



February 2, 2010

358-EXCHANGE

Community Information  
From Enterprise to Hills, New Denver to Sandon

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Feels like a long time ago since I did this. Happy February. Winter is quickly fading, just like it always does before I get those "winter projects" done. One thing I finally did: I bought a laser printer. If life follows my plan, it will print this document. People in the know say it will be much cheaper, and I won't have to print-sit while it is printing (in order to keep feeding it ink). It will also do two sides without my help. I'm going to feel very spoiled. I bought it from JB Office Systems in Nelson and a person is going to deliver it to my door, set it up & show me how to use it. What service!

**For Sale:** Baby Crib Mattress \$25, Guard Rail for Child's bed \$15, Used Jogging stroller \$30, complete hamster set, everything u need except the hamster includes cage, maze, exercise ball, food, water bottles + bedding \$50 Call 358-7794

Fish & Tips ,and lots of Tales. **4 Hr. Slocan Lake Trips for \$160.00.** 1 or 2 people per trip. Ph. 250-358-2585 (ask for Kim).

**FOR SALE:** Seagate FreeAgent 500 GB external hard drive; never used and still in box. This was a replacement on warranty rather than repair the old one. \$50 (new ones range in price up to about \$140). LG 19-inch flat screen LCD computer monitor 1440 X 900 resolution; used one year; in original box. Excellent quality. \$75 (new about \$150). Call Art at 250-358-2666.

**FOR SALE:** Large piece of carpet underlay in new condition \$15 Double box spring and mattress (no frame) clean and in good condition \$25 Double size-futon (no frame) in excellent condition \$75 OBO Call 358-2448

**FOR SALE:** Sylvie Besinque has a litter of nine purebred Chesapeake Bay Retriever pups, born December 5th. \$600 includes first shot and worming. The pups are in Manitoba but could fly to BC. Pictures available, call 250 358-7279 or 204 424-9107.

**Wanted:** 12 years or younger white 30" electric stove in very good condition. Willing to pay reasonable price. Call Larry at 358-2177.

**FOR SALE** (items bought by mistake): 2 Canon photo ink cartridges. Fits Canon PIXMA ip6600D and PIXMA MP950. I accidentally bought PC (photo Cyan) and PM (photo Magenta) cartridges. Asking \$15 for the pair (I opened the packages on Jan 27, realized they were "photo" quality ink not recognized by my printer, so taped up the open ports & put in a ziplock bag). I originally paid \$30 for the pair from Ian. I also have an unopened brand new Memory card for digital camera (PNY 2GB which holds 586 photo's, 50 min of video, & 30' of HD video). Asking \$12. I paid \$13 used. Call Sue at 358-2167

**Wanted: ride to Spokane** on or before the 17th February, willing to share expenses and driving, non-smoker, no phone, please email [tedsuzanne@hotmail.com](mailto:tedsuzanne@hotmail.com)

The **Annual General Meeting** for the Lucerne Association for Community Education (**LACE**) will be held at 7:00 pm on Feb 4th. Following this will be the regular meeting with a number of items on the agenda including annual report, grant application for front wall, decision regarding the stage, web site and next steps. All are welcome!

**For Rent:** spacious two-bedroom suite on main floor of duplex with view of the lake, full facilities, excellent woodstove and covered parking. This accommodation provides very pleasant, spacious living. \$580/mo. N/S, N/P. Available immediately. Call Ernst Gerwig, 1-250-358-2283/1-403-762-5150

**Wanted: 1 or 2 bedroom residence** for March 1, 2010 for a single parent with 12 yr old daughter in New Denver proper. Long time active resident of the community. Please contact Linda Shupe at 1-780-568-3307 or alternatively (in case long distance is an issue) leave a message with Sharie or Paul Merrifield 250-358-6806. Have a washer/dryer set and small deep freeze for optional addition to the new home.

**Dreaming of warmer climes? Enjoy the large commercial HOT TUB & CEDAR SAUNA at Villa Dome Quixote!** Sundays from 2 to 4 pm (Jan. to mid-March) on a drop-in basis. \$15.00 per person (tax incl.).

\*Bring your own towel & a bag that closes for your clothes.

\*Leave your money, cards & valuables at home as we do not have lockers.

\*Persons under 14 years must be accompanied by an adult.

Villa Dome Quixote is not responsible for the loss of any valuables.

For further information phone 250 358 7242.

Please come and **join Kayte and J when they guest chef at the Cup & Saucer** for a celebration of Love and Food on **February 13, 2010**. This Valentine's Day we will be offering a four course feast fit for kings and queens. The meal will start with an antipasti platter including (but not limited to) marinated olives and artichokes, roasted garlic and peppers, prosciutto and manchego cheese, and a variety of international & locally baked biscuits. Cleanse your palate with a hand churned mint and lime gelato. The main course will be either a Sambuca infused chicken breast, stuffed with capers and fresh Italian herbs, or a BBQ'd portabello mushroom. The main will be served with a hand rolled cannelloni stuffed with roast squash and ricotta cheese and complimented by a roast tomato and Sambuca sauce. All this will be followed by cacao ridiculoso, a flourless chocolate torte with hints of espresso. To reserve and make your choice of main course, please call Julie at the Cup & Saucer.

**THE CUP AND SAUCER** - make your reservation early for **Feb. 20th. Guest Chef Madeleine** offering an Indian experience of dahl, coconut cream red curry (with or without chicken) with vegetables on rice, spicy potatoes, mango-yoghurt salad and a delicate cardamon custard for dessert. Call 2267 or 2475 (Madeleine) for reservations or questions.

#### **Raven's Nest--Natural Fiber Clothing and Gifts**

New Arrivals--100% Merino wool Buffs to keep your neck and head warm. Merino wool feels really smooth and comfy and they come with several beautiful colors.

We have a lot of Tiffany Lamps and the Butterfly Lamps are back, too. Hand blown Kitras Art Glass has been very popular and now we have a lot of Heart Shaped Glass Hangings, Birthday Balls, and Tree of Enchantment Hangings. Two different sizes and many Sparkling colors. We also have a good selection of Books, wonderful gifts for all ages. And Journals, Address books, Putumayo Music for both adults & kids, Stephens Metal Sculpture.....Come and Check them out! **February Hours: Open Wednesday through Saturday 10:30am to 3:30 pm Closed: Sunday through Tuesday Phone: 250-358-2178**

**WHO DO YOU LOVE?** Tell them with a Valentine's gift from **GARDEN GRACES**. Bradley (the plant man) has brought in colorful primroses that come with a hearty mug for \$7 as well as heart shaped glass planters with frilly ferns and pink (of course) coleus for \$12. He's also got these "love" beans that literally grow on you with their planty message waving in print from the stem...really, come see, I have a picture! These little treasures come with a pink candle in a glass holder all for \$6.

**Jewellery** perhaps? I have a great selection from lampwork glass to turquoise to silver and gems to pearls..

**Marcy Mahr** has brought in more of her stylish fingerless gloves in soft colorful wool, along with a new lot of her exotic knitted "scarflets" of her own design.

**Hilda Radford** of leather shoulder bag fame now offers her lovely handmade HATS in a variety of styles, materials and sizes.

For those seeking to "**charm**", **Celtic Fire** has one that will do the trick - hang them anywhere...my nephew just returned from Japan where everyone has one on their cell phone!

If it's heart to find something just right look no further...GARDEN GRACES is open Tuesday through Saturday from 10 to 5. Phone 358 2847.

**We are raising the bar at the Donation Store.** During January, thanks to our intrepid volunteers, we have renovated and should be open for business as you read this. As we restock the shelves, we would like to remind our donors that it is not a free store. The RDCK provides that service at the Transfer station by charging a "drop off" fee. We also have to pay those fees when the volume of unsaleable goods exceeds our allowable amount in the Village.

For those who would like to know where the money generated at the Donation Store goes, please come to the Annual General Meeting at the Bosun Hall on March 4 at 7:00 pm. We will be making decisions about the stage and looking at the future direction of the Hall. All are welcome.

#### **The 18th WINTER BLUES BOOGIE is at Silverton Hall, Saturday, February 6.**

Tickets \$15 (no minors) at Silverton Building Supplies, Mountainberry Foods, and Apple Tree. Two GREAT bands to heal the winter blues. See details in last Valley Voice. **HELP!** Because this is a Pre-School fundraiser and because the musicians give their all for a small remuneration, we try to provide them with lodging and meals. We are seeking donated rooms (shared bath OK) for 3-4 couples & one single male, for sleeping only, on Sat. night. Responsible adults. Meals & partying will be at our place. If you can offer in Silverton or New Denver, please phone Dick or Barb, 358-7765, this week. Big thanks for your support over the years.

**BUILDING A HEALTHY ECONOMY IN THE NORTH SLOCAN VALLEY - COME VOTE ON PROJECTS** that were short-listed from feedback from our November public meeting, surveys and interviews. **Feb. 4, Silverton Memorial Hall, 7 pm.** Everyone is invited – let's top the turnout at the November meeting! This is a project of the Healthy Housing Society, funded by the Columbia Basin Trust

**Hidden Garden Gallery AGM Thursday Feb. 18, 2 pm** at the gallery: 803 Kildare St., New Denver. Everyone welcome. Hear what we've been doing, tell us what you'd like to see this year. More info: Anne 358-2666.

RECIPES WANTED for **birthday surprise for Donna-Leigh**, a book of photos and recipes from her hometown. Needed ASAP, by mid-February at the absolute latest, please. Photos also welcome. Sandra (Jenna) 358-2770 sj.white@live.ca

**The free book exchange** is still up and running in the basement of Silverton Building Supplies. Come check it out. We are always looking for fairly new used books in good shape. There is a great selection of magazines and both soft and hard cover books.

"Take a walk on the Wild Side." Yes, it's Valentines' again and well... "TRUE LOVE!" and the box of chocolates! Yes, it is all about love isn't it, & our guess is that means the ongoing care & nutrition you provide your pet as well. So we are introducing **"Taste of the Wild" Pet foods**. So here, at **Mountainberry**, we can now give you a **High quality canine & feline formula**. We did a little research & If you feel you want to make a change, we'd like to help. We have lots of product information and if you'd like to give it a try we'd like to offer you a \$3.00 discount off your first purchase of any 5 lb. or 15 lb. or 30 lb. size of "TASTE OF THE WILD" canine or feline formula. If you're still not sure, let your pet take a sample home. Have a cup on us! Take home a cup of "Taste of the Wild" and see how your pet responds! Try it Absolutely Free!! We are "absolutely amazed" at our own two dogs and their great response, "Zeus" and "Jasper" are pretty satisfied dudes! We expect to see some very cool, very hep, very happy CATS bout' town as well, as the feline formula follows the same recipe... high nutrition, high protein, easily digestible, balanced food. (no corn, soy, or animal byproducts, a GRAIN FREE diet). My guess is your pet will find fine new energy. Put that smile that... "TRULY CONTENT" smile in place! so please feel free to try that free sample or take the \$3 "HEARTY" Opportunity and change that Nutrition!

**Silverton Community Club gives a big thank you** to all the businesses and individuals who donated the door prizes that were given at the New Years Dance held at the Silverton Memorial Hall. It was a tremendous success and enjoyed by all. If you missed it, plan to come to 2010's New Years Dance.

Do you have galvanized water pipes in your building? Your health is at risk from lead, cadmium and zinc contaminates! For all your plumbing needs call **L.C. Plumbing ,new construction, reno's and service work**. Prompt professional services. Paul Perkovich Silverton 250 358-7131

**AVON** - Now that Christmas and New Years is over Avon is gearing up for all your fashion needs from makeup, lipsticks, face creams, nail polish, perfumes, lotions, shampoo, conditioner, select clothing, jewelry, chefables (kitchen accessories), NHL items and lots more. Valentines Day is coming soon and there might just be something for your loved one.

Call 358-7729 or email me with your order at: cheryl.butchart@gmail.com.

### **Astronomy Nights**

The second in a series of binocular star parties sponsored by the Hidden Garden Gallery will be held mid-February. Sandy Nichols, local amateur astronomer, will be present to guide a hands-on viewing session. Binoculars and star charts will be provided.

A good view of the night sky is dependent on the weather. We will meet at The Hidden Garden Gallery at 7 pm on Saturday, February 13 for a discussion and viewing if the sky is clear. If we need to postpone the star party until the next night call 358-2898 on Sunday an update. Hopefully, we will find a cloudless, dark night on one of those two dates. Remember to wear really warm clothing!

Honor yourself with **YOGA AT THE DOMES** - Monday & Saturday mornings (9-10:30 flow), Wednesday evenings (5-6:30 beginner's flow class except Feb. 3rd) and Thursday afternoons (3:30-5 restorative), Join together in strengthening and recharging your energy with simple poses designed to release energy, balance the systems & promote well being. The flow of life begins within. Open to all levels all the time. \$10

**Practices for Living Deeply:** a two-day workshop with Therese DesCamp and Kay Costley-White.

Together, they introduce and discuss practices that deepen the experience of inspired living. Each section of this retreat begins with a dialogue introducing a meditation or prayer practice. Simple breathing exercises progress to deeper practices of varying length, and are followed by periods of individual and group reflection. Cost: by donation. To register, call or email Kay (7991; kaycostley-white@netidea.com) or Therese (7904; descamp@heartsrest.com).

**TEMPORARY ACCOMMODATIONS** Two bedroom home in Silverton to sublet for the month of March, possibly longer. Fully furnished, linens etc. wood/electric heat, fire-wood included. High-speed internet, TV etc.\$500 plus Damage deposit required. Call 358-2448

## DANCE OFF THE EVIDENCE!

300 calories an hour, great cardio workout, healthy social interaction, big fun! LATIN CARDIO WORKOUT resumes on Tuesdays and Thursdays at 4 p.m. until Feb. 25. Get your heart elevated and learn some basic dance steps to hot Latino Music. Co-ed, No partner or experience required. \$3 - \$10 sliding scale. Drop-in Okay. Wear shoes that permit you to slide a bit.

### EVENING BALLROOM/SOCIAL DANCE CLASSES:

Beginner & Advanced Beginner classes are underway. Former students or anyone wishing to practice can attend at the Health Centre Gym at 8 pm on Tuesday night for dancing & informal coaching of one another. Call Scott or Fran to make sure it's happening. \$1 drop-in.

Next round of classes begin in mid-April please contact Fran if interested for that round.

Private lessons and bridal packages (Learn an elegant dance for your big day!) are available.

Please call FRAN for further information at 250-358-2448 or franwallis@redmtn.ca

**Columbia Basin** – Call for entry: [registrations](#) are [currently being accepted for](#) artists/[venues in the Columbia Basin to participate in the Columbia Basin Culture Tour \(CBCT\)](#). The CBCT is a two day celebration of culture taking place August 14-15, 2010 from 10 am to 5 pm. **FINAL REGISTRATION DEADLINE IS MARCH 19, 2010** Register by Feb 26 and save! \$40.00: Early Registration (before Feb 26) \$50.00: Registration (after Feb 2) For information or to register visit: [www.cbculturetour.com](http://www.cbculturetour.com). Information: CKCA at 1-250-505-5505 or toll free at 1-877-505-7355 Krista Patterson

**NOTICE The Final Cash Draw of \$5000.00** First Prize and \$2000.00 Second Prize will be drawn on February 14th, 2010. Have you bought your ticket yet. \$20.00 per ticket. Tickets are being sold at local businesses and also at Kootenay Savings Credit Union on Wednesday and Friday and every day from February 8th-12th. Sponsored by Slocan Lake Arena Society.

**SLUGS ANNOUNCEMENT:** The Slocan Lake Garden Society is hosting its Annual General and Planning Meetings on SUNDAY, FEBRUARY 21, 2:00 PM, at Barb Yeomans' house. We'll be reviewing our past year and discussing plans for next season. A pot luck supper will follow the meeting, with Stan Wilson's Slideshow "History of the Kohan Garden" and 20th Anniversary photos. Please bring your dishes and cutlery. All are welcome, regardless of gardening experience.

This year we're offering THREE DOOR PRIZES! You could win 2 hours of landscape consultation or pruning from 3 local experienced contractors. \$5 membership, payable at the meeting, affords you Members-Only tours of beautiful private gardens (3 tours planned for this Spring) and other perks. For information, directions and RSVP please call 358-7765. Hope to see you there. Ray Nikkel,

**The New Denver Nursery School is seeking a certified, Early Childhood Educator** to join our team immediately. We are located in the Lucerne School in New Denver. This is a part-time position and offers a competitive wage rate. There are also additional opportunities in childcare work, including the possibility of sub-work within the school district for StrongStart Centres.

If you are passionate about working with children in a creative and supportive environment, please send resume and cover letter to: SLELSBOARD@gmail.com; or SLELS, Box 466 New Denver, BC V0G 1S0. For more information, please contact us at SLELSBOARD@gmail.com.

**THEATRE FOR THE GOOFY -- FAMILY IMPROV WORKSHOP** Calling all goofs, hams and wannabe performers! Join the fun and explore your creativity at the Silverton Gallery on Saturday, February 13 from 1:30-4 pm. Everyone aged 7 - 97 is welcome to come and strut your stuff, or even to discover your stuff. Registration & info are available immediately at **358-7198**. We need a minimum of 10-15 participants so please register early to avoid cancellation. Fees for the workshop are \$15 for adults, \$10 for kids (2<sup>nd</sup> & 3<sup>rd</sup> kid in family pay \$5 each), \$35 for a family of four.

## DATES, TIMES & PHONE NUMBERS

**AA:** Annex of Health Care Centre (where the Red Cross is) Fridays, 7 - 8 pm Call 8-7158 for more info

**AL-ANON** Tuesdays, 7 pm, New Denver Health Care Centre Annex - info: 358-7904

**BINGO:** Friday, February 12, 2010, 7:00 pm, Bosun Hall

**BUS:** Nakusp Regional Transit System - Bookings: 265-3674 (ext. 203)

**CHIROPRACTIC** with Dr. Larry Zaleski, Mon & Fri 358-2177

**COUNSELLING/**Guided Imagery & Music sessions: Sue Mistretta, M.A. 358-2177

**CUP & SAUCER CAFÉ,** Silverton, 358-2267

**MASSAGE:** Garth Hunter, Registered Massage Therapist, 358-2364; **BODYWORK** w/Susan Yurychuk, 358-6803

**PALS:** Nakusp: 265- 3792

**READING CENTRE:** Mon. & Wed., 7 - 9 pm. Tues. & Thurs. 2 - 4 pm

**ROSEBERRY TRANSFER** Wed. & Sat., 9:00 am - 3:00 pm - gate shuts at 3:00 pm

**SENIORS:** Knox Hall, Fridays @ 1:00 pm **SILVERTON GALLERY:** to book call Sue at 358-2167

**ST. ANTHONY'S CATHOLIC CHURCH:** Mass times: 11:30 a.m. every Sunday

**TELEPHONE** repair/installation/consultation. Bob at 358-2426

**YOGA** at the Domes: Mon. & Sat. mornings 9-10:30 am (flow), Thurs. 3:30-5:00 pm (restorative)

Wed. eve. 5-6:30 (beginner) (no wed. evening on Feb. 3 only)

**next deadline: Feb. 16, 2010**