



March 2, 2010

358-EXCHANGE

Community Information
From Enterprise to Hills, New Denver to Sandon

Email: 358.Exchange@gmail.com Editor: Wendy Harlock 358-7792 www.slocanlake.com.

I emailed the Swedish person who sent me a letter re Ian Zack and asked him how he got the 358-exchange address. He had been emailed by someone here to let him know of Ian's death so he googled Ian's name and there it was on the net, advertising in the 358-Exchange. So if you put your full name in this publication, because it goes on the Net on the Chamber web site, it is traceable. Anyone out there who hasn't "googled" their name, check it out. It is truly a global village without anonymity.

New Denver May Days 2010 – May 20 – 24, 2010. If it's family fun you seek, then New Denver is the place to be for our annual May Days experience, celebrating more than 100 years. With May Days only 12 weeks away, it's time for you to put your "thinking caps" to plan your float for the parade. **This year's theme is "Your Favourite Hero."** We think this will be fun for all. Your hero can be anything from a Super Hero to a sandwich, whatever holds meaning for you. Now is a great time to start thinking of those you would like to nominate for Citizen of the Year - we are so fortunate to have so many people unselfishly volunteer their time in our area (Hills - Enterprise Creek), let's take advantage of this annual opportunity to recognize them. As always, we are looking for some extra help. If you would like to volunteer to help or have an idea of an event you would like to host, please let us know. For more info please contact Shelley Welch @ 250-358-2456

KOHAN GARDEN SPRING CLEANUP PARTY: Sat & Sun, March 20 & 21, 10 am to 4 pm.

Sat lunch provided; bring your lunch Sun. All hands appreciated; no gardening experience needed. Bring rakes, pruning tools, pitchforks, wheelbarrows. Thanks for helping us beautify the garden; many events reserved for 2010

FOR SALE: Microwave Oven - 1.3 cubic feet - assembled in the USA - \$25 - Myrna or Bob at 358-2426

FOR SALE: We have a 2 man dingy with oars used only once. Has space for small motor \$100. New last summer - we'll never use it - that is why we are selling it. Phone 358-7953

WINTER CLOTHING BLOW OUT SALE! Men's! Women's! Kid's! At the Donation Store! **Only until March 21.** We have to get rid of the winter stock. If you want to get ready for next winter, come in and Name Your Price! You know where it is going...

FOR HIRE: Professional House Painter Interior/Exterior, excellent workmanship, also wood restoration, trim and baseboards, reasonable rates. Also since spring is here, at least we think it is, I do fruit tree pruning, yard and garden work. Please call Ihor at 358 7209.

THE SLOCAN LAKE GOLF CLUB is now taking applications for the Pro Shop for this season beginning in May. Applicants must have some knowledge of golf as well as experience with computers. Please forward your resume to Dawn Lindstein @ dawne7@telus.net or call 250-358-2305

GARDEN GRACES takes great pride in being "SEEDY". Now in addition to Stellar and Manhattan and Aurora Farms I have Mountain Seeds collected and sold by Kylie Lichty of Winlaw. She has a great collection of heritage (including Russian) seeds including everything from spinach, corn, tomatoes, carrots etc. to flowers. Bradley Bennet of Souly Solar (we carry his houseplants) has started over 30 types of tomatoes, so keep that in mind if you don't have your own greenhouse or windowsill space. He is also going to be bringing in some coffee plants! As a March special every seed purchase of nine dollars or more comes with your choice of indigenous wildflower seeds from my Manhattan Farms collection. I have a large and various stock of gifts and local cards. Hugh Wilson's new card features a fabulous panoramic shot from Idaho Peak.

GARDEN GRACES is open from 10 to 5 from Tuesday to Saturday. Phone 358 2847.

Friday night move at the Hidden Garden Gallery. Mar. 5, 7:30 pm: Garbage Warrior by Oliver Hodge. 86 min. A documentary telling the story of maverick U.S. architect Michael Reynolds and his fight to introduce radically sustainable housing. Imagine a home that heats itself, provides its own water, grows its own food. Imagine that it needs no expensive technology, that it recycles its own waste, that it has its own power source. And now imagine that it can be built anywhere, by anyone, out of the things society throws away. Thirty years ago, architect Michael Reynolds imagined just such a home - then set out to build it.

Easter Food Hampers will be available at the **Bosun Hall on March 27th**. To receive a food hamper please call Sue 358-7787 or Sylvia 358-2676 by March 12th. We need your name, address and a phone number where you may be contacted. Thanks to everyone who supports this program with donations of time, money, gifts & food. With your help thirty-eight hampers were donated this past Christmas. Monetary donations may be made at the Kootenay Savings Credit Union. If you wish a tax deductible receipt send your donation to box 445 New Denver.

Practices for Living Deeply, with Kay Costely-White and Therese DesCamp, has been rescheduled (and Therese promises not to go away and get stuck in the snow right before it!) Join us at Heart's Rest Retreat, 6912 Hwy. 6 in New Denver, on March 27 & 28 from 9-5. By donation; please bring your own lunch. To register, call Therese at 7904 or email descamp@heartstrest.com (Kay is out of town).

Labyrinth: Sacred Path for Body and Mind is a one day exploration of the ways that labyrinth--both the physical and the metaphoric--can help us link more deeply into ourselves and the Holy (however you define that). Join Therese DesCamp and George Meier on Saturday, **March 20**, from 10-3. \$20 donation include simple lunch.

Next Life drawing, 7 to 9 pm, Thursday, March 11th at the **Hidden Garden Gallery** - see you there!!!!

CHOIR FIRE • WOMEN Ignite your choral singing skills · 8 Mondays – March 15 - May 3 · 6:30-8:30, Silverton Gallery · \$40 – call Kevin at 250/358-7151 to register

The **Annual General Meeting of the Silverton Historical Society** will be held Wed., **March 17, 9:30 am** at the Silverton Historical Society Interpretive Centre, downstairs in the Silverton Gallery. Everyone is welcome to attend.

Thurs, March 4 is the **Annual General Meeting for LACE** (Lucerne Association for Community Education) @7:00pm at the Bosun. Decisions about future directions will be made. The Bosun is a Community Hall owned by the Village of New Denver and managed by LACE. The board needs and welcomes public participation and we look forward to seeing you there!

MUSIC @ THE CUP AND SAUCER Cafe. Matthew Fry and Patrick Sean Earl will be singing Celtic foot tappers on St Patrick's Day, March 17th. 7pm. Irish Stew or Vegetarian Green Split Pea Soup served with Manna Bakery Bread are the daily dishes. Our savoury pies and treats will also be available.

CUP AND SAUCER CAFÉ would like to thank everyone for their patronage and partaking of our Saturday evening dinners by local guest chefs. We will be painting the interior of the café on the next weekend, so there will be a bit of a break. **Our next Saturday dinner will be March 13** - featuring **Comfort Foods with guest chef Madeleine** offering a savory chicken (or vegetable) pot pie, abundant fresh salad and a quenching sorbet for dessert. Call 2267 (Cup) or 2475 (Madeleine) for reservations or questions.

Trained volunteers prepare tax returns for individuals with income less than \$25,000. For a couple, the income maximum is \$35,000 and for single parents the threshold is \$35,000 plus \$2,000 per child for more than one child.

Kootenay Savings has generously offered a meeting place for the volunteers to collect the necessary information for completing returns. **The schedule for these meeting days will be posted at the Credit Union.** Individuals will complete a short questionnaire with the tax volunteer, leave their tax papers, and their return will be prepared in the following week. If the taxpayer wants, their return can be E-Filed for a quicker refund if they have one owing to them. Other papers such as Direct Deposit, GST and PST refund applications will be prepared as part of the tax completion. There is NO COST for any of these services.

Taxpayers who have had their returns completed by a CVITP volunteer will be contacted to pick up their tax papers but **MUST PRESENT PHOTO ID** to do so. The volunteers do not keep any confidential tax information past the tax deadline of April 30.

Canada Revenue does impose **some restrictions** on the types of returns that CVITP volunteers should not complete:

No returns with: - over \$1000 of investment income - Business or Rental income - Returns with capital gains

Self employed commissions income - Farming or fishing income - Final returns for deceased individuals

For those returns, taxpayers should consult an accounting firm.

MUSIC AT THE MANOR: Mountain Weather, from Kaslo (Sonja Franke, Gary Schneider and Kira Soko) and friends. An eclectic mix of originals and covers. Sat. March 6th. 7:30pm Tickets \$10.00, at the Apple Tree, at the door or call Howard, 250 358-2206. The Manor is in Rosebery, just off Rosebery Loop Road, across from the Wild Rose.

Making summer travel plans?.. Plan to be home for the Slocan Lake Dance Camp for teens & adults set for July 22 through 25. Four days of social dance workshops & nightly dances!. Schedule on-line at www.dancingbeat.org mid-May.

inDelible ink - Opening on March 2nd in Silverton. Located at the old fire hall, 317-A Lake Ave. Business hours: 9 - 4:30 Tuesdays to Saturdays. Stock includes office and art supplies as well as some music supplies such as guitar strings. If what you need is not in stock, orders and suggestions will be taken. Quality computer equipment: laptops, printers, etc. will be consigned. Phone Del at: 250.358.7121 or email: indelible.ink@live.ca

March 8 is International Women's Day and we are going to Celebrate! Come to the Bosun Hall for a gathering of women; all ages and occupations. A presentation is being developed on women and their work, creating businesses and living in our world as we know it. Watch for posters and circulating emails! Contact Carol at carolbellbc@yahoo.ca if you would like to be involved or need information.

The Canada Revenue Agency (CRA) warns Canadians of mail scam. Some Canadians are receiving a letter fraudulently identified as coming from the CRA and asking for personal information. The letter is not from the CRA. A [PDF version of the letter](#) is available on the CRA Web site at www.cra.gc.ca/alert. The letter claims that there is "insufficient information" for the individual's tax return and that in order to receive any "claims," they will have to update their records. All taxpayers should be vigilant when divulging any confidential information to third parties. For information about this & other similar scams, or to report deceptive telemarketing activity, visit www.phonebusters.com, send an email to info@phonebusters.com, or call 1-888-495-8501.

Dr. Randolph Stone (1890-1981), founder of [Polarity therapy](#), created Several yoga postures after traveling and studying many cultures and witnessing the affects of their movements on their health. He notes that when a person felt tired, restless or could not relax, then the energy currents of the body were not operating properly. Doing the postures for a few moments starts to open the currents of flow in the body.

Polarity Yoga postures are simple yet effective, relieving certain imbalances in our system. Whether it be a headache, stomach ache, sleeplessness, stress, anxiety and/or a desire for calmness, peace, rejuvenation; these postures bring harmony to the body. These postures can easily and effectively be done any time throughout the day. The use of BREATH and SOUND are very important to the effectiveness of these postures. As research has proven, sound holds a vibration. This vibration which is created by the HA sound or high pitched humming used in some of these postures clears blocks in our system. These blocks in our energetic system is what causes problems.

The majority of these postures are based upon the use of the SQUAT, both narrow and wide. Dr. Stone discovered the many benefits that came from squatting.

Here are some of the many benefits:

- * Increase gas release, especially good for constipation and digestive issues
- * Increases oxygen in the body creating vitality
- * Released mental and emotional tension
- * Enhances energy flow, energizes the body
- * Preventative for back problems
- * Tones leg muscles and buttocks
- * Relaxation as it promotes inner calm and a sense of well-being

Join **Nickie Cifarelli at the Villa Dome Quixote, thursday mornings at 10:00**, as he presents information on this simple and effective exercise system.

AVON Campaign 6 is out and in the usual places. Orders are due by Wed, March 3. Campaign 7 is also out. Orders are due March 17. Lots of great specials in both. Remember how Bubble Bath is so great for so many things, well now Skin So Soft Bath Oil also has great uses. I will list 10 now and more later. The many uses of SSS Bath Oil: 1. It's a bath oil. 2. It's an after bath moisturizer. 3. It can be used to remove make-up. 4. It's a suntan oil (no sunscreen). 5. Pour a little in the water of your foot saver to help moisturize your feet while you relax. 6. It's a hot oil treatment for your nails. 7. It's a good massage oil for those overworked, sore muscles. 8. It's a good insect repellent for people and their pets (as recommended in Dear Abbey, Outdoor Life, and Field and Stream. 9. It helps relieve itching caused by insect bites and dry skin. 10. Sponge it on screens and around doors and windows to keep crawling insects as well as bugs, mosquitoes, and flies out. Campaign 6 has Bath Oil on special, Original, for \$12.99 Reg. \$19.99. Campaign 7 has Original and also Soft and sensual. If you need a brochure or need to place an order call me at 250-358-7729 or email me at cheryl.butchart@gmail.com.

Columbia Kootenay Cultural Alliance Hosting Grant Writing Workshops (Applications for grants currently being accepted). To assist with demystifying Columbia Basin Trust's Arts, Culture and Heritage Program grant application process, Krista Patterson of the Columbia Kootenay Cultural Alliance (CKCA) will present workshops on how to apply and what to expect from the application process for CBT's arts, culture and heritage grants, managed and administered by the CKCA. Individuals of all artistic disciplines are invited to attend the workshops - as well as arts, culture and heritage organizations residing in the Canadian Columbia Basin. CBT proudly supports initiatives and projects that highlight Basin culture and heritage, and this year has awarded this granting program with \$550,000 for the 2010/11 fiscal year. Workshops are FREE: Locations, dates and times for local workshops are as follows: Winlaw: Sunday, March 14, 10 am -12 noon. Location: Slocan Valley Threads Guild, 7712 Slocan River Road (off Hwy 6), Kaslo: Saturday, March 13, 2-4 pm. Location: Kaslo Seniors Hall, 4th Street (between Avenue A and Front Street). Castlegar: Monday, March 1, 6-8 pm. Location: Castlegar & District Recreation and Aquatic Centre, 2101 6th Ave. More information on funding policies and program application forms are available online at www.basinculture.com, from local community arts councils, or by phoning the CKCA at 1-250-505-5505 or toll free at 1-877-505-7355.

GO CANADA GO!! WELL DONE AT THE OLYMPICS!!!! HAPPY ALMOST SPRING!!! (Do we actually count our recent weather as winter?) There's only 3 weeks until the vernal equinox and the days getting longer. Daylight savings time starts early, March 13th. Maybe it's time to take a look at the selection of LOCAL ALL OCCASION PHOTO GREETING CARDS by Sally Lamare. There is a variety of choices including beautiful fall and winter scenes, creeks, mountains, rainbows, flowers and animals. Our magical area offers unexpected lighting and colour on a daily basis. Thanks for your suggestions for possible photo locations. And thanks also for supporting all of our DEDICATED LOCAL MERCHANTS who offer to stock so many necessities within a few minutes from home.

SLOCAN LAKE RECREATION COMMISSION #6 will be holding its Spring Grant-in-Aid Session on Wednesday, April 21st, 2010. Any non-profit organization wanting to apply for a grant-in-aid should submit the proper application to Box 293, New Denver, BC V0G1S0. Application forms are available from the Village of New Denver, the Village of Silverton and Lucerne School. Please note that the appropriate form must be used or the application will not be considered. The deadline for the application to be submitted is Friday, April 16th, 2010. Any application received after that date will not be accepted.

The World Day of Prayer will be held on Friday, March 5th, 2010 at Gospel Light Chapel, New Denver, B. C. at 2:00 p.m.
Everyone welcome!

The Zion-Turner United Church meets every Sunday at 10 a.m. at Zion United Church in Silverton. We normally celebrate communion the last Sunday of every month and all are welcome.

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, March 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)

ZION-TURNER UNITED CHURCH, Silverton, every Sunday, 10 am. Communion last Sunday of each month

next deadline: March 14, 2010