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

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# MS Issues

by Ingrid Baetzel,  
Editor

## Johnny Oliver Lessons in Love

The news is fresh enough that I am still wiping the tears away. There is a heart ache for knowing that I'll never get that chest-crushing hug again, nor hear about his "seein' eye" and his "winkin' eye", but there is also just a great overwhelming sense of relief and gratitude for a life so very well lived and a man so very well loved. May we all be so fortunate.

We lost our Johnny and the world has changed. So very many people have a connection to this wonderful Gray Creek pioneer and legend of a man and so many of us will feel this loss poignantly. On August 28, 2012, our community lost one of the last of a generation.

Johnny and his wife Grace (who passed away in 2008) were the hosts of the warmest and most loving kitchen on the East Shore. From an early age, any number of us Gray Creek kids spent many an afternoon at the Oliver's, sharing a tea, a treat, or a hand-pressed apple cider. Johnny always had a stick of gum in his car and always offered a ride to those of us who had a two kilometre walk up the dirt road home at the end of the school day.

He called everyone "kid". Despite the fact that he was the oldest guy in this kid's world, his heart sang with youth and laughter. He told stories that enthralled any age.

## LETTERS TO THE EDITOR

### STARBELLY 2012

Dear Editor:

Many thanks and accolades to all the organizers, volunteers and community people/businesses who jumped in to make it happen without electricity. So very impressive! The strong belief in the importance of this Festival was really evident. People came even though they knew the electricity was down...kept the faith. So many happy children. One of the best festivals ever.

Thank you all,  
Shirley Wyngaard

### JOHNNY OLIVER - WRITTEN A DAY AFTER HIS DEATH:

Dear Editor:

92 years of age is a good long life, well lived to the fullest. But as it was to the fullest - one day more would have been so good.

I wanted to thank him for the eggs that I received just yesterday from him via Yvon, give him a taste of apple crisp made from his transparent apples he shared with us, share the wind stories from last night's wind event, tell him that without his drivers license he can take the back road down to our place to visit Yvon and us, and compare notes about the local bears and the moose.

One more day would have been good, but after 92 active years, he made each day full and can now rest. Not long ago he said he was ready to be with Grace again, and said he would miss us kids. Now he can laugh at our foibles and watch to see if some of his wisdom was passed on.

Farewell friend, you remain in our hearts and minds.

Love, Janet & Rob Schwieger,  
Gray Creek

A couple of times every year, Johnny made the journey to my house to drop in for tea, pay for some subscriptions to the paper, hand me a Christmas card and just check in. He would often show up in the middle of some crazy snowstorm, hoofing down my long driveway and up my ice-covered stairway, to rap on the door and settle in for a visit. I remember when my son Luka was very young, he would just sit in rapt awe of this old guy with the loud voice (his hearing required some pretty serious hollerin') who told stories about potato guns and hooligans, about time going to school at the Gray Creek Hall, getting into trouble and getting the strap, about how deeply and endlessly he loved his Grace... those stories were always so important, and so hard to hear... especially in the years after her death. His eyes would water and he spoke as passionately as any poet about how deeply he loved his Grace... about how the world just could never be the same.

Johnny Oliver taught me that marriage and love in a long-standing union could exist. Johnny and Grace respected one another and held each other in the highest esteem, showing the world that depth of feeling that can come from truly loving another person to his or her flawed and fabulous core.

As kids and then later as parents of kids, we would visit the Oliver's and they would let us play in the hay barn, chase the kittens, stroke the baby calves and help collect the eggs. They were our community grandparents.

A world without our Johnny in it is a world that needs to remember on its own how to love and laugh and hug and tease without the constant example helping to shape our memories.

Thanks for laying the groundwork, Johnny... we'll take it from here.

### THANK YOU, JOHNNY AND ONE LAST HUG

Dear Johnny,

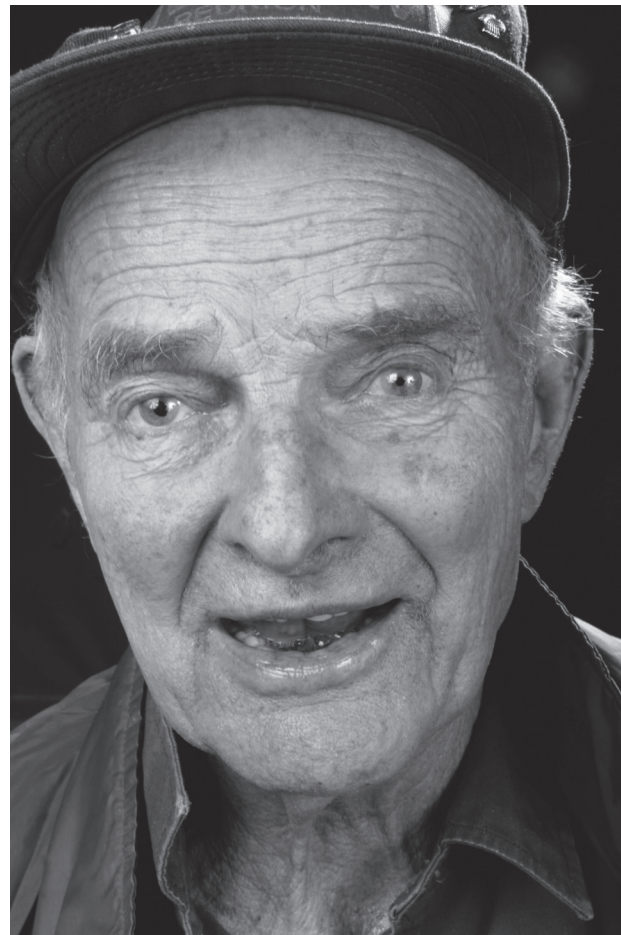
Because you left us so suddenly yesterday (August 28), we didn't get the chance to thank you for your friendship, our twenty years together, and to wish for one last Johnny-style hug from you. Thank you for enlivening our lives with your irrepressible spirit, your stories, your sassy wit and your wisdom.

You taught us so much over the years. Your Gray Creek stories spanning a century are just for starters. You've shown us how a ninety-two year old forms lasting friendships with people no matter what their age or background. You modeled for us the meaning of community helper, from plowing out your neighbours after every snowfall, to digging deep in your pocket when the Gray Creek Hall needed a cash infusion to complete a project. Your wit, wisecracks, and rib-crunching hugs made our days brighter.

You've left us, but not empty-handed. Memories of you and your spirit of giving will warm our lives for years to come.

Thank you from your neighbours.

Frances Roback and Steve White,  
Gray Creek.



Many photos of Johnny are circulating and many have been submitted for printing. Here are some that have come in... Two from M. Chantal Legault-Elias of Johnny with friends (Yvon Mercier, Chantal E-L and Patti Kelly) at his 90th birthday celebration, Johnny in the navy at 21 and a candid studio shot by Will Chapman taken a couple of years ago in Gray Creek.



## RDCK Area "A" Update

by Garry Jackman,  
Director, Area "A"

### Federal Electoral Boundaries:

The feds have struck a Federal Electoral Boundaries Commission for British Columbia to travel through the province to hear public input on revisions to the electoral boundaries for our Member of Parliament. Currently, changes are proposed for many other BC interior ridings. The changes I have seen proposed would not vary the representation directly for Area A but would shift voters into the riding from Nelson, Salmo and other communities. The overriding objective is deemed to adjust representation by population. As urban centres continue to grow more rapidly than rural populations, the balance of power continues to shift to the larger cities and, in this province, to the lower mainland. Public meetings to hear input or concerns will be held in Cranbrook (October 1), Nelson (October 2) and Castlegar (October 3) at 7:00 pm in each community. In order to make a presentation or submit comments order to speak or present at these meetings individuals or groups must have pre-registered by August 30.

**Fall Local Government Conference:** Each year, generally at the end of September, the Union of BC Municipalities (UBCM) hosts a conference to discuss issues of mutual concern to cities, towns and rural areas throughout BC, both amongst ourselves and with provincial ministers and their staff. This year some topics will be revisited, such as provincial drinking

water standards, diking and proposed changes to the recycling legislation. Of particular interest to Area A residents will be the general issue of diking, which includes berms, culverts or other structures to divert or control water flows. The province continues to take what I view as a hands-off approach, labeling many dikes which were constructed by the province as orphaned. The ministry reps are all for local investment in upgrading structures but do not seem to be willing to acknowledge the provincial role. I have tried to point out the downside to the province, not just private land-owners, when dikes fail creating highway emergencies and serious siltation of the downstream waters, such as the lake, impacting fisheries. I again remain optimistic that some greater understanding around mutual approaches can be reached. I am suggesting where recent harvesting has potentially altered the runoff characteristics of a stream bed that BC Timber Sales should be required to hold back some of the revenues from the provincial general revenue coffers for a few years until the stream stability can be verified. Similarly, a small percentage of harvesting revenue can be diverted to culvert upgrades downstream of logging. This is not an argument to increase the price of logging, but rather to reduce the generous contribution of logging revenues to the unrestricted provincial general revenue account (which can fund anything the province desires, at home or abroad) and keep a portion of the money locally to repair or upgrade our drainage infrastructure.

I also hope to have meaningful discussions on the impact of forestry and other resource roads on local tourism. The closure of the Gray Creek pass is one such example. For the lack of a relatively small budget amount for repairs much of the benefits of a road are lost. I see little difference from the province loosening the purse strings with disaster financial assistance

for business and residential owners to help offset costs from the severe weather events this year than from using the same program to fund the Gray Creek road repairs, which in turn benefits the same businesses and residents.

**Recognition:** One of those unique, satisfying events which seem to take so long to evolve occurred on August 18. About two years ago, an idea was floated to recognize the Cummings family by placing their name on the newly reconstructed bridge at Akokli Creek. This sparked a series of discussions, including concerns someone was trying to rename the creek itself which would go against tradition, until finally common sense prevailed. I have to commend Judy Harvey (and give due credit to her husband Garret for his perseverance as well) for staunchly continuing with the cause to achieve a little recognition of culture and heritage. What was settled upon, in theory, was to create the first three tiered highway sign in the province identifying the name of the creek in English and in first nation script plus naming the bridge itself Cummings Bridge. In theory. The majority of the time spent was to accept the premise, translate the name of the creek and coordinate who would do what. Yes, we are talking about two small signs on posts at the side of the road. Two signs, two years. Good thing it was not a four way stop.

The result, I feel, is magnificent. We have continued to honour the 'place' in the language of two cultures while recognizing the 101 year history of the Cummings at that place. We have erected a symbol of recognition for all members of the Lower Kootenay Band, especially their youth, to see a rare glimpse of their language in a public location. We have also erected another symbol of recognition for one of our pioneer families (there are a few other sites of recognition on the eastshore). We have

continued to tell our story, from one century to more than a dozen centuries, by erecting this small symbol. For many years we talked in the Chamber of Commerce of telling stories at rest stops (similar to how Idaho and other states do) to enhance our own recognition of our heritage and to enhance the experience of our visitors. I hope we do more of this, in visible locations, with more complete stories. Thanks to Judy (again) and to Mary Cummings and her family. Thanks as well to Ryan, Cliff, Hugh and others at the Ministry of Transportation, the Lower Kootenay Band and Council, Yellowhead Road and Bridge and the many residents who signed petitions and supported the concept.

### RDCK Board Highlights:

Each month RDCK staff post highlights from our monthly board meeting. From August you will find highlights on the emergency response centre, the Nelson Cares Society Ward Street Place project and parks funding. Contacts for more web information or to call with queries are listed. As always, if you have a question please contact me by calling 250-223-8463 or e-mail gjackman@kootenay.com.



# Brandon Salviulo Memorial Fundraiser

The third annual Brandon Salviulo Memorial Fundraiser is set for September 7, 8 and 9.

This fundraiser is building a scholarship for the Firefighter certificate program at the College of the Rockies. The scholarship of \$1000 is given each year to a student that meets the college requirements and is a resident between the ages of 20 to 25 in the Kootenay region and who has proven to be an active volunteer in their community. The worthy student will be chosen by the college. Once again we have some great prizes and

surprises donated from Kootenay businesses and from friends both near and far. The weekend is a family style sports weekend. With that in mind, come out and golf with your child or grandparents or enter a family team in the fun slow pitch tournament or street hockey games.

### EVENTS ARE:

- Mixed Slow-Pitch Softball
- 2 Person Best Ball Golf Tournament
- 4 on 4 Street Hockey
- Silent Auction
- Supervised kids play area
- 2 evenings of Prize Bingo (adults only)
- NEW: Prize Poker Tournament (adults only)

### OTHER FEATURES:

- Pancake breakfast Saturday & Sunday at Bob's Bar & Grill
- Hamburger/hotdog stand at the ball field Saturday and Sunday

Come join us for some fun, games, laughs eats... Enter an event or join the spectators. Donations are welcome at The Nelson & District Credit Union (East Shore Branch). Thank you all for helping to make the Firefighter dream come true for many future heroes. For more information about the weekend, call 250-225-3252 or 250-777-2259. For information about the Fire Fighter Certificate Training Program visit the College of the Rockies online at <http://www.cotr.bc.ca/>.

presented by  
**FoodRoots**

*New this year:*

- Dunk tank
- Balloons
- Food-oriented educational booths
- Mad hatter's tea party
- Door prizes
- Food vendor/farmer's market
- Mandala painting
- Scarecrow exhibit
- Food contests & competitions
- People's choice awards
- Food hamper networking & raffle
- Cake walk
- Ashram feasibility study info
- Seed saving: "get ready for 2013!"
- Soccer tweek shoot-out
- And more!

*As usual...*

- Live music
- Famous photography competition
- Agricultural competitions
- Art and crafts competitions
- Very awesome raffle
- Kid's craft tent/ activities
- Bake sale
- Wrap-up food auction

We want to see you there! Just come to the fair to have fun with the kids, with friends & neighbours, eat and drink, learn a few things, or enter the food & artsy categories for judging, the more the merrier! See local stores for your booklet or better yet go to [kootenayfoodroots.wordpress.com](http://kootenayfoodroots.wordpress.com) to view & download your copy. We need more volunteers: talk to us on facebook (east shore food roots) or call 227-6803 or 227-9111 to help us make this a beautiful food celebration.



ADMISSION: \$2 (kids 50¢)  
2012 theme: "Scarecrow"

## A delicious remaking of a comforting tradition: A new recipe for the **KOOTENAY LAKE FALL FAIR 2012**

submitted by **Jacqueline Wedge**

September 15 will mark the 101st Kootenay Lake Fall Fair. Though it has had other names, been hosted at various locations on the East Shore, and been organized by a diverse and ever-changing group of volunteers, the century-long Fall Fair fever is hanging on.

As many of you know, it was pretty much on the chopping block. The floofie dresses were given away, the board members all retired, and rumours are still circulating that it isn't really happening for 2012.

Well... IT IS... at that fateful Fall Fair AGM held last October, four of us (Nicole Schreiber, Marion Johnson, K'Arlee Morison, and Jacqueline Wedge) put our hands up rather tentatively, rolling eyes at each other, bemoaning the probable plethora of volunteer hours it would take to attempt another year/century of the event.

FoodRoots was and is a forum established to bring folks and groups together in our love of food and food security/sustainability, so it just made sense for the Fall Fair to take up the challenge and keep the celebration of the harvest alive and strong in our communities.

With a smattering of inputs from the community, we made some decisions about the direction the fair should be taking in these challenging agricultural times.

The changes we've made for this year's fair include interactive and educational booths (how to make yoghurt, kombuchi, and kimchee, how to raise chickens (a cute chicken will be on site to answer any queries as to how cute and addictive chickens are...) and other amazingly fun and simple activities; a farmer's market (contact us if you have extra garden bounty to sell/share/trade, you can use a spot on the FoodRoots table); a scarecrow exhibit (judge them, pick your favourite); a food-oriented mandala to help paint; a dunk tank (take advantage of the opportunity... dunk your chefs, your employers, your parents, your teachers, even your best friend); soccer shoot-outs and hilarious food competitions to bring out your rambunctious side; LOTS of great prizes and gifts to make you feel special, and a wonderful occasion to network and make new foodie contacts.

**("Oh my, I didn't know you grew such elegant herbs! I must bake you a delectable banana loaf in exchange for some..." That kind of thing.**

We'll still have the same categories for judging, more-or-less (a few things were added and others taken away, to contemporize it all and keep you all on your toes!). There will be a "Mad Hatters Tea Party" (bring a funky hat, or make one at the fair: prizes will be popping up everywhere). There will be lots for the kids to do, with a craft tent, balloons, clowns, and live music. Of course the famous photography room will be there, with some of the best photos ever taken on this planet.

Help us out - become a volunteer! Contact me at 227-6803 if you can - "Like" our Facebook page (kootenay lake fall fair), and if you can't find a booklet anywhere (Crawford Bay Market, Gray Creek Store, Lakeview Store, Riondel Market), save a tree and go on-line to see/print it at [kootenaylakefoodroots.wordpress.com](http://kootenaylakefoodroots.wordpress.com).

We sincerely hope to see the regular attendees there as well as new faces.

This is YOUR food celebration. Come take a bite.

# Thanks

Crawford Bay School's Hot Lunch Program would like to thank the Kootenay Gut Buster Comedy Festival for its generous donation of over \$1,000 to the program! Also thanks to all the people who attended as well as Jamie Cox for the liquor license.

But most of all, a huge thank you to **Paul Hindson of Kokanee Chalets** for organizing the event!

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## Gray Creek Pass Closed Rated "Most Important Back Road in B.C."

submitted by Keith Powell

According to Russell Musio of the *Back Road Map* books the Gray Creek Pass is rated as the "the most important Back Road in BC, if not in Canada."

Much to Tom Lymbery's (Gray Creek Store, Kootenay Lake Chamber of Commerce) chagrin the prospects for re-opening this important connection between the East Kootenay and Kootenay Lake seems very doubtful these days. The pass was hit hard by mudslides, sinkholes and debris from this year's record runoff.

"The Gray Creek Pass is closed completely because of slides and subsidences - the first time in the 22 years of this, the only direct route between East and West Kootenay," said Tom Lymbery. "This road was constructed in 1989-90 jointly funded between Forest Service and Highways. Forest Service have had to carry the entire load for maintenance, replacing all the wooden bridges with excellent cement ones. They also spent \$80,000 in upgrading the western side in 2011."

Tom Lymbery went on to say that this is a most important tourism resource route and business is suffering because of this -- and especially because this closes the Trans Canada Trail westward from Kimberley. Unfortunately there is no record of the frequency if use by Europeans who seem to know more about this than locals but we have had cyclists arrive in Gray Creek having come over the pass - from SPAIN!

Several major slides on the Redding Creek road as well as other slides and subsidences on the west side require at least \$120,000 as reported by Forest Service. Tina Zimmerman, an Engineering Technician - Selkirk Forest District, is the source for this estimate as she has made at least eight trips to investigate, but the Redding Creek slides have prevented a trip all the way. The slides has also prevented cyclists from making it through.

"It is very discouraging to see such an important road closed because when it first opened over 20 years ago it was billed as a major economic benefit to commerce and tourism," Tom added.

Tom Lymbery and Kootenay Lake Chamber of Commerce are encouraging all interested parties to contact their MLA's, MP's, mayors, city administrators, tourism officials, BC Forest Service official, Regional District representatives and others to help move the re-opening of this important transportation corridor forward.

## Gray Creek Pass Report

by Tom Lymbery

Thanks to Keith Powell of the Better phone book, both the *Kimberley Daily Bulletin* and the *Cranbrook Daily Townsman* carried a front page article about the problems of the complete closure of the Pass. That same evening I had a call from Melvin Syfchuck to tell me that the enormous slides on Redding Creek had been cleared - opening up what had been the major problem on the eastern side. (Melvin was brought up in Gray Creek in his parent's home on Anderson Road)

This means that we can now allow cyclists to use the road to Kimberley. Forest service wants to discourage vehicle travel, as they are very concerned about liability if the subsidence slides into the creek with someone. They have repaired the gate, but hesitate to lock it as determined people will smash it open.

Wen McLeod of Kimberley made his annual trip over the pass to visit. He and his wife Vera ran the Last Chance at Kootenay Bay years back - he was a good mechanic and Vera was an excellent cook (site of Bocalino)

## New Name for Akokli Creek Bridge Honors Cummings and Ktunaxa

by Tom Lymbery

A crowd of at least one hundred gathered on August 18 to see the unveiling of the official sign in the re-naming of the bridge at Akokli Creek. A most unusual three tiered sign was created which includes the Cummings name as well as the original Ktunaxa word for the creek.

The unveiling was ably handled by Mary Cummings, Garry Jackman and Jason Louie, Chief of the Lower Kootenay Band of the Ktunaxa Nation. Garry Jackman acted as MC on behalf of the RDCK, and Chief Louie spoke welcoming his people's involvement in this event. Mary Cummings thanked those who helped keep the name Cummings here, as the Cummings family has been for so many years.



*In this undated photo, Mary Cummings (Woods) is standing on the first Goat (Akokli) Creek bridge. Photo from Ruth (Cummings) McGregor's album, courtesy of Jim and Shirley (Cummings) Nylander.*

Representing the BC Ministry of Transportation were Cliff Razzo and Ryan Oakley while Melanie Sam also represented the Ktunaxa. Cummings relatives Jim and Shirley Nylander brought a photo enlargement of the first road bridge on Goat (Akokli) Creek, from Ruth (Cummings) McGregor's photo album.

Highways arranged for flag people and single lane traffic for the event, so that the large crowd was safe on the bridge. Boswell ladies put on a delicious repast in Mary Cummings' garden.

The effort to get the Cummings name on the bridge, spearheaded by Garrett and Judy Harvey, has taken most of three years of petitions and negotiations with the BC Ministry of Transportation. They had to produce Cummings and Boswell history to finally win.

The earliest passage around Blue Point was a trail that perhaps was wide enough for a horse and stone boat. The rocks supporting this can be seen from the highway. We hope a trails group will clear this out to its crossing of the Akokli Creek canyon.

According to Greg Nesteroff's research, Akokli means horn. Hunters support this theory as they report larger than average animal horns to be found up the creek's drainage.



*Mary Cummings and Garry Jackman unveil the new Cummings Bridge sign at Akokli Creek, with Chief Jason Louie of the Lower Kootenay Band on August 18, 2012. Photo courtesy of Judy and Garrett Harvey.*



### OFFICE DESK

Box 140, Crawford Bay, BC, V0B 1E0

Editor: Ingrid Zaiss Baetzel (since 2002)

Retail Distribution, Subscriptions, Advertising, Layout:

Ingrid Zaiss Baetzel

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Phone: 250.227.9246

Email: [mainstreet@theeastshore.net](mailto:mainstreet@theeastshore.net)

REPORTING: Galadriel Rael

Email: [lagala@theeastshore.net](mailto:lagala@theeastshore.net)

Proof Editor: Doreen Zaiss

Writers: Community

Article? Letter? Etc? Drop off at Gray Creek Store drop box, mail to Box 140, Crawford Bay, V0B 1E0

or Best Yet, Email to: [mainstreet@theeastshore.net](mailto:mainstreet@theeastshore.net)

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# FoodRoots: Meanderings and a Little Updating

*We love growing food... do YOU?*

submitted by **Jacqueline Wedge**

Well, FoodRoots has been focusing its attention on the upcoming Kootenay Lake Fall Fair, to be held at the Crawford Bay Hall on Saturday, September 15. It's the 101st one! Come out and join the fun.

The harvest celebration is nothing to be taken lightly. It represents the many hours of labour and the many bushels of love infused by each participant. Growing your own food, (productive edible gardening and green-housing, raising livestock...), processing it, marketing it locally, and being creative with it... have been experiencing a rather beautiful renaissance as of late. I am constantly impressed and joyful hearing about the fun food-oriented projects happening around the East Shore, and the global movements which are fighting the corporate big-baddies like Monsanto that are trying to eliminate the grow-your-own grassroots food systems.

Growing your own food is a serious endeavour, or CAN be when you think of it within the global, politically-charged context food often finds itself. It becomes an important tool in one's survival repertoire, in addition to the nice fuzzy feeling it gives you, the pride in one's labour, the awesome community networking that can grow out of sharing and bartering and selling your bounty, your seeds, your recipes, trading and comparing outcomes and tricks that make things grow better, the cross-generational bonding that naturally occurs when passing on techniques and seed-stocks... But if you pay attention to the way things are moving globally, there IS a sense of urgency to the way the planet's food systems are being managed, co-opted and controlled. It is getting more and more difficult to find non-GMO seeds to grow (genetically-modified seeds are not true open-pollinated stock, and are subject to more diseases and weird lab-induced variations, and most seed companies have sold-out), so it is becoming more and more important to save your own seeds and support each other's endeavours toward food sovereignty. Small seed companies like Stellar Seeds in Johnson's Landing and Diane Luchan

in Balfour sell reliable open-pollinated seeds that will keep you and your gardens smiling for years to come. Parallel to the majesty of nature's perfection is the human responsibility to preserve and protect it. Secure, predicable seed (and root) stock is one aspect, and so is a combination of good nutrition, positive food education, strong immunity, efficient local economics, sustainable energy sources, and a good general attitude of wholeness of self and of community.

Growing, processing, and making your own food is time well-spent. It is financially, spiritually, environmentally, politically, socially, aesthetically, and psychologically rewarding. When I've got the blues, nothing turns my colours golden more than frolicking barefoot in the topsoil while picking berries, watering broccoli, or weeding out the thistles. Gratifying. Productive. Tasty. Even slug-patrol is satisfying and cool-ish. I plan next year's garden while weeding this year's, deciding on which plants are selected for next year's seed, who I will trade with for what I am missing, what I regret not planting, and I always have my camera with me.... Always.

FoodRoots wants to be supportive force in your community. Some of the projects we are working on, besides the Fall Fair celebration, include a tool-sharing library, a land-inventory, the second annual spring seed-swap, a co-production with the Ashram in assessing the need for a community kitchen, a mid-winter feast, pot-luck/movie nights, fund-raisers to help the local food-hamper, expanding the school's greenhouse and possible edible landscaping with native-species, hydroponic pilot-projects for winter greens, hosting and promoting local food-oriented workshops, and other marvellous delicious morsels.

Would you like to get involved? Please do not hesitate to contact us. Our mailing address is Box 115, Crawford Bay BC V0B 1E0. Our (slowly evolving) website is [kootenaylakefoodroots.wordpress.com](http://kootenaylakefoodroots.wordpress.com) and we are on Facebook at east shore food roots. If you have a foodie project on the go (or in your imagination) that needs to be shared and supported, we want to know about it. Our concept of the potlucks is to network and grow as an umbrella organization, to share and help each other out. Watch the Mainstreet newspaper and on-line ([www.eshore.ca](http://www.eshore.ca) and food roots site) for upcoming events and reminders of public happenings, everyone is absolutely welcome. See you at the Fall Fair, and HAPPY HARVESTING!

# Where's My TV?

by **Ingrid Baetzel**

The Government of Canada and the CRTC decided in August of 2011 that over-the-air television transmission switch from analogue to digital in many parts of Canada.

**Note: If you are one of the 95% of Canadians who subscribe to cable or satellite to watch TV, the switch to digital over-the-air transmission does not affect you. However, many East Shore residents fall into that 5% group who continue to use rabbit ears or an outdoor antenna and as of July 31, 2012, their TV transmission has been decommissioned.**

If you are suddenly no longer able to view your existing programming, you need either a digital converter box or a television with a built-in digital tuner in order to continue watching over-the-air television. Alternatively you may want to consider receiving your TV services from a cable, satellite or other service provider.

Ron Smythe (Kootenay Bay) recently wrote the CBC about the loss of analog TV service on July 31. They wrote Mr. Smythe back and he found the response to be quite helpful. He sent it on to *Mainstreet* in order to assist other East Shore residents who have been getting by with older analogue televisions, one or two channels and rabbit ears.

The following is their response:

*Dear Ron,*

*Please review this link to find out if your area may be covered by a digital signal.*

<http://cbc.radio-canada.ca/en/explore/strategies/dtv/coverage-maps/>

*However, please understand that this signal does not have as far or wide reach as analogue, and many things including geography, forestry and water proximity affect clear reception.*

*In situations where you do not have cable or satellite service available, CBC TV is working with Shaw Direct to provide access to viewers, in the near future. Please call 1-888-782-7602 to find out if the FREE Local Television Satellite Solution (LTSS) program is in your area.*

*In addition, please note that with Internet, you have access to CBC TV and Radio options on our website: [www.cbc.ca](http://www.cbc.ca) where videos, podcasts and online reports are available in all time zones.*

*We do appreciate that you choose CBC TV and hope that you will continue to do so.*

*Sincerely, Maza Molar, Communications Officer*

*Mainstreet* has received mixed reports about the effectiveness and viability of this FREE local television satellite solution in our region. Residents have had to upgrade their aging televisions, and reportedly, some are in the process of trying to get their free Canadian channels with this partnership through CBC TV and Shaw Direct.

If you are one of these people and can clairfy whether this process has worked for you, please let us know and we will report futher in the October issue.

## LINE YOUR LARDER

Join us for an afternoon of canning, hosted by **FOOD ROOTS** and the **FEASIBILITY STUDY GROUP** in the kitchen at **Riondel Rec Centre**



**WHEN:** SEPTEMBER 29, 2012

**TIME:** 10 AM - 2 PM

**WHERE:** RIONDEL REC CENTRE

**COST:** \$5-\$10 SLIDING SCALE

To register email:  
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Please bring canning jars  
(1-1.5 litres)

and other helpful supplies...  
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## Riondel Roof Fund

by Muriel Crowe

The Riondel Days celebration proved to be a wonderful event for fund raising for a new roof on our Community Centre. A grand total of \$5,935.05 was raised by several venues including the cake walk, Library book sale, Art Club, Silent Auction, Seniors Bingo, Pasta Dinner and a delightful surprise donation from Michael Woods of funds raised by selling his painted cards. A very special thanks go to Nancy Schmaus, Bonnie Anderson and Dave Kein for their efforts to make the silent and twoonie auctions a resounding success.

The donors for the cakewalk, the art club silent auction and the other auctions were very generous. Many local businesses donated despite the very slow economy of the past few years. That fact is deeply appreciated. All the names of donors of funds, goods or services are posted on the wall in the Community Center hall.

I've heard comments that we can't hope to raise any amount of money by selling square inches of the roof for a twoonie. I agree that it would take massive numbers of twoonie donations to raise the money needed but that was not the intent. The intention was to show that almost everyone could afford to make a \$2 donation so all could participate with the hope that those with larger resources would make larger donations. I do not feel that it is fair to expect the property owners of Riondel to bear the total burden of refurbishing a building that is used by many others. We are a very small tax base but with continued support from the community it is very possible to accomplish a new roof and needed renovations to the building.

To date we have over \$70,000 in reserves and donations, we are hoping to qualify for several grants that will help fill the amount needed. Please participate to make sure we reach that goal.

## Adobe Bread Oven Workshop: A Nice Success

submitted by Zora Doval

I would like to express my gratitude to all those who participated in the adobe oven workshop in mid August. The workshop could not have happened without Robert Baldwin's efforts to help gather most of the materials necessary. Thanks Robert.

A big thank you goes to the Food Roots group who graciously gave some financial support towards the instructor's fee. Thanks Paris for acting as a liaison for the group.

Thanks to Eva for her enthusiasm and positive attitude. Thanks to the instructors Spring Shine and Elissya from Argenta for sharing their knowledge and time, also their kindness. Thank you to Miroslav for some last minute help with building the base.

The biggest thanks goes to Randy and Silvia from Alberta who virtually saved the workshop when it got cancelled a week before it was supposed to happen. When they heard that I was thinking of cancelling it, they promptly offered not only to pay the full price in advance but also come and help with whatever was needed to make it happen. Their kindness was in excess of anything anyone could imagine, and these were people I never knew before. Thank you so much, Silvia and Randy.

Thanks to all who came and made it two great days. The workshop was fun and very informative and we enjoyed a spirit of community. It became very obvious that efforts shared are more fulfilling than solitary efforts - this also became clear when the creative process peaked. More heads more ideas. The process was good, and so is the result: the oven is a piece of communal art, and is quite awesome.

## Riondel Community Centre Closed

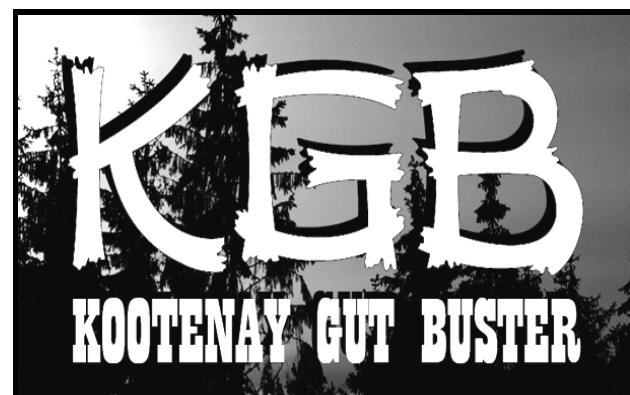
by Wendy Scott

Due to a complaint about the smell of mould, the Riondel Community Centre has been closed until further notice.

The dance on Sunday, Sept 2 went ahead, just relocated to the Riondel Rec Centre, next to the Curling Rink.

The Riondel Library will operate from the old Riondel Clinic. For the time being, we will function with returned books and new purchases. Donations will be accepted. Library hours will remain the same.

The Community Centre was assessed September 4. Information about what steps will be next taken is pending - stay tuned.



### The Kootenay Gut Buster Comedy Festival

would like to thank the following sponsors for their generous contribution. This year's festival was a wonderful success and we managed to raise a very impressive \$1017.00 for the Crawford Bay School Hot Lunch Program.

Thank you to:

- Nelson & District Credit Union (East Shore Branch)
- Crawford Bay Market
- Plumb Local Plumbing
- Kokanee Chalets
- Kokanee Springs Golf Resort
- The Lakeview
- Gray Creek Store
- Newkey's Pub
- Wedgwood Manor
- Junction Creek Hub
- Kootenay Coffee Co.

Also, thanks to Jennifer Irving who served at the beer garden over the weekend & generously donated her wage, as well as the Crawford Bay Hall & Parks Association who charged a reduced rate for the park rental.



## THANK YOU

Riondel Roof Fund extends a huge thank you to all the businesses, artisans, groups and individuals who helped make the Riondel Days Fund-raisers so successful. Thanks to your generosity & energy we raised more than \$5,000 in three days.

Thanks to your generosity & energy we raised more than \$5,000 in three days.

- Steel Wheels Imasco Barefoot Handweavers  
 Boccalino Fairy Treats Deer Ridge Pottery  
 Cedar Grove Campground Crawford Bay Market  
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 Kokanee Springs Golf Course La Gala Jewelry  
 Mane & Nails North Woven Broom  
 The Purple Door Susan Sneed  
 Emerald East Cliff Gallery Fireworks Fire & Glass  
 RDCK Rec 9 Save-On-Foods Riondel Market  
 Safeway Famous Fritz Wal-Mart  
 Nelson District Credit Union Bob's Bar and Grill  
 Riondel Campground Moe's Art Brea  
 Yasodhara Ashram Sunnywoods Garden Centre  
 Yellowhead Road and Bridge

Thanks also to the many, many individuals who donated goods and their time. All are listed on the chart in the main hallway of the Riondel Community Centre.

## The Fitness Place



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Tues, Thurs: 6-8 pm

Saturday: 8:30 - 10:30 am

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Remember to wear clean indoor shoes and bring a water bottle & towel.

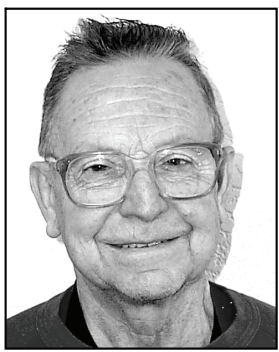
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## Tom's Corner

by Tom Lymbery  
New Photos of an Older Lakeview

These Lakeview photos from the late 1930s were included in Wally Dann's recent donation to the Gray Creek Historical Society. They are the first photos we've seen of the early Lakeview resort, which began with Jan (John) Karisini back in 1931. John Karisini – known to us as Coal Oil Johnny - built the original store and cabins.

Around 1931, Johnny purchased about 200 acres from the Lakeview corner north to Birch Road. He had saved his wages from his work in BC mines upon moving here from Czechoslovakia. At the corner on the lower level was the camp which road construction workers used in 1930 - 31 to complete the highway from Kuskonook to Gray Creek, where the ferry could reconnect with the road across B. C. (This route had been disconnected when the CPR took almost all their sternwheelers out of service on January 1st, 1931. Prior to that cars could board the SS Nasookin in Nelson, disembark at Kuskonook, and carry on eastward.)

Johnny utilized some of the material from that camp to build his store, garage and living quarters, as well as three small rental cabins. He also cleared some acres above the highway, where Birch Road is now, and started planting cherry trees. The 1937 BC directory lists him as a fruit farmer. What a worker – he was single and did all this by himself.

D'Arcy Bacon and Fred Wilmot had built their luxury resort, Kootenay Cottages, in 1936. Finding that many people were dismayed by the \$5.00 cost of their cottages, they decided to broaden their customer base, so they purchased Lakeview from Johnny in 1938. He then returned to Prague.

As managers of the Lakeview auto camp and store, D'Arcy and Fred employed Fred Dann and his wife Rosie (Adams) from Gray Creek. Fred and Rosie married in 1935, and lived with their two oldest children Freddie (born in 1936) and Carol (born in 1938) in the store's living quarters.

Look at the Lakeview sign – one item featured is Free Parking. The original road that Colin Haddon worked on in 1915 served the cottages, and new highway construction allowed space for the store and gas pump. Widening provided fill from the Lakeview corner's extensive gravel for the road to the south.

The Danns ran the place until 1941 when Fred was able to get a job with the Consolidated Mining and Smelting Co. at Trail. Ralph Oliver looked after Lakeview for a year or two, and then the Shaw family was there for a few years while also operating the Nelson to Creston truck line.

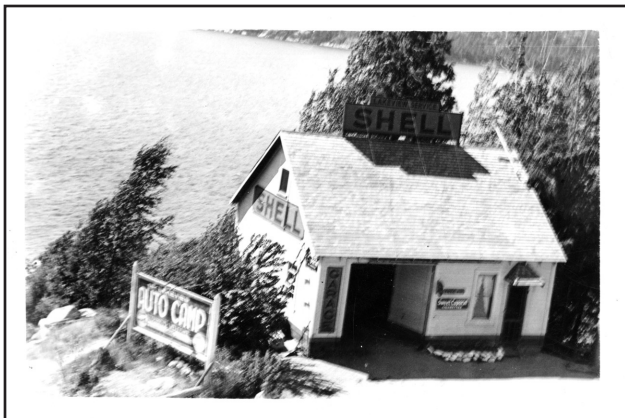
A couple called Gibbs bought the business in 1946, setting up something new – pre-fabricated cabins. Business wasn't quite what they had hoped for and Gibbs' parents came from Vancouver to be open in the summer months. They had Tom Oliver build an overshot water wheel to provide electric power. This large wheel can still be seen on McFarlane Creek just above the highway from the Lakeview Store.

Wilf and Ida Kocher purchased the resort in 1950, with daughters Audrey and Gail. Unfortunately the water wheel fell off balance only a few weeks after they took over. Wilf set up a Briggs and Stratton motor from one of the rental boats in the garage to supply electric light. This was more efficient as it turned faster than the hub of the water wheel. Unfortunately that motor started a fire that burned the store and garage building one night. The gasoline was boiling in the glass topped gas pump – can you see how close the gas pump was to the store in the photo?

8 Mainstreet September 2012

Someone told me that it was just too hot to drain the gas down into the underground tank -- fortunately he couldn't as gas fumes are much more explosive than liquid.

We thank Wally and Fay Dann for donating his mother Rosie's Lakeview photos to our Historical Society, including ones featured here. Thanks also to Beth (Oliver) Richards for inviting the Dann family to Gray Creek Museum Days, where we got to meet Wally and Fay and first learned of their family's Lakeview connection.



All photos donated to the Gray Creek Historical Society by Wally Dann from his mother Rosie (Adams) Dann's collection.

View from the hill showing the Lakeview service station, garage, store and living quarters for Fred and Rosie (Adams) Dann and their two oldest children Freddie and Carol, ca. 1939. The large sign on the roof reads: "Lakeview Service / Shell". Signs to the left and right of the garage entrance read: "Garage" and "Hot Patch Tire Repairs" – a welcome sight to gravel road-stricken motorists.



Rosie Dann and her two oldest children Freddie and Carol sit in Jan Karisny's red Model A, which was included in the sale of the property. Est. date of photo: 1940. Notice how close the gas pump is to the building – how could it have survived the fire? Read Tom's article for the answer.



In what appears to be a promotional photo, the two oldest Dann children Freddie (born in 1936) and his sister Carol (born in 1938) pose with a large rainbow trout between them. The large Lakeview Auto Camp highway sign reads "The Lakeview Auto Camp / Tourists Welcome / Bathing / Fishing / Cabins / Free Parking." Est. date of photo: Fall 1939

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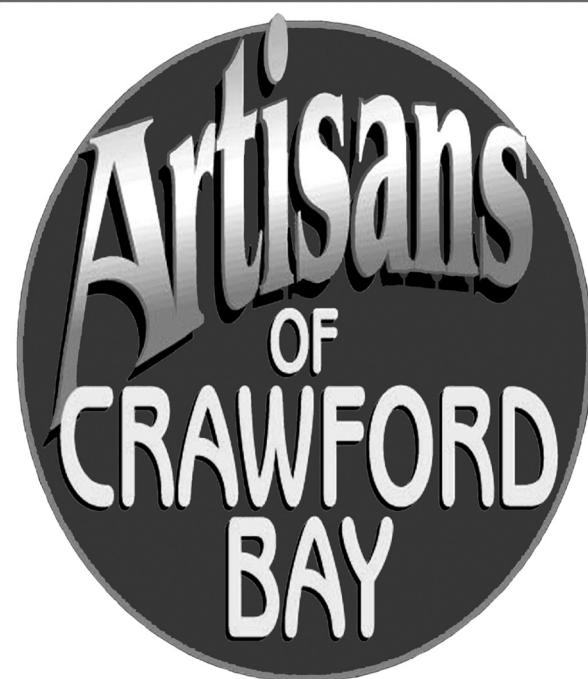
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# East Shore United Soars.... Then Stumbles

by John Edwards

## The Soaring.....

This soccer season has seen our local team playing at our very best with the occasional lapse of mediocrity catching up on us.

Slocan's annual two-day tournament in late June was our first test of the year, going up against Creston, Kaslo, Slocan, Castlegar, and Rossland. We'd won that tourney three consecutive times after not winning for 20+ years. We were put into a pool with Kaslo and Rossland, two of the strongest teams, and told that the top two would advance to the finals on Sunday. We got down to work against Rossland in our first game, whom we'd just witnessed beating Kaslo by several goals. They have a big, strong, fast team with several English players (which usually equates to "good") but, "The harder they come, the harder they fall", and fall they did in the face of some quick goals by Donny Lott and Jesse Davidson and a rock-solid defense of Dave Ring, Aaron Whitley, Robby "Roots" Marcheterre, and the incomparable Billy Morgan. It was a hard fought battle and we fully expected to meet them again in the finals the next day. To do that though, we had to beat or at least tie Kaslo in our next game, which would knock them out of contention.

We got off to a good start against our old rivals from the north end of the Lake with Donny Lott capitalizing on a free kick from about 25 yards out - his specialty. He sniped it over the Kaslo wall and into the far top corner and we had that morale-boosting first goal. We knew that slim lead wouldn't be enough against a strong Kaslo team and we were right - they battled back late in the second half when Tim, their high-priced imported striker, hit the ground in our box and was awarded a direct penalty shot. He pounded it in with no mistake. Then things went quickly from bad to worse - a scramble in front of our net, the ball went in, and we're suddenly down 2-1 and facing elimination from the tournament with less than ten minutes left! We kept our cool and kicked off quickly, launching a relentless attack on the Kaslo net. For every one of those remaining minutes we pressed hard for the goal we needed. With less than a minute left, one of our shots was deflected by Tim, the Kaslo striker and went out the back line for what should have been a corner kick for us, but the ref didn't see the deflection and called it a goal kick for Kaslo, which would effectively run out the clock. Our team yelled in protest, but finally Tim (under some severe pressure from our captain, Jake Kelly) was big enough to admit to the ref that he'd deflected the ball out and we were awarded the corner kick. By this time there were 0 minutes remaining in the game, but a game can't end until an awarded corner kick is completed, so we had a breath of hope. The drama continued. Donny Lott threw in four consecutive corner kicks from the right side and four times they were kicked out of the end line by Kaslo. None of us had witnessed this before. Finally, on the fifth try, with all of both teams crowding into the penalty area, Donny laced it hard at the short side into a swarm of attacking and defending players and suddenly the ball was in the Kaslo net. Tie Game! Game over - and Kaslo not the East Shore, was going home early. Soccer doesn't get any closer than that.

The team enjoyed Slocan's hospitality that evening with parties and a pig roast at the Legion, but most of us got to bed at a decent hour, thanks to the watchful eye of Nick Hodgkinson, our long-suffering coach.

On Sunday we didn't play until three in the afternoon, which can be a bad situation for a team sitting on the sidelines on a very hot day. We kicked off against

Slocan, who'd come second in their pool, and immediately took control of the game completely, holding the ball 80% of the play, but couldn't put it in the net. After 30 minutes of frustration, I teed one up from about 35 yards out and it sailed, untouched, all the way into their net. (The keeper was screened.) So we had the old one-goal lead again and we knew again that it wouldn't stand up. In the second half, Ramone Rowland, the Slocan striker, completed one of his signature run-and-gun cannon blasts and the game was tied, winner to advance to the final. We poured on the pressure but kept hitting goalposts and crossbars. Finally a pass forward put striker Johnny Colbeck in free and clear with not even the keeper in front of him, and he tapped it home. We were into the Final against Rossland.

(We found out after that semi-final game that we'd played for 90 minutes, not the agreed upon 70, because nobody had informed that particular ref that these were 70 minute games. (Where was our coach's watch?!)) The temperature by then was in the thirties and they gave us half an hour to rest before the Final.

It was looking insurmountable. Our team lay sprawled around with various injuries, half dead from heat exhaustion and Rossland hadn't played since that



morning, but we gamely trotted out onto the pitch for one last effort. **The game was a dog fight.** Nobody could break down the other team's defense. Our back line played like demons on adrenaline.

After 70 minutes it was still 0-0 and nobody wanted to do any extra time. The game and the tournament would be decided by the dreaded shoot-out.

Nick picked our five best shots and we all went onto the field to watch the spectacle.

Shoot-outs are in the hands of God.

Our best shooter, Donny Lott, steps up first and blows the ball wide of the net and down the street. The Rossland shooter smashes it by Dano into the goal. Our next four shooters score but so do the Rosslanders until finally, on the last shot, Dano stonewalls the Rossland shooter. We're tied.

Now we go into sudden-death shots. Every player on both teams alternates shots and if somebody misses, it's over.

Nobody misses. Our keeper, Dano Cheverie, and the Rossland keeper face 17 shots and all of them score. **Finally on the 28th shot, the same shooter that missed on the number five shot comes up and Dano stones him again.** We erupt off the 20-yard line, swarm Dano and go crazy. East Shore United has battled back to our fourth consecutive Slocan Cup! Nick broke out the Jack Daniels special reserve.

## The Stumbling...

The August 24th weekend is the time of the East Shore's King o' The Balls Tournament and this year Coach Nick invited five other teams - exactly the same line-up as the Slocan Tournament in June.

E.S.U.'s first game against Creston kicked off at 10:00 and we were confident that we'd win - we'd beaten Creston at least five consecutive times, mostly by lop-sided scores. Wrong!

We came out flat and couldn't put the ball in the net in spite of controlling possession. Then one of their forwards made some good moves coming around two of our defenders from the corner and tapped the ball out to an open team-mate and we were down 1-0. A penalty shot awarded to Creston a few minutes later and it was nightmare come true - 2-0. We crept close with a goal by Vince Elias in the second half but they quickly notched yet another and we were 3-1 losers. Worse yet, one of our best players, Jesse Davidson, took a knee or elbow to the back and was in bad shape. We came off the pitch a humbled team while Creston whooped it up.

Kaslo looked good in the next match, taking Castlegar 2-0.

Slocan showed up with only 7 players (including 63-year old George Perriere, playing with two broken ribs! A walking Kootenay soccer legend.) and had to borrow four or five to field a team, but they put in a good effort against Creston and tied them 1-1.

Then Rossland took to the field against Castlegar and obliterated them 7-1. They'd brought a combination of players from Rossland, Trail, and Warfield and looked even better than they had in Slocan in June.

We lined up next against Slocan United and managed to outscore them 4-2 but knew that we had some tough sledding ahead to make it into the Final.

Rossland topped off their day by slapping down Kaslo 5-3.

A couple of rounds of East Shore Twoonie-Shoot-Out put everyone in a good mood for the evening and Adrian Johnson managed to win the second round to salvage some East Shore pride. Then we sat down for an ESU team dinner beside the soccer pitch, put on by Captain Jake Kelly and Donny Lott - a fabulous Indian feast of lamb vindaloo, butter chicken, and garlic naan bread, topped off by four beautiful birthday cakes in honour of Aaron Whitley's 40th, baked by four of his admirers. What other soccer team gets treated like that?

The next morning dawned bright and clear again - perfect for soccer, and

Kaslo started it off by jumping all over Slocan 5-1. We stepped up in turn and drubbed Castlegar 6-1 but knew we had to beat Rossland to have any hope of making the Final. Kaslo rolled over Creston 2-0 in a hard-fought game that showed again how far the Creston team has come in the last year.

Then it was ESU vs. Rossland. A battle, as expected, but our team was pumped for it and came out of the first half at 0-0 after playing them very evenly. Midway through the second half our defense miscued in passing the ball and handed it to the Rossland striker on a platter. He made no mistake in breaking in on Dano and scoring. We battled on to no avail and the game ended 1-0. Tough to not make the Final in our own tournament, but sometimes the ball just doesn't roll your way.

It was Rossland vs. Kaslo in the Final and the Rossland powerhouse never faltered in a 2-1 decision. They notched a total of 17 goals in the tournament and only gave up five, and their striker, Paul, took the Golden Boot prize for the most goals scored. Not to be outdone, their keeper, Ian, took the Golden Glove prize for fewest goals against.

In all, it was a fabulous event, drawing about 90 players and their supporters to the East Shore for two days. (I'm sure beer sales spiked.) Superb Mexican food was catered at the concession booth by Galadriel and Kenji, and great Hot Dogs served up on the grounds by Nicola. The refereeing was excellent throughout, thanks to the professional team of Wayne, Kenny, Sid, Sue, and George.

East Shore United wants to thank all of their faithful fans and supporters and, most of all, a HUGE THANKS to Nick Hodgkinson for organizing the entire weekend! (He claims it's killing him, but I think he actually likes coaching ESU!) And, deep down, the team knows we're lucky to have him.

# TOM SEZ

by Tom Lymbery

Every ferry trip is different – especially those with a full moon, more especial than the sun glittering on the waves.

What I have been calling Goldenrod is actually Tansy – tenacetum vulgare. It's golden yellow blooms are everywhere, and the invasive stuff even appeared in our lawn. Other names for tansy are Bitter Buttons, Cow Bitter, Mugwort, or Golden Buttons. There is some goldenrod – this does not have the buttons of the tansy.

It was really worth getting up before 5 am to see the Canadian Women's Soccer team win a Bronze Olympic Medal by defeating France 1 – 0, scored in the last seconds of the game.

If you put a cable or chain across your driveway when you're not home, how about putting this inside a white PVC pipe for better visibility.

Why is Air Canada so universally disliked? It is just too bad that we cant have a national airline that we can be proud of.

Australia has removed all brand logos and colours from cigarette packages – manufacturers have sued unsuccessfully to keep these as they appreciate brand loyalty. Is BC the only place to hide the tobacco so that smokers have to ask to find sellers?

New economies at the Nelson Star mean that as yet no-one is willing to deliver the paper to the Best Shore. Do the advertisers know that they are not getting the expected coverage?

If you are buying firewood, please consider North Idaho Energy Logs. Each log weighs 8 pounds and will burn overnight. These are made of shavings from Wynndel Box and Lumber compressed with 20,000 pounds per square inch with no chemicals or anything added. A unit of 240 logs equals about two cords of wood.

Harvey Valgardson's new book containing most of his *Thoughts from a Disturbed Mind* articles that have appeared in *Mainstreet* is now in our book department.

Success of the SUNDAY MARKET at Crawford Bay can be measured by the extra trips the Associated Grocers semi has been making to keep the new store supplied.

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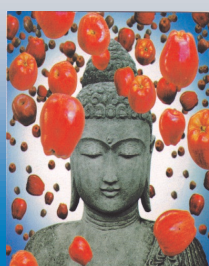
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## Riondel Ladies Bluebell Classic

Submitted by K.J. Turner

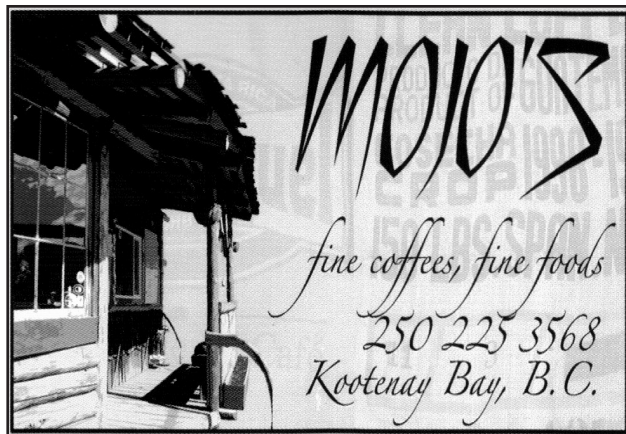
The Annual Riondel Ladies Bluebell Classic Tournament held on August 15, 2012 was a rousing success, with 30 avid golfers competing for an avalanche of prizes donated by many wonderful local individuals and businesses. Congratulations to Bharbara Banner and Marylou Laing for overall low gross and low net respectively.

The generosity of our sponsors from the East Shore to Creston to Nelson was very encouraging and we would like to thank all of them for their kind support: AFreakin' Bead & Flickering Goddess; Balfour Golf Club; Barefoot Handweaving; Black Bear Books; Blue Sky Imports; Bob's Bar & Grill; Bonnie Anderson & Erika; Bootleg Gap Golf Club; Brenda Panio; Castlegar Golf Club; Champion Lakes Golf Club; Crawford Bay Market; Creston Card & Stationary; Creston Golf Club; Creston Hotel - Jimmie's Pub & Grill; Dena Kubota; Destiny Bay Grocers; Destiny Bay Resort; Dollar Store - Creston; Downtowner Motor Inn; Home Hardware; Kaslo Golf Club; Kootenay Insurance Services Ltd.; Kokanee Springs Golf Resort; Kootenay Candles; Lynne Cranna; Mark's Work Warehouse; Morris Flowers; Nails by Ashley; Nakusp Golf Club; Nancy Schmaus; Nelson & District Credit Union; Newkey's Place; Overwaitea; Palmer's Greenhouse; Pyramid Building Supplies; Riondel Golf Club; Riondel Market; Roadhouse Diner; Rockwood Café; Sacred Journey; Safeway; Save On Foods; Sherlynn Green; The Other Side Café; Valley View Golf Club.

Of course it is impossible to host a tournament without a team of volunteers and golf course staff. May we applaud all of you who gave your time and skills, either tabulating scores, providing food and flowers, contacting sponsors or just doing whatever needed to be done:

Arlene Mawdsley; Bob Moore & Muriel Crowe; Cliff McGregor; Dianne & Ole Johnson; Jacquie & Bill Wallace; Jane Norris; Marion Kien; Shelly Baron; Debbie MacMillan; Stephanie Sempf; Kathy Turner; Roberta Faurot; Lee Martin; Marvin Miller; Ken England; Karsten Oslie; Danielle Linn

It takes a real community effort to have a successful Bluebell Tournament, and we are so very fortunate to have many wonderful players, volunteers, course workers and sponsors. We hope even more ladies will take part; mark mid-August on your calendar next year and join us for some friendly competition!



**Next Deadline:**

**Sept 26, 2012**

## Kokanee Springs Ladies Club

by Shelley Bumanis, Club Captain

The 2012 Golf Season is winding down with only four weeks left to the season. Any of you ladies that have been meaning to get out but haven't had a chance yet, now is the time. Kokanee is still offering the discounted green fees of \$45 plus tax for those ladies that are interested in joining us on our regular Tuesday Golf. Members and non-members alike are welcome. We have weekly games and prizes and all levels of golfers are welcome.

The tee times start at 10:54 and we meet up at the Pro Shop prior to 10:30. If you are a non-member and plan to join us please call Shelley Bumanis at 250-227-6836 or email sbumanis@hotmail.com to let us know we're to have the pleasure of your company. Feel free to call with any questions as well.

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## Rally Update

by Liz Schellhorn

A few weeks ago, I went down to the Big Northwest Subaru meet in Kent, Washington. I entered my car into the All-Subaru Auto show as a way to get to know other Subaru enthusiasts as well as show off the engine from Japan I just installed - the 2.0L STI EJ207 engine.

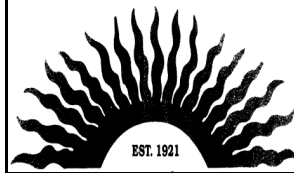
To my surprise my car, Lucie was awarded "Best Off-Road"! I am thrilled and would like to take this opportunity to thank my local sponsors: Old World Bakery, Babe's Automotive, Phoenix Computers, Armored Skeleton Fitness, Organic Mechanic and Al's Marine.

If anyone would like to contribute to the rally fund, please email radioactiverally@gmail.com. Reaching my crazy goals depends on local support. The impossible just takes a little longer. I would also like to extend a big thank you to my family and friends for their support.

For more info on rally visit rallybc.com



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## Wanted: Volunteers

by Doreen Zaiss

The Crawford Bay Fitness Place is a wonderful facility for getting in shape and keeping in shape. However, due to a present lack of volunteers, we have had to cut Tuesday and Thursday morning shifts for September.

Right now we are looking for two volunteers each willing to give two hours of their time once a week. In exchange, the volunteer gets free membership.

### Essential Traits:

- friendly
- reliable
- prompt
- helpful
- organized
- Criminal Record Check

### Not At All Essential Traits:

- buff
- tight shorts
- degree in sports medicine

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## STARBELLY JAM/ KGB 2012

by Paul Hindson

Hi. My name's Paul. Some of you know me as "the guy who runs Kokanee Chalets". For the last 10 years, I (and my hotel) have had a front row seat for Starbelly Jam Music Festival (SBJ).

While admittedly a busy weekend for Kokanee Chalets, SBJ weekend was always a bit stressful. Large crowds, no matter how well behaved, create a lot of activity and heavy use of infrastructure.

There was always overflow camping in Louie Binette's field across from Starbelly and the store, creating lots of activity in this area.

In 2011, with a poor economy on both sides of the border, the music festival industry in BC took a beating. While stronger concerts like Kaslo Jazz and Shambhala still did well, Nakusp

and Littlefest were casualties. Starbelly also did not escape, losing substantial amounts of money. There was talk of not having a 2012 Starbelly.

Last fall, I decided to join Starbelly and see if I could be of some help. I was very glad I did, as I met some great people and Starbelly 2012 was an awesome experience for me.

I was struck by the number of people, board members, managers, and volunteers who put a huge amount of time and energy into making Starbelly work.

Through the winter we learned the Louie had become gravely ill. He passed this spring. Through the generous efforts of dad Lionel, Starbelly was able

to take over and manage the campground.

After numerous meetings picking acts, sorting finances, fundraising etc, things picked up intensity in early summer until the whole juggernaut took on a life of its own. The stages were up, and the bands and people were coming.

Then on Friday afternoon, with an influx of more than 1500 people onto the East Shore, the power went out...and stayed out for 26 hours.

After scurrying to rig up a generator to run my lobby lights, phones and computers, I went across to Star-



Audience busts a gut at KGB 2012

belly to discover that Brian Homer, local hero, had lent us his welder's generator. Some ingenious jury rigging by our electrician, Michael Jukes, and voila, we had a sound stage! The show must go on.

I rigged a second generator to my water pump and everyone here got cleaned up.

The sun came out

and we had a glorious day even though the main power stayed off until 6 pm.

The rest of the show went off without a hitch, although our Chair, Galadriel Rael and Artistic Director. Lea Belcourt were stressed to the max with travel and other demands placed on them by the various bands attending.

Highlights for me were taking Jeff Crosby to the Junction where he jammed with the local boys til the wee hours, and escorting Ivan Neville back to his room. Ivan discovered I was a stand-up comic and started telling me jokes in his southern accent.

In a flash it was all over and the Kootenay Gut

Buster Comedy Show was upon us.

I had the usual nerves tearing myself away from the logistics of the show to join the more seasoned comics on stage. Fortunately, the crowd was awesome (Remember Sally Field? "You like me..! You really like me!").

Our headliner, Simon King, was well received with his ranting, inspirational style.

Darryl Makk, Chris Gordon, James Moore and others added to the mirth, with musical guests Shadow Stalk rounding out the program.

Why have these events? While some locals consider these shows an intrusion, every effort is made to respect everyone's privacy and need for quiet at a reasonable hour. But I always see lots of locals at these events givin' 'er and clearly enjoying themselves.

Every effort is made to provide excellent entertainment at a reasonable price.

Starbelly's AD Lea Belcourt brought us excellent acts with our budget less than 2011. Over the years Starbelly has become more of a family show, and lots of kid's activities were included.

I had some comments that KGB was expensive. Please keep in mind these are Sirius or TV rated comics, and we have to transport and house them here. There was also a charity component with over \$1000 raised for CBESS Hot Lunch Program. However I will discuss this with the KGB committee.

There is some talk of putting a permanent stage and related infrastructure in Crawford Bay Park, with more ongoing entertainment throughout the summer.

These events put a signature on the East Shore and allow us to be proud of our beautiful community.

## Storytelling Festival Returns to the Kootenays

submitted by Barry Gray

Well known East Shore storyteller and writer Susan Hulland will be one of the featured tellers at this year's storytelling festival in Nelson and Procter. Susan was a favourite storyteller in Procter many times during the festival's existence from 1999 to 2007, not to mention her many appearances at East Shore events. The Kootenay Storytelling Festival in Procter took a five year hiatus but is being revived this year with Saturday, Sept. 15 being held in Procter. The whole festival will then pick up and move to Nelson for Sunday Sept. 16, where it will continue into the future.

Other storytellers will include Joe Pierre of the Ktunaxa First Nation, Marilyn James of the Sinixt First Nation and Carolyn McTaggart, whose story of Kootenay Lake's Gunpowder Gertie the Pirate Queen, achieved some notoriety on CBC Radio a few years ago. Joshua Klassen appeared nine years ago at the age of ten, our youngest teller ever, and he will return this year at the ripe age of 19, still our youngest storyteller. We'll have a Doukhobor story from Wendy Voykin, a natural history story from Kokanee Park interpreter Olivia Van Jarrett and a Procter tale from Barry Gray. We will also feature a storyteller from Toronto, Mariella Bertelli, who has many years of international storytelling experience.

The dates again are Saturday and Sunday, September 15 & 16 in Procter the first day and Nelson the second. Storytelling is alive and well in the Kootenays.

September 2012 *Mainstreet* 13

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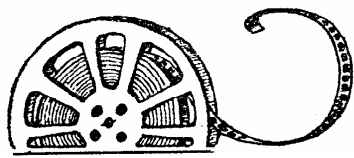
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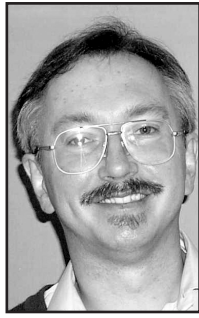
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**Seldom Scene**  
by Gerald Panio



**Squirrel!**

Very, very rare are the times when I will watch a recent film and be struck by a sense of sheer perfection, knowing that what I'm watching is an indisputable classic. Even with some of the finest films, I'll have some quibble or the feeling that my excitement might not be shared by everyone. With this month's selection I have no such doubts—Pete Docter's *Up* (2009) is one of the best animated films I've ever seen. I was impressed the first time I watched it with our grandkids; I was awed the second time I watched it to prepare my notes for this review. For those of you who were fortunate enough to see *Up* when it was first released, my enthusiasm must seem quaintly belated. For those of you who somehow missed out as I did, the joy's no less for being delayed.

It is one mark of the quality of *Up* that its 12-minute prologue contains more pathos and honesty than a dozen lesser, films manage in their entire running times. We're first introduced to the young Carl Frederickson (voiced by Ed Asner), a huge fan of the renowned explorer/adventurer Charles Muntz (Christopher Plummer) who, in his giant zeppelin *Spirit of Adventure* and accompanied by his pack of faithful dogs, inspires legions of youngsters with his battle cry: "Adventure is out there!!!" It doesn't take Carl long to find his soul mate— budding explorer-to-be Ellie, vocal where he's tongue-tied, impulsive where he's tentative, goal-oriented where he's happy to be taken in hand. Naturally, it's love at first sight and, more profoundly, enduring love that survives heartache and the thousand natural shocks that flesh is heir to. Life gets in the way of Ellie and Carl's dreams,



some things slip away, but they're always there for one another. They're living their own adventure together, but it's not the kind Charles Muntz would have recognized (or valued).

And then it's over. Ellie's gone. The ageing Carl is left alone with his memories and his quaint Victorian-style home, the last holdout in a city block dominated by jackhammers and the clipboard-toting architects of urban renewal. With no grandchildren and his home under siege, Carl becomes the classic curmudgeon, fighting a seemingly losing battle against loneliness, old age, and "progress." Just when it looks like he's about to surrender to the inevitable, Carl has an epiphany. He and Ellie's dream of a house atop Paradise Falls in the remotest fastnesses of Venezuela isn't lost. Ellie herself remains alive in the home they rebuilt and shared over a lifetime. How Carl then proceeds to try to honour their dream is a perfect example of what *Rolling Stone's* Pete Travers crudely but accurately described as the "balls-out creativity whooshing through every frame" of this film.

It's at this point that the viewer's jaw drops, and stays dropped. A whole lifetime's gone by in 12 minutes, and the story's just begun.

Aside from Pete Docter's masterful storytelling, *Up's* strengths also include stunning detailing of characters and sets, and brilliant lighting. Every single character in the movie is memorable, unique. The detailing comes from the

hundreds of craftspeople who worked on this project, and from the incredible strides that have been made in animation in recent years. *Up* would benefit from a frame-by-frame viewing in the same way that any non-animated classic film would. There are endless small touches to admire, from Carl's five o'clock shadow, to the way the wooden stairs of the old house bend and creak when he labours up and down them, to the sticking-up tag on the t-shirt of the goon who comes to take him to the Shady Rest Retirement Home. Every surface in the film is exquisitely textured—window frames, clothing, dogs' muzzles, drool-covered tennis balls.

Lighting might seem to be an odd thing to speak of in relation to standard animation, yet the use of light & shadow, of chiaroscuro, of palette and contrast in *Up* is at a level of sophistication that any conventional cinematographer might admire. Also superb are the sound effects and the voice characterizations. Without taking anything away from the merits of the auteur theory of filmmaking, scrolling down the IMBD's (Internet Movie Data Base) endless lists of the artists and production people involved in *Up* drives home the truth that moviemaking is also a great collective art form—collaborative creativity par excellence. On its own terms, *Up* is as far out of reach of a single artist as a medieval cathedral was of a single architect.

All of the above, of course, would be useless if we didn't care about the characters. Carl and Ellie win us over immediately. Next is young'un Russell (later nicknamed "Small Mailman" by the dogs), who shows up on the dyspeptic Carl's porch desperate to earn the Assisting the Elderly badge that will promote him to Senior Wilderness Explorer in Tribe 54, Sweat Lodge 12 of the Wilderness Explorers Club. Russell's creators definitely know what makes kids tick: lightning-quick changes from frustration to wonder to disenchantment to adoration; vulnerability leavened with Machiavellian craftiness; shameless whining morphing into unbounded enthusiasm; absolute faith and crushing self-doubt. In less-skilled hands, Russell might have been either relentlessly cute or insufferably annoying. Instead, he's the funny, endearing touchstone that Carl needs to help him move on with his life. Carl is Russell's lifeline as well. The alchemy they work on one another seems inevitable but never contrived. Their creators love them as much as we do.

Because a truly rousing adventure story would be incomplete with only two musketeers instead of three, Carl and Russell join forces with Doug, the talking dog who's the embodiment of every dog cliché in the known universe. In a good way. With his unerring ability to point passionately in the wrong direction and instantaneously lose his train of thought at the mention of the word "Squirrel!" any dog that even remotely resembled Doug was probably adopted from animal shelters across North America immediately after *Up's* release. I'd echo Doug's own words, "I have just met you, and I love you!!!"

The story doesn't lack suitable antagonists. Adventurer Charles Muntz resurfaces as a Captain Ahab in pursuit of not a white whale but a rare, flightless, primary-coloured, van-sized bird named Kevin. To the storytellers' credit, the bad guy stays true to form to the end and there's no attempt at a sudden, treacherous character reformation. Muntz's henchdogs are lovingly detailed, particularly the Anubis-like Alpha who'd be the incarnation of ultimate canine evil were it not for the fact that his voice translator keeps malfunctioning and making him sound like a disgruntled chipmunk.

For one example of *Up's* mind-boggling animation, check out Kevin's playing with Russell like a cat on steroids amusing itself with a mouse it would rather entertain than eat. For another, on the level of pure action-adventure, there's the final confrontation involving Muntz, Carl, Russell, Doug, et al that would not be put to shame by one of the better action sequences in a Bond film. Check out that leaf blower.

Maybe this is what *The Expendables 10* will look like when Sylvester Stallone and his compadres are in their eighties and still making sequels. Of course, they'd need a kid, a dog, and a story this cool.

Good luck with that.

Squirrel!



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**Radar and Laser Jammers**

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

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

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

Are you willing to trade the possibility of a fine and a few penalty points for the possibility of a criminal record? Think twice about the "legal counsel" provided by the producers and sellers of jamming equipment.  
The author is a retired constable with many years of traffic enforcement experience. To comment or learn more, please visit [www.drivesmartbc.ca](http://www.drivesmartbc.ca).

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## It's a Small World After All



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### Introducing a New Book Review Column

by Anna Rose

Having exhausted the topics in physiotherapy suitable for a community newspaper, I think it's time to take my turn writing book reviews. I used to read Alanda Greene's column regularly when she had that going. I appreciated the offering of new ideas to mull over from books available at the Ashram bookstore, and somewhere I still have a few titles noted for follow-up. My intention is likewise to stimulate thought, and if a few of you are moved to read the book itself, so much the better. I'll try to stick to books available without too much difficulty through libraries or book sellers.

A few years ago I started "reading my way around the world" as an affordable alternative to actual travel. I also wanted to deepen my understanding of the conditions of people in other places (where travel might not be safe) for the occasional letter-writing I get around to for Amnesty International. So, I focus on indigenous peoples, international human rights issues, historical or current struggles for justice, and the words and life stories of humanity's great teachers. Most of the books in my self-directed reading are non-fiction, though fiction closely based on facts can be a very powerful way to reveal truth. When possible, I choose books written by people from the countries involved. I also like to read several books about the same country or topic before travelling on, for a broader understanding.

In this introductory column, rather than presenting a book, I want to quote fully the source of my title. I learned this song as a kid, though I just found out who wrote it: Richard and Robert Sherman, for due credit. Some of you may know it well, but the words are still worth singing.

*It's a world of laughter, a world of tears  
It's a world of hopes and a world of fears  
There's so much that we share  
That it's time we're aware  
It's a small world after all.*

*There is just one moon and one golden sun  
And a smile means friendship to everyone  
Though the mountains divide  
And the oceans are wide  
It's a small world after all.*

*It's a small world after all  
It's a small world after all  
It's a small world after all  
It's a small, small world.*

**Next Deadline:  
Sept 26, 2012**

## Book Reviews

by Tom Lymbery

**SKOOKUM TUGS** - British Columbia's Working Tugboats, Harbour Publishing, 144 pages, \$49.95 BC Book Prize

This is a 10" by 12" book with many spectacular full page photos of large coastal tugs, docking enormous container laden freighters, dumping log barges, and moving barges with chips, gravel and more.

You learn a lot about these most essential boats and their background in making BC work. The smaller vessels are pictured positioning log booms on the north arm of the Fraser River, for storage in fresh water to protect the timber from teredos - those salt water worms that all too soon destroy the wood. This wood worm has two razor sharp shells that enable it to bore relatively quickly, digesting the wood as it goes.

One chapter describes and illustrates how large tugs are built to push enormous ships - the upper works has to taper away for the outward sloping monstrous vessel it is pushing against. These freighters and others have specially reinforced areas plainly marked TUG - as pushing anywhere else could actually damage the ship.

**RAINCOAST CHRONICLES FOURTH FIVE** - Collector's Edition IV, Stories and History of the B C Coast, edited by Howard White, Harbour Publishing, 420 pages, \$29.95

Raincoast Chronicles started in 1972, and was actually encouraged by the Trudeau programs to inspire young people to think up projects to employ themselves. From this Howard White formed Harbour, B C's foremost publisher, producing a wide variety of books on all aspects of our province. They have printed at least 600 titles, many of which are large hard cover, coffee table books such as *Skookum Tugs* and *Chainsaws, a History*.

This volume includes an entire book - Pat Wastell's *Time and Tide - a History of Telegraph Cove*, which I re-read eagerly, for at least the fourth time. Growing up in a sheltered bay she learned to operate a tug by the age of 10, and chronicles her family's life on the water.

This is a series of anthologies of BC coast history and culture. Please don't think that the coast is too far away to interest you - we find that we can't keep all the earlier *Raincoast Chronicles* in stock, and some have sold 70,000 copies.

## Riondel Library

by Muriel Crowe

Once again we had a very successful book sale on the Riondel Days weekend; the sale raised \$615.75 for the roof fund. We thank all those who helped and in particular those who are not regular volunteers helped with the set up and clean up. Thank you Nancy Schmaus, Melody Arnold, Dave Kein and Bob Moore and my personal thanks go to all the regulars who are consistently there managing the sale.

The library was pleased to host a talk by Dave Deane regarding the oil industry, the Alberta oil sands and the factors involved. I, for one, am much better informed than I had been and really appreciated Dave's presentation. Perhaps this type of presentation can become a regular feature in the community centre.

We are still one of the collection points for donations to the roof fund and as well have a penny pot where you can dump your pennies which don't have to be rolled. So if you notice one corner of your house is sinking or the bottom of a cupboard is threatening to burst load those pennies up and bring them to the library.

Our next big event will be readings with several guest authors in mid fall. Wendy Scott has invited writers from over the water as well as locals; it should be an interesting evening. While you wait for that please drop in, browse and borrow.

## Eastshore Community Library/ Reading Centre News

by David George

Come out and find a book you like, and give us a donation. Larger donations are accepted at the library, and we are able to give you an official charitable donation receipt which is deductible at federal income tax time. Many thanks to all who so generous donated at the Sunday Markets this year.

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

## The East Shore MAINSTREET

Contact: Ingrid Zaiss-Baetzel

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

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

E-mail: [mainstreet@theeastshore.net](mailto:mainstreet@theeastshore.net)

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## pebbles by Wendy Scott Late Summer

They are powerful—the scents and colours of a late summer garden. Tiger Lilies stand tall against the trellis with their speckled orange skirts curled up. The fragrance of Stocks and Nicotiana can envelope an evening, and the brilliance of Zinnias and marigolds out-shines the delicate tints of spring. Hanging baskets full of geraniums, petunias, and lobelias send out potent reminders that a watering can might be in order. As a child, I felt overwhelmed by these smells—so much so that I recall clutching my throat and declaring I would never have marigolds or geraniums in my garden. Tomatoes on the vine had much the same effect, but now, as we all continue to age and mellow, the perfumes of late summer serve as a wake-up call to our, somewhat dulled, senses.

But there is one aroma that overpowers all the rest. It belongs to a pretty little black and white creature—pretty, that is, until its tail suddenly becomes fluffy and up-right. Skunks are, for the most part, nocturnal. On hot summer nights, an open front door can pose a problem. These night time hunters are not likely to walk into your house—although they have been known to inhabit garden sheds and workshops—but if you share your home with a canine pet, there are a couple of points worth considering. The open door guarantees that you will be the first to know why your family dog is barking in such an odd manner, and why it has suddenly run inside—straight to you.

Skunks do not climb trees. Racoons do. Racoons will inhabit a cherry tree for as long as it takes to pick the cherries, eat them, spit out the pits, and shake the branches to dislodge the unreachable. With the cherries dispatched, Ma and Pa might return the following night to give their kids a fishing lesson. We have two ponds—one considerably deeper than the other. They choose the shallow pond for their nightly frolics. The kids are clumsy and manage to knock stones, moss and ferns into the water, and to terrify five small, new goldfish. The fish have now vanished. I fear they were the chosen hors d'oeuvres for a racoon potluck supper.

Skunks and racoons may roam the same territory, but they are not willing allies. If it comes to a stand-off, the racoon—the wise racoon—will step down. The human occupants of a skunk's garden are largely ignored. Mom and her kits are too busy sniffing out ants, worms, bugs, and berries to notice anything above ground level. Even if they do glance up, their eyesight is terrible, and it may take a few words to alert them of your presence. Then, if they think you are in the way, they might stamp their front feet, and perhaps hiss at you. It is wise at this point to step aside. If the way is clear, they will likely continue on their route. However, early in the year, dear old Dad may be on the prowl for additions to his harem, and he will not think twice about letting go—at anyone or anything—with his unforgettable perfume.

If you have a plum tree, your visitor might arrive in a black fur coat. Bears are partial to plums and tend to make short work of anything that happens to be between them and your tree—including fences. If you pick all your plums prior to the bear's visit, he will sit quite comfortably on your back deck, beside your baskets and buckets and boxes, and enjoy a leisurely breakfast.

One of the reasons for the abundance of furry visitors this year is the equal abundance of berries. Anyone with raspberry canes will tell you they just kept coming, and if all the blackberries ripen, they will fill plenty of freezer bags, and later in the fall we'll have to resort to recordings of vicious, barking dogs in order to discourage the bears from trying chin-ups – again

– on the grape arbour.

Birds in the Mulberry tree cannot keep up with this year's crop—the ground beneath the tree is already thick with what threatens to become a fermenting pink mush. Topsy skunks? Perhaps. Swallows are already en route to their southern playground and hummingbirds have been supplanted at the front window by an iridescent blue dragonfly. Cat birds travel the treetops and that brilliant yellow breast and scarlet head belong to a Western Tanager. Stellar Jays and the resident squirrel are ready to claim the falling hazelnuts. Berries are clumped on the Myrtle and the hydrangea is noticeably tired.

All this, and the September Harvest Moon, are clear reminders that autumn is around the corner. But the roadsides still glow with the morning brilliance of blue-eyed chicory, and as summer begins to turn, patches of bright orange California poppies spread daily taking the place of their tall, red cousins and the solid field of white daisies. These patches of volunteers are a surprise, and I will leave them to drop their seeds amongst the clover. They're welcome to pay a return visit anywhere in this haphazard garden of mine—a happy shock of colour to wind up what has been a short, but very warm summer.

### Yoga w/ Lea:

**Mon:** All levels, 9-10:30am, Comm. Cnrr.

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

**Fri:** Beginner's/Gentle Yoga, 9-10:30, Comm. Cnrr.

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

**More info: 250.227.9030**

**learae@telus.net**



## Health & Happiness

by Sid Kettner, MD

### Less Food, Better Brain!

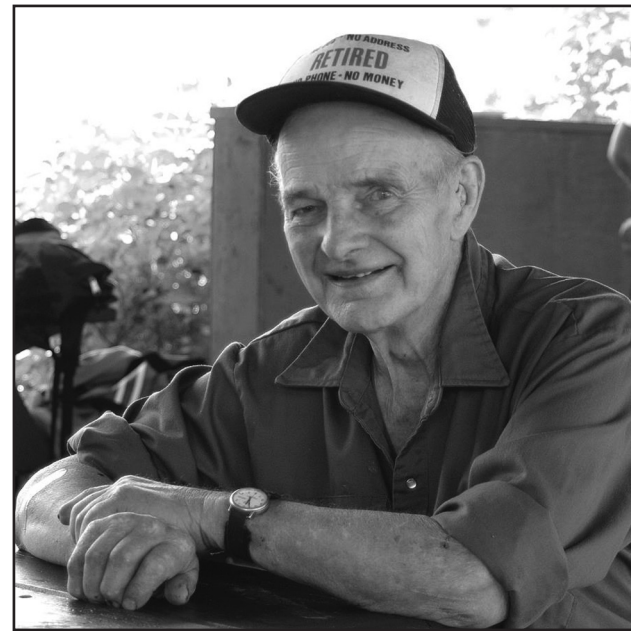
So . . . the days of summer picnics and barbecues are fast drawing to a close. Chips, burgers and ice cream will hopefully give way to more healthy food for at least another nine months. That is a good thing, according to some very recent research. The findings were presented at the American Academy of Neurology's annual meeting in April. Over 1,200 human subjects ages 70-89 were followed as to their calorie intake. Those with the fewest calories (600-1525) had only half the odds of developing MCI (Mild Cognitive Impairment) as the group that consumed the most calories (2,143 to 6,000) daily. Why?

The proposed explanation is based on similar research in rodents, where calorie restriction seems to stimulate hormesis. This mechanism puts a mild stress on the brain and thus strengthens it by activating biological repair systems that increase the brain's resistance to disease and injury. This is also seen with aerobic exercise and cognitive (thinking) stimulation. It occurs by increasing the level of BDNF, a brain growth factor that protects brain cells from damaging toxins, repairs injury to brain cells, promotes nerve cell survival and stimulates the creation of new nerve cells and their electrical connections.

Fascinating! So now we know that refraining from overeating will not only curb obesity, stress, diabetes, depression, stroke, hypertension, heart disease but also memory loss, MCI, Alzheimer's and Parkinsonism. Wow! Wants me to "eat less and move more" not only for a better physical body and heart, but for a sharper brain. Let's do it—smaller portions of nutritious foods and more daily steps on our pedometers.

## Notice of Passing

John Oliver



It is with great sadness that we announce the sudden passing of our father, John Oliver.

He passed away at home on August 28, 2012.

John is survived by his three children: Lynn [David], Dianne [Lorne], and Ross [Lorna]. He also has four grandchildren and four great-grandchildren.

John was predeceased by his parents George and Mary Oliver, brothers Ernie, Jim and George and sisters Kaye and Alice. John was also predeceased by his loving wife Grace four years ago.

There will be a celebration of Johnny's life at 1pm on September 8, 2012 at Crawford Bay Hall.

## Loss of a Friend

submitted by Garth Norris

Wayne (Ole) Johnson passed away August 22, 2012. Ole, an avid golfer, was at the coast to compete in the Senior Games golf tournament when he was taken suddenly from us.

Among Ole's many praises was his ability to always have a new joke for the occasion. We will miss hearing him say, "That reminds me of . . ."

Pilot Bay will not be the same without him.

**Next Deadline:**  
**Sept 26, 2012**

## Remembrance Garden

by Wendy Scott

Friends: they come in all shapes and sizes; they span the years from earliest memories through the busy backyards of childhood, into the pathways of adolescence. From then on our recall seem to become selective until the day arrives when an excited wave from across the street may not trigger the slightest hint until some small reminder triggers a memory from very long ago.

Friends are worth remembering and relatives deserve little acknowledgements.

At present the garden – like the season – is in limbo, waiting for two polished, refinished benches and several new marble plaques. There's also a new bench in the works.

Watch for these – they will appear. And in the meantime let us know if you would like to place a plaque on a bench or a shrub in the garden.

**Plaques – wmescott@gmail.com 250-225-3381**

**Shrubs -- mcrowe@bluebell.ca 250-225-3570**





## From the Principal's Desk

by Dan Rude

One of the dilemmas of writing to our school community each month is in deciding whether to focus on our opportunities or our challenges.

As it tends to be easier to focus on obstacles rather than possible solutions, I like to push myself to think beyond our issues and towards ways that we can work together to create meaningful learning opportunities for our children and youth. This year I intend to continue with this sharing, but will likely share more of the specific details of the obstacles we face, as a small rural school community, with the intention of bringing people on board to solve real issues.

To be clear, our school district continues to remain committed to having public school in Crawford Bay. Our task, as a school community, is to be creative and committed to making this work for us.

This year we enter the school year with the challenge of needing to reconfigure our elementary classes, due to young families having moved away over the summer. While this is a significant challenge, it also leads us to ask very specific and important educational questions, such as:

- For what elementary-aged learning tasks is it essential to focus our staffing on students working at similar levels?
- What learning tasks and experiences work well in multi-aged groupings?
- What can we learn from other schools that intentionally design multi-aged learning spaces through the elementary years?
- How can we develop successful cross-curricular projects that students of all levels can engage in?
- How can we involve our community in ways that we may not have yet, to support the learning of Kindergarten, Primary, and Intermediate students?

(Stay tuned for details of a project involving local elders reading with our children and another involving on-going garden-based learning.)

As this situation is common across our school district, and these questions are being asked provincially and globally, we are also working on making professional connections with many other small schools so that we can collaborate on these questions and others that will surely come up.

In creating job postings for two teaching positions this summer, I created the following statement to describe to potential applicants what we are - and aim to be. This reflects many of the themes that have emerged through community input, as well as much of the work done over the past few years in looking outward at creative models for small schools.

*Crawford Bay Elementary-Secondary School is a small, rural, K-12 school on Kootenay Lake, British Columbia, with approximately 80 students. As a community of learners, we aim to:*

- *Balance foundational skill development and prescribed learning with personal exploration and inquiry;*
- *Engage our community and region in the learning process and school programming, with the classroom considered the 'base camp'; and*
- *Evolve the ideas of supporting each student with a 'personal learner profile' and developing with each student a 'personal learning plan'.*

Stay tuned for an official introduction to the successful applicants for these positions.

Also stay tuned for developments on some of the learning projects we are working on this year. One that I am particularly focused on is the secondary 'Community & Global Awareness Project'. Over the summer I had the opportunity to meet with some keen parents, two teachers from our area who have led international travel projects with students, and Garry Jackman, Director of RDCK Area 'A' to discuss preliminary ideas and plans to shift our Wednesday afternoon programming. The intention will be to connect our students to local and regional community development initiatives; plan and fundraise for an international trip; and learn language, culture, and issues of a particular region that we aim to visit and be involved in. One of the concepts for fundraising is for us to raise grant money and then have students help out locally to earn 'travel bucks'. At the time of writing, \$10,000 has already been raised to support this project. If you have ideas either for funding sources and/or local projects that could use the energy of our youth, please contact me at drude@sd8.bc.ca.

Here's looking forward to another year of learning and growing!

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Call Debbie at 250-227-9315 with any questions

**AREA "A" EDC Economic Development Commission**

**There is new funding** available in September 2012, for grants to organizations for projects for Area A (East Shore) relevant to the promotion and encouragement of economic development. Applicant groups must be a registered society or apply to a registered society to sponsor the application and handle the funds.

**Next application deadline:**  
**October 1, 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](http://www.rdck.bc.ca/corporate/grants/electoral_area_a_economic_development_grant.html)>

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

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## PAC Notes

**Join Us... And Change the World**  
by Ingrid Baetzel, PAC Secretary

The Crawford Bay School Parent's Advisory Council will be meeting for the first meeting of the 2012/2013 school year on Monday, September 10 at 7pm in the school library. Currently, there are approximately two to six people who meet monthly to discuss school/parent topics and issues and make decisions which affect every student going to our wonderful little school. We are in a pivotal time right now with changes to global views on education, continuing and troubling low-enrollment issues, community and cultural shifts and general changing tides.

Our children go to school for over seven hours, every weekday, from September to June and they spend their lives in that building with people who care deeply about them and are helping our children develop into the citizens they will become. Our children are in the hands of a system of people who not only appreciate, but need, the support from parents and their community. The small group of people sitting on the board that acts as the liaison between home and school needs that same support.

A reminder: every parent/guardian of every student at the school is a voting member of the parent's advisory council. Often, decisions are being made by a minimal quorum of three people. Do you want to use your vote? We'd love to see you at the monthly meetings. You are most welcome, and there is even childcare (free) available, if that is what might keep you from attending.

Currently, the executive is comprised of the following: Erin Cristofoli, Chair; Ingrid Baetzel, Secretary; Jennifer Irving, Treasurer. Our AGM will be at the October meeting, so if you're thinking of being involved, come to the September meeting and decide from there.

**Another Note:** The PAC Hot Lunch Subcommittee (Terry Fiddick, Garry Sly, Todd Halfnight, Dana Gallinger) are pleased to announce the hiring of a Jennifer Irving as the Hot Lunch Program Manager for the 2012/2013 school year. If you have questions/comments about the program and where it stands now and in the future, please direct them to her at [jenirving89@gmail.com](mailto:jenirving89@gmail.com) or by phone at 250.227.9175.

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Crawford Bay School's Hot Lunch Program would like to thank the Kootenay

Gut Buster Comedy Festival for its generous donation of over \$1,000 to the program! Also thanks to all the people who attended as well as Jamie Cox for the liquor license.

But most of all, a huge thank you to Paul Hindson of Kokanee Chalets for organizing the event!

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**Lakota Joint Care capsules:** let Lakota defeat your rheumatism as the Lakota defeated Custer - Gray Creek Store. 250-227-9315

**Ladies: She Wee** - when you just have to go, while hiking or boating - at last you can pee standing up! Gray Creek Store, 250.227.9315

**Roadside Emergency Kits** \$39.95: everything from jumper cables, tire sealant, to an emerg. blanket, first aid kit, and more - Gray Creek Store, 250.227.9315

**Canadian Made Gumboots:** these include insoles which are essential in a rubber boot - Gray Creek Store, 250.227.9315

**Hydrographic chart** of the Lake. boater's necessity, hard to find anywhere but Gray Creek Store, 250.227.9315

**NOTICES**

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

**OUTDOORS/REC**

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

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

**Telescopic Boat Hooks** - extend up to eight feet, but are only 3 1/2 feet when retracted. The hook end is plastic so

its easy to get your dog back in (as long as its wearing a life jacket) Gray Creek Store. 250-227-9315

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

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

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

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

**RENTALS/REAL ESTATE**

**Two bedroom house** for rent in Riondel. Please call: 250-225-3510

**YARD & GARDEN**

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

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

**Fitness Machine:** push a reel lawn mower. Upgrade your body and your lawn - Gray Creek Store 250-227-9315

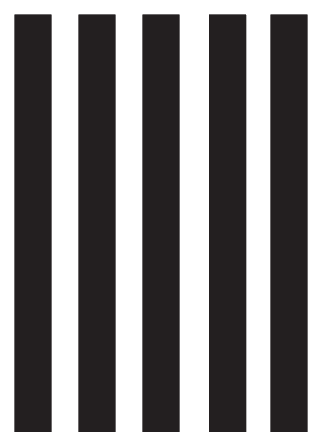
**Saves sharpening your chain,** or even buying a new one: the log lifter is a cant hook that Lifts the log 6 inches off the ground - Gray Creek Store 250-227-9315.

**Corona Garden Tools** - pruners, pole pruners, shovels as well - Gray Creek Store 250-227-9315

**To help you get that fire-wood early,** we have a great selection of axes and mauls to get that job done! Even 6lb'ers for the ladies! - Gray Creek Store 250 227 9315

**A deer fence** that really works: easy to drive steel posts with a 100 foot roll of stucco wire, topped with a higher strand of berry wire - Gray Creek Store 250-227-9315

**Garden tools and handles** - great selection of wheelbarrows. Tires, tubes and parts if your old wheelbarrow is repairable, or you can upgrade to the puncture - proof tire - Gray Creek Store 250.227.9315



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

### CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

Will be at the East Shore Health Centre monthly.

For further information, call Creston Health Unit at 250-428-3873.

### EAST SHORE COMMUNITY HEALTH CENTRE Call 227-9006

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

#### PHYSICIAN COVERAGE FOR Sept 2012

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

**Sept 4, TUESDAY: Dr. Grymonpre**

**Sept 5, WEDNESDAY: NO DOCTOR**

**Sept 6, THURSDAY: Dr. MOULSON**

**Sept 11, TUESDAY: Dr. Grymonpre**

**Sept 12, WEDNESDAY: Dr. Moulson**

**Sept 13, THURSDAY: Dr. Grymonpre**

**Sept 18, TUESDAY: Dr. Grymonpre**

**Sept 19, WEDNESDAY: Dr Moulson**

**Sept 20, THURSDAY: Dr Grymonpre**

**Sept 25, TUESDAY: Dr Grymonpre**

**Sept 26, WEDNESDAY: Dr Moulson**

**Sept 27, THURSDAY: Dr Grymonpre**

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

**Call to make appointments at 227-9006**

**on doctor days and Thursday morning.**

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

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

#### WEEKLY EVENTS AT BOSWELL HALL:

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

**1. Yoga continues to meet on Thurs from 9:30 to 11:00 am. All welcome on a drop-in basis. Contact Marilyn Arms for details**

**2. Line Dancing will begin in Sept. For information, please call Cheryl or Greg Place 250-223-8694**

**3. Carpet Bowling will begin in October.**

#### SPECIAL EVENTS AT BOSWELL HALL:

**1. September 1 is the BADEV annual Fund Raiser Corn Roast at Conrad's farm - the driveway just south of Boswell Hall. All are welcome to enjoy hot dogs, corn, beans and ice cream; adults \$5, children \$3. Raffle tickets will be drawn throughout the evening.**

**2. Fall Fowl Dinner is Sept. 22. Traditional turkey dinner with all the trimmings. Tickets cost \$12 at the Destiny Bar Store and \$14 at the door. Get your tickets well ahead of time as this dinner is usually sold out!**

#### WORLD SUICIDE PREVENTION DAY

September 10, 2012 is World Suicide Prevention Day. North Kootenay Lake Community Services Society (NKLCCSS) and Kootenai Community Centre Society are organizing a community meeting in Creston B.C. to develop a community protocol for suicide prevention and intervention. September 25th, social service providers from Crawford Bay and Creston will gather to discuss suicide response in our areas and how we can best support our community members. For more information call NKLCCSS at 1-866-774-5324. For more information on suicide prevention visit: [www.suicideprevention.ca](http://www.suicideprevention.ca). For 24/7 confidential crisis support, call the Interior Crisis Line Network at 1-888-353-CARE (2273).

#### WANTED – VOLUNTEERS

The Crawford Bay Fitness Place is a wonderful facility for getting in shape and keeping in shape. Right now we are looking for two volunteers willing to give two hours of their time once a week. In exchange, the volunteer gets free membership. Essential Traits: friendly, reliable, prompt, helpful, organized, Criminal Record Check. Not At All Essential Traits: buff, tight shorts, degree in sports medicine. For more information on joining our team, call Doreen 250.227.9526

#### AFKO BIBLIOBUS

Empruntez livres et DVD et achetez du sirop d'érable. Borrow French books and buy maple syrup! Le bibliobus de l'Association des francophones des Kootenays Ouest visitera Crawford Bay lundi le 10 septembre 2012 à la bibliothèque de l'École de 16h30 à 18h30. Everyone welcome - Bienvenue à tous! Info: 250-352-3516

## The East Shore MAINSTREET

Contact: Ingrid Zaiss-Baetzel

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

Box 140, Crawford Bay, B.C. VOB 1EO

E-mail: [mainstreet@theeastshore.net](mailto:mainstreet@theeastshore.net)

### \*\*\*ADVERTISING RATES

**\$35.00** - 3<sup>1/4</sup>" wide by 1<sup>3/4</sup>" high

**\$40.00** - 3<sup>1/4</sup>" wide by 2<sup>1/2</sup>" high

**\$45.00** - 3<sup>1/4</sup>" wide by 3<sup>1/4</sup>" high

**\$50.00** - 3<sup>1/4</sup>" wide by 4" high

**\$55.00** - 3<sup>1/4</sup>" wide by 4<sup>1/2</sup>" high

or 6<sup>3/4</sup>" wide by 2<sup>1/4</sup>" high

**\$65.00** - 3<sup>1/4</sup>" wide by 6" high

or 6<sup>3/4</sup>" wide by 3" high

**\$85.00** - 3<sup>1/4</sup>" high by 9" high

or 6<sup>3/4</sup>" wide by 4<sup>1/2</sup>" high

**\$100.00** - 3<sup>1/4</sup>" wide by 10<sup>3/8</sup>" tall

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

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

or 3<sup>1/4</sup>" wide by 14<sup>1/2</sup>" tall or 10<sup>3/8</sup>" wide by 4<sup>1/2</sup>" tall

**\$225.00** (half page) - 10<sup>3/8</sup>" wide by 7<sup>1/2</sup>" tall

**\$400.00** (full page) - 10<sup>3/8</sup>" wide by 14<sup>1/2</sup>" tall

**Sample Sizes - more sizes available.**

**Column Width:** 3<sup>1/4</sup> inches - double column width:

6<sup>3/4</sup> inches - full width: 10<sup>3/8</sup> inches

**Services Directory:** \$5/month, up to 3 lines.

**Classified Ads:** \$5/first 30 words,

10¢/word after the initial 30.

**\*\* 30% MORE FOR COLOUR ADS\*\***

## Next Deadline:

# Sept 26, 2012

### KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

**Off-Season Schedule in effect:**

*All times listed in "East Shore Time"*

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

## CHURCH CALENDAR

### RIONDEL COMMUNITY CHURCH

#### SEPTEMBER SCHEDULE

**SEPT 2:** Brent Mason, 2:00 pm

music – Brent Mason

**SEPT 9:** Bill Gooding, KLCC, 1:00 pm

music – Marie Gale

**SEPT 16:** Rev. Robin Celiz, Anglican, 3:00 pm

music – Brenda Panio

**SEPT 23:** Bill Gooding, KLCC, 1:00 pm

music – Marie Gale

**SEPT 30:** Brenda Panio, Anglican, 11:00 am

music – TBA

Please check [www.riondel.ca](http://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 2:** 1:30 - Rev Robin Ruder Celiz

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

### HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

**Sept 16, 1pm:** Rev Robin Ruder Celiz

*For information call Karen Gilbert: 227-8914  
or Sue Philp: 227- 9140*

### KOOTENAY LAKE COMMUNITY CHURCH

*A Lighthouse on the East Shore*

Pastor Bill Gooding

Come & join us Sundays at 10 am. Coffee fellowship after the service. 16190 Hwy 3A, Crawford Bay 250.227.9444

### TEMPLE OF DIVINE LIGHT

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

Everyone welcome - Yasodhara Ashram 227-9224

### MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

Sunday Mass at 2:30 pm

1st Sunday of the month, Fellowship Sunday.

### THE CHURCH OF JESUS CHRIST

#### OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.

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

### CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church,

8151 Busk Rd, Balfour

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

## Next Deadline:

# Sept 26, 2012

## MEETING PLACES

**LIONS CLUB** - meets at the Kootenay Lake Community

Church - 16190 Highway 3A, Crawford Bay.

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

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

or Lion Jim at 250-227-9622.

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

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

ment. Call Marilyn for more info: 227-9129

### PARENT ADVISORY COMMITTEE

(PAC) Meetings

held at 7 pm at the Crawford Bay School library

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

Call Ingrid to be put on the agenda - 250.227.9246

**Next Meeting: September 10, CBESS Library**

September 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 Sunday Market, CB Park Bottle Depot, 10-2	3 Yoga w/ Lea, CBay, 9am	4	5 Volleyball, CB Beach or CBESS	6 Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Bottle Depot, 10-2	7 Pauline Lamb, The Hub Brandon Salviulo Memorial Fundraiser, Riondel Yoga, w/ Lea, CBay, 9am	8 Brandon Salviulo Memorial Fundraiser, Riondel Johnny Oliver Celebration of Life, CB Hall, 1pm
9 Brandon Salviulo Memo- rial Fundraiser, Riondel Bottle Depot, 10-2	10 Bibliobus, CB World Suicide Prevention Day PAC Meeting, CBESS Library, 7pm Yoga w/ Lea, CBay, 9am	11 Lions Mtng, 7 pm	12 Volleyball, CB Beach or CBESS	13 Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Bottle Depot, 10-2	14 Yoga, w/ Lea, CBay, 9am	15 Storytelling Festival 101st Fall Fair, CB Hall, 12-5
16 Storytelling Festival Bottle Depot, 10-2	17 Yoga w/ Lea, CBay, 9am	18	19 Volleyball, CB Beach or CBESS	20 Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Bottle Depot, 10-2	21 Yoga, w/ Lea, CBay, 9am	22 CB Market Grand Opening, 10-4 Wine Tasting, Black Salt
23/30 Bottle Depot, 10-2	24 Yoga w/ Lea, CBay, 9am	25 Lions Mtng, 7 pm	26 Volleyball, CB Beach or CBESS Mainstreet Deadline	27 Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Bottle Depot, 10-2	28 Yoga, w/ Lea, CBay, 9am	29 Canning Workshop, Rio Rec Centre, 10-2

**Junction Creek Hub**  
Lounge, Coffee Shop & DVD Rentals



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

September 7: Pauline Lamb w/ guest  
Cecil J. Foley  
Wednesday Nights: Live Music Jam

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

**ROCKWOOD CAFE**  
EAST SHORE'S FAMILY CHINESE RESTAURANT

CHINESE & ASIAN SPECIALTY DISHES  
PREPARED WITH FRESH INGREDIENTS

.....

LUNCH SPECIAL DIM SUM & TEA



**250 - 227 - 6840**  
15292 HWY 3A, GRAY CREEK | PLEASE CALL FOR RESERVATIONS

ADVERTISER	PAGE
Sunset Seed	12
Angus MacDonald Reiki	12
Turlock Electrical	10
Artisans of CB	8
Wedgwood	10
B-57 Excavating	10
Will Chapman	1
Black Salt	13
Yoga with Lea	16
Black Salt Wine Tasting	13,17
Boccalino	5
Boswell Hall	12
Brandon Salviulo Memorial	3
Bunkers	11
Christina de Pape	4
Community Futures	8
Crawford Bay Hall & Parks	12
Crawford Bay Market	1
Credit Union	11
Creston Vet Clinic	8
Danielle Tonossi Hand Analysis	14
EDC	17
ESIS	10
East Shore Express (ESE)	6
East Side Mojo's	12
Eastshore Physiotherapy	5
Fall Fair	4
Fitness Place	7
Food Roots Canning Wrkshp	6
Gray Creek Store	4,18
G.R.S. Contracting	1
Green Machine, The	10
Harreson Tanner	7
Harrop Forest Prods	11
Hulland and Larsen	10
JB Construction	10
Junction Creek Hub	11,20
KIS	14
Kootenay Gut Buster - Thanks	7
Lakeview	11
PAC Thanks to KGB	4
Riondel Roof Fund Thanks	7
Rockwood	10, 20
Russ Anderson Rock & Soil	10
Sacred Journey	11
Sapphire Hair Salon	10
Sunnywoods Farm	12

**Transfer Station Hours**

**CRAWFORD BAY:**

(Until October)  
Sun, Tues &  
Thurs  
9 am - 3 pm

**BOSWELL:**

**Weds/Sat**  
12-4

**chip**  
safe | secure | smart



Member Card coming fall 2012

FAQs [www.nelsoncu.com/chip](http://www.nelsoncu.com/chip)

Your Hike is long. Pack wisely.

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



Or call **250.352.9256** to make your appointment with Vivi on her next visit to the East shore.

**Allard Insurance**  
AGENCIES LTD  *Logically. Locally.*  
A Nelson & District Credit Union company

**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

**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