

\$2.38
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The East Shore Mainstreet

KOOTENAY LAKE BC

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

INSIDE:

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

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Photo by Leone Lund - leonesphotocreations.com

The Labour Day long weekend in September of this year marks the 37th consecutive Gray Creek Regatta event since the modern regattas began in 1975. It has roots in challenges between East Shore settlements back to 1923. The sailboats compete every year for the historic Gray Creek Regatta trophy featuring deer horns donated by the Oliver family. The event is held by the Kootenay Lake Sailing Association at The Lakeview Store, Marina and Campground in Gray Creek. Local entries can usually be expected to include Fred and Bob Schutter, Tim Elias, Fritz Dau and Colin Johnston, all from Gray Creek as well as the Deane family near Riondel.

Return
undeliverable items to:

*The East Shore
Mainstreet*
Box 140, Crawford Bay, BC
V0B 1E0

Agreement#: 40718537

East Shore Internet Society
High-Speed Internet
250-505-4089
info@esis.theeastshore.ca
esis.theeastshore.ca
Central Kootenay Lake's community non-profit ISP

Kate Page, Proprietress
Book ahead: 250.505.6950

SAPPHIRE HAIR SALON

16210 Hwy 3A, Crawford Bay
UNIT NINE



MS Issues

by Ingrid Baetzel

The other day in the credit union, I overheard a discussion between a senior member and a bank teller that triggered a series of discussions and thoughts. The woman at the wicket was asking the teller how she could get electronic bank statements but not be expected to be an online banker. The teller described how the hope is that people WILL use online banking more, and that it is relatively simple to do. The woman then asked what would the teller recommend to someone who gets email, and wants their statement delivered that way, but who doesn't use the internet or computers for anything else and isn't able or interested in utilizing the online services. She asked, "What if I don't even have a computer?" The teller explained that it could be done from any device, including mobile devices like iPads, cell phones or laptops. She also told the woman that most branches have an in-office iPad and/or computer for members to use. The woman asked what if she didn't even know what an iPad was? Where could she learn how to use the online banking? Would the teller be willing to come out from the wicket to teach her how to use the system?

Now, this was a friendly exchange between two people who know each other. It was more of a hypothetical conversation... a "what if" discussion. The teller answered all the questions with friendly authority and knowledge, but with a recognition that there are still some big holes left in this apparently now global push for online awareness and consumer use. When it came to the question of tellers teaching senior citizens or others with less technical experience how to manage their accounts, pay bills, log in and out, etc,

the teller of course couldn't commit to being able to do that for members. There's no doubt that she would have liked to be able to do it, but there's no saying that time or her work load would allow for it.

So, this triggered some other thoughts about the push for people to self-sufficiently manage their business via computer/internet/technology. Last year, the Canada Revenue Agency started a push to get people to file electronically, making it much more difficult to track down income tax returns in paper form. Many senior citizens councils, in particular, railed against this bullying tactic to get people "on board and online". The thinking is, of course, streamlining procedures and reducing paper waste. There is logic in this. The problem is that many, many people still don't use computers. Many people still write letters by hand, lick stamps, and make phone calls. Many people have been doing this for many years. We are in transition in so many ways.

As our kids are born into an ever-more advancing technological era, our older citizens are being left in the dust - left to pay others to do the work that they used to do themselves - left with a sense of diminished competence and confusion. There will be a day when the vast majority of the Western world will be technologically savvy, but for now it seems inherent upon all of us to remain inclusive (and listening!) to ways of existing and managing our affairs that have been here for generations.

This point was recently brought up at a funding opportunities meeting with Kootenay Employment Services and Columbia Basin Trust. A senior citizen spoke at that meeting, reminding the organizers and the corporate sponsors to not forget to check with the citizens that have been in our communities for decades to see what has worked and what has failed in the past. It is a grievous oversight to walk a path that is a known dead-end. There is much to be learned from our elders and from those who have already done the leg-work. I thank both of these citizens who, of late, have taken the time to remind us of these societal/organizational flaws in the system.

LETTERS TO THE EDITOR

I Suggest You Burn Your T-Shirt

Dear Editor:

On August 12, my wife and I returned from a three-day music festival in Fernie. We stopped in Crawford Bay, picked up a few groceries and the *Mainstreet*, and continued on to Riondel.

After unloading the car I sat down with a cool drink, opened the *Mainstreet*, and was immediately confronted with strong negative opinions regarding our local Starbelly Jam festival as expressed by a Michael Blais of Riondel Road.

Now, I don't know who Michael Blais is, I've never met him. I do know however, that his opinions make sense in the light of the statement his T-shirt displays in the photograph accompanying these opinions. Michael is 'Anti Everything'. Well Michael, I am not exactly a pro-everything individual, but in my opinion, Starbelly Jam is an event that our community can and should be proud of.

In Fernie, I had an opportunity to compare the Jam with a similar event, and Fernie did not even come close. What we encountered there were groups with similar line-ups, playing similar music, at a volume that gradually became unbearable. It was the excessive sound level that actually caused me to miss the one group that played a different type of music.

Unlike the Jam, the Fernie festival also boasted some big name sponsors such as CBC, Teck, the City of Fernie, and the Fernie Brewing Company. The latter naturally prompted the presence of a beer drinker's enclosure and the resulting cacophony as well as a heavy security presence.

Michael, may I suggest that you burn your T-shirt and adopt a new slogan to guide your perspective.

Jon Wyngaard,
Riondel

AED AT THE FITNESS PLACE?

Dear Mr. Garry Jackman, RDCK Director Area A;

My name is Julia Schmidt. I live and work in Crawford Bay. I am the Postmaster here and am also a Certified Personal Trainer. I have been volunteering, training and working out of the East Shore Fitness Place at the Crawford Bay School since it first opened.

As part of my Personal Trainer certification I have taken 1st aid and CPR training. It was while in these courses that I was first introduced to the Automated External Defibrillator (AED). I feel these are amazing lifesaving devices and combined with CPR training, could be of huge benefit to our rural community. Access to an AED and the opportunity for community members to take CPR classes as a survival tools in the event of cardiac arrest would give us some power back.

The East Shore Health Center is only open, with a physician available, three days a week and with specific times, due to ferry constraints. We are also currently under-staffed for ambulance paramedics and first responders, making the 'golden hour' virtually non-existent.

I think that the Fitness Place would be a great location for access to an AED. The school has many community activities and is a central location.

AEDs are user friendly and could be used by anyone. Please consider my request for funding towards the purchase of one of these devices as well as community CPR classes.

Thank you for your time.

Julia Schmidt,
Crawford Bay

cc: Michelle Mungall, MLA, Nelson-Creston
Gary Ockenden, Director, Columbia Basin Trust
The East Shore Mainstreet



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Next Deadline: Wed, Sept 25, 2013

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EAST SHORE ALLIANCE SUPPORTING THE EARLY YEARS (EASEY)

Invites applications for Coordinator Position which is 5 hours/week (flex time).

Eastshore Alliance Supporting the Early Years

Your job is to involve parents and families of young children (0 to 5 year) in activities, events, and programs of benefit to young children and their families and community. Start date negotiable.

Deadline: 4 pm, September 19. Please send a letter and qualifications to EASEY c/o Crawford Bay School, Box 100, Crawford Bay, BC V0B 1E0.

Email application to laverne@theeastshore.net.
Info call: 250-227-9552



Location: Kootenay Bay Ferry Landing

Special Event: (end of September 2013)
FALL CANNING FESTIVAL

Registration required (subsidy available)

Together we can preserve the fruits of our labor.

See the Kootenay Lake Fall Fair brochures for more information, and...
kootenayfoodroots.wordpress.com
or call 250-227-9100 and ask for Jac.

Missed the Ferry? Visit us and enjoy our Home Style Cooking!



RDCK Area "A" Update

by Garry Jackman,
Director, Area "A"

TYPES OF LOCAL GOVERNMENT SERVICES:

I need to start this month with a recap of service delivery options for local government. First off, an incorporated municipality, such as Nelson, Creston or Kaslo, can tax for a number of services which they deliver directly or indirectly and then allocate funds to various services within their overall budget. In unincorporated areas such as Electoral Area A within the RDCK, this is not the case. Each service must be individually defined and established within guidelines as set out in the Local Government Act (written and periodically amended by the province). Some services will be directly delivered by regional district staff and resources, such as planning or building inspection, other services are 'contribution services' where a budget is authorized and year to year funds, as agreed by the RDCK board, are allocated to a third party to deliver a service or function which their community has identified as being suitable for public taxation support. Examples of typical contribution services are libraries, museums or cemeteries. The province does not require local government to run or support these functions, but with voter assent the local government may tax and contribute towards the operation of such services. The contribution is usually only part of the overall costs, the balance being picked up by volunteers, donations or funding from other sources.

In order to establish a service in a rural area, voter assent is required in one of the forms as prescribed in the Local Government Act. The most "democratic" is generally considered to be a referendum which entails specific rules and associated costs. Another method is what essentially adds up to negative marketing which is outlawed for commercial ventures but specifically allowed under the Local Government Act for obtaining voter assent. It can be used for certain types of services with limitations on overall tax rates. Under this process, a service establishment bylaw is proposed and will be deemed to be acceptable to the electorate unless 10% of the eligible voters petition to have it stopped. This is quicker, less expensive and inherently less democratic than a referendum.

PAWS: Early this calendar year the RDCK held discussions with representatives for the Pet Adoption Welfare Society (PAWS) around the possibility of them receiving an RDCK contribution through taxation to support a portion of their operations (which is mostly volunteer). We also discussed building their capacity to respond to animal welfare and related health issues in the event of an emergency situation which could result in the deaths of numerous animals such as commercial livestock. Under the Local Government Act, the RDCK is tasked with providing emergency response services for the first 72 hours of a declared emergency and the RDCK is tasked with preparing and updating emergency response plans for a variety of potential disasters. We have a number of response plans for people, but do not have clear options for large populations of animals such as dairy cattle. With a few thousand cattle already on the Creston flats and more dairies potentially opening over coming years we could face a major water pollution and health concern if large numbers of animals drowned and their carcasses remained within the river/lake system for several days. A few years ago it was a challenge to have a single dead cow removed from the beach

south of Kuskonook. Preparation in conjunction with an organization with a volunteer base such as PAWS could be a wise move. Some up front funds would be needed to establish the response plan and high ground areas which could be made available for short term relocation, while an operating reserve could be carried from year to year in the event a flood required action with related immediate costs. Eventually the RDCK would try to recoup expenses related to an event from Emergency Management BC.

The petition process was put forward for the PAWS contribution service, debated hotly in the public realm after it appeared in the *Creston Advance* (the *Mainstreet* ad was slated for this edition) and subsequently withdrawn for the time being pending the preparation of better information. Until this package is available the issue will remain dormant.

CBT COMMUNITY INITIATIVES AND SELF DIRECTED FUNDS:

Over the past month I have continued to participate in discussions with CBT staff regarding their community initiatives program and the evolution towards self directed community funding. I see the self directed funding as being a very important evolution on how benefits from CBT revenues will be distributed in coming years so we need to be in the loop. In recent years CBT benefits have jumped due to increased revenues from power generation and there will be another substantial increase in 2015 with the Waneta expansion project coming on line. See the figures for CBT in their annual report at www.cbt.org/annualreport.

CBT has prepared a summary of four focus group discussions (I attended the Castlegar forum) which I could forward to those who are interested. They also held a session in Creston, which I encouraged several East Shore residents to attend, to discuss the self directed funding model which has already been put in place for the Columbia, Elk and Slokan valleys and is nearly in place for the greater Trail region. The program will provide up to \$200K per year for an initial three year period. The first step was the large meeting of community reps. The next steps are to draft a terms of reference for a steering committee along with the definition of the geographic area to be represented. The geographic area is, in my mind, the largest question as we would like to ensure representative input from all communities within the area, recognizing a tendency to direct funds to 'core' facilities in larger population areas (such as Creston) could overshadow projects in the outlying areas. Allocation of funding is intended to be through consensus within the steering committee.

Whether the East Shore is a natural fit to the greater Creston area is a long standing discussion point. I will not go into pros and cons, or even options, at this point. I will stress once more that this initiative is significant and will likely grow so we need to remain involved.

CHANGES BY THE PROVINCE TO RECYCLING PROGRAMS:

Over the past few decades a series of product stewardship groups have been legislated into existence to try to streamline the removal of certain products from our landfills and direct them to reuse or recycling streams. This is generally a very

good thing, although the urban centers tend to benefit from much higher levels of service than rural areas. A couple of the products we are most familiar with are tires and engine oil. We pay an eco fee at the time of purchase and those funds (totaling billions of dollars for some of the consortiums) are used to fund the collection depots, processing plants, etc. The Province of BC put forth legislation creating another group to handle packaging and printed paper materials from residential sources (the program excludes commercial,

industrial or institutional sources). These materials overlap with many of the materials which are currently recycled under local government programs in blue box collection systems or the yellow bins we have in various communities. The program rollout for the new consortium is slated for April 2014, with local governments being asked whether they want to participate under a new set of regulations, subsidize an enhanced program or opt out and let the consortium do what they are being paid to do. The new program will be funded by new eco fees which you will pay regardless of what

happens downstream to the packaging. Currently, taxpayers within the RDCK pay about \$973,000 per year to run the recycling programs. In an ideal world, this money would no longer be taxed on your property tax bill and you could use it to pay the new fees at the time you purchase products. If you buy a lot, you pay a lot. If you do not buy much in the way of packaged products you will pay less. No longer would an arbitrary relationship be assumed between the value of your property and your habits as a consumer.

The new system, as outlined under the provincial regulations, would offer you fewer depots with limited access hours and may work to undo some of the gains we have seen in directing reusable products away from filling up our landfills. Our board must decide by our September meeting whether we will leave the business to the consortium, participate with what will almost certainly require some subsidy (via property taxes) to the new system or try to retain the existing level of service which will strip away the tax savings from your pockets leaving you still having to pay the new fees. I expect a high level of controversy of the next few months, as many rural districts are advising the province that this new system is not designed to work for us. Stay tuned.

UNION OF BC MUNICIPALITIES:

Last month I touched on the Union of BC Municipalities (UBCM) conference which will be held in Vancouver mid September. I mentioned our major topics of concern will be an affordable approach to meeting the provincial requirements for small water systems, proactive flood protection measures and continuing upgrades to broadband connectivity. As a regional district we will also be pursuing improvements to the BC Ambulance Service for remote areas. Since July I have received confirmation that I will be able to sit with Dr. Halpenny (Interior Health CEO) and Norm Embree (Interior Health Board Chair) for two separate meetings to discuss health and ambulance issues, one as a member of the West Kootenay Boundary Hospital District Board executive committee and the other just as your individual advocate for Area A. In the latter meeting I have identified my concern as cumulative impact of service reductions or restrictions in our rural communities. Thank you to those of you who sent me background information on various topics.

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



RDCK Recreation Commission No. 9

Call for Grant Applications

Non-profit groups can submit Recreation grant-in-aid applications to the Rec 9 commission by **Friday, Sept 27th, 2013.**

Applications can be downloaded from the RDCK website or picked up at the Credit Union East Shore branch.

The Rec 9 meeting to review the applications is scheduled for Oct 8th at the Gray Creek Hall @ 7:00 and is open to the public.



Is Hiring for a Wood Stove Sales & Service Representative

Want to work seasonal, part time or are you seeking full time employment?

Primary duties are stove sales and administration. Depending on abilities, experience and availability, this position may include; deliveries, installations, WETT inspections, and other store duties. Experience would be a plus, however training will be provided to the right candidate!

Applications available at the Gray Creek Store or email resume to gcs@graycreekstore.com. Please call Debbie at 250-227-9315 with questions.

Word on the Mainstreet

What gives you energy? What drains you?



Forest and friendships give me energy these days. And making too many decisions drains me.

*Nina Fleming, Vancouver
(formerly of Gray Creek)*



The answer to both questions is my granddaughter.

*Fran Kinder,
Crawford Bay*



What saps - lack of focus, procrastination, a long, long to-do list, people who poo-poo my excitement and winter. What energizes - thunder and lightning, terrific music, crossing items off my to-do list, learning something new.

Fran Choquette, Crawford Bay

The East Shore Mainstreet Creativity, Community, Conscience

September Horoscope

by Michael O'Connor

Tip of the Month:

The last New Moon of summer occurs on September 5 at 4:36 am PDT at 13:04 Virgo in the 'Tropical Zodiac'. Linked to the Tropics of Cancer and Capricorn, it is this Zodiac that honors and measures the rhythmic and annual distribution of sunlight on the planet. Every day this distribution changes incrementally, but enough to recognize especially now for example as we head towards Autumn Equinox. Shorter cooler days have already been very evident for several weeks and will become much more so over the next several weeks and then on to winter solstice.

This intimate relationship with the sun's light contains within it more than an out phenomenal reality. In fact our mental, emotional and yes even spiritual 'layers' of consciousness are directly tied to it. We truly are one with life, creation the weather and the various aspects of what is generally referred to as 'our environment'. While we are affected by these influences, as though we are apart from it, we can also say that we are intrinsically a part of it, an individualized extension if you like.

This current Lunation Cycle, although occurring in an Earth Sign, packs a fiery punch. And the overall dynamic will lead to a lot of emotional reaction and a measurable increase in communications based on critical analysis of what needs to be improved and how to best go about it. Although we live in a time of mass communications, controversy, debate, and suspicion, as in conspiracy theories, Facebook, YouTube and Twitter, and a jam packed information super highway in general, this added measure of concentrated focus of critical analysis of what is important will stand out. Stay tuned...

Aries (Mar 21 – Apr 20)

Your focus has turned noticeably to making improvements. Your critical eye has been cast in every direction that matters in your world. Already and increasingly your aim is to create more beauty and harmony. Producing refinements in your home and family and in your relationship interactions is your goal. The overall tone is passionate and revolutionary.

Taurus (Apr 20 – May 21)

An extra creative cycle continues. Hardly superficial, you are intent upon outright renovation. Consequently your overall momentum remains extra dynamic and busy. At best, your creative juices are flowing so amply that you feel inspired to attend to a variety of fronts. For the sake of key relationship involvements and the future, commitment and endurance are the key words.

Gemini (May 21 – Jun 21)

An overall state of abundance and fulfillment are yours to enjoy now. Despite deeper themes of the need to be more disciplined, perhaps especially towards your health and lifestyle in general, your energy levels stand to be high and your spirit too. This New Moon will activate desires to make improvements close to home and to create works of beauty.

Cancer (Jun 21 – Jul 22)

An extra busy period is underway and will continue. A full spectrum of errands and social activities are filling your calendar. Meanwhile, thoughts about long term investments are on your mind. The realities of revolutionary changes are clearly evident to you. Your thoughts are racing as you scan the details and aim for a much wider scope as well.

Leo (Jul 22 – Aug 23)

Some very real and measurable pioneering initiatives have begun for you. Now the focus is upon all the practical details it implies. This trend will continue so your will power to persevere will have to as well. Fortunately, your focus and determination are strong now. You have gained a glimpse of new visions and possibilities and you want to realize them.

Virgo (Aug 23 – Sep 22)

The New Moon in your sign signifies new beginnings. These are in the germination process but you can expect to see real signs of growth by equinox anyway. While outer efforts are required, the emphasis points to inner work and/or extra activity behind the scenes. A

basic challenge includes clarifying your priorities and managing your time well.

Libra (Sep 22 – Oct 22)

This time of year is a call inward for you. Ideally you are taking heed of it. However, the pull to engage in outer social activity is extra strong this time. Dynamic and even dramatic interactions are calling you out. Balancing these conflicting forces is ever ideal and important now. Socially, this is an expansive time in general. Aim for grace and poise between these two extremes.

Scorpio (Oct 22 – Nov 21)

Although a particularly hot period continues, it is beginning to cool off somewhat. Circumstances are pushing you to assert yourself independently. Innovation and subtlety combined are creative challenges. Some kind of training and skill development is likely and ideal now, yet your will to do the work may be wavering. Incite inspiration to persevere.

Sagittarius (Nov 21 – Dec 21)

Some new activation is occurring in your public and/or professional life now. A mix of desires for social stimulation and call to adventure balanced by practical concerns and considerations are likely. You may need to bring more order to your affairs and your living and work space. If you could balance social activity with cleaning and organizing you would have it all.

Capricorn (Dec 21 – Jan 19)

Added stimulation to your thought processes is a central theme now. You want information, insights and answers. Balancing the facts with what constitutes truth for you, presents an intellectual adventure. Finding the right tool or person for various projects remains important as well. Either way, your passions are peaking noticeably.

Aquarius (Jan 19 – Feb 19)

A mix of endings and beginnings are keeping you busy. These include dynamic and lively interactions



EXPRESSION OF INTEREST
Utility Maintenance Person – Sanca Park

To ensure efficient services, the Regional District of Central Kootenay is currently looking for a part-time Utility Maintenance Person who would live in or near Sanca.

The individual selected for this position could expect about 2 to 15 hours of employment per month.

The responsibilities of the Utility Maintenance Person would include:

- Keeping an eye on the water system
- Flushing the water mains
- Water sampling
- Minor maintenance

If you are interested in this opportunity, please forward your resume and cover letter to Jason McDiarmid, Utility Services Manager at jmcdiarmid@rdck.bc.ca.

This expression of interest is open until the end of business on Monday, September 30, 2013.

TELUS Mobility Issues – Poor Reception
We Can Do Something About It!

by David Betke

Lately I have been having serious problems with TELUS Mobility either getting any reception, or holding a call until completion. This all started this spring after years with very few reception problems.

After many consecutive days on the phone with TELUS Mobility, I was told that the existing tower is at capacity and cannot hold the weight of the new equipment needed to service the growing demand of cellular users in the area. It was indicated to me that the need for a new tower has been identified but there is no current date for construction.

I was given the contact information for the head of TELUS Mobility and it was suggested that if enough people write and share their stories of either poor reception or dropped calls, we may have a new tower expedited. This is specifically in areas where there was adequate reception before May this year.

I suggest sending emails by September 15. Please include this ticket number in your e-mail.

Ticket: 000000002638689

Mailing Address:
Office of the President
200 Consilium Place
Suite 1600
Scarborough, ON
M1H 3J3

Email: darren.entwistle@telus.com

Paws Funding Approval Process To Be Withdrawn

press release by the RDCK

The Creston Valley Services Committee, comprised of the three Creston Valley Regional District Directors and the Mayor of Creston will make a recommendation to the RDCK Board of Directors at the September 12 board meeting requesting the current Alternative Approval Process (AAP) for the Pet Adoption Welfare Society (PAWS) contribution service be withdrawn.

The recommendation to withdraw the AAP is the result of numerous questions and concerns from the community regarding the process and purpose of the bylaw.

“It appears that there was a lack of public information regarding this initiative and we will bring back a proposal to the community when we are better prepared,” states Director Larry Binks from Area C, Chair of the Creston Valley Services Committee.

According to Brian Carruthers, Chief Administrative Officer, “The AAP is one of two methods of obtaining electoral approval for creating a service as provided by the Local Government Act. The AAP for taxation in support of PAWS was conducted in compliance with the Act and all the required steps were followed.”

For further information, please contact: Brian Carruthers, Chief Administration Officer RDCK. (250) 352-8152 or bcarruthers@rdck.bc.ca

Getting to Know You

Mainstreet's Proust Questionnaire

Keith Lostracco



- 1. What is your idea of perfect happiness?**
Living in the moment.
- 2. What is your greatest fear?**
Not living to my fullest potential.
- 3. Which historical figure do you most identify with?**
Bruce Lee
- 4. What is the trait you most deplore in others?**
I don't usually think about what I don't like.
- 5. What is your greatest extravagance?**
Life.
- 6. What is your favorite journey?**
To go somewhere new. Mount Loki is the most recent favorite journey.
- 7. What is your greatest regret?**
There are many things I would do differently if I had the experience I have now. To live with regret, though, is something I prefer not to do.
- 8. What or who is the greatest love of your life?**
The world, the universe, everything...
- 9. When and where were you happiest?**
Here, now.
- 10. If you could change one thing about yourself, what would it be?**
Nothing/Everything.
- 11. If you were to die and come back as a person or thing, what do you think it would be?**
An eagle.
- 12. What is your most treasured possession?**
My life.
- 13. Who are your heroes in real life?**
All the people who have played a role in helping me be the person I am. (Pretty much everyone I can think of.) I would have nothing if it weren't for everyone and everything else.

with significant others. Desires for more play and cultural activity are in the mix. The overall complexity in the flow may be causing your confidence levels to waver. Yet, you feel the need to pitch for higher and more stable ground. Onward you must.

Pisces (Feb 19 – Mar 20)

A whole new quality of association is occurring in your relationships. This is requiring that you make extra efforts and dig that much deeper than usual. Gaining the cooperation of others requires flexibility, patience and resourcefulness. Some may feel suspicious of your motives. The key is to give more than usual and thereby demonstrate your sincerity.

www.sunstarastrlogy.com
sunstarastrlogy@gmail.com
 1.888.352.2936

*Affirmation*Inspiration*Vision* Strategy*



Astrologer
Michael O'Connor
 Coming to Crawford Bay

~offering in-person readings~
 1.888.652.2936



Thanksgiving Turkeys Available Soon!

- Free range, BC grown.
- Available in early October...

To order or for more information:
 -Garry & Alexis at 250.227.6824
 -Jennifer Irving at 250.227.9175

Peter Peter Pumpkin Eater/ Came To the Fair and It Was Sweeter

by Jacqueline Wedge

The 102nd KOOTENAY LAKE FALL FAIR is happening on Saturday, September 14, at the Crawford Bay Hall from noon to 5pm. This year, a bunch of East Shore food-lovers and organization freaks came together to bring you what we hope will be the best and most memorable fall fair yet. It offers something for everyone, including outdoor excitement (musical spectacles- including Elena Yeung, learning opportunities, groovy raffles, a cake walk), interactive games and food contests, food for sale (both local produce and lunch items) the adorable fall tea (fancy hats optional, but way more fun), kid activities (craft tent and art emporium) and lots of stuff to gawk at inside the hall, all that beautiful bounty that is judged that morning, tagged and adorned with ribbons, displayed for us all to compare and admire...

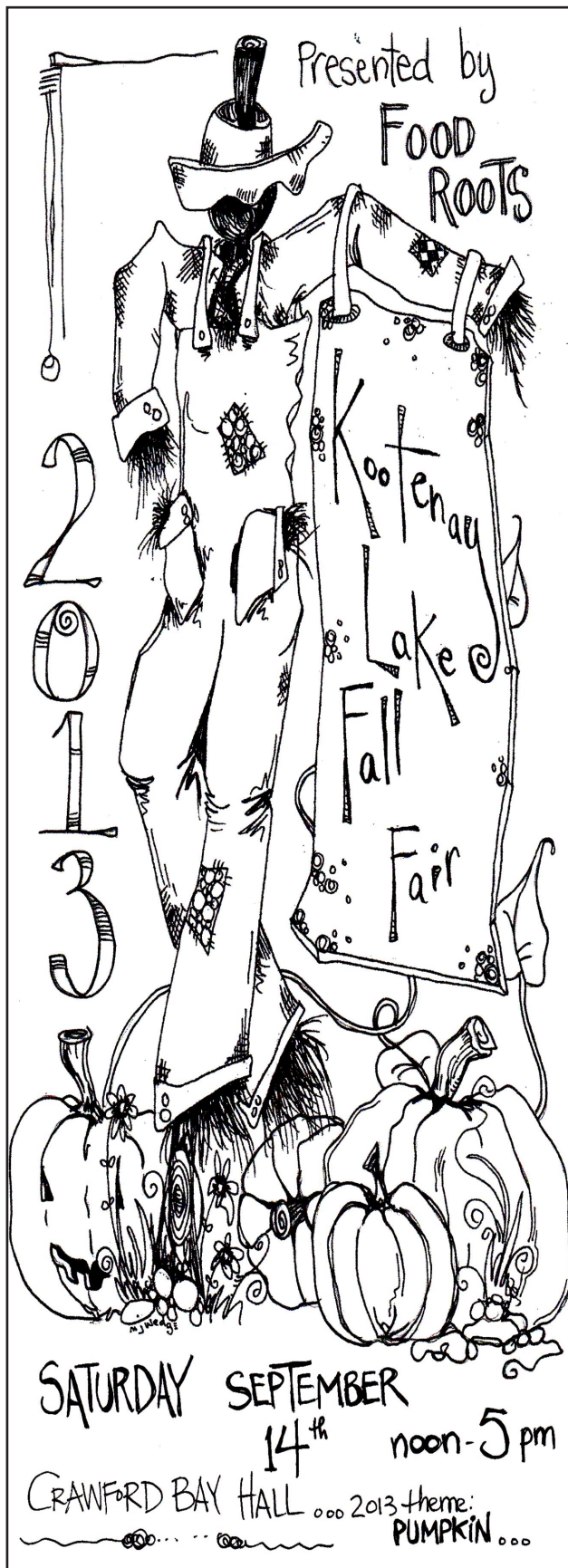
Personally, I like to know who makes and grows what, so that I know who I can lovingly and politely ask for advice from in a particular area: for instance, "The sunflower that is 5 feet in diameter... really? Where can I get me some of those seeds!?" and, "That winning pie, like, wow, I need the recipe..." "Pickled asparagus, oh my! I need to trade you some eggs for that amazing mana from heaven..." and, "That funky sweater, I need to know what kind of wool that is." "Hey, where was that photo of the grizzly taken... around here?" At the Fall Fair, you can see who made what and you can share and swap info, and be proud of your abilities and proud of your neighbour's abilities. This is a celebration of our finest and wildest local creations and their creators, an important and integral part of being human, especially in these apathetic, lifeless computer dark ages. The home-made, the hand-made, the made-with-love, the grass-roots community-supported real-life products that connect us to our cultural and humanitarian roots, is what we are bringing together here.

With the changes we have made to the judging (kids and arts & crafts), we hope that the fall fair is able to respect and represent the evolving needs of fair attendees and folks who submit things into the categories... We strongly feel that if you have issues with any of our decisions, to please join the team who work hard at bringing you this wonderful function. Though East Shore Food Roots is a sponsor, we would like to thank all of the folks who help make this happen, and who help make it fun and worthwhile event to support and continue: Rec 9 and the RDCK, along with the discretionary fund, the Nelson and District Credit Union, and the Lion's Club. The 2013 crew (board members and managers) includes Fran Kinder, Laverne Booth, Farley Cursons, Marion Johnson, Glen Kinder, Virginia Holman, Louise Prest, Paris Marshall-Smith, Juanita Meekis, Branca Lewendowski, Nancy Galloway, Helene Carter, Scott East, Dana Gallinger, Nicole Plouffe, Carol Van R., and me, Jacqueline Wedge.

Please submit your carrots, your zinnias, your bonsai, pumpkins, scarves and beer, the photo of your baby, your short story, and your collection of trains, whatever. Share, dare to compare, and don't be afraid to be a square.

Kids, enter all that you can. Even into categories that are not for kids. The more you enter, the more chances you have to win, and get bragging rights. And prizes. Check out the brochure (in stores and on-line at <kootenayfoodroots.wordpress.com>) to know what categories are open, see how many you can enter, challenge yourself... Remember that the theme this year is the mighty pumpkin: the special pumpkin categories should inspire you to be more like Peter, using the pumpkin in a pretty creative way.

We hope to see you there.



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FOOD EATING CONTESTS

BUSY KOOKY CRAFT TENT

GAMES & MAGIC

LUNCH

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AUCTION OF FOOD AND ART AT
4:30

AND OF COURSE THE
JUDGING OF THE FOOD &
FOOD PRODUCTS
INSIDE THE HALL



On stage at this year's Fall Fair: From fiery picking to mournful lullaby, the Kootenay Special will take you on a journey through the shared Canadian/American experience of train rides, wintry weather and rural life. Featuring the clean and simple songwriting of Elena Yeung (banjo, guitar), she is joined by Karl Sommerfeld (fiddle), Keith Larsen (guitar, mandolin, dobro), and Steve Jones (bass). You'll hear Infectious melodies, haunting harmonies, and ridiculous instrumentals from this 4-piece freight train.



Hacker's Desk

by Gef Tremblay

How About LINUX?

In my last article I talked a bit about Linux and the Open Source world. I would like to expand further on this matter as it's at the core of what I work on daily as a web developer and technology consultant.

Linux started in the 1990's but its root goes back to the 1970's in the Unix system. It's a free operating system... not only free in the sense that you can download and use it at no fee, but free in the sense that you can view the source code, change the source code and even resell the source code if you want. Most of us won't ever change the Linux source code, but a huge community of programmers expand it daily.

Now, Linux is a full-fledged operating system, with all your computer needs, from internet browsers, to office tools, design tools, video players etc. It runs Flash without a problem and can be installed on all computers and laptops.

Linux is the operating system of the internet as it runs all of the servers that host the internet. But it's not only a server operating system as you can find it built right under the Google smart phone Android and in the base system for the Amazon Kindle. Even on your Mac, the base system is a Unix system that resembles Linux quite a lot. (Apple had to use a Unix system in order to avoid releasing all the codes they were creating).

In other parts of the world, the space station has now changed the default operating system to Linux. But you don't need to be in space to use Linux. The city of Munich (as well as the French Parliament and the US Department of Defense) are now all using Linux, so you can say that Linux is quite reliable. Linux is actually quite stable and fast and has a small footprint. You don't need the latest machine for your computer to run it.

Linux is also not its own island of Open Source. You can run popular software on it, like Skype, Dropbox, Google Chrome and Google Music, and if you spend most of your time online, the difference between Windows and Linux is not really apparent.

Open Source and Art

What brought me to Linux was the freedom to create with tools that aren't linked to any commercial entities. For example, if you use a Photoshop that was 'downloaded' from the internet (read: someone got it for you for 'free') well if you ended up publishing some of the art you create with Photoshop you could be liable to fines from Adobe.

Even worse, the tools you could purchase from Adobe are not actually yours; you pay for the right to use them. It's actually not a tool anymore but a service, to which you are bound with a legal contract.

For me, Open Source software are tools; I can use them, own them, change them. Could you imagine a painter that signs a contract every time she wants to buy a paint brush, or might get sued if she modified her paints colors or tools? I realized quickly that there was a lightly coated creativity block when using, rather, renting software from Adobe or other corporation.

Office Tools

One of the major drawbacks for Linux many years ago was the Office Suite, but I have to say that today, Libre Office, the Open Source version of Office is now quite strong and stable (and doesn't change menus and how it looks with every version). It has everything users need to do the work. Also having Chrome, Firefox or Opera as a browser in Linux makes it a lot easier to move from Mac or Windows environment.

Games

Games have been quite a drag for Linux users in the past, but in the last year, the company Steam, a major player in the game industry, started selling and porting games to the Linux platform. That move was quite welcome and there was a huge market share taken by the Linux community, up to 2% of the game download was from Linux earlier this year, which might sound small, but with the limited number of games and the fact that Mac only has 3% of the Steam market, it is quite positive. Games like Portal and Half Life 2 and other sequels are already ported to Steam with a lot more games to come.

For myself as a designer and web developer I find all the tools I need in the Open Source world. Its community and portability makes it quite important. It's not so much a monetary question but actually a way of life to support Open Source. Just by using the software, promoting it and participating in the development (by reporting bugs, contributing idea for development) I feel part of a more open and sharing community around computer software.

Sounds interesting? Not sure how to start? Well, there are many ways to try out Linux. I often suggest turning one of your old computers onto Linux. You know, that old laptop that served you well for the last 10 years but now you can go have coffee at Mojo's before it actually starts? Yes, that laptop. Instead of hiding it in a closet when you have your brand new laptop, you could install Linux on it to give it a spin. Linux can be configured to be a lot lighter than Windows or Mac. It will still run nicely on older machines. You can also run Linux on live cd or usb, meaning that you don't need to change your computer from Windows to Linux, you can simply put a cd in it and play within Linux and see how it works for you. If you are on Windows there are also other ways to install it. You can visit this page: <http://www.ubuntu.com/download/desktop/Windows-installer> to read about it. It's always good to have someone knowledgeable to guide you on your first step with Linux, and if there is enough interest it could be fun to have a Linux installation day where you can bring your computer and get Linux installed on it or simply to learn more about it.

Geoffroy Tremblay is a web designer as well as a technology consultant who loves Open Source, new technology, yoga and green tea.



Hidden Taxes

by David George

More About Free Ferries:

When the MV Anscomb started service in 1947, there was a fare for use. R. G. Harvey's

book is wrong. Fares were \$1.50 for car and driver, and fifty cents for additional passengers. Locals were given the benefit of being charged only once for the round trip.

In 1963 W.A.C. Bennett took the fares off all the inland ferries and funded them with road fuel tax. At the same time the 50 cent toll was taken off the orange bridge to Nelson. Thanks to Tom Lymbery for this information.

Now the hidden taxes which fund the ferries can be revealed!

- About 19.6 million dollars in road fuel taxes go to the nine larger ferries.
- Kootenay Lake budget is \$6.2 million.
- Upper Arrow Lake \$4.9 million.
- Lower Arrow Lake (Needles) \$1.5 million.
- Francois Lake \$3.9 million.
- Barnston Island \$900 thousand.
- Harrop \$600 thousand.
- Adams Lake \$600 thousand.
- Arrow Park \$500 thousand.
- Glade \$500 thousand.
- The five small reaction ferries at Big Bar, Little Fort, Lytton, McLure, and Usk are funded by highway maintenance contracts.

This information is from the Marine Branch of the BC government, thanks to David Gaddes.

From Michelle Dupas at Kootenay Lake Ferries we also have ridership information for 2012.

- The Osprey in 2012 made 3443 round trips between Balfour and Kootenay Bay, carrying a total of 180,093 vehicles.
- The Balfour, operating from part of May through part of September, and again in part of November, 2012, made 650 round trips, and carried 30,516 vehicles.
- A total of 210,609 vehicles made the trip on Kootenay Lake Ferries, and each vehicle held, including the driver, 1.75 passengers.

So how much would you have to pay if the Hidden Tax was not covering the expense?

Applying some creative math to the problem, full fare for a car and driver would likely be \$25 each way, and for passengers, about \$4.50.

Imagine the blow to tourism if fares had gone back on all the inland ferries, as was seriously considered a few years ago. That was when wiser heads prevailed, and one cent of the three and a half cent increase in road fuel tax was put towards extra funding for the ferries. Where did the rest go? I don't know, but that is clearly another hidden tax.

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A huge thank you to all who donated to the

silent auction

on riondel days

raising \$2,050 for our

Community Centre

Barefoot Handweavers, Blown Away Glass, Bob's Bar and Grill, Dog Patch Pottery, Emerald Eastcliff Gallery, Fireworks Copper and Glass, GRS Contracting, Karen Arrowsmith, Kootenay Forge Ltd., La Gala, Lebeau, Mane and Nails, Riondel Market, Steel Wheels, YRB East Shore branch, Ann Hawkes, Bill & Jean Greenfield, Bob Moore, Bonnie & Nils Anderson, Bruce & Wendy Scott, Chris Robertson, Dave Soanes, Lin Gracewood, Muriel Crowe, Nancy Schmaus, Noreen Ross, Sheila Arnott, Sherrie Sutcliffe, Shirley & Brian Enger, Ted Diakiw and Tina Jackman. We extend a special thanks to Mike and Ivy Jeffries and all those who helped with the preparation and clean up.

Riondel Community Centre Repair Fund



Tom's Corner

by Tom Lymbery
SS Nasookin's Ferry Years - Part 5

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

The *Nelson Daily News* of May 7, 1936 reports, "NASOOKIN HIGH AND DRY UPON SHIPYARD WAYS. Steamship Nasookin, large steel steamer ferry operated by the provincial government on main Kootenay Lake, is high and dry on the ways of the CPR shipyards in Fairview. Work of hauling the ship from the west arm was completed late Wednesday afternoon. She will undergo inspection and repairs before being re-launched into her element".

These Nelson shipyards were located where the RCMP offices are now, just to the left as you cross the orange bridge. The Moyie took over the three daily trips from Fraser's Landing to Gray Creek, but was unable to accommodate vehicles over eight feet high. We were also left with no Saturday service, since the Moyie was committed to her regular weekly trip to Lardeau, Argenta and Johnson's Landing. Instead we had a spare Greyhound bus parked in our yard at Gray Creek, and boarded a mechanic. Bus express and passenger luggage was transferred to the coaches on the wharf.

There was major work to be done on the Nasookin so she was out of service for over a month. The *NDN* of May 14, 1936 says: "STEAMER MOYIE FOR INSPECTION - Granthall and Barge to do Main Lake Ferry Work. T.M. Stephens, steamship inspector general for the Dominion government with headquarters at Vancouver is giving the government ferry Nasookin the once over at the CPR shipyards. When he has completed full inspection, including hull, Mr. Stephenson will make an inspection of the CPR steamer Moyie at present on the main Kootenay Lake ferry run. While the Moyie is undergoing inspection the tug Granthall, using a steel barge, will convey traffic across the main lake."

The article doesn't say, but the tug and barge combination would only make one daily trip. The barge had planks laid between the three sets of rail track. Since these steel barges were large enough to carry 15 rail cars, there was plenty of space for all vehicles, and no height restrictions for trucks and the daily Greyhound. Since the Granthall had little passenger accommodation, people would have to stay in their cars, although they could still walk around, - with care as there were no railings on the barge. Moving much slower than the Nasookin's 12 knots, the Granthall's trip took at least two hours, including loading and unloading. The BC Government purser collected the fare - \$1.50 for car and driver, and 25 cents per passenger, more for larger wheelbase units.

June 3, 1936 *Nelson Daily News*: "NASOOKIN TO BE OFF WAYS WITHIN WEEK - Will Return Shortly to her ferry run on Main Lake - Within a week, it is anticipated repairs to the Steamer Nasookin, now on the CPR ways in Fairview, will be completed and the steamer will be put back on her lake run. Overhaul of the paddlewheel has been completed and painting is underway. Carpenters are at work installing rubbers along the side of the boat. The steel stem built up by electric welding has been fixed in place, and plates are now being riveted on the bow end of the hull. Work on the engines is continuing. While government employees are doing the above work the shipyard crew is installing blocks to prepare for jacking up the boat and making ready for launching her again."

The reference to "rubbers" is interesting. These

were actually timbers suspended at an angle above the outer edge of the main deck. They were placed there to prevent pilings or wharf obtrusions from damaging the "house" of the boat.

The Nasookin's 30 year old boiler had reached the end of its life by 1942. Fortunately a replacement was available from her sister ship, SS Bonnington, which was out of service at Nakusp. July 14, 1942 *Nelson Daily News*: "The boiler of the former CPR steamer Bonnington was removed by a Public Works crew and brought to Nelson to be placed in the Kootenay Lake Ferry Nasookin [which] after years of service between Nelson and Kootenay Landing as a passenger and express steamer was converted to a ferry, and for about 10 years has been the highway connecting link between Fraser's Landing and Gray Creek."

No pictures of this installation have turned up - the massive boiler appeared to be 30 feet long and 20 feet wide when you boarded the boat (about the size of the interior of Gray Creek Hall). Some of that was probably the insulation around the unit, but even so it was enormous. Please look at the boiler of the much smaller Moyie next time you visit Kaslo.

The picture accompanying this article was taken by my dad, Arthur Lymbery in June 1942 at our Gray Creek wharf when the tug Granthall was once more handling the ferry run. You can see the rail tracks and at least two rows of cars on the large CPR steel barge.

June 18, 1942 *Nelson Daily News*: "LAKE FERRY TO BE SUSPENDED OVER THE WEEKEND, Ferry service on the main lake will be suspended Saturday, Sunday, Monday and Tuesday, but may be resumed by the CPR steamer Moyie on Wednesday. Ernest Smith, District Public Works Engineer, stated the Tug Granthall, at present providing the service with a barge, would be required by the CPR for other work from Saturday to Tuesday inclusive, and with the Ferry Nasookin tied up it would be necessary to suspend service. Repairs now being made to the Moyie probably will be completed in time for the steamer to be inspected Tuesday, Mr. Smith said, and in that case the Moyie would go on the run Wednesday. CPR officials were cooperating in an effort to restore ferry service as quickly as possible, he added."

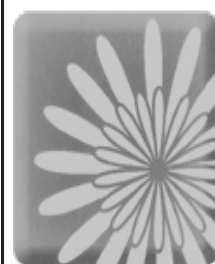
The *NDN* article continues, "The Nasookin will be tied up three to four weeks. Arrangements have been made by the Public Works Department to take over the boilers of the Steamer Bonnington, now tied up at Nakusp, and install them on the Nasookin. Gangs are at work on the two boats preparing for the change. The Bonnington boilers have been inspected and had passed the necessary tests."

1942 was wartime so traffic was less due to the shortages of gasoline and tires. Greyhound still served the route from Nelson to Calgary, but wartime regula-

tions prevented ticket sales for trips of more than 50 miles, in an effort to save gas and rubber. Steam passenger trains were very crowded but running more or less on schedule.

If the Dominion Government steam inspector from Vancouver had been willing to make trips to Nelson to inspect the Nasookin and the Moyie separately, then this tie up of vehicle traffic might have been avoided. Perhaps he was the only inspector available and had many other boats to check over. Thanks to these inspections there were no boiler explosions on any of the Kootenay Lake boats.

Thanks to Earle Cutler of Nelson for so carefully saving *Nelson Daily News* clippings.



Retreat Day for Ladies "Women of Integrity"

Saturday, Oct 5, 9am - 4pm
 Kootenay Lake Community Church
 Lunch included - cost \$20

Our Facilitator will be Janice Orr, from Grande Prairie, AB. Janice has had experience in the work world as a Vocational Counsellor, and is now an ordained Vocational Deacon in the Anglican Church. Janice comes not to tell us what to do, but to learn with us and to guide us into God's truth. Please come and join us as we learn and discuss this important topic.

To register your attendance, please phone
 Jan @ 250-223-8667 or email wesnjan@gmail.com

KLCC is in Crawford Bay at the intersection of
 Wadds Road and Hwy 3A, on the way to the ferry.

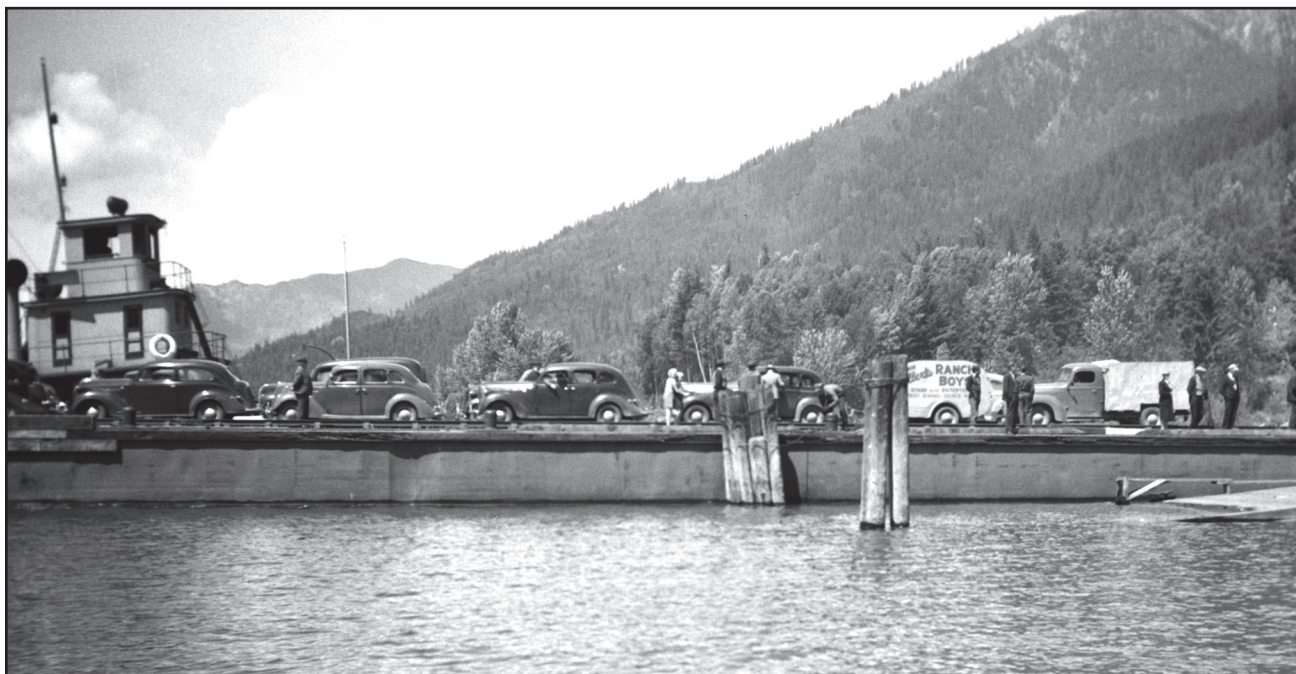
Did you colour outside
 the lines as a child?
 Do people call you stubborn?
 Did you drop out of school?

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The steel hulled tug Granthall was the most powerful steam tug on Kootenay Lake. Launched at Nelson in 1928, she had a lounge to accommodate 15 passengers. The barge she is pushing had three rail tracks, with a capacity of 15 rail cars. How many autos? We don't know.

Tom Sez

by Tom Lymbery

Wasps and hornets continue unabated this year. Only by ordering excessive quantities of Wasp and Hornet spray have we been able to keep up with the demand. Instructions on these don't tell you the essential information... get them while they are asleep. Wait until it's nearly dark and then you can kill em all.

Whatever your age, please decide whether you want to be buried or cremated, and where your ashes should be spread. Our Gray Creek Cemetery has a handsome Memorial Wall that holds plaques of those whose ashes have been scattered. These most attractive bronze plaques are made in Australia.

More cougars = fewer deer. Our elusive ghost cat needs to be protected not hunted with cougar hounds - anytime one helps to log off the cat or rabbit population someone calls in the hounds.

Need to resist that extra snack you don't need? Go and clean your teeth - that will likely stall the hunger.

Peter and Roslyn Grose visited from Australia for a few days - they taught at Crawford Bay School from 1972 to 1978, purchasing the property that is now Rod and Christy Musil's.

A gave Fibre - a bulky byproduct of tequila production is now being re-cycled to make Cleaner Green brand scouring pads.

Jay Walker of Edmonton and Kye Walker of Nanoose Bay BC before riding the Trans Canada Trail over the Pass to Kimberley, had cycled (one with a trailer) over the Jumbo Pass from Invermere to Meadow Creek, Kaslo and then on to our side. I have known people walking that Toby Creek to Glacier Creek route, but cycling? I hope to get an article from them.

Now is the time to check the door gasket on your woodstove - a gasket leaking air into the firebox is the commonest source of stove problems, and in the worst case can lead to distortion and damage to your stove.

Our tour group entered the Gray Creek molybdenum mine and established that this tunnel goes in 210 feet. This was worked on in 1916 -17 because of the first World War's shortage of moly which is essential for hardening steel for guns. It has been diamond drilled in the last few years by Eagle Plains -one hole found artesian water which was plugged with a pipe and a valve. This and the Platinum mine tunnel at Kootenay Bay are in solid rock with no timber supports necessary.

Kootenay Lake has hundreds of mine tunnels dating back to the 1890s, while some are more recent. One old tunnel under Highway 31 near Woodbury fell in a few years ago, tying up traffic until repairs could be made.

My book reviews are exclusively by BC or Yukon authors and the books are almost entirely BC published and printed in Canada.

That yellow Tansy/goldenrod appears far more invasive than the yellow broom. Perhaps it provides a splash of colour but if it gets in your lawn or yard, what can you do to repel it?

Teck (formerly COMINCO) is apparently planning to remove the historic dam on Plaid Lake that provided water for the power system for the Bluebell Mine in the 1920s. This is a solid stone dam with substantial trees, so creates a challenge for the workers helicoptered in from Cranbrook.

Do you realize how many people we see who are travelling the Selkirk Loup? I just talked to a Chicago couple who planned on overnighing in the Bay.

Gray Creek Pass Report

by Tom Lymbery

Nelson Forestry has stabilized culverts and graded the road to the summit. When I drove the route recently I found our side in excellent shape, so a picnic at Oliver Lake is worthwhile. The Kimberley side is the same as ever. Culvert repair left the surface repaired with stony material, as there is no gravel. Other than that, it's okay if you don't try to drive fast.

The Baker Creek Bridge has been repaired with no longer a five tonne limit. This is the only bridge not yet replaced with cement. A recent article by Sally McDonald of the *Cranbrook Daily Townsman* was reprinted in Creston, Nelson and Trail papers advising people that the road is open, since last year Forestry advertised that it was closed, but many people used it regardless.

Trans Canada Trail signs are in the works. These will be a great asset and help to ensure that travelers are on the right route.

Please check www.graycreekstore.com for updates on the pass.

Next Deadline:
Sept 25, 2013

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- Key-Cutting
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An Event-Full Festival Summer

by Paul Hindson

At the time of writing, it is late August and the nights are getting cool. For me, the past six weeks have been a super intense period of hard work, incredible fun, and satisfaction as I vicariously enjoyed the people visiting the East Shore and having a good time here. It all started with the **Kootenay Gut Buster Comedy (KGB) Contest** July 12 at Newkey's Pub. It was a very well attended event, with four terrified would-be comics vying for laughs and a spot at the KGB. **Thanks to Brian Boyes, Jamie Cox, Sean Dahl Berg, and the eventual winner, Julia Kinder, for their participation.**

The next week, **Starbelly Jam 2013** was upon us. Unlike last year when the event was overshadowed by bad weather and a lengthy power outage, this year Starbelly had its "day in the sun" with beautiful weather, a great crowd, and an awesome music line up arranged by our artistic director, **Lea Belcourt**. Starbelly is unique among BC summer music fests by being kid friendly. 2013 saw the most children's workshops and entertainment yet, with over 10 kid events both Saturday and Sunday.

This was my second year on the Starbelly Committee, and I was very proud to be associated with such a successful and well attended event. Saturday afternoon was gorgeous, with bright sunshine and a huge happy crowd of adults and kids dancing in the sun to Bessie and the Black Eddies, Tizak Hamra, and The Good Ol' Goats, an amazing high energy band of 16 and 17 year olds. MC Leah Wilson was on hand to throw water on the thankful crowd.

In a flash Starbelly was over and it was time for the **Kootenay Gut Buster Comedy Festival**. This was the third year for the KGB in Crawford Bay, and the event seems to have found its home here, with record attendance and over \$1,400 raised for the Hot Lunch program. A total of 15 comics entertained us this year, including me, **Julia Kinder**, the contest winner who overcame her nerves to entertain the crowd (we will have another contest next year, so get your nerve up and come see me) and our headliner, **Pete Zedlacher**. Pete is a Gemini Award winner, a Just for Laughs veteran, and has done three tours to Afghanistan to entertain our Canadian troops. Pete is one of the funniest comics I have ever seen, and had the crowd howling both nights. For such a high caliber comic, I was amazed at how human he was, partying with us into the wee hours.

As usual, I have heard a few comments of how these events disturb the peace and privacy of the East Shore. Anytime there are large crowds, there are bound to be a few incidents, but in general both Starbelly and KGB have very well behaved audiences. Starbelly especially is an event supported by dozens of dedicated local volunteers who enjoy both creating and attending the show. Both Starbelly and KGB always have lots of locals in the audience having a good time.

To all of you who have attended these shows, thank you for coming and we'll see you again next year.

Next Deadline:

Sept 25, 2013

www.eshore.ca



Pete Zedlacher

Thanks

Crawford Bay School's Hot Lunch Program would like to thank the **Kootenay Gut Buster Comedy Festival** for its generous donation of \$1,100 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!

KOOTENAY GUT BUSTER RAISES OVER \$1400 FOR CRAWFORD BAY HOT LUNCH PROGRAM!



Paul Hindson of Kokanee Chalets hands Jennifer Irving of CBESS Hot Lunch Program envelope with \$1,100 in proceeds from Kootenay Gut Buster.

Along with \$215 raised at the KGB comedy contest 50/50 draw at Newkey's July 12 and \$100 donated back by the generous 50/50 winner, a total of \$1415 was raised for the Hot Lunch Program!

KGB/Hot Lunch would like to thank Lea Belcourt for donating her bartending wages, and Crawford Bay Hall and Parks for once again reducing their park rental, all of which contributed to the big haul for Hot Lunch!

Kootenay Gut Buster would also like to thank their generous sponsors: **Nelson and District Credit Union, Kokanee Chalets, Wedgwood Manor, Newkey's Pub, The Lakeview, Crawford Bay Market, Mojo's, Gray Creek Store, North Woven Broom.**

KGB would also like to especially thank **Wedgwood Manor** for generously supplying free luxury accommodation for our headliner Pete Zedlacher.

Nifty Needlers Help the Harbour

submitted by Jan Brooks

The Boswell Nifty Needlers Quilt Group has devised a plan to help raise funds for the Boswell "Help the Harbour" Project. This is one of very few boat launch sites on the East Shore and it is a well-used facility. Unfortunately, it is becoming unsafe and needs to be rebuilt. The cost is very high and the Boswell community is busy raising funds to supplement any grants we may receive.

The Boswell Nifty Needlers is a group of dedicated quilters who wanted to help. An idea was put forward and the result is a 2014 wall calendar featuring not only some of the quilted items we have made, but our men modelling them. That, in itself, is worth the \$20 cost for the calendar.

Just in time for Christmas giving, you will have the opportunity to purchase... *Stitches and Studs: The Men Behind Our Quilts*

It is a 12 month 2014 calendar featuring men modelling quilts made by 12 of our local quilters. There are only a certain number printed and the calendars will be available for purchase at the Boswell Fall Fowl Feast on September 28 at the Hall. They are also available from any of our members and can be reserved by pre-paying \$20 each. What a great way to gift your family and friends – and Help the Harbour.

You may contact one of the following people to reserve your calendar(s):
Merilyn 250-223-8058, Darlene 250-223-8414, Jan 250-223-8667

Nifty Needlers Help the Harbour

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"Stitches and Studs: The Men Behind Our Quilts" 2014 calendar, featuring men modeling quilts made by 12 local quilters.

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Beethoven & Haydn Come To Harrison Memorial Church

by Deberah Shears

La Cafamore has been striving to bring high quality classical music to the ears of Kootenay listeners since 2008. On October 6, at 2 pm, they will bring two famous piano trios to east shore music lovers. Haydn's "Gypsy" trio is recognizable because of its lively last movement, which uses themes based on Hungarian gypsy music. Beethoven's "Archduke" trio is considered the pinnacle of the piano trio repertoire with its expansive themes and orchestral-like instrumentation.

Pianist, Carolyn Cameron, was raised in Saskatoon where she studied violin and piano. She received her A.R.C.T. in piano under the tutelage of Helen Dahlstrom. She has been a member of the National Youth Orchestra of Canada, the Regina Symphony Orchestra and the Saskatoon Symphony Orchestra.

Violinist, Angela Snyder, began her studies of violin and piano in Saskatoon. She went on to the University of Toronto, achieving a Masters degree in music performance under the tutelage of Lorand Fenyves. She has been a member of the Banff Centre Chamber Orchestra and the Saskatoon Symphony Orchestra.

Violist, Alexis More, was raised in Victoria, B.C., where she studied violin and then viola. During her music studies at the University of Victoria, she was a member of the Victoria Chamber Orchestra. She is a member of the Symphony of the Kootenays and teaches with Obligato Strings.

Come to this concert and enjoy an afternoon of beautiful chamber music at Harrison Memorial Church, Crawford Creek Rd., on Sunday, October 6, 2013, at 2 pm. Admission is by donation...

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Kootenay Lake Art Connection Update

by Geri Gomola

The midsummer event at the WYNNDEL ESTATES WINE CELLARS was another successful one and although not as well attended as the first event, I did hear people saying how much they enjoyed themselves. The artists were introduced and shared their history and described the content of their paintings. Again there was some interesting and impressive work. Artist in attendance were **Val van der Poel, Karen Arrowsmith, Jade Ehrler, Jennifer Larratt Moore, Laura Leeder, Niels Elris, Charlotte Erlandsson, Dena Kubota and Geri Gomola.**

The wine was great and **Kootenay Cove** catered the event, and again the food was wonderful. There were eight paintings exhibited and they will remain in the winery until Sept 3. The first draw was made and at the August 1 event and **Roberta Theaker** from Calgary won the \$200 art voucher. She had picked out a cape made by an artisan at Barefoot Handweaving.



Roberta Theaker of Calgary won the first \$200 Art voucher and picked a hand woven bolero jacket from the Barefoot Handweaving Studio. The photo is of Janet Wallace (left) showing Geri Gomola the item created by Artisan Stevie Jukes.

The final draw for \$200 will be made at the wind-up reception at the Kokanee Springs dining room on September 6. It is heartening to see visitors and locals running around with the Kootenay Lake Art Connection Brochure, visiting the local art galleries and venues to view the art and get a chance to win a special piece of work for their home or office. I have seen quite a few new faces in my gallery in Gray Creek. I even had a whole party of people attending a wedding locally and seeing if they could get enough signatures to qualify for the draw in one afternoon between the church and the reception. I rather doubt whether they would have had the time but I wished them luck. They mentioned how much fun they were having. Probably taking your time to enjoy the artwork and getting your initials over a month would give you a better chance to visit with the artists and delve into their work and would be a more worthwhile goal, but it was fun having them anyway. If you haven't had the opportunity to spend those precious hours perusing the local art scene this year perhaps next year will provide you with a similar adventure.

Again, I would like to take this opportunity to thank our sponsors: the **RDCK, Columbia Basin Trust Fund, Kootenay Lake Chamber of Commerce, Nelson & District Credit Union, Creston & District Credit Union, The East Shore Mainstreet and Lakeview Store.** I would also like to thank **Greg Blackwell with Community Connections** for his assistance and **Warren Clark** for his work on the brochure. I would also like to say a special thanks to all the **artists and artisans** who create their work and brighten our world as well as the venues and patrons that help support all of us.

Any one wanting to be involved next year as a participating artist or venue please **contact Geri Gomola** at 250-227-9085 or at geririch@telus.net.

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Here is Rolly Trenaman's with his new gateway at 13206 Hwy 3A, close to Lockhart Creek. This took nearly two truckloads of white dolomite from the IMASCO mine at Crawford Bay (now closed). Stone mason Darren Ronald of Creston built this neat project to Rolly's design. Rolly came to Lockhart in 1932 with his family and attended the one room schools in Gray Creek and La France. He and his brothers soon became familiar with the Lockhart Trail as they pastured their cows up that steep climb. From the highway you can see Rolly's house and new steel framed workshop further up the driveway from the gate.

Photo - Liz MacLean

September 2013 Mainstreet 11

August Art Connection Event



Val van der Poel's "In Storage"



Charlotte Erlandsson's work

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Sept 25, 2013**

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Health and Happiness

by Dr. Sid Kettner

One stroke—and you could be out! Stroke is the third leading cause of death in Canada, killing over 14,000 of us every year. And one of the leading causes is high blood pressure. About 20 % of us who are living with it, do not even know we have it! That is not only sad but dangerous, since it becomes a “silent killer” in thousands—it very rarely has any symptoms until it is too late. Even if one's BP is normal at age 55, there is a 90% chance of developing high blood pressure by the age of 90--so get yours checked regularly.

One quarter of us have it. Only one half of us with it are being treated at all—many refuse to treat this killer. And sadly, only one half of those being treated have it adequately under control—they refuse to change their lifestyle habits of eating, exercise and stress control, or they skip their medication or toss it aside all together. Dangerous behaviour. That is courting not only a stroke, but a heart attack and kidney failure.

So what should we do? Get it checked now. No, not next month—now! And have a professional do it every 6 or 12 months plus do it yourself at home or at the pharmacy every 1-2 months. If it is above 135/85 on three successive readings, see your physician and get on a program that could save your life.

Salt is one of the worst offenders, so reduce that drastically. Most of us take in 10-15 times the amount of salt that our bodies require. Watch out for processed food—anything that comes in a box, a can or a

crinkly bag off the shelf. It is safest to cook your own food, using only ½ of the salt called for in the recipe and then never using a salt shaker at the table.

Reducing weight, a low cholesterol diet, regular exercise, stress control, cutting out caffeine and alcohol are also important. At times, medications may be in order. But they are not without their side effects. So the best route is lifestyle. Be safe with your pressure—check it, know it and then control it.

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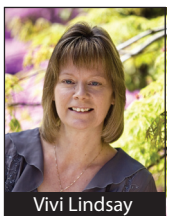
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Vivi Lindsay

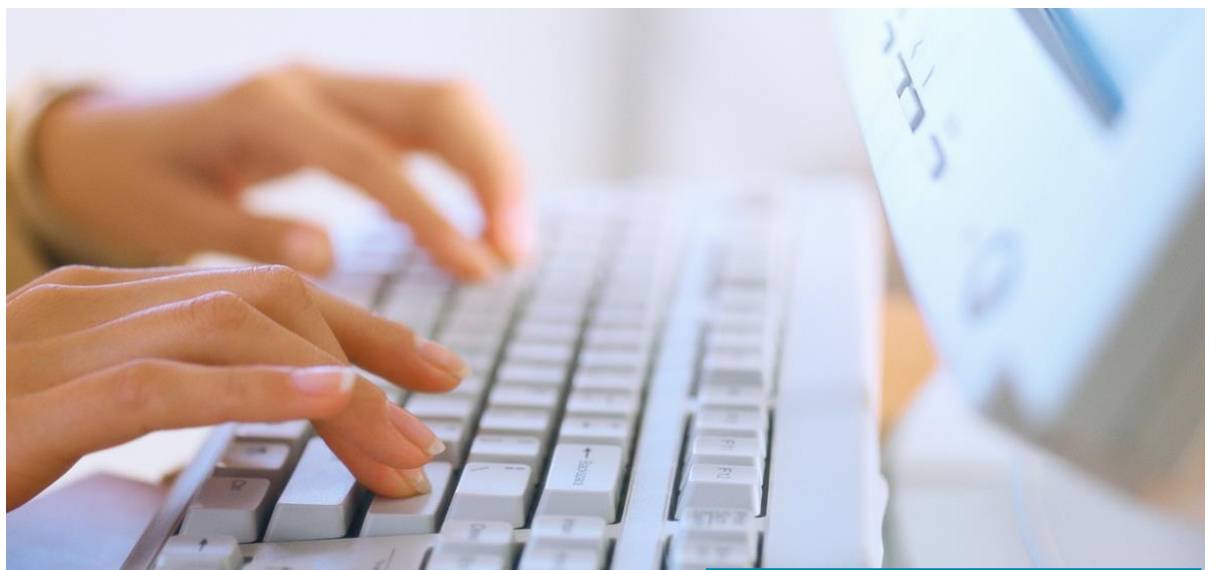
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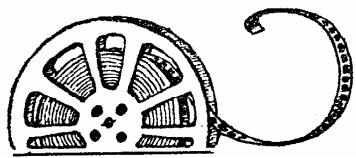
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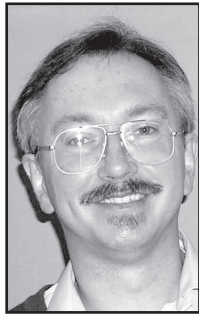
Funding provided through the Canada-British Columbia Labour Market Agreement.

Within Reach. Beyond Imagination. Selkirk College



Seldom Scene

by Gerald Panio



The old Japanese name for “farmer” means “a hundred jobs.”

One of this summer’s most pleasant surprises was the mid-August screening of the Japanese documentary *Ubusuna: Real Stories from Rural Japan* in the Crawford Bay School performance space. Brought over from Japan by Claire (Kinder) Tanaka, and presented by Food Roots, *Ubusuna* is a moving, beautifully photographed tribute to life in rural Japan, and the stories told all have their echoes here in the Kootenays. Sponsored by the Exploring Life With Forests Caravan Project, for most of its running length (with the exception of a final section on Kudaka Island in Okinawa) *Ubusuna* is a meditation on people and mountains. Although the filmmakers travelled in search of vanishing places and disappearing traditions, the final product is more hymn than lament. A hymn to beauty, to resilience, to growing old with dignity, to harmony with the land, and to a quality of spiritual acceptance/tolerance the Japanese call “uketamau.”

I loved *Ubusuna* from its first shot of snow falling on a stony pathway to a mountain temple to its last close-up of wetsuited veteran octopus hunter, smiling at the camera and saying “Shall we go home?” “Home” is one of those words with infinite connotations, and there is something extraordinary about every home that director Mile Nagaoka invites us into in this film. I’d like to touch on each of the six locations the crew visited, but first I want to compliment all six of the cinematographers (Mile Nagaoka, Jean Philippe Martin, Rufus Ward, Ben Ruffell, John W.J. Cho, Kirsten Tan) who were responsible for making this one of the best-looking documentaries I have seen. A gorgeous palette of colours, and a sense of composition that does full justice to every person, landscape, and object the camera’s eye addresses. The third time I watched *Ubusuna*, I occasionally muted the soundtrack and just let the images flow by. The calligraphic title sequence, like black ink in water, is breathtaking in its spare elegance.

The film’s narrator explains that “ubusuna means the lands where a person was born and the gods who protect that land.” Through tradition and prayer and festival and superstition, each visit in *Ubusuna* connects both land and spirit. We begin in the ghost town of Sokoine, in Nagano Prefecture. Accessed by a narrow road tunneling through the forest, former resident Jitsuo Midorikawa guides the film crew to the mountain grove that had once held his home and 9 others. Now his house, and an abandoned wooden shrine, are all that is left. It’s a fate shared by other tiny villages across Japan as the same roads that make them accessible bleed young people away to the cities. Midorikawa’s home reminded me of my first sight, over forty years ago, of Retallack and Zincton and the “Valley of the Ghosts” between Kaslo and New Denver.

We also get to see a Bon festival dance in the village of Kisawa—a unique celebration, threatened with extinction, resurrected by dedicated volunteers. It’s the same story we hear echoed in other villages and towns. With both of the Nagano segments of the film, one is immediately impressed by the way the director and his crew succeed in making their subjects comfortable with the camera. I’m not sure how that trust was earned, but people are remarkably candid, their voices at differing times nostalgic, rueful, laughing, and always eloquent.

14 **Mainstreet** September 2013

Next stop is Semidani, in Tokushima Prefecture. This is a logging town. Archival footage shows logs being sent down wooden flumes, and 30cm x 4m logs piled on “kin-ma” sleds pulled by loggers who were often at risk of being crippled by their loads. Elders explain how the 7th day of each month was given over to honoring the mountain gods (with a lot of beer), and they describe the traditional method of damming logs on the river, and then letting them break through to float down to their destination, with men riding the logs like the lumberjacks in Wade Hemsworth’s glorious little NFB video “The Log Driver’s Waltz.” A volunteer for the Semidani association trying to preserve the log driving tradition says, “It was the job the most handsome guys did. I feel like it connects us to a time when the village was strong.” Modern logging in these mountains is done with a suspended cable system, and has its own dangers. Young people, coming from elsewhere and looking for employment, sometimes pay with their lives for their lack of experience.

If there is one theme of regret which links the residents of Semidani with other mountain people profiled in *Ubusuna*, it’s the decimation of mixed old growth forests by monoculture. After the Second World War, forests were stripped and replaced by densely planted stands of cedar, cypress, or larch. Delicate environmental balances were destroyed, with resulting impacts on erosion, flooding, and wildlife. The forest industry itself is further threatened by cuts in government subsidies for thinning and maintenance and, ironically, by foreign lumber. When one retired logger says “I’m afraid Japan’s lumber industry will die. What a world it’s become. So much foreign lumber coming in. Why don’t they stop the foreign lumber coming in?” he’s probably talking about us.

In Mogura, in the mountains of Yamanashi Prefecture, a handful of elderly citizens revives an old rain dance. Bottles and pails replace more traditional instruments, but the rain falls anyway. Like Riondel, Mogura had been a mining town. With the mine gone, the fate of the village now seems to be in the hands of some charming, spunky widows. In another village, a younger immigrant to the mountains, Yoshitaka Tanaka, muses that “In a way, part of me feels like I wasted too long to come here. I should have come here sooner, then I could have learned more. Now there are so many people who are dead and gone. People who had so much wisdom. I feel like I wasted time living in the city...It’s pretty tiring walking up mountains [laugh & smile] but you sure feel alive.”

Inamata village’s answer to our own Johnny Oliver is 94-year-old farmer Fumie Mochizuki, an irrepressible force of nature who uses hot peppers and burn barrels to fend off wild boars, bears, monkeys, and deer. After meeting her, I’m going to be very careful about whining about anything, ever. With three households and five people left, Fumie’s is another of the disappearing villages. She acknowledges the loss, and frets about possible food shortages as young people move to the city and older farmers give up their fields. Yet in the end she smiles and tells her interviewer, “Nothing to do but live with energy while you’re alive. No sense moping.” The final shot is of a rusting wheelbarrow in her garden, and one can’t help flashing back to William Carlos Williams’ “So much depends/upon/a red wheel/barrow/.....”

Continuing the Kootenay connections, we next meet Mamoru Fukasawa, owner of a remote hot spring resort and part-time hunter. He talks of deer overpopulation and the crisis presented by Japanese larch monoculture. In Yamagata Prefecture, Kiichi Nakamura describes his life as a matagi, a traditional bear hunter. He’s a 6th generation matagi. In his speech, there’s a mixture of pride and disappointment. Only three matagi are left in his village. “You pay respect

after receiving life by eating what you kill. We don’t hunt for fun...I’ve always been self-sufficient. This is my ordinary lifestyle, living up in this inconvenient mountain...Roaming around in the forest, hunting, that was a dream of mine, to hunt the bear, the ultimate animal...Even out here, kids aren’t playing nature as much anymore. It’s kind of sad to think I don’t have a successor.”

Kakinoki, in Shimane Prefecture, builds its reputation on the growing of organic food. The local school has a lunch program similar to that of our own school here in Crawford Bay, with between 40 and 70 percent of the food used grown locally. Everyone gardens, and “immigrants” from the cities come to Shimane to test their green thumbs, with mixed results (“I thought I’d be working away with a song in my heart...”). The spectacular terraced rice fields are maintained in part by people from outside the prefecture, who pay into a trust in return for rice or who actually come out to participate in planting, weeding, and harvesting. It’s reminiscent of Creston’s orchard program, and there’s a vegetable box scheme that’s likely similar to the one Nelson used to have (still has?). In the film, the main spokesperson for Kakinoki is the softspoken, tellingly eloquent Atsushi Fukuhara. Silverhaired, a farmer who wears rubber boots and white gloves, Fukuhara-san nails down the problems—“food” being replaced by “product,” farmers being the true victims of their own agricultural chemicals—and the solutions as he sees them: “The way it should be: farming, eating, living in a village, that’s all we’re trying to do...sustain the mountain, sustain the community, sustain the river...Go to sleep when it’s dark, wake up at dawn, work ‘til you sweat. That’s the basic principle...The mountain people can provide a healthy environment and food for the city folk, and we can all coexist like that.” In a lighter vein, Fukuhara-san also has a wonderfully wry analogy comparing bears to neon-struck villagers seduced by the big city.

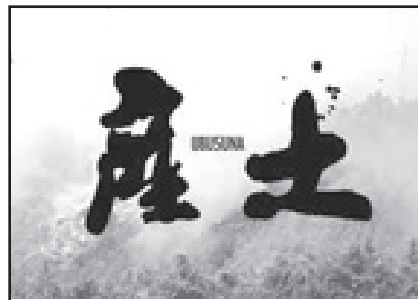
Ubusuna’s final segment focusses on a vanished tradition on Kudaka Island, which saw women between the ages of 30 and 70 transformed into gods, and the yamabushi mountain ascetics at Haguro, in Yamagata. I first came across mention of the Yamabushi in Lesley Downer’s travel memoir, *On the Narrow Road*, but never thought I’d actually see this unique lifestyle.

Devotees of Shugendo—a syncretic blend of Shinto, Buddhism, Taoism, Shamanism—the yamabushi are in essence white-garbed monks and nuns whose altar is nature itself. In full costume they kind of remind me of genial white teddy bears. The yamabushi pray and chant in mountain rivers, beneath waterfalls, at remote temples, on mountain tops at sunrise. Walking is their meditation. The spiritual leader of the

particular group of yamabushi we meet in *Ubusuna* is a charismatic elder whose clarity of vision made me think of Chief Dan George. He speaks of feeling the woods in one’s body, of the mountain as a woman from which life is born and to which it returns, and of “uketamau,” which he describes as a “means to expand a person’s tolerance level, to accept anything. Instead of rejecting, you accept it and your humanity expands.” I suppose there are a thousand reasons why a person might choose such a lifestyle, but one of the most important is surely healing. The yamabushi segment of *Ubusuna* contains the most moving interview in the documentary, with a young woman who has lost the home she loved because of the Fukushima disaster. Her sense of sorrow and loss is deeper than almost anything I’ve ever seen on film.

Some final thank you’s. One to the musicians (antennasia, Yu Kadowaki, Sayoko Otonara), who graced *Ubusuna* with a lovely soundtrack. Another to Claire Tanaka, for her stellar translation of the interviews and narration. And a final one, of course, to director Nagaoka-san, who recorded all these voices and bought us along on the journey. Very cool. Domo arigatoo gozaimashita.

(*Ubusuna* is currently unavailable out here, but I’m hoping that at some point it will be accessible on the web. I’ll let you know. Vimeo has a 6-minute preview—just Google it.)



GOBSMACKED

by Dan Silakiewicz

Weirdness, Music, Lights, Art and Body Shaking... Ah, Shambhala

Opinions on **Shambhala** are like port-o-potties (at Shambhala) - they're all over the place, some stink more than others, and often even the ones that appear nice on the outside are little rank once you get into them. As a fan of Shambhala, I thought I'd wheel my honey wagon of thought over to the bank of port-o-potties and freshen things up a little.

Here's my experience, and I'm in a unique position regarding this festival. This year was my second in a row (I also went in 2009) so I haven't been going for a long time and there are no 'good old days' to compare things to, though many people from the good old days will tell you it ain't like it used to be. It's a big spectacle of weirdness, music, lights and art with five stages that pump music at body shaking volume (there is no shame in ear plugs here, even among the young).

How it unfolds: You camp out for a few days, get up when it gets hot - between 10:30 and noon, have an easy breakfast, saunter to the festival and go to the beach at the Living Room stage. Sit in the river all afternoon, go back to the tent to sleep a little and eat, get ready and go dance, stumble from stage to stage, dance, snack, dance. Eventually you're surprised at how light it's getting and you go back to the tent to crash since it's going to get hot again sooner than later. And... repeat. And that's it in a nut shell. Of course it's a big nut.

As an older fan of parties and raves I like having an avenue to be involved, helpful and have a positive influence on fellow celebrants. It's also kind of nice having something solid, meaningful and not-partying to break up the weekend. That's why part of my experience is volunteering in **Sanctuary**.

It's a harm reduction facility - sometimes called 'mental first-aid' - a safe environment where people who have overdone it can sit or lie down, rest, and recover. A bunch of us on duty greet and look after the people who come wandering and staggering in. Make sure they're okay, understand what they're on and how they're feeling (the first-aid tent is right there should anything medical happen), maybe talk them down, and usually just let them rest until they're ready to leave. That would make an interesting article too but will have to wait for now.

So let me say right off the bat I see some ugly things; I don't want you to think I have some charmed existence where my head's always turned when something bad goes down.

But I'm still kinda in love with this event and thought I'd try and give you a personal and up-front look at the magic and spectacle that grows into a screaming, teaming town of over 10,000 people known around the world as Shambhala.

What is Shambhala really? It's a farm (you drive by meandering pigs on the roadside). You camp in the fields and dance in the woods by the river. Let's go on a tour...

Pull off the highway and creep down this long, dusty, bumpy, dirt road and just when you think it might have been a practical joke you meet the first in

a cavalcade of high-viz vest-wearing traffic controllers who point you to security where they look through your car for drugs and booze. Once you're done, more high-viz vests and you settle somewhere.

I've been enjoying the "**Sunshine Lot**" where you camp with your vehicle. Otherwise, you park and hike your stuff to your site. Besides that convenience it has the added advantage of being a distance away from the actual festival sight so it's a little quieter and the port-o-potties are less used.

Here's the camping... Fields of it. People with tents, trailers, RVs, geodesic domes, car camping, tipis... you name it. And there are fields and fields and fields, not to mention how it goes waaaay back into the trees; you can't see it all. And many people have their digs all decorated up with flags and colours, streamers and cool camp signs. Camp Can't Stop the Awesome, Camp Heart-On, Camp Kaslo, Camp Cannabis, Camp Raptor, or my personal favorite: Camp Grandma Hugs (Grandma is a cool lady. Sadly I didn't see Camp Grandma Hugs this year.)

People bring ridiculous **huge sound system and light shows, costumes and toys**. There is a lot of everyone entertaining each other which is really part of the charm and amazement. There are people everywhere playing. With hoola hoops, poi, devil's sticks - you name it. There was one guy walking around with a tattered giant fly swatter yelling, "Butt sl-appin'! Who needs a butt sl-appin'?"

I personally found this guy and his persistence pretty hilarious as everyone sort of ignored and veered away from him. One in a gigantic cast of characters with costumes like squid hat guy, a lot of guys and

ers from all over which spills out of the side gate into camping creating a gypsy back alley feel.

Across from the vendors is a **wooden coffee bar** and this trashy looking seating area with **pool and foosball tables** surrounded by long tables and benches.

Near there are two beautiful fenced gardens you can walk through and the **many nozzled water station and cell phone charging center (with ATM)**.

Keep going and you get to one of my very favorite parts of Shambhala: **The Wishing Tree**. It's the biggest, oldest tree on the property and they have built a bench or stage all the way around. On one side it says "Wishing Tree" where there's a pile of paper with a hole punched in it, pens and string. You write down your wish and hang it on the tree. All weekend the tree turns white with hundreds of wishes. You can read the wishes, which is also cool. I hung mine high up mostly so people wouldn't read my well meaning drivel. I can't remember exactly, but the sentiment was "I hope I get it all while making everything in the world better". It's the kind of stuff that pours out of you at one in the morning while feeling the love.

Most nights **Super Tall Paul** performs at the Wishing Tree at midnight doing this spellbindingly entertaining half-improvised vaudevillian type show.

Rounding out the area is a series of steel sculptures; a dragon that shoots fire, a big mushroom you can lie under and watch flames dance across the underside, and others as well. It's cool. And a tea shop with a second floor veranda where you can command a view of the crazy scene.

Last but not least on our tour are the stages & dance areas, each a little world of their own. This is



how they're designed - to bombard your senses and suspend reality to put you in a moment of self contained ecstasy. The stages are bigger than life with psychedelic pictures projected on every surface, lasers shooting everywhere and giant hanging decorations of wood, fabric, and whatever else they can think off to **give the place a feeling that's a mix of Tim Burton and Dr. Seuss**.

Each stage has its own look, feel and sound. And the speakers... So many... Incredibly

loud and clear.

These all combine to make an exceptional dance experience, transporting you to a place that is not necessarily of this world.

Describing each stage will take too long, just go online and see the pictures. Disneyland at night with more bass.

One last favorite spot is the **Labyrinth** (behind the Labyrinth stage), a couple of wide, winding paths lined with black lights and huge glowing paintings and sculpture. There's a tree house area. One side is lined with tents offering massage, meditation and crystals. You can rest and contemplate on benches, in a hammock or "the net" (a big net you can crawl over and find a spot to hang out - literally). It leads to the very cool **Nebula** chill tent (yet another, albeit smaller, stage).

There's a sketch of the setting... Now go have fun, dance around, meet some strange, interesting and profound folks, laugh a lot, take in the weird outfits and characters acting out, the hoola hoops and poi, the lights and art.

This briefly sums up my sunny view Shambhala, and why it's a fabulous and engaging camping weekend with several thousand others. There are obviously darker issues I've glossed over which deserves a little attention. Stuff gets stolen, people get hurt, and there's the issue of drugs... all in the next installment.

girls in teddy bear-like "onezies" (giraffes were pretty big this year), lots of colourful glittery unicorns, lots of Elvin leather and fur outfits, and lots of hardly anything at all. While my wearing a sarong around the East Shore gets a certain amount of hairy eyeballs, it doesn't even register on the radar here (though my devil horns got a lot of positive feedback).

You're all glad to see each other here ("Happy Shambles!") and we all have something in common - we made it. You're automatically in because you're part of the scene, so everyone belongs. And you can feel it. It's not very often where you're completely included just by being there, and it's a nice feeling.

And we haven't actually gotten to the festival yet.

Lets walk through the main gate, which isn't all that big, but there's a security shack, a bike rack and flags and streamers flying. Once in, you're '**downtown**' in the business district, I guess. You're surrounded by costume and art vendors. The bustling **vender village** is on the left. It's kind of mediaeval.

Buildings a little further in on the right are first-aid, sanctuary, administration, and the showers. The main street is lined with a row of gigantic columns connected by heavy cross beams about 25 feet up. It's enormous.

On the left, sunken, striped and hulking, the **Amphitheater Stage (formerly "The Rock Pit")**. Ahead to the right, a glittering snake of tantalizing food vend-

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September 2013 *Mainstreet* 15

King O' the Balls Goalkeepers Fight to the Finish

by John Edwards

The 2013 edition of the **King o' the Balls Soccer Tournament** at Crawford Bay Park went down on the weekend of August 24 & 25 and it was a Battle Royale from start to finish.

Each year **East Shore United Coach Nick Hodgkinson** works overtime to put on a better tournament than the previous one and each year he seems to be successful. This year saw teams from Creston, Nelson, Trail, Rossland, Slocan/Kaslo (at least 90 players in all) came to Crawford Bay to take on the East Shore's best, and almost any one of those teams could have gone home with the trophy. It was a dogfight.

Saturday morning dawned a perfect day for soccer with light clouds and sun, and ESU kicked off against Creston at 9. We were not taking them lightly as they'd beaten us in the opener last year and, sure enough, they came out running hard. **Donny Lott** soon put a damper on their enthusiasm with one of his perfect sniper shots from the left side and we were off to a good start. Creston runs hard and furious but our defense was giving them nothing, and it wasn't long before **Jesse Davidson** beat their defense and slammed in another for the East Shore. They didn't quit by any means - potting a goal of their own in the second half and threatening hard enough to make the final whistle a big relief. Final score 2-1 for ESU.

Next up was Nelson vs. a mixed Slocan/Kaslo team, dubbed "Slokas" (neither town could field a full squad so they combined forces). Nelson demonstrated that they'd brought a powerhouse team, methodically picking apart Slokas and scoring with no great apparent effort. Final score 5-2 for Nelson.

Old rivals Rossland and Trail stepped out to do battle next. Both teams a good mix of ages and of guys and girls. No tender emotions for each other in evidence.

They battered away at each other for the full hour allotted and were no further ahead than when they'd started, just more tenderized. Final score 0-0.

Then it was ESU's turn to take on Nelson. It was a great fight that could easily have gone either way, with near misses at each end of the pitch. **Dano Cheverie** was outstanding in the East Shore nets but our forwards couldn't find ways past Nelson's huge central defender, **Simon Lintz**. Finally, in the late stages of the second half, Nelson striker **Mike Patton** managed to razzle by our defense and strike a perfect shot to the far left corner that Dano had no chance on. Nelson took it 1-0. We were deflated but not bowed, as we knew that Nelson was one of the top teams and that we could beat them next time around.

The games continued, every hour and fifteen minutes. Trail beat up Creston 4-0. Rossland kicked around Slokas 3-1.

Then it was our turn again, this time against Trail, another of our toughest rivals. Trail teams have a way of making you pay in bruises, making soccer something like a hockey game, and this was no exception. We fought them evenly and got on the scoreboard in the first half with **Jake Kelly** going sky-high to head home a perfect corner kick from **Johnny Colbeck**. It looked as if the one goal might stand up, but no dice. Late in the second half the Trail striker turned a bouncer in a scramble in front of our net into a goal to tie it up and that's how the game ended.

The last match of the day pitted Creston against Slokas and it was a great fight. Creston ran and ran and ran some more against a much more experienced team and ended up in a 1-1 tie, with many thanks to their superb goalkeeper and relentless defense.

ESU finished the Saturday with a win, a tie, and a loss and we felt confident we could do better the next day. Dano Cheverie was outstanding in our net, allowing just three goals in three games. We ended the day with a muy bueno Mexican feast in the park, organized by ESU Captain **Jake Kelly** and cooked by **Elena, from Yelapa**, and her friends.

It was almost twilight by the time we finished eating and at least fifty players had assembled on the pitch in front of the south net for **Twoonie Shootout**, the ever-more-famous East Shore invention of competitive penalty shots, with a twoonie to shoot tossed into a hat and the shooter who doesn't miss taking all. It was hilarious - each time a shooter missed they were razzed by the entire crowd as they did the "Walk of Shame" to retrieve the ball. As darkness fell, trucks were pulled up beside the pitch to light up the shooting gallery, (a first!) and it started to look and sound like a pagan ritual. When the last shot had been fired and Dano gamely staggered away from the goal after being relentlessly pounded, it was ESU's **Donny Lott** who walked off with all the cash, not that surprisingly. Everyone who wanted to party adjourned for **Newkey's** at that point, where **Skully's** band, **Llama**, were waiting to take them higher.

Saturday ended with much promise for the morning - but Sunday, Bloody Sunday is always the test for ESU.

Sunday morning saw Rossland and Nelson, looking like the two toughest teams we had to face, go head to head. It was a grinder and it settled nothing - another 1-1 tie. Both the Rossland Keeper (**Ratko**) and Nelson Keeper (14-year old **Parker Shaw-Lintz**) looked phenomenal, stopping everything except the passing motorcycles on the highway.

Then it was East Shore's turn to step up against "Slokas". Another ancient rivalry. We were confident going in and quickly had that delusion snatched away as they pitched in a long ball that Dano raced for and missed, then they regained possession and dumped it into our net.

They proceeded to do similar things four more times to us in the first half and we staggered off the field in shock, dazed and confused. What had happened to our mighty defense? There was anger on the sidelines. The second half saw us regain some of our form but way too little, way too late. Our only highlight was a

perfect corner kick delivery from our youngest player, **Lewis Loeschnik**, to me, our oldest player, waiting on the doorstep for the tap-in, to escape the humiliation of being shut out. With the defeat we were mathematically assured of not making the Final, and there was officially No Joy on the East Shore bench.

When Rossland and Nelson won their next games, the stage was set for the final and the other games that day became incidental, but we were up against Rossland and needed to salvage our honour. We played like we should have to begin the day, with Dano and the defense again ferocious, and Rossland didn't score a goal. Unfortunately neither could we and it ended in yet another draw, 0-0.

After 15 games of soccer, Rossland and Nelson lined up for the Final. This was Kootenay soccer at its very best - two strong teams going all out. There were great chances at either end but both goalies were unbeatable. At the final whistle it was 0-0.

Shootout!

Each team picked five shooters and they alternated shots. **Ratko**, Rossland's keeper, made spectacular save after save, matched by **Parker** in the Nelson nets. After five shots each it was still tied, so down to shot-by-shot sudden death. Then a Rosslander shot wide and **Sachi Snively** stepped up for Nelson and calmly blasted it past **Ratko**. Nelson triumphs!

Coach Nick handed out the trophies as the sun went down.

The Golden Glove trophy went to Rossland's Keeper, **Ratko**, who'd allowed only 2 goals in 6 games. The Golden Boot trophy went to **Fletcher Quince**, Rossland's Striker, who'd nailed 5 goals in 5 games. The Refs got their missing marbles and a hard time, and Nelson got the King O' the Balls, in all his glory.

Thanks to everyone who joined in to make the weekend a fabulous celebration of soccer, especially to **Coach and organizer, Nick Hodgkinson**.

P.S. - We'll get 'em next year.



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Nelson Cyswog 'N' Fun Triathlon

by Juergen Baetzel

August 4 marked the 31st Annual Nelson triathlon known as the Cyswog N' Fun Triathlon. The conditions were ideal. Sunny, yet not too hot and the water temperature was the warmest I experienced in the five times I have participated.

Due to a lack of intense training, I entered the sprint distance this year. It consists of a half kilometer swim, twenty-two kilometer bike ride and five kilometer run.

The start gun went off at 8am sharp, starting the swim portion of the race. As usual, it took longer than I wanted it to. Being a late, self taught race swimmer it is just not my forte. I exited the water in the about 35th place.

From there, I transitioned onto the bike, which is still my trusty Cervelo sponsored by Tom Lymbery and the Gray Creek Store. I hammered it hard, biking out the second fastest time and moved myself in a solid position for the next leg of the race. The run went well but I could only advance one more position before finishing in 1 hour and 16 minutes.

In the end I placed fourth overall and second in the 40-49 age group.

Cyswog was my only race for 2013 but it delivered plenty of adrenaline and fun.

Riondel Community Library

by Muriel Crowe

Thank you all for once again making our annual book sale a huge success. We raised \$718 which was donated to the building repair fund.

A special thanks to Chris Robertson for organizing the incredibly fast, super neat clean up. As always the volunteers were incredible and besides working hard bought lots of books.

The library hosted a presentation about water by David Deane in early August. We look forward to whatever Dave has to offer next summer. We have been proud to be part of the Riondel Parks Board Summer Reading Program and hope it is so successful it will become an annual event. Our autumn authors reading program is in the planning stage and we hope to have as wonderful an event as our past three have been. No dates or times are set as yet nor has the list of authors been set so watch this column in the coming months.

Once again we have been doing a shelving shuffle. All of our large print volumes have been coded with a black and yellow LP sticker on the spine and they are intermingled with the regular print books. We have some large print packed away so if you find you are running out of books to read please talk to the volunteers and we will arrange to do some switching. We can also order large print volumes by inter-library loan. This change has created a rearrangement of our adult fiction section. The A's and B's are still on the front shelves continuing past the desk to the back and then to the center shelves. These go to the S authors and the T to Z authors are in the second room. We had hoped this would mean that we would discard fewer books but that dream was short lived.

The publishers have been very generous with new books this year and we hope that all are finding something they enjoy reading. Our suggestion and recommendation lists are on the desk once again so please share the titles of newly enjoyed books. We have some new to us BBC DVD's on the shelves. Please let us know if there is a specific movie or video that you think would be enjoyed by many. We try not to interfere with the video rentals at the local businesses so wouldn't purchase new movies.

Next on the East Shore's agenda is the Fall Fair – still time to organize some entries and we have books with easy crafts that may be just what you need. In the meantime drop in browse and borrow.



It's A Small World After All

by Anna Rose

Book of the Month: *Bury the Chains* by Adam Hochschild. 2005, Mariner Books, 468 pages, non-fiction.

Over the span of three hundred and fifty years, the British slave trade transported over three million men, women and children from Africa across the Atlantic to work in the colonies of Britain, France, Spain, Holland and Portugal. In 1807 the British slave trade was finally abolished. In 1838, the 800,000 people who were slaves at that time in the British Empire became officially free.

This remarkably readable yet detailed book describes how these major steps in the international banning of slavery came about. Not top-down decisions, the abolition of first the British slave trade and then the institution of slavery itself in the British Empire were largely due to the efforts of a citizens committee that began its work in 1787 with the meeting of just twelve men. The anthropologist Margaret Mead may have had *The Society for Effecting the Abolition of the Slave Trade* in mind when she said, "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."

This book combines elements of world history, biography, social commentary, an instruction manual in activism and a suspense story. Besides the Committee's role in bringing about change, the author explains the roles of the French Revolution and the slaves' own efforts to free themselves, especially in the French colony of St. Domingue (now Haiti) and the British colony of Jamaica. The leading figures of Granville Sharp, Thomas Clarkson, William Wilberforce and others are followed throughout the fifty years of campaigning. Ground-breaking participation by women is given full credit, and the pioneering uses of a multitude of strategies we think modern are laid out, one by one, including logos and slogans, lapel pins, fliers, newsletters, boycotts and petitions. At one meeting in Edinburgh in 1792 nearly 4000 people signed a petition.

Particularly interesting to anyone who has been involved in activism is the way the movement developed a number of arguments to appeal to different strata of society, rather than just one argument to which only one group might relate. Some of the public was familiar with the forceful procurement of British men to work on ships and so could relate to the capture of slaves in Africa. Low-paid textile workers in places like Manchester empathized with the long hours worked by the slaves. Anyone with humanitarian ideals was galvanized into supporting the movement by posters showing the sardine-tin conditions endured by the slaves on their three-month trans-Atlantic crossing and exhibits of actual shackles and punishment tools. More conservative-minded people

were swayed by appeals to their sense of British superiority – shouldn't Britain lead the European world in this moral cause? - and the fact that many British men lost their lives on the voyages of the slave ships – and the suggestion of alternative sources of income from Africa such as spices, fine wood and textiles.

The author is an American university professor who seems to have left no stone unturned in his search for historical facts (one hundred pages of the book's total are pages of notes and references), and no ramification of this story on other popular movements ignored. He points out how the end of slavery in America, the winning of the right of women to vote, and the introduction of labour laws all owed something to the British anti-slavery movement. In 2006, the book was made into an award-winning movie, *Amazing Grace* which highlights some of the personalities (including John Newton who wrote the hymn) and struggles involved, but as in many cases, the book is even better.

BOOK REVIEWS

by Tom Lymbery

DANCES WITH DEPENDENCY *Indigenous Success through Self Reliance*, by Calvin Helin. Orca Spirit Publishing, 313 pages, hardcover, \$34.95

Here is a most important book – offering real solutions to indigenous and developing nation's poverty. Canada's Indian Act has produced people entirely dependent on funding from Ottawa. If you want to destroy a man "pay him to do nothing" and this is where all too many can see no future.

The author points out that band chiefs are only responsible to Ottawa, not to the people they represent. Changes to the more than century old Indian Act failed to pass parliament, perhaps because band chiefs did not want to lose their control of funding.

Since the First Nation's population is growing faster than the rest of our country, unless changes are made, Canada may all too soon be unable to afford the present system. If indigenous people are allowed and encouraged to grow away from the antiquated requirement that allows them no hope for a worthwhile life, then they will be able to live satisfying lives.

The author compares Canada with New Zealand, where the Maori have been treated far differently from Canada's outdated Indian Act.

Calvin Helin is an accomplished native artist, each chapter having a full page print of one of his works, with a description on the reverse.

EVER CHANGING SKY from Schoolteacher to Cariboo Rancher, by Doris C. Lee, Caitlin Press, 270 pages, \$24.95

This is a Cariboo story from a different area – east of Williams Lake instead of the Chilcotin to the west. The author was a teacher in Redding, California who married a rancher who loved cattle and horses. When they made the big move to Big Lake in the Likely area in 1951, she wondered if she would ever get used to living in the wilderness and learning to ride a horse and shoot a gun. Determination allowed her to overcome.

Her descriptions of the country and the efforts she had to make are intriguing. Today older photos can be improved for publication. We wonder why Caitlin, a respected publisher didn't work on these; the story would be better served.

Looking to improve their ranch's profitability she decides to pasture sheep on a lease at a higher elevation, near Yank's Peak. The sheep have to be herded several days to the lease, so her favorite Australian Kelpie has much work to do. By now she has become an excellent shot so is able to kill bears attracted to a bounty of sheep. She spends the sheep season in tents with her two young boys and a teen age helper.

She shoots a lynx that has killed a sheep, and this encourages her to start trapping lynx and other fur. What a triumph, from city schoolteacher to shepherdess and trapper.

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pebbles
by Wendy Scott
When Memories Gather

Faces in the pews. Each with their own thoughts. Each with a single focus. Every one with a private memory tucked away. For many years, Leslie Downing was the first person to greet newcomers to Riondel. For Leslie this was not an arduous duty to be accomplished in five minutes and forgotten; no, for her it was a true pleasure to keep track of a new family and make sure their needs were met. She often brought a memento for the newcomers; for us it was a miniature pink rose, which after sixteen years, has become an energetic, rambling bush.

Even though Leslie began life in BC's Fraser Valley, the years that made an imprint on her character and personality were spent in England – before and during World War II. So much so that a person meeting Leslie in Riondel for the first time often assumed she was British. This was not because of an affected accent, but due much more so to her naturally gracious demeanour.

Leslie and Frank (a true Britisher) were married in England and had two children before they crossed the Atlantic Ocean in 1948 and the North American continent to ride a paddle wheeler across Kootenay Lake to a remote and rustic mining town. They did not leave their British values behind. Far from it. As is often the case with emigrating Brits, they traveled with their way-of-life intact and never let it stray completely. It does take a bit of determination – and stubbornness perhaps – to insist on tea-time precisely at four, but if that becomes an anchor point for the framework of daily life, and it continues as a family tradition, then yes, tea-time precisely at 4 pm in a remote mining camp in BC's Kootenay country is vital.

But there was more than tea-time in Leslie's life – a lot more. Her husband, Frank, was a carpenter. He came to build a town. Leslie would set to work on the community, and work she did. A town is an outline – a sketch; a community only happens when all the colours are filled in, fences built, windows washed, flowers planted, trees trimmed, families established and gatherings planned. Leslie made sure of all these. She also knew that two of the most important establishments that contribute to dignity in a town and help assure its longevity are churches and a library. Leslie was part of a committee that approached Cominco for land and Cominco agreed to sell two pieces of property at \$1.00 each for a Roman Catholic Church and a Protestant Community Church.

August 22, 2013, saw a gathering of sixty-five people in Riondel Community Church to honour Leslie Downing who was the last of the original board members for the church. Rev. Marcella Mugford led the service and glorious music was presented by Deberah Shears and Donnie Clark. After that service one of Leslie's children told me that she remembered, at the age of five, watching her mother and father with all the other men and women as they worked to build this little church. Riondel Church was dedicated in 1959. Until that time services were held in various places including the location of the present day Bob's Bar & Grill.

Leslie was a busy board member at the church, and for all of her years in Riondel, she was associated with Riondel Library; the rest of the Pioneer Volunteers at the library included Iris Martin, Nancy Derbyshire, Edith Nelson, and Muriel Gendron.

The Memorial service for Leslie was in two parts, and as is true with many Riondel events, there was plenty of food, as well as music. The service con-

cluded beside the lake where Leslie and Frank loved to be. Two sets of ashes were scattered that afternoon, then each person – each friend and every member of Leslie and Frank's family – tossed a flower onto the water and said their own, private goodbyes.

The gathering of memories on that beach spanned different times. They stretched from the childhoods of family members to the more recent connections of friends and neighbours in the community that grew under the watchful eye of Leslie and Frank Downing.

Ancestry is relatively easy to locate in Europe, Asia, and the British Isles. It is a more unique concept when realized here in this young country and this town of Riondel where a person can count the years and name those who came to build their own neighbourhood and established community. Leslie and Frank were part of that solid base; part of the reason why Riondel became an Ancestry of Place.

Recollections of a century and its town ride now with the flow of Kootenay's lake. Even though the Downings arrived in Riondel after the original pioneers: the Deane's and Sutcliffe's; the Graham-Brown's; Fred and Mary Jane Watts; George Davis and his wife, Mary; it is people like Leslie and Frank and their family who care enough to ensure a continuing legacy for this small place. It is for these assurances that we thank them and for the memories that have now become embossed into the fabric of our lives.

Leslie Downing: 1917-2012

Frank Downing: 1911-2010



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

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Riondel Golf Club Hosts
Another Successful
Ladies Bluebell Classic

On August 14, the Riondel ladies played host to golfers from various golf clubs, including Kokanee Golf Resort, Castlegar Golf Club, Kaslo Golf Club, and Champion Lakes Golf Club, at their annual Ladies Bluebell Classic.

After an exciting 5-hole playoff, the prize for low gross went to Lorna Manzer from Castlegar Golf Club, with overall low net going to Teresa Thompson from Champion Lakes Golf Club. Riondel Golf Club would also like to congratulate the winners in the various flights and the Calloway group.

A big thank-you goes out to all of the volunteers who worked so hard to make the tournament a success. Special thanks to the following sponsors for their donations to the tournament: **Barefoot Weaving, Black Bear Books, Black Salt Cafe, Bob's Bar and Grill, Buffalo Trails, Lou Cote, Crawford Bay Market, Craig and Nancy Cathers, Creston Card and Stationery, Dena Kubota, Downtowner Motor Inn, Gabrielle Barry, Gray Creek Store, Creston Home Hardware, Kootenay Insurance, Knit and Nighties, Pat Johnson, Lynne Cranna, Mark's Work Warehouse, Mervin Robertson, Morris Flowers, Nancy Schmaus, East Shore Credit Union, Newkey's Pub, North Woven Broom, Panago's Pizza, Pyramid Building Supplies, Riondel Ladies Golf Club, Safeway, Save On Foods, Shopper's Drug Mart, Skimmerhorn Winery, Source, Sue's Clothesline, Sunset Seeds, Balfour Golf Club, Castlegar Golf Club, Champion Lakes Golf Club, Creston Golf Club, Granite Pointe Golf Club, Kaslo Golf Club, Kokanee Springs Golf Resort, Nakusp Golf Club, Rossland Trail Country Club, Salmo Golf Club, Valley View Golf Club.** Riondel Golf Club would also like to thank **Boccalino** for a generous donation to the Father's Day Men's Tournament and apologizes for mistakenly omitting this business from the list of sponsors published in the July 2013 edition of *The East Shore Mainstreet*.

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From the Principal's Desk

by Dan Rude

This past spring, we had the opportunity to join hundreds of educators from across the Kootenay-Boundary region to listen to a brilliant live presentation by distinguished research professor Dr. Stuart Shanker. Dr. Shanker has become one of the leading proponents of the importance of 'Self-Regulation' in relation to student learning and overall life success. Last week, as our summer professional development sessions, our staff met together for two days to work on our collective understanding of Dr. Shanker's work, and specifically study his book for educators and parents, entitled, *Calm, Alert, and Learning: Classroom Strategies for Self-Regulation*. I'd like to share with you two passages from this book in the hopes that you will join us in studying and applying the ideas Dr. Shanker presents, so that our children and youth are surrounded by similar supportive messages from home, school, and community.

"We are in the midst of a revolution in educational thinking and practice. Scientific advances in a number of fields point to a similar argument – that how well students do in school can be determined by how well they are able to self-regulate" (p. xi).

"So compelling is this vision that one might go so far as to argue that if IQ was the major psychological construct of the 20th century, in the 21st century it will be self-regulation; for unlike IQ, this new lens gives us the hope that by providing children with tools to promote their self-regulation, we can significantly alter their educational – and life – trajectories" (p. xxi).

According to Roy Baumeister and Kathleen Voh, in their 2011 *Handbook of Self-Regulation: Research, Theory, and Applications*, self-regulation is the ability to:

1. Attain, maintain, and change one's level of energy to match the demands of a task or situation;
2. Monitor, evaluate, and modify one's emotions;
3. Sustain and shift one's attention when necessary and ignore distractions;
4. Understand both the meaning of a variety of social interactions and how to engage in them in a sustained way; and
5. Connect with and care about what others are thinking and feeling – to empathize and act accordingly.

While we were focusing on our work with students, it was also valuable for us as a staff to acknowledge our own success and growth areas in relation to self-regulation. I have available the self-assessment tool we used to start our sessions last week, and would like to share it with all who are interested in how they relate personally – and as a family – to the ideas in Dr. Shanker's model.

This year I intend to connect with each family to make further progress in how we support and relate to your ideals for learning for your children and youth. I like that Dr. Shanker writes of 'life trajectories', and I look forward to conversations and learning with you – starting through our PAC – regarding how best to uncover and support the optimal life trajectories of each of our students.

In Praise of the One-To-One Reading & Volunteer Tutors

by Linda Steward - Creston Community Literacy Coordinator, Columbia Basin Alliance for Literacy

In every community where the Columbia Basin Alliance for Literacy (CBAL) operates in the East and West Kootenays, we run programs for children. They vary, from community to community, depending on the needs of the community and the local priorities that have identified. There is, however, one program for school-aged children that runs in virtually all of our communities, because it is highly effective, relatively inexpensive to run and well-loved by teachers, volunteers and students. It's the One-to-One Reading program, a school based, volunteer tutoring program that brings adult volunteers into the schools to read with mainstream elementary school children who are falling behind their peers in learning to read.

The One-to-One program was developed in 1989 in collaboration between Vancouver School Board and the Junior League of Greater Vancouver, but is now in hundreds of schools throughout British Columbia. It is founded on the premise that most children who are having trouble becoming fluent readers are mainly in need of more practice time reading one on one with an adult. Tutors receive three- hours of training and get on-going support from a school coordinator who knows how to help them gain confidence.

In a typical One-to-one program, students from grades one through seven, who have been identified as struggling readers, are given 30 minutes of reading time, 2 to 5 times per week with a well-trained adult volunteer tutor. Each volunteer comes in to the school and reads with children once a week for a morning or an afternoon session. During that time they will likely see four different students and the children will read with a different volunteer every day of the program. As stated on the One-to-one website (www.one-to-one.ca) "These are opportunities for children to practice their reading and writing in an environment where it is okay to take risks, make mistakes and learn at their own pace! Imagine what happens when a child has an adult sitting eye to eye, actively listening, and showing a child that their ideas are valuable and important!"

In studies of the effectiveness of the One-to-One program, children's reading skills were seen to increase by as much as 64% in speed and accuracy with two- seven week sessions. There is no doubt that the practice in reading that kids get in the program is a major key to their improvement, but what can't be measured as easily is the positive effect of having an adult's unbroken attention for half an hour every day. Undoubtedly, this too has a huge impact on their self-esteem and willingness to try. Participation in the program is presented as a privilege, and very quickly the children start to look forward to their sessions with the tutors, and are really disappointed if they have to miss them for any reason.

And it's not only the children who benefit from this wonderful program. The tutors themselves, grandmothers who don't get to see their grandchildren, retired teachers who miss working with children, people who have no small children in their lives anymore, and even moms who still have kids at home, all come away with the knowledge that they have likely helped to change the course of someone's life, the joy of having a special bond with the children they have worked with, and the satisfaction that comes with watching a child discover the joy of reading.

Each year hundreds of volunteers in the East and West Kootenays give thousands of hours of their time to this worthy program. For that, CBAL, the schools and the children are extremely grateful. If you would be interested in volunteering with the One-to-One children's program at Crawford Bay School, please contact Fran O'Rourke at forourke@bluebell.ca or call the school.

Selkirk College Invests in East Shore Learning Partnership

submitted by Selkirk College

Gregg Neelin, Manager of Community Education and Workplace Training, is pleased to welcome Laverne Booth as the successful candidate for the part-time Community Education Coordinator – East Shore Community Learning Hub partnership.

Laverne Booth recently completed the Feasibility Study for the Regional Learning partnership for East Shore communities. She worked with team members Robert Agnew and Ingrid Baetzel to develop the community planning process resulting in the formation of Community Connections (SKLCSS) and completed a Literacy Plan in 2009.

Laverne is an active member of the community being involved in literacy work, Food Roots and until recently, was employed as an educational assistant at Crawford Bay School. Her work as an Education Planner includes work in Peru, the development of the Circle of Habondia Lending Society and the Slocan Valley Asset Mapping Project. She will be leaving her current position with East Shore Alliance Supporting the Early Years (EASEY) to dedicate full attention to supporting lifelong learning on the East Shore through the regional partnership with CBT and others.

The East Shore CLHUB (Community Learning Hub) will promote and support lifelong learning from early years to elder years - not just in individuals, but at the community-regional level as well. The project will expand and further coordinate planning and delivery of a whole range of programs and services to East Shore residents through the CLHUB. Inclusive, coordinated community planning will help build a foundation for integrated programs and services to serve East Shore residents.

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Birth Announcement



Nico McIntosh Squires

We are so happy to announce the arrival of our little Nico, born on August 12, 2013. Exuberant parents: Andrew Squires and Sylvia (Schmidt) Squires.

September 2013 Mainstreet 19

- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL HALL

Booking/info: Judy @ 250-223-8664

Something To Ponder

by Pastor Bill Gooding

I wonder just how many of you might know Gordon Bailey's poem "The Lord Jesus Christ"? It is a poem written after he had made room for Christ in his life and heart. I pray that it may indeed shine truth into your hearts and lead to choosing to follow Jesus which leads to life forevermore.

*When he said
'I am the Way'
He was claiming
That only He could lead man to God
When He said
'I am the Truth'
He was claiming
Universal and exclusive rights
On the ability to reveal
God to man.
When He said
'I am the Life'
He was claiming to be that quality of existence
Sacrificed for and sought by
Men and gods.
He also claimed
A supernatural birth,
An impossible death, and
A miraculous resurrection.
His claims mean that He is either
Utterly insane,
Undeniably evil, or
Uniquely everything He claims to be!*

Or think upon the words of Napoleon Bonaparte (cited by V.C. Grounds, *The Reason for our Hope*). 'I know men; and I tell you that Jesus Christ is not a man. Superficial minds see a resemblance between Christ and the founders of empires, and the gods of other religions. That resemblance does not exist. There is between Christianity and whatever other religions the distance of infinity. Everything in Christ astonishes me. His spirit overawes me, and His will confounds me. Between him and whoever else in the world, there is no possible term of comparison. He is truly a being by Himself. His ideas and sentiment, the truth which He announces, His manner of convincing, are not explained either by human organization or by the nature of things... The nearer I approach, the more carefully I examine, everything is above me - everything remains grand, and of a grandeur that overwhelms and overpowers. Jesus' religion is a revelation from an intelligence which certainly is not that of man. One can absolutely find nowhere, but in Him alone, the imitation or example of His life. I search in vain in history to find the similar to Jesus Christ, or ANYTHING WHICH CAN APPROACH THE GOSPEL. Neither history, nor humanity, nor the ages, nor nature offer me anything to compare it to or to explain it. Here everything is extraordinary.'

Here is one of my favorites C.S. Lewis: 'There is no halfway house... and I emphasize that there is no parallel in other religions. If you had gone to Buddha and asked him: 'Are you the son of Bramah?' he would have said, 'My son, you are still in the vale of illusion.' If you had gone to Socrates and asked, 'Are you Zeus?' he would have laughed at you. If you had gone to Mohammed and asked, 'Are you Allah?' he would first have rent his clothes and then cut off your head. If you had asked Confucius, 'Are you heaven?' I think he would probably replied, 'Remarks which are made not in accordance with nature are in bad taste.'

Christianity is the risen Christ who will one day soon return for His people. We all here on the East Shore and elsewhere are moving towards one destiny or another. To those who have come to know and experience the grace, tenderness, compassion, mercy and hope that Jesus brings our future is simply staggering in its beauty and scope. Scripture states that 'the eye

has not seen or the mind imagined what God has in store for those who love Him.' I believe I have a fairly wild imagination, so this is just a WOW for me. On the other hand, if one does choose not to know the incredible love and grace of our God then one's destiny is again far beyond what one would ever imagine. So if you do that, then imagine taking away everything that is beautiful, everything that brings you to a place of wonder, awe and thankfulness and add to that facing a future where Jesus says there will be weeping and gnashing of teeth. My choices and your choices always have consequences. We all know that. There is no escape from this truth.

C.S. Lewis tells us as it is very plainly. "It is a serious thing to live in a society of possible gods and goddesses; to remember that the dullest and most uninteresting person you talk to may one day be a creature which, if you saw it now, you would be strongly tempted to worship, or else a horror and a corruption such as you now meet, only in a nightmare. All day long we are, in some degree, helping each other to one of these destinies."

So we declare that we and our God see you and you and you as very precious person, of eternal value and worth, who though fallen, being potentially redeemable and very possibly one who could become Christ-like and therefore an adornment for the Lord's holy temple in the New Jerusalem.

Napoleon Bonaparte also wrote the following words: "Across the chasm of 1800 years Jesus Christ makes a demand above all others difficult to satisfy. He asks for that which a philosophy may often seek in vain at the hands of its friends, or a father of his children, or a bride of her spouse, or a man of his brother. He asks for the human heart; He will have it entirely for Himself; He demands it unconditionally, and forthwith His demand is granted. Its powers and faculties become an annexation to the empire of Christ. And all who sincerely believe in Him experience that supernatural love towards Him. This phenomenon is in all ways unaccountable."

The above words are a living and real reality. And as I have said time and again. It all comes down to one's personal choice. I believe we have consistently given to you all, countless reasons to consider the unique claims of Jesus Christ. We do love you and this can be clearly seen in our prayers and care for what awaits you in the future. And so we humbly ask you again to reconsider the truths of Christianity.

As some of you already know I will be leaving the East Shore end of September. This has been a very difficult choice. I mean the area is beautiful beyond words but what I will miss most of all is YOU, the people of the East Shore. And again I find myself being very thankful to our God for it was He who gave me a great love for the East Shore and its people. I enjoyed my time with you immensely. Hopefully our paths will cross again.

A special thanks to our editor. Thank you for giving me the space in *Mainstreet* in which to express some of the profound truths of Christianity. It was very much appreciated.

A thank you to Glen Kinder, Arnie and all the men of Riondel Men's Golf. I am thankful for your acceptance, your encouragement and the time, beers and food shared together. I marked Thursday down early each week and truly enjoyed my time with you. Truth is, I might actually miss you guys.

To all those I met whether at the credit union, the market, post office, the ferry, Nelson or wherever, I am thankful for you and wish you all God's richest blessings.

I finish with 'The Incomparable Jesus Christ' (my version). "More than 2000 years ago there was a man born contrary to the laws of life. This man lived in poverty, was reared in obscurity. He possessed neither wealth nor influence. He had neither training nor formal education. In infancy, He startled a king; in childhood, He puzzled doctors; in manhood He ruled

the course of nature, walked upon the sea billows as if they were pavement, and hushed the sea to sleep. He healed multitudes of people without medicine and made no charge for His service.

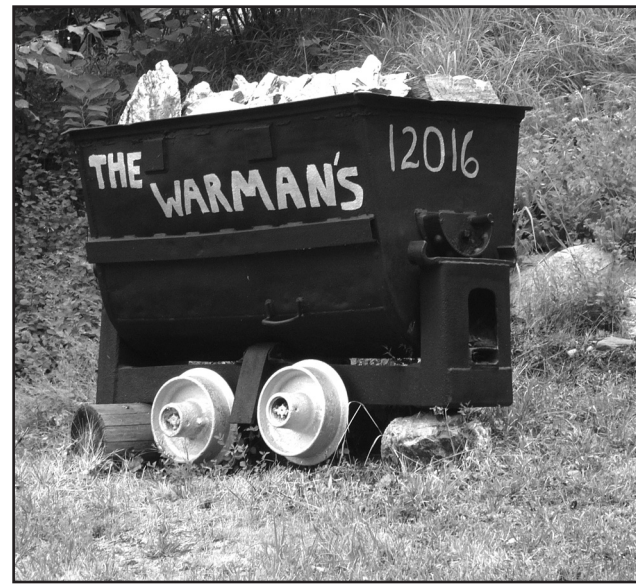
He never wrote a book, and yet there are books written about Him than anyone else in history. He never wrote a song, and yet He has been the theme for more songs than anything or anyone else. Millions of people attest to His death and resurrection by placing Him first in their lives in all respects. He never marshaled an army, and yet more rebels surrendered to His leadership than any conflict ever known... all without shots being fired.

He never practiced psychiatry, and yet He has healed more broken hearts than all the doctors far and near. And in years past, once each week, the wheels of commerce ceased their turning and many people flocked to worshipping assemblies to honor, praise and exalt Him.

The names of the past proud statesmen of Greece, Rome, British Empire, American Influence and Society have come and gone. The names of scientists, philosophers and theologians have come and gone, but the name of Jesus abounds more and more. It has been more than 2000 years between the people of this generation and the scene of His crucifixion, yet people rightly proclaim that He still lives. Herod and others could not destroy Him, and the grave could not hold Him. He is risen, He is alive this very day and moment and He longs to come into your life and bring to you all more peace, joy and purpose than you can even imagine. Finally, He stands forth upon the highest pinnacle of heavenly glory, proclaimed by God, acknowledged by angels, adored by saints, and feared by devils... as the living, personal Christ, our lord and savior."

We'll miss you.

The Lord Jesus Christ bless you all.



Shining Gold Aplenty

submitted by Tom Lymbery

This side dump ore cart is in excellent condition, newly painted at the Warman's home at 12016 Hwy 3A in Boswell. What mine did this artifact come from? It has been sitting rusty on this property for years until the new owners did an excellent job of refurbishing. Mining was never this shiny!

Nelson & Area Elder Abuse Prevention Resource Centre

◆ 250-352-6008

◆ preventeldRabuse@sbdemail.com

◆ www.nelsonelderabuseprevention.org

◆ Drop-in Wednesdays 12-2pm

719 Vernon Street, Nelson
Nelson and District Seniors Coordinating Society



East Shore Hospice News

by Ali George, Coordinator

Hello folks. After a Hrestful summer, East Shore Hospice has a busy fall planned, with several opportunities for hospice volunteers and East Shore community members to learn about and reflect on end-of-life and bereavement issues, and contribute to the hospice services in our community. It is my wish as hospice coordinator that everyone in our community, young and old, volunteer or not, has the opportunity to explore these issues in a supported, caring environment.

The East Shore community is invited to join us on Wednesday, Oct 2 at 6pm for a potluck dinner and a viewing/discussion of the first episode of a PBS series called 'On Our Own Terms'. Dozens of terminally ill patients from a variety of cultures and backgrounds tell their stories to journalist Bill Moyers in this fascinating look at the end of life, and how society deals with the inevitable. The first episode, called 'Living With Dying', explores the fact that dying is a part of life that each person, in every community, approaches with different attitudes, beliefs and wishes. As the process of dying is prolonged by advances in medical knowledge, we face increasingly complicated choices as individuals and as a society. And most of us don't want to talk about it. Through the personal accounts of people facing death, 'Living With Dying' explores the choices we make at the end of life. After the viewing, there will be an opportunity to share our ideas and responses to the program. Location TBA. Please call Ali George at 250-227-9006 ext. 29 for details and to confirm your attendance.

Coming up on November 2, East Shore Hospice invites you to join us for an art therapy workshop on loss and grief for hospice volunteers, family members and caregivers with Monica Carpendale from the Kootenai Art Therapy Institute in Nelson. Monica will lead us on an exploration of the ecology of grief, with focus on anticipatory grief, bereavement, making meaning, and reconnecting with our gratitude for life and living. Please look for further information in the next issue of the *Mainstreet* and on your local bulletin boards in October.

We are always looking for new volunteers and input from the community on workshops, discussion groups, articles, or information that you would like to have access to on the East Shore. Please give me a call at 250-227-9006 ext. 29 to discuss your ideas.

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

YOUR HALL IS AVAILABLE...

For community events, wedding receptions, workshops... You name it!

Booking info, Kathy Donnison @ 227- 9205

CRAWFORD BAY HALL

"your community hall"

A non-smoking facility.

Notice of Passing

IN MEMORY OF SWAMI DURGANANDA
CELEBRATING HER LIGHT-FILLED LIFE

Swami Durgananda (Margaret White) passed into the Light on Friday, July 19, 2013, two weeks before her 89th birthday. She was happy and at peace in the last few weeks of her life with her children in Cambridge, Massachusetts.

Swami Durgananda was a much-loved friend, disciple and teacher at Yasodhara Ashram. She also lived and taught in Spokane and Victoria, and she toured extensively with Swami Radha and on her own, teaching across Canada and the US.

Swami Durgananda came from a strong family in Philadelphia, attended a Quaker school and then Wellesley College. She raised three children, was a dedicated volunteer and continued her education, gaining a Fine Arts degree and a Masters of Education.

She first met Swami Radha in 1967, and this meeting changed the course of her life. In 1981 she moved from the Eastern US to Yasodhara Ashram in Kootenay Bay, BC, where she intensified her learning and became a teacher. In 1989 she took an initiation to become a swami, (renunciate in yoga tradition).

Swami Durgananda was a fine artist, using her talents in design work and illustrating books published by Timeless Books. She also loved research and history, and her special field of interest was dreams and symbolism. She worked extensively on her own dreams and brought her personal experience into teaching, enriching all of those who took classes and workshops from her.

She was a caring, generous and welcoming person— dynamic, energetic and passionate about the many activities she was part of. At the same time she was humble, down to earth and always ready with a hearty laugh. She lived her commitment to her spiritual path and selflessly served her teacher, Swami Radha. After Swami Radha's passing, she solidly supported her friend and colleague, Swami Radhananda, who took on the leadership of the Ashram.

In 2006 she published her memoir, *In Durga's Embrace*, an inspiring account of her years with Swami Radha from her first meeting in 1967 through decades of learning. Swami Durgananda stands as a fine example of loyalty, dedication and a joyful embrace of the path to the Light.

She is survived by her three children, Wendy, Carla and Richie, and by her spiritual companion and niece, Swami Yasodananda.

East Shore Hospice EMPLOYMENT OPPORTUNITY

P/T coordinator for the East Shore
4-6hours per week/\$20 per hour

Duties include:

- Basic administration
- Volunteer/Training Coordination
- Community Education
- Client Services

Previous experience in the non-profit sector, knowledge of the philosophy of Hospice/Palliative Care and computer proficiency are essential.

For information about our organization, please refer to the Nelson and District Hospice Society website: www.nelsonhospice.org. Click on the East Shore link. For a complete job description, please email info@nelsonhospice.org.

Application closing date: Monday, Sept 30, 2013

Mail resume to:
Nelson & District Hospice Society
Box 194, Nelson, B.C. V1L 5P9
Or by email: info@nelsonhospice.org

In Loving Memory

David Franklin Loeppky

Jan 18, 1957 - Sept 17, 2012

"So I carried on
You can't be haunted by the past
People come and people go
And nothing ever lasts
But I still think about you
Wonder where you are
Can you see me from some place
Up there among the stars
But down here under heaven
There never was a chart
To guide our way across
This crooked highway of the heart
And if it's only all about
The journey in the end
On that road I'm glad I came to know you my old friend"

In my heart forever
Barbara

(From "The Road" by Emmylou Harris)

Notice of Passing

Daniel Clifton
Derbyshire

Dec 19, 1944
- July 31, 2013



Born in Nelson, BC, Daniel "Dan" attended school in Crawford Bay and lived there until 1965 when he and his wife and son moved to Smithers where he

resided until 2012. He then moved to Penticton for health reasons.

Dan is pre-deceased by his wife, Carol Ruth (nee Eddy), father Joseph Clifton Derbyshire and mother Jennie Elnora Dingwall (nee Hedstrom/Derbyshire).

He is survived by his son Darcy Dwain (Cindy) Derbyshire and their two children Mishayla and Kyler, son Robert Stede (Jennifer) Derbyshire and their three children Devon, Daniel and Boden, his sister Frances Heather Beaubien and other family members.

Dan will be missed for his unique sense of humour, his great memory, his invention and fix-it talents especially when it came to motors.

Remembrance Garden

by Wendy Scott

Summer's slipping away, but not too quickly. We can enjoy the season's gentle end and progress slowly into fall. It's a nice time to wander through the garden. There's a softness in the air.

Watch for the rest of the plaques and the new bench – when Dennis has time to build it. Give us a call for information or requests for plaques. And enjoy the rest of the summer.

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

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SERVICE DIRECTORY/CLASSIFIEDS

SERVICES DIRECTORY

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

AUTOMOTIVE/MARINE

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

BUSINESS SERVICES

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

CONSTRUCTION/CONTRACTORS/TRADES

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

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

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

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

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

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

PERSONAL CARE/HEALTH

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

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

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

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

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

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

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

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

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

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

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

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

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

RESTAURANTS

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

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

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

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

YARD/LANDSCAPING/SITE PREP

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EAST SHORE PHYSIOTHERAPY



Anna Rose
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- Home Programs
- Gentle Treatments

Health Center, Crawford Bay

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Next Deadline: Sept 25,

CLASSIFIED SECTION

BUS. ANNOUNCEMENTS

Sirdar General Store:

A unique place to shop on Duck Lake. 2013-2014 Fishing & Hunting Licences, Tags and Regulations plus CVWMA Duck Lake Fishing & Hunting Permits. Tackle, Groceries, Ice Cream Treats, Chips, Peanuts, Chocolate Bars, Energy Drinks, Water, Soft Drinks & Juices. Souvenirs, Local Crafts, Sunscreen, Greeting & Post Cards. Ladies & Men's straw hats. Post Office & Faxes. 8050 Hwy 3A, Phone 250-866-5570, Fax 250-866-6811. Happy Labour Day & remember to watch out for children & School Bus. School is back in session.

Insurance Certification requires professional chimney installation - we are the Pro's - Gray Creek Store, 250.227.9315

BUSINESS SERVICES

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

CLASSES

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

Ted Wallace Art Classes - Intuitive painting, inspiration, ideadevelopment and building a painting with acrylics. No artistic experience necessary. 6 Monday evenings at C. Bay School. Sept 30 to Nov.4. All materials included. \$110. To register call Ted at 250-225-3484 (max 15)

EMPLOYMENT OPPS

ECE Position: Creative, entrepreneurial, rural community requires a qualified Early Childhood Educator. Please respond by September 15 to East Shore Alliance Supporting the Early Years (EASEY), Box 100 Crawford Bay, BC. Email: laverne@theeastshore.net for more information or to submit resume.

EVENTS/WORKSHOPS

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

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

YARD SALES

Yard Sale at Wedgwood Manor Country Inn, Sunday, Sept 8, 11am-5pm Come find a treasure! 16002 Crawford Creek Rd, Crawford Bay

Arterial Exhibit
A JURIED SHOW FROM THE HEART...
MOVING ART ENERGY WITH LOVE

Are you a visual artist looking for an opportunity to sell your masterpieces locally? Keep your eyes and heart open for an exciting opportunity coming soon to the East Shore...

MORE INFO: CONTACT JACQUELINE AT
250.227.6803 OR 250.551.6873.

Planning includes an opening gala event before Yule...

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

CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

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

EAST SHORE COMMUNITY HEALTH CENTRE Call 227-9006

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

PHYSICIAN COVERAGE FOR SEPT 2013

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

SEPT 3, Tues - DR GRYPONPRE

SEPT 4, Weds - NO DOCTOR

SEPT 5, Thurs- DR MOULSON

SEPT. 10, Tues - DR GRYPONPRE

SEPT 11, Weds - DR MOULSON

SEPT 12, Thurs - DR GRYPONPRE

SEPT 17, Tues - DR GRYPONPRE

SEPT 18, Weds - DR MOULSON

SEPT 19, Thurs - DR LEE

SEPT 24, Tues - DR GRYPONPRE

SEPT 25, Weds - DR MOULSON

SEPT 26, Thurs - DR GRYPONPRE

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

Call to make appointments at 227-9006

on doctor days and Thursday morning.

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

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

EAST SHORE HOSPICE

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

GRACIOUS THANKS

THANK YOU to Nelson and District Credit Union, East Shore Branch, for sponsoring eight children at Medley Day Camp, where they did hip-hop dance, singing, book making, printing, felting, percussion, painting, and marimbas. It was a very busy and happy time! Also a big thank you to Community Connections, who handled the grant funding.

High Fives & Face Palms



HIGH FIVES to locals who support our local grocers and artisans and service providers.

HIGH FIVES to the people who have made a vision out of Kootenay Lake by partaking in the regatta every year.

HIGH FIVES to gardeners, tenaciously digging through roots and weeds to feed their families.



FACE PALMS to the douche who threw his empties over the bank rather than return them or donate them. Triple Foul! Littering, laziness and lack of support.

FACE PALMS to chatty bikers driving 2-3 wide on the curvy road, and to those driving 90km/h on straights and braking hard on every corner.

The East Shore MAINSTREET

Contact: Ingrid Zauss-Baetzel

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

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

E-mail: mainstreet@theeastshore.net

****ADVERTISING RATES**

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

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

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

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

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

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

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

or 6 3/4" wide by 3" high

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

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

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

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

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

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

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

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

Sample Sizes - more sizes available.

Column Width: 3 1/4 inches - double column width:

6 3/4 inches - full width: 10 3/8 inches

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

Classified Ads: \$5/first 30 words,

10¢/word after the initial 30.

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

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

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

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

CHURCH CALENDAR

RIONDEL COMMUNITY CHURCH

Sept 2013 SCHEDULE

Sept 1: Canon Derrick Smith, Anglican, 11am

music - Marie Gale

Sept 8: Brent Mason, 2pm

music - Brent Mason

Sept 15: Rev Robin Celiz, Anglican, 3pm

music - Brenda Panio

Sept 22: Rev Shelley Stickle-Miles, United, 1pm

music - Marie Gale

Sept 29: Brenda Panio, Anglican, 11am

music - Marie Gale

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

CHRIST CHURCH & EAST SHORE CONGREGATIONS

ST. ANSELM'S CHURCH BOSWELL (Anglican)

For information call Christ Church Creston 428-4248

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

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

HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

Sept 15: 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.

Sunday School for Children.

Coffee fellowship after the service.

16190 Hwy 3A, Crawford Bay 250.227.9444

TEMPLE OF DIVINE LIGHT

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

Everyone welcome - Yasodhara Ashram 227-9224

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

Sunday Mass at 2:30 pm

1st Sunday of the month, Fellowship Sunday.

THE CHURCH OF JESUS CHRIST

OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.

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

CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church,

8151 Busk Rd, Balfour

Next Deadline:

Sept 25, 2013

MEETING PLACES

LIONS CLUB - meets at the Kootenay Lake Community

Church - 16190 Highway 3A, Crawford Bay.

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

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

or Lion Jim at 250-227-9622.

TOPS - Take Off Pounds Sensibly: meets every Thursday 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-Do)

Call Ingrid to be put on the agenda - 250.227.9246

September PAC Meeting: Sept 9 (Monday) at 7pm in

the CBESS school library.

All parents/guardians welcome!

September 2013 Mainstreet 23

September 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	2	3	4	5	6	7	
		Dr. Grymonpre	16+ Volleyball, CBESS, 7pm	TOPS, KLCC bsmnt, 8:30am Dr. Moulson		Ping Pong/Pickle Ball/ Badminton, CBESS gym, 9am	
8	9	10	11	12	13	14	
	PAC Meeting, CBESS Libray, 7pm	Creston Vet in CB Lions Mtng, 7 pm Dr. Grymonpre	16+ Volleyball, CBESS, 7pm Dr. Moulson	TOPS, KLCC bsmnt, 8:30am Dr. Grymonpre		Fall Fair, CB Hall Ping Pong/Pickle Ball/ Badminton, CBESS gym, 9am	
15	16	17	18	19	20	21	
Sacred Journey Closes (Gray Creek)		Dr. Grymonpre	16+ Volleyball, CBESS, 7pm Dr. Moulson	TOPS, KLCC bsmnt, 8:30am Dr. Lee		Ping Pong/Pickle Ball/ Badminton, CBESS gym, 9am	
22	23	24	25	26	27	28	
		Lions Mtng, 7 pm Dr. Grymonpre	16+ Volleyball, CBESS, 7pm Mainstreet Deadline Dr. Moulson	TOPS, KLCC bsmnt, 8:30am Dr. Grymonpre	Rec 9 Deadline	Canning Festival, Kootenay Cove Ping Pong/Pickle Ball/ Badminton, CBESS gym, 9am	
29	30	Got an event for the calendar? Contact us to put it in!					
Canning Festival, Kootenay Cove							



HARROP - PROCTER FOREST PRODUCTS

Buy local Forest Stewardship Council Certified building products at competitive prices from the Harrop-Procter Community Forest.

- Wide variety of cedar lumber
- Large selection of fencing material
- Bull-nose cedar & fir decking
- Cedar and Douglas fir timbers
- Douglas fir flooring
- Cedar, pine and fir paneling
- Cedar and Douglas fir siding
- Douglas fir tight knot baseboard & casing

We take special orders for other cedar & Douglas fir wood products



Summer Specials:
All #3 Cedar Lumber

Buy local and support the only FSC Community Forest in Canada!

250.551.5452 sales@hpcommunityforest.org

Go to www.hpcommunityforest.org for further product info, and to view the documentary film about us.

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Riondel Market	13	
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Sacred Journey	13	

Transfer Station Hours

CRAWFORD BAY:
Sun/Tues
Thurs:
9 am - 3 pm

BOSWELL:
Weds/Sat:
12-4

Library Hours:

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

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

ES Health Centre 227-9006
COUNSELLORS

Drug & Alcohol: 353-7691 Child & Youth: 353-7691
Public Health Dental Screening/Counseling: 428-3876

Community Nursing: 352-1433 Hospice: 227-9006 Mammography Screening: 354-6721
Baby Clinics: 428-3873 Physiotherapy: 227-9155 Massage Therapy: 227-6877

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