be some taped books available at the last two Sunday Markets, for only \$2 each, that's right, only a twoonie.

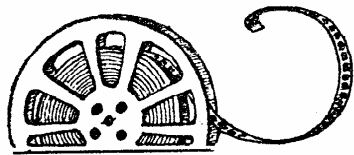
Hardcover books only \$1 each, that's right, only a loonie. Paperbacks are only 50 cents each, or three for \$1, that's right, only a loonie.

The last Sunday Market is on Labour Day weekend, September 4. Come out and buy something to read. You may also make a donation, as several kind people have done already. Larger donations can receive an official Charitable Donation Receipt which can be submitted with your Canadian federal tax return.

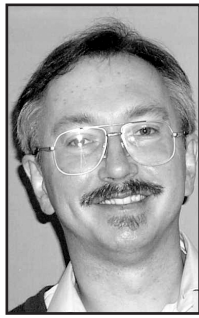
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Nelson & District Credit Union branch manager, Susan Tesoriere, presents a cheque to Riondel Ambulance Auxilliary members Tom Lang and Frances O'Rourke to help with the cost of training existing and new ambulance attendants for the East Shore.



Seldom Scene by Gerald Panio



"Teachers are great. Teacher unions are a menace, and impediment to reform."—from *Waiting for Superman* (2010)

I've had this particular review in mind for a long time, but I kept putting it off. If many of the movies I've written about have been like comfy armchairs to curl up in, or deep pools full of strange things stirring, or harrowing carnival rides, this month's choice is a bright and shining club aimed straight at my head. But because it's so bright and so shiny, and so many have wielded it with gusto, it's worth a closer look. And with school just around the corner, the timing's perfect.

Davis Guggenheim's documentary *Waiting for Superman* has had the kind of impact on discussions of education that his earlier *An Inconvenient Truth* had on the climate change debate. Guggenheim knows how to get his message across with maximum impact, using human interest stories, interviews with charismatic leaders, statistics, charts, and animation. *Waiting for Superman* reminds us once again that what the medium of film is ideally suited for is not (as the great American director D.W. Griffith naively and passionately believed back in the early days of the medium) education, but propaganda.

If you haven't seen Guggenheim's film yet, I strongly suggest you do so. Nothing I'm going to write from this point on is going to be free of my own heavily-biased faith in the value of public education and a strong union voice. The movie I've seen is not the one written up in much of the popular media. I do have one viewer caveat, however. Please don't watch *Waiting for Superman* if you're not prepared to do some homework. That means doing some fact-checking and research of your own—on some of the individuals and organizations featured in the film, on the successes and failures of the American No Child Left Behind reforms, on charter schools, and on alternative educational systems in countries such as Singapore, India, China, and Finland. I'll have some of my own follow-up suggestions, but they won't be anything you'll find on the high-power waitingforsuperman.com website. Or what you might find in your own explorations. Documentaries should be starting points, not gospel.

Using some terminology from Robert McKee's wonderful book *Story: Substance, Structure, Style, and the Principles of Screenwriting*, let's first try and identify the Arch-Plot and the Controlling Idea behind *Waiting for Superman*. I think the Arch-Plot goes something like this: Children, particularly but not exclusively underprivileged ones, are forced to put their futures on the line in state-mandated educational lotteries to get into private or charter schools because public schools are failures and the teachers' unions are blocking any meaningful change. Does that sound more like a thesis than a story? Try it this way: We start with an elementary school child, learning first-hand of his or her dreams for the future; we then learn of the struggles the family has had with poverty or unemployment or drugs; we're told that any public schools these children might go to are "dropout factories" and "academic sinkholes"; we're introduced to the new wave of privately-run but state-funded charter schools that virtually guarantee their students not only graduation but college and university entrance; and

then we share the parents' and child's agony as they wait to see if a random draw (with odds of perhaps 5 in 100) will make or destroy their future. Compelling enough? You better believe it.

And the Controlling Idea behind the narrative? An educational utopia is just around the corner if we can just get rid of teachers' union contracts that coddle bad teachers and hamstring brilliant innovators such as Geoffrey Canada of the Harlem Children's Zone and the District of Columbia's recent former chancellor Michelle Rhee (who now heads a non-profit political advocacy group called Students First, with abolition of teacher tenure as its main focus). Along with the four featured students and their parents, Rhee and Canada are unquestionably the film's "stars." Guaranteeing that their voices will be widely heard is the fact that the viewpoints expressed in *Waiting for Superman* are fully backed by the vast wealth and influence of the Bill and Melinda Gates Foundation.

It's a shame that another idea in the film—the belief that all children, no matter what their socioeconomic backgrounds or family histories can be successful in school—was not the controlling one. In this alternate film, we might have seen how this mind-set was put into practice by good teachers and administrators in both public and private schools in North America and elsewhere. Unfortunately, such an approach would have meant leaving out simplistic solutions, slash & burn partisanship, ideological drumbeating, junk politics, and unionized villains and slackers.

Let's briefly look at the roads that Davis Guggenheim didn't take. He shows us some high-performing charter and private schools; he seems to have been unable to find any public ones. Hmm. Without naming names (*Mainstreet* readers can fill in the blanks), and just looking at schools in Crawford Bay, Kaslo, and

Creston, I find teachers who have managed stunning drama programs year after year on near-zero budgets, teachers who have opened students' awareness of their artistic gifts, teachers who have spent countless hours after school and on weekends so students can regularly compete successfully at a provincial (and sometimes even national) level in everything from badminton to basketball to curling, teachers who organize fundraising year after year after year so programs can be enriched by travel opportunities, administrators who are passionately committed to making education effective and relevant despite endless new regulations and declining enrolments, and a school board that made it possible to not only build a new school but help the community make an extraordinary addition to it. I see all this looking around an area slightly larger than Manhattan; Davis Guggenheim saw nothing in the public system but failure and incompetence as he looked over the whole of the United States.

And speaking of failure and incompetence, there is no acknowledgement in *Waiting for Superman* that any charter or private schools are anything less than stellar. This despite the fact that as such schools proliferate, their overall rate of academic success is no better (and perhaps worse) than that of the public school system. It would be interesting to take a close look at New Orleans, where in the wake of Katrina authorities chose to use the disaster to replace most public schools with charters. Naomi's Klein's "shock doctrine" in action. According to Guggenheim's logic, New Orleans should now be an educational Mecca, America's leading light. Yet there's no mention of it in his film.

Waiting for Superman provides examples of

some egregiously bad teachers, blaming the unions for making it "impossible" to fire them. But the fact remains that teachers are fired; one need only check the B.C. College of Teachers website to see who's recently lost their license and why. And if the process is sometimes long or messy, so is our justice system.

Due process takes time. Democracy is messy. Human rights are the damnedest thing. Guggenheim focuses on one example of a district that needs 23 steps to fire a teacher. He mocks this, yet never makes it clear what all the steps are or how long they take or what the end result is. He never even bothers to ask if it's fair. Following Guggenheim's logic, one could make a case for laicizing the entire Catholic and Protestant school system because some of its teachers were responsible for systemic child abuse. A very small number of bad teachers will work their way into any system; the focus should be on how one treats the vast majority of dedicated ones.

And keep in mind that any teacher is dealing with a class full of children or adolescents five days a week, nine months of the year. They're not operating in a cocoon from reality. In the film someone comments that "You get tenure if you continue to breathe for two years." Given that it's apparently that easy to cop a sinecure of lifelong employment, it's very odd that between 25% and 40% of teachers don't make it past the third year of teaching. What were these dropouts thinking? Well the real answer is that some of these were good teachers who opted for better-paying or less-stressful jobs, while the majority quit because they realized it simply wasn't the job for them. Given how effective attrition is, is the threat of mass firings the best solution to problems in education?

Furthermore, *Waiting for Superman* waxes eloquent about the heroic efforts of charter school teachers and administrators; it is silent as to the human cost of all those extended hours, extended days, focus on academics, and pressures to boost test scores. How much is burnout, of both teachers and students, a factor in this educational brave new world? We might never have data on the latter because private or charter schools are under no obligation to keep any student who doesn't meet their stringent guidelines. They can just pull the next student off the waiting list.

There is also an enormous qualitative difference between having teachers volunteer extra time to help students and run extracurricular programs (which teachers almost universally do), and mandating that work as a condition of employment and pay. Guggenheim believes that merit pay—paying higher salaries for higher test scores and compliance with charter school rules—will create better teachers. I don't think so. Most teachers try their very best because their students' success and appreciation is its own reward. Those are the role models we want for our children.

To replace this system with one where one teacher earns 10 or 30 or 50 percent more than their colleague in the next room or the next school based on administrator's evaluation and an arbitrary test score is, as one of my students used to say, disturbing.

Union-busting? Don't let me get started. Try googling the brilliant satirical Australian video

"What has the union done for me?" Take a look at working conditions in parts of the globe that have no unions. Read anything that describes pre-union working conditions in mines or factories anywhere a hundred years ago. Consider the fact that union membership in the U.S. is down to about 13.5% compared to Canada's 31%. If unions are the problem, the American economy should be twice as strong as ours and sharply rising at this point in time. Guggenheim should've been using Canadian schools as a perfect basket case



"Seldom Scene", continued on next page...

“Seldom, Continued”

scenario. And a state like South Carolina, with no union contracts for teachers and no tenure, should be heaven. Too bad South Carolina still ranks at the bottom on educational testing, and Canadian schools tend to rank near the top. And then there's Finland. Some of the world's highest international test scores, 100% teacher union membership, no merit pay, and only one national test for the entire school system. Go figure.

Let's get back to that “real accountability” that *Waiting for “Superman”* proposes to use to identify “good” teachers and fire “bad” teachers and pay some teachers more than others. Translation: more tests. America already has a massive, omnipresent testing regime that's funneling millions of educational dollars into the pockets of private corporations to design, print, mark, and analyze those exams. Teachers are ranked on them, schools are ranked on them, and states are ranked on them. Most of these tests have been in place for a decade or decades. Things must be looking up...Not. For educational reformers who think public schools are stuck 50 years in the past, there's a curious fondness for standardized tests, longer school days, and fewer rights that go back a 150 years.

A couple of final observations on things that stuck in my craw. A graphic in the middle of *Waiting for “Superman”* shows a teacher opening up students' skulls and pouring in “knowledge” as if it were porridge. The accompanying narrative says, “[Education] should be simple—a teacher in a schoolhouse filling his students with knowledge. We've [i.e. unions, government bureaucracy] made it complicated.” Education is simple? Maybe like parenting is simple? That's news to me. “Challenging” would be my word for both.

At another point the film mentions that 68% of the inmates in a particular penitentiary are high school dropouts. The writers then compare the cost of incarceration to that of a private school education. The implied message is as clear as it is mind-boggling: If these inmates, as children, had been sent to private schools instead of public ones they wouldn't be in prison. Wow. It's that simple! To rub the message in a little deeper, the narrators go on to say that failing neighborhoods should be blamed on failing [public] schools, not the other way around. Schools aren't impacted by poverty, drugs, and violence—they're responsible for them. About the only thing missing is identification of “bad” teachers as threats to national security. Or maybe I just missed that bit.

I don't think that anyone could have anything but praise for the work someone like Geoffrey Canada, the “star” of *Waiting for “Superman,”* is doing for the students of his Harlem neighborhood. We need to look at what he's doing right and where he's coming from, and then we need to look at the equally inspiring work being done every day by the thousands dedicated teachers in classrooms near our homes and across the planet. We'll never find “the answer,” but hopefully we'll keep on learning. We'll know we've done it right not when we've wiped out the unions or raised random test scores by 53% or made our educational system look like India's or China's, but when our students leave our schools and choose kindness over intolerance, charity over greed, empathy over ideology, honesty over hypocrisy, and faith (in any of a thousand thousand forms) over cynicism and despair.

Waiting for “Superman” is currently available at the Riondel Market, and via Netflix, iTunes, or Zip.ca. Recommended on-line reading: Paul Thomas's *Guardian* article, “The agenda behind teacher union-bashing” and Bert Maes's “What makes education in Finland that good?” Two books, both critical but forward-looking: William Glasser's *The Quality School* and Neil Postman & Charles Weingartner's *Teaching as a Subversive Activity*. And an education movie I could watch again and again because it's about a teacher and student and not about “systems”: Ramon Menendez's *Stand and Deliver*.)



Answers from the Physio

by Anna Rose, Physiotherapist

Q. What's causing the pain I feel at the back of my pelvis, a little away from the center, and what can I do for it?

A. You likely have an irritated sacroiliac joint, and while it usually takes time to heal, there are things you can do and things to avoid.

Never heard of them?

Run your fingers down the center of your low back. Below the bumps of your vertebrae is a solid bone, the triangular-shaped sacrum. Put your fingers in the center of that, then slide your fingers a couple of inches out sideways. Your fingertips are now over your sacroiliac (SI) joints, where the sacrum meets the ilia (singular, ilium), the large bones of the pelvis that are shaped like butterfly wings. Some people have dimples over their SI joints.

The SI joints are major weight-bearing joints but not many people outside the health professions know anything about them. Even some health professionals think they are fixed joints, like the joints between parts of your skull, which fuse in childhood. Physiotherapists, who deal with these joints frequently, see them as joints with some motion, although surrounded by many strong ligaments. This view is supported by observations during assessment and positive responses to treatment techniques we use.

What disturbs the SI joint?

1. Car accidents – with the lap belt restraining the front part of your pelvis, the weight of your trunk trying to continue its forward momentum can cause sprains of the ligaments around the SI joints.

2. Sustained asymmetrical standing or walking – if you have one leg shorter than the other, or have pain in a hip joint which causes you to limp, or just stand on a side hill all day digging your garden, the SI joints get over-stressed

3. Pregnancy and childbirth – women's pelvic ligaments are targeted by a hormone in late pregnancy to loosen them enough to allow the passage of the baby's head. In some women, the joints loosen too much, and forces normally handled without pain by the SI joints become painful.

4. Some types of inflammatory arthritis, e.g. ankylosing spondylitis

What should I try to avoid when one or both SI joints are sore?

- activities in which one hip is bent a lot while the other is straight, e.g. stretching in a deep “lunge” position, or climbing steep stairs or hills, especially if you are carrying a heavy weight

- sitting with one leg crossed over the other thigh, and for some people, sitting on the floor cross-legged also

- bending forward at the waist to lift a heavy weight from the ground

- activities with high impact through the legs, e.g. running

What can help the SI joint heal?

- core stability exercises – at a level appropriate to you in your injured state

- use of a tensioned SI belt to support the joints until the ligaments are strong and your muscles coordinated again to prevent over-stressing the joints

- the elimination of a lop-sided walking pattern, whether by a heel raise for a short leg, a cane and/or strengthening exercises for hip issues, or retraining exercises for an old limp no longer “needed”

- hands-on therapy techniques if your particular SI joint problem indicates them

The sacroiliac joint is a big joint and often takes a few months to heal after a major strain. But if you understand the joint better and treat it carefully, it will heal faster and with less pain.

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The East Shore Mainstreet

Creativity, Community, Conscience



Bible Talk

by Pastor Doug Middlebrook

Luke 6:38: Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For

with the same measure that you use, it will be measured back to you."

As we look into this verse many thoughts come to mind. So often we look at the word of God and when we see the word give we see the church putting out the offering plate to receive money. Though God does ask us to give the tithe (10% of our income) and offerings, there is much more to this command. When some read it they get hung up on the first word Give. Others read it and see that there is a substantial blessing if they give.

Both of these thoughts miss the point. God only commands Give, one word and then He spends the rest of the verse telling of the benefits for doing it. To see only one side of this verse whether the Give or the Get is to miss what God is saying. Many of the commands of God come with a promise for those who are obedient and faithful to do them. Yes we are to give because God says to, that is obedience, and God blesses that. Next we see that the return will be abundant. In the days, that this scripture was written, when items (such as food) were purchased and received, payment was determined by weight. Once you paid for your item, the measuring can was shaken and pressed so that you got the most for your dollar.

I think most of us want the best for our buck. We want to see some sort of reward when we give into something. Whether it is out time, talent or our money

we like to see something come of it. God's promise is that it will. But we have to have the right heart, the right motive for doing it. The reason is to be obedient and to be a blessing. That means no strings attached. We invest our money to make something for ourselves, but when we invest into the lives of others, it is to help them make something for or of themselves.

The Christian is to live a life that revolves around giving and I think it is something that, if we all practiced, it would make for a better world. It is what we give, that will make the difference. There are some who believe in the giving of monetary gifts, things that can be purchased and wrapped up, that these are the way to bring happiness and it does, at least for a time. Though nice and sometimes needed, they are often a poor substitute for the gift of time and love. The promise of God in this verse has condition attached to it. The measure to which you use it, it will be measured back to you. So if you give a little you get a little. This is a principle that if used, works in all areas of life.

The man who gives of himself to make his wife and family happy will receive a happy family back, the business man who gives the best service, quality merchandise and fair prices will receive his reward by returning customers and possibly some free advertising. As we look at this verse, it is my prayer that each of us, comes to a better understanding of what God is asking when He tells us to give. He is asking us to help others by giving. He is not trying to just take up a collection. He wants us to give so that others will be blessed. Bless someone today with a kind word, maybe just a simple smile or the holding open of a door, perhaps lending someone a hand. Whatever opportunity presents its self, give and it will be measured back to you.

Remember our children are back in school so be watching for them on the streets. May the Lord's blessing be with each one.

complete black-out. Did this stop the stalwart cooks? No indeed. It merely sent folks scrambling to locate a generator and open doors to send a modicum of light into the auditorium and hallways. The result? Some events opened early and others extended their hours. In fact, the necessary re-arrangements went so well, that plans are afoot to repeat the same next year – preferably without the blackout.

The less than perfect weather in June and July created a safe backdrop for fireworks – another cause for celebration – and August continued into the season of nature's own fireworks when the Perseides meteors showered their brilliance from the skies. An ardent meteor watcher in Kootenay Bay told me of her mid-August sky-watching routine. A long time ago (maybe a dozen years?) when the Anscorb ferry still plied from Kootenay Bay to Balfour and the schedule still allowed for late (very late) sailings, she would take a group of friends on the last possible sailing – the one that would return to Kootenay Bay after midnight. The captain invited them up behind the wheel house where they could lie on the upper deck to watch the falling stars. (Yes the ferry really did continue into the night returning to Balfour after 1:00 am) Now? If the night is warm, the dear lady floats on her back out onto the lake and gazes skyward (her last resort? A small, quiet boat)

The challenge for birds and animals is right now, before the summer days fade into fall. It's a frantic time for a squirrel that has taken possession of a young maple at our back gate. The nut trees are not ready for harvest, but the squirrel has discovered the new seed wings on the maple and is in the process of denuding the tree by rushing up the trunk, ripping off as many as he can stuff into his mouth, dashing down to dance along the fence to a hiding place – I'm not sure where – then returning for a repeat performance. This continues until he changes his routine to investigate the

[Bears] are more like teen-aged boys, opening cupboards and refrigerators – hunting, always hunting for food.

The East Shore MAINSTREET

Contact: Ingrid Zaiss-Baetzel

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E-mail: mainstreet@theeastshore.net

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wild plum trees, but there is competition amongst the plums since the cedar waxwings are busy with their preparation as well. For them, it is a case of finding ripe berries. The mulberry tree is loaded, but the tiny black fruits of the privet hedge – their main market place – still have a week or two to go.

Then there is the much bigger late summer visitor. Yes, the bear is stocking its pantry already and leaving calling cards on boulevards and front lawns. Also crashing and stumbling, it seems, over twigs and branches beside creek beds and through wooded shortcuts. Their shopping sprees are not carefully planned. They are more like teenaged boys, opening cupboards and refrigerators – hunting, always hunting for food.

Food – that necessary staple for our survival, takes on a festive air when celebrations are imminent, and we can become nearly as frantic as that cheeky squirrel when it comes to the planning and shopping for an event – whether it is a small gathering, a centennial extravaganza, or the spur-of-the-moment powerless pancake breakfast.

Then there is the friend at the door; two people; two cups of coffee; a plate of crackers and cheese. Nothing more is necessary or needed when friendship is the catalyst – and the celebration.



pebbles

by Wendy Scott

August Gatherings

August in Riondel is a time of visiting and visitors. It's a time of celebration and gathering. August is the most popular (statistically)

for birthdays – I have four on my personal list – and historically, it holds the last shreds of summer holidays, which on the lower mainland, always include the PNE. It is the month that takes many back to their schooldays.

This year, August brought our first touch of real summer, so it seems unfair when we hear of teacher-friends returning to the classroom before the end of the month. We become school kids again, and parents, perhaps, facing school clothes, school supplies, and that rough landing on the first day of school. Is there, perhaps, a yearning for a return to the familiar routines, the reliable circle of friends, the challenge of learning – the challenge that many will seek again, long after those school days have settled into selective memories?

I suppose you might say August began this year in July just catching the Monday of BC Day. Riondel Library never misses an opportunity to celebrate and this Riondel Daze was no exception culminating in what must have been their biggest book sale ever.

Thanks to the generosity of Wendy Miller of Bob's Bar and Grill, the Riondel Parade was successfully re-instated, complete with live, and lively, music. Saturday morning was to begin with the traditional pancake breakfast, instead, at precisely 7:30 am, as the first cake was about to hit the pan, a rather large tree crashed across the entrance to Riondel resulting in a

Sunnywoods Farm

Your East Shore Garden Centre

Great selection of garden seeds now in stock...

Fresh produce market open!

Hours: 11-5 Daily

15964 Hwy 3A, Crawford Bay

250-227-9506



East Shore Family Place

by Laverne Booth

Welcome all young children and their families to the East Shore. You are all invited to attend the EASEY (East Shore Alliance Supporting the Early Years) meetings on the third Thursday of every second month. The first meeting is on Thursday, September 22 at the Crawford Bay School Library. Join the interesting discussion about day care options, toy and clothing exchanges and learning opportunities such as *Go Peace* with Beth Seed, *Sistering* with Delia Aaron, and others. Which direction do you want to grow as a parent? For more information please contact (acting) coordinator Laverne Booth for details: 250-227-9552 or email laverne@theeastshore.net

The East Shore Family Place is gearing up for the fall. Strong Start will begin in September, date to be announced. Arla Bennett has resigned from the position. A warm thank you to Arla and well wishes for future endeavors. Early childhood educators can express their interest in this position by contacting Jennifer Sebastian at Kootenay Kids in Nelson at 250-352-6678 ext. 227.

Trustees Notebook

by Lenora Trenaman

September 6 is the first day for 2011-2012 school year. For information regarding your school, bus routes, programs, calendar, policies, Board of Education meetings or other information please visit www.sd8.bc.ca or contact me anytime at ltrenaman@sd8.bc.ca, phone 250-229-4633.

Welcome back, with such great staff, students and community, I know it is going to be another great year for CBESS.

From the Principal's Desk

by Dan Rude

"It is fascinating how one step forward will suddenly help focus your thinking about an overall concept."

"The most important lesson from all of this is that there are so many possibilities yet to come."

-Eliot Coleman,

The Winter Harvest Handbook

My above quotes of the summer come from the incredible work of Eliot Coleman, who has been conducting his own research on winter vegetable growing in unheated 'cold' greenhouses in the northern state of Maine over the past few decades. As my wife Dana and I have been talking about the next phase of our school's greenhouse, it is emerging that the best use of this small space could be as a learning laboratory for winter growing in our conditions. This could also possibly connect with the Creston College of the Rockies' *Winter Harvesting Project* – a two year research project that has just been completed and involved

many local food producers. For more information on their project and its results, visit http://www.cotr.bc.ca/creston/cotr_web.asp?IDNumber=191 and stay tuned for specific next steps for our project.

The idea of taking a step forward to discover new possibilities also connects with one of the most fascinating parts of my work: being involved in ongoing shifts in education toward schools as learning environments organized around the needs and interests of individuals and communities. No longer is the size of the school the most important factor in determining what is accessible to students as learning experiences and courses. In our context, the question has changed from "What can and can't we offer due our small size?" to "What do each of our students and families want and need to learn, and how can we connect them to - and support them in - this learning?"

This summer I have had the opportunity to do background research and development for a collaborative project regarding developing the idea of *blended*

learning environments. Most commonly this idea of blending learning involves a fusion of the best elements of 'face-to-face', teacher-facilitated classrooms with the best that is now available through advances in web-based learning. As we made considerable progress last year in involving our students in learning beyond our school's walls in our community and region, I am also including the element of community-engaged learning into the blending of *face-to-face learning* and *web-enhanced learning*. I have had the fortune of getting perspectives and input on this project from others in our district, as well as in large urban centers, and from as far away as Greece.

Already many people have approached me with great ideas of ways in which they want to get involved with our children and youth in learning projects this year. In appreciation of our brilliant volunteers, this year we will be offering free hot lunches and free fitness center passes to those who help out.

I am looking forward to another year of connecting with rich and diverse learning experiences, projects, and inquiries.

Birth Announcement



Marshall James Schurman

The Donald family of Riondel Road is delighted to announce the arrival of their first grandchild, Marshall James Schurman. Marshall was born on August 8, 2011 in Calgary in the Peter Lougheed Hospital, weighing in at 6 lb 13 oz to proud parents Jocelyne Donald and Joel Schurman. Very happy grandparents are Jim and Mary Donald and Julie Madsen and James Schurman of Summerside, PEI.

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Booking info, Kathy Donnison @ 227- 9205

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KOOTENAY KIDS SOCIETY is seeking a STRONG START FACILITATOR

for Crawford Bay area to be responsible for working independently to plan and implement a safe, developmentally appropriate, quality inclusive and family centered Strong Start Program based on The Ministry of Education Guidelines.

For detailed job posting please visit
www.kootenaykids.ca.
Posting closes September 7, 2011.

Celebrating the 100th Annual KOOTENAY LAKE FALL FAIR

Centennial Reflections
Crawford Bay Hall, Crawford Bay B.C.

Fair Opens
Saturday Sept. 10, 2011
10am - 4pm

Fall Fair Exhibit Entries are only accepted on
Thursday September 8th from 3pm - 7pm

Farm Products, Fruits & Vegetables, Preserves,
Baking, Spirits, Needlework, Art, Crafts, Photography...

See the (Silver) Fall Fair Booklet for Entry Forms
Info call: (250) 225-3483 or (250) 227-6807

CELEBRATION of ACTIVITIES

Ribbon Cutting with the Kootenay Kiltie Pipe Band
Free Ice Cream, Wooden Nickles
Bake Sale, Popcorn, & Lion's Club BBQ
Riondel Art Club hands on art exhibit
Vintage Tools, Cars & Guessing Games
The Amazing Zucchini Races
Best Dressed Hat, Vintage Costumes Encouraged

ENTERTAINMENT: Applesauce Fiddlers

Simply Brass, Dixieland Band,

Many Bays Band, Howlin' Dan,

Farley Cursons, Ruminants,

Samba Lago Profundo

& story telling by Susan Hulland.



Kathi Nelson

by Wendy Scott

Two pioneering parents and their two daughters and a son, one by one they left this life, now all are gone. A gap widens, an extended family grieves, and those who have gone before are vitally present. The Gendron family traits can be appreciated in Kathi's two daughters, Geri and Julie, and their own children, (and perhaps vividly portrayed in Julie's two twin girls, alike but so very different.)

For Vic and Muriel, the two pioneers of this Gendron family, it was a time of paddle wheelers, canvas tents and new lumber; a time of re-birth for a mining town. The two little girls, Kathi and Fran, were there at the beginning of this new adventure, and before long, little brother, Tom, arrived as well.

A person never plans to be a part of history, rather it is history that materializes like an overnight spider web and catches individuals before they are fully awake. The Gendron family were caught securely – Muriel, Vic, Kathi, Fran, and Tom: they appear in everyone's version of Riondel's early time and the continuing episodes right up to the end of July. Even though Kathi no longer lived here, she was the last member of her pioneering family and a vital part Riondel.

Kathi's memories will linger and will remain rooted in the history of this little town that spawned them. (Even those wrapped in the uncertainty of an unresolved loss – a scrap of spider's silk still floating free, these also will remain.)

The Canadian branch of the Gendron family tree has roots firmly planted in Riondel's historical past. It is now Fran's children and Kathi's children and grandchildren, who will continue with their own lives, and weave their individual stories, not realizing as they move through days and years that history is winding them into its irrevocable web; the web that floats in the variable winds of time to catch in the most unexpected spots.

Kathleen Nelson

Aug 11, 1946 – Jul 31, 2011

**Next Deadline:
September 21, 2011**

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Frank Downing

by Wendy Scott

*I wandered lonely as a cloud
That floats on high o'er vale and hill
When all at once I saw a crowd
A host of golden daffodils
Beside the lake, beneath the trees
Fluttering and dancing in the breeze. -Wordsworth*

When a family member dies, a family gathers. When a community pioneer dies, a community pays tribute.

Ritual, ceremony, family, friends – all these came together in Riondel Church and then across the street at the Seniors' Centre; both these spots so familiar and important to Frank Downing who is a part of this town's development and growth; its past and essentially its future.

This week the traditions, rites and ceremonies of the Fraternity of Ancient, Free and Accepted Masons came to Riondel Community Church. Frank Downing became a member of the Kaslo Masonic Fraternity in 1957, shortly after his arrival in Riondel and he continued in the Fraternity until his death last year.

The ancient wording of the Masonic funeral service dates back to Roman times, and yet the funeral ceremony carried forth in our church on the day that would have been Frank's one hundredth birthday was profoundly religious with familiar prayers and quotations.

Riondel Church was filled to capacity with almost equal numbers of Downing family members and Frank's friends from Riondel and the surrounding communities. Guy Duchaine, a Mason and a United Church lay worship leader, conducted the service, and was joined by a small group of Masons from Kaslo. Together, as the service came to a close, they followed the ancient rite of placing beside Frank's lambskin apron a sprig of acacia and a cedar frond – emblems of the immortality of the soul.

When a man's years stretch over two world wars and a man's lifetime slips across oceans from a British childhood to his wife, Leslie's, Canadian homeland, he tends to gather children, family, and friends who can be continents apart. But distance is irrelevant when an invitation offers the opportunity to gather again to honour and to remember the man who lived his life fully and well.

Wendy Miller, well known for her carefully planned catering, provided a luncheon which was enhanced by poetry, stories, and songs – heartfelt memories sung, recited and related with love for Frank – and for Leslie.

A day filled with ritual, celebration, friendship, and memories that will live for many more years in the hearts and minds of some very young family members – especially in the songs Frank loved to sing with Leslie and the simple poetry he spoke and read – many, many times over.

Frank Downing 1911 - 2010



Remembrance Garden

by Wendy Scott

Finally in August there is a reason to seek a place to sit in the shade, and this August there will be six more plaques to add to those already on benches in the garden.

The garden has become a community of memories; a place to recall familiar words and faces, heard often and remembered often with a smile. It is also a place of discovery; a spot to be reminded of an historical past, and perhaps an encouragement to visit the library and discover many more interesting bits about this town of ours and its people.

If you wish to add a few moments of your own to remember, please let us know.

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

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

Notes to Our Neighbours

by Sue Philp

Unbelievably the summer is drawing to a close and our Summer Concerts are over for this year. We would be remiss if we didn't say a huge Thank You, so please indulge me for a moment.

THANK YOU to the talented and generous musicians who performed so wonderfully for us. (Hope you had fun.)

THANK YOU to the audience for coming out and supporting us. (Sorry we ran out of chairs!)

THANK YOU to all the volunteers who did a whole host of things to make the concerts run smoothly.

Finally, we are hopeful that by next summer our new steps will be in place. If you didn't get out this year to either of the concerts you missed a good time. Keep us in mind for next year- we are already thinking about possibilities.

The Fitness Place

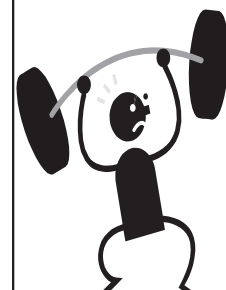


September Hours:

Monday: 6:30-10:30 am & 6-8 pm
Tuesday: 8:30-10:30 am & 6-8 pm
Wednesday: 6:30-10:30 am and 6-8 pm
Thursday: 8:30-10:30 am
Friday: 6:30-10:30 am
Sat: 8:30 - 10:30 am

The Fitness Centre apologizes for any inconvenience with these sporadic hours - due to summer schedules and fewer volunteers, we reduced hours based on usage for September.

Please wear clean indoor shoes and bring a water bottle and towel.



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 Riondel Seniors Association AGM and Potluck Luncheon will be held on Feb 8th at 12:00 in the Seniors room at the Riondel Community Centre.

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

EAST SHORE COMMUNITY HEALTH CENTRE Call 227-9006

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

PHYSICIAN COVERAGE FOR Sept 2011

Sept 1, Thursday - Dr S Lee
Sept 6, Tuesday - Dr Grymonpre
Sept 7, Wednesday - Dr S Lee
Sept 8, Thursday - Dr B Moulson
Sept 13, Tuesday - Dr B Grymonpre
Sept 14, Wednesday - Dr B Moulson
Sept 15, Thursday - Dr Grymonpre
Sept 20, Tuesday - Dr Grymonpre
Sept 21, Wednesday - Dr B Moulson
Sept 22, Thursday - NO DOCTOR
Sept 27, Tuesday - Dr P Walker
Sept 28, Wednesday - Dr B Moulson
Sept 29, Thursday - Dr P Walker

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

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

BOSWELL HALL GOINGS-ON

- 1. St. Anselm's Church Services** with Rev. Robin Celiz on the 1st Sunday of the month at 1:30pm
- 2. Yoga with Lea** is held on Thursdays at 9:30 - 11 am. Contact Marilyn Arms 250-223-8058.
- 3. Boswell Hiking Group Boswell** Hiking Schedule for the rest of the summer is as follows. Sept 4: Balancing Rock, Sept 14: Roman Nose, Sept 21: Fry Creek, Sept 28: Sphinx, Oct 5: Loon Lake, Oct 12: Wind-up. All interested hikers are welcome. Call Melody Farmer for additional information at 250-223-8443 or email Melody at melodick.farmer@gmail.com
- 4. BADEV (Boswell and District Emergency Volunteers) Annual Corn Roast:** 5:00 - 7:00 Sept. 3 at the Conrad Residence, 12306 Wallace Road, the driveway just south of Boswell Hall - follow the signs. The menu includes fresh local corn, beans, hot dogs and ice cream. There are always lots of raffle prizes to be won and wonderful local musicians to entertain you. The cost is minimal - \$5 for adults, \$3 for kids under 10 and no charge for preschoolers. Everyone welcome!
- 5. Fall Fowl Feast,** 6pm, Sept 24 at the Hall. Tickets available starting September 16 at Destiny Bay Grocers. \$10 (\$12 at the door).

ARTS COUNCIL AGM

The Arts Council of Creston is holding their Annual AGM on Wednesday September 14 2011 at the Snoring Sasquatch in Creston B.C. at 7:00pm. Memberships renewed at this time to vote. Come out and support your Art Council.

LATE BUT GRATEFUL THANKS

The Kootenay Gutbuster Comedy Festival would like to extend a heartfelt thanks to the Crawford Bay Store for their support of the KGB Comedy Nights in the Crawford Bay Park in July. Your generosity was very much appreciated.

THANKS FOR TAKING THE TIME, GEORGE

A special thank-you to George Grimstad for taking the time after his surgery to help with the matting of pictures used for prizes at the Creston/Kokanee Home and away Golf Tournament. They were a big hit with all the winners, who just couldn't make up their

minds which ones to choose. Thanks to your kindness, it was a great success.

*With sincere appreciation,
Ladies Club, Kokanee Springs*

STARBELLY JAM AGM

Interested in being a part of Starbelly Jam? Please join us at our AGM on Wednesday, September 21 from 7:00-8:30pm at the Gray Creek Hall and learn more about how you can become involved. The AGM is open to the public but you must be an up-to-date member to vote. Membership cards will be available for purchase at the AGM for \$5. Starbelly is looking for four new directors to be a part of the team. New directors shall be nominated and voted in at AGM. If you love Starbelly Jam and want to see it continue, please come out and let your voice be heard. For more info phone Amanda at 225-3346.

DAY CAMP THANKS

The ARTY SPORTY SUMMER DAY CAMP in Crawford Bay thanks Rec 9 / RDCK and the Nelson and District Credit Union for financially supporting our program, and to the CB Hall board for the generosity and wonderful space. We would also like to thank the great (and hilarious) children who came to camp and played with us this year, despite sketchy weather. See you next time! Jacki and Jacqueline.

FOOD SECURITY

The 100th anniversary of the Kootenay Lake Fall Fair is upon us, so please come out to enjoy the festivities including info / demos by our new EAST SHORE FOOD SECURITY GROUP (which you are cordially invited to join...) Seed-saving, composting, land inventory, community food marketing & other food issues will be addressed. Hope to see you on September 10th!

CONGRATULATIONS TO BREAK IN TIME CAFE!

A Break in Time Caffe of Creston has won a record 10 Best of Business awards for Creston 2011 from **Kootenay Business** magazine! 8 Platinum for: Coffee Place, Ethnic Restaurant, Family Restaurant, Overall Favourite Restaurant, Breakfast Place, Brunch Place, Buffet Restaurant, and Business Lunch Place. 2 Gold for: Deli/Bistro and Icecream/Dessert Place. Way to go, Judy and Calvin Germann!

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Summer Schedule in effect

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

CHURCH CALENDAR

RIONDEL COMMUNITY CHURCH SEPTEMBER SCHEDULE

Sept 4: Jeff Zak, Mennonite, 11 am
Music: Daryl Alguire and Laura Alguire.
Join us at Riondel Park & Campground.
Sept 11: Shelley Stickel-Miles, UC, 1pm
Music: Fiona McLaren
Sept 18: Canon Jim Heame, Anglican, 5:30 pm
Music: Nancy Galloway

Sept 25: TBA

Special music every Sunday. 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
Sept 4 - 1:30 pm: Rev. Robin Ruder Celiz
Oct 2 - 1:30 pm - Rev. Robin Ruder Celiz

HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!
Sept 4: Please join us at St. Anselm's
Sept 11, 18, 25: For service times, please check notice on church door. Thank you.
For information call **Karen Gilbert: 227-8914**
or **Sue Philp: 227- 9140**
email: harrisonmemchurch@gmail.com

KOOTENAY LAKE COMMUNITY CHURCH

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

TEMPLE OF DIVINE LIGHT

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

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

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

CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church,
8151 Busk Rd, Balfour
Sundays, 9:30 am - All welcome
For info, call: 250.505.8021

The East Shore Mainstreet

MEETING PLACES

EASTSHORE ALLIANCE SUPPORTING THE EARLY YEARS (EASEY)

Everyone is welcome and childcare is offered.
Contact Simone Stanley at 250.227.9218 ext 5504.
Email: simones@kootenaykids.ca

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

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

PARENT ADVISORY COMMITTEE (PAC) Meetings held at 7 pm at the Crawford Bay School library on the second Monday of the month.

September Meeting: Sept 12, 7pm

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					TOPS, KLCC bsmnt, 8:30am Bottle Depot, 10-2 Dr. Lee	Women's Soccer, CB Park, 6pm
4	5	6	7	8	9	10
Bottle Depot, 10-2		BACK TO SCHOOL! Dr. Grymonpre	16+ Volleyball, CB School, 6:30pm Dr. Moulson Lab 7:30-10:30	TOPS, KLCC bsmnt, 8:30am Bottle Depot, 10-2 Dr. Lee	Women's Soccer, CB Park, 6pm Mike Stenhouse, Bob's Bar	100th Annual Fall Fair, CB Hall Food Disc. Group, CB Hall Llama, Bob's Bar Pancake Breakie, Bob's
11	12	13	14	15	16	17
Pancake Breakie, Bob's Bottle Depot, 10-2	PAC Meeting, CBESS Library, 7pm Mid-Autumn Moon Festival Chinese, Bob's	Lions Mtng, 7 pm Dr. Grymonpre	16+ Volleyball, CB School, 6:30pm Dr. Moulson Lab 7:30-10:30	Soc. Enterprising, Ashram TOPS, KLCC bsmnt, 8:30am Bottle Depot, 10-2 Dr. Grymonpre	Women's Soccer, CB Park, 6pm	CB Library Mtng, CB Castle
18	19	20	21	22	23	24
Spa Days, Sacred Journey Bottle Depot, 10-2	Spa Days, Sacred Journey Chamber Meeting, CBESS, 7pm	Chamber Meeting, CBESS, 7pm Dr. Grymonpre	16+ Volleyball, CB School, 6:30pm MAINSTREET DEADLINE Dr. Moulson, Lab 7:30-10:30	Food Site Visits TOPS, KLCC bsmnt, 8:30am Bottle Depot, 10-2 NO DOCTOR	Women's Soccer, CB Park, 6pm	Meat Draw, Bob's Bar
25	26	27	28	29	30	
Dixieland Band, Bob's Bottle Depot, 10-2		Cres. Vet Clinic, CB Castle Lions Mtng, 7 pm Dr. Walker	16+ Volleyball, CB School, 6:30pm Dr. Moulson Lab 7:30-10:30	End of Summer Celebration, through Oct 1, Bob's TOPS, KLCC bsmnt, 8:30am Bottle Depot, 10-2 Dr. Walker	End of Summer Celebration, through Oct 1, Bob's Women's Soccer, CB Park, 6pm	



HARROP - PROCTER FOREST PRODUCTS

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- Bull-nose cedar decking
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ES Health Centre 227-9006 COUNSELLORS

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

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CRAWFORD BAY:
Sun, Tues & Thurs:
9 am - 3 pm

BOSWELL:
Weds/Sat
12-4



Library Hours:

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

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