

FREE

WEDNESDAY
JULY
8
VOLUME 4, NUMBER 34, 1992

THE KOOTENAY WEEKLY EXPRESS

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New Bridge Just Part of Larger Plan

by Susan Hulland

KOOTENAY WIDE — Construction of the new Highway 3A Crawford Creek bridge, this year's largest highways improvement project in the Central Kootenay District, is now underway. Tenders closed on June 23 and the Okanagan company, Bilco Construction, is now at work on the \$1.5 million project to replace the old bridge which was built in the late forties.

Larry Brown, project manager with the Department of Transportation and Highways, said the new bridge will consist of two, 29 meter concrete I-girders. The structure will be substantially wider than the present bridge — 12.3 metres — and will include a 1.5 metre wide sidewalk on the upstream side.

"Our window for in-stream work is July 12 — August 1; the new deck will be complete by September 30; substantial completion (use by traffic) is scheduled for October 31," said Brown.

The project, which is causing only brief delays to traffic, will improve the alignment of Highway 3A and remove one more of the many 'checkerboard corners' on the winding road between Crawford Bay and the ferry terminal in Kootenay Bay. The work will employ about forty people, including those working at the Houghton



First Aid attendant Vaida Antonius of Riondel on site at the new Crawford Creek bridge.

Creek crushing plant which will be active for the next three or four weeks, producing over 2000 truckloads of fill for the bridge approaches.

Brown said, "The ministry is addressing several special concerns. Our in-stream window is set by the Ministry of Environment to protect the fisheries values even though 95 percent of the work will be done outside the streambed."

Addressing the fact that the bridge is located within the Craw-

ford Creek alluvial floodplain requires special construction measures. Pipe pilings will be driven to a depth "probably in excess of 10 metres below the streambed" and the elevation of the new bridge deck will be six metres above the 497.91 metre extreme high water mark.

Brown anticipates the project will come in on time and under budget. The Crawford Bay bridge is, however, just one small part of an overall provincial transportation plan.

In 1988 the government challenged British Columbians to take part in planning the province's transportation network. Transportation Committees were established to seek input from individuals, groups and agencies; information received formed the basis of new regional highways plans.

The 27 member Kootenay Region conducted public meetings in seven communities and accepted 137 briefs. The committee formulated 12 policy recommendations, 66 highway projects, 11

IN THIS ISSUE

Summer Treats
Page 9

Garage Sales
203 WEST BEASLEY, July 11
Household supplies, clothing, books used audio tapes.
YARD SALE, Sat. July 11, 9
Granite Rd. across from Taghoun
Lots of stuff.
Health & Fitness!

FREE CLASSIFIEDS
Page 10

air projects and three inland ferry projects.

The most important recommendations relate to improvements of Highway 3, a key part of the Kootenay Regional transportation grid, which is recognized as a major interprovincial truck route by the National Highway Policy Study. The Free Trade Agreement is expected to make this road busier as it is the closest arterial route to the U.S. border. Furthermore, a general slowing of rail transportation suggests this route will become even busier, and continue to challenge highway planners well into the next century.

Information on local highways projects can be obtained from the Kootenay Regional Office at 354-6414.



Local Glenn Erickson, long time logging sports champ, demonstrating his skills.

B.C.'s Growing Event

by Suzanne Down

KOOTENAY WIDE — Local, Glenn Erickson, is a strong advocate of Canadian Loggers Sports. "My dad, granddad, and best friend were logger sports competitors. I grew up with it and went to all the shows. It was so action packed and exciting I started competing at 14 years." After years of competitions and practise, Erickson became Loggers Sport's 1991 Top Canadian Logger of the Year.

Known as the 'Official Industrial Sport of B.C.', Loggers Sports has been around for a long time. There were camp to camp competitions, the heart of loggers' social lives. But it wasn't until the '60s that it was organized into serious regional competitions in Canada. Now

CANALOG (Canadian Logger Sports Association), is the cross Canada organization sanctioned to hold Canadian Championships.

This past weekend, Erickson was involved in the 12th annual Slocan City Logging Show. Called the 'biggest little logging show in the country', it holds both Canadian and World level championships. The enthusiasm of participants and on-lookers was higher than a kite, and the quality of competition terrific. This is a growing sport with increasing numbers of participants and supportive lively crowds.

"Most of the people who compete belong to the forest industry. The ages range from 14-70, with both women and

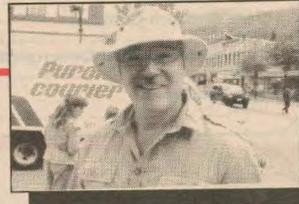
Continued on page 8

street talk

Q What is your most favourite and least favourite food?



Pizza is my most favourite food and vegetables are my least favourite. Especially bean sprouts.
ANITRA GONEZ, Nelson



Well, in this weather I like picnic and barbecue food. Least favourites are snacks and things like popcorn, I suppose.
BILL LOUGHRAN, Calgary



My favourite food is chocolate and my least favourite is lamb, I don't like lamb.
SUZANNE HODGES, Nelson

CURIOUS REPORTER: Nelson Becker

HAVE A QUESTION YOU'D LIKE US TO ASK? SEND IT. MAIL YOUR QUESTION TO STREET TALK, C/O The Kootenay Weekly Express, BOX 922, NELSON, B.C. V1L 6A5

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A Drive On The Wild Side

by Susan Hulland

GRAY CREEK — What's 2028 meters high, pretty as a picture and open for business? The Gray Creek Pass Road!

Although this is the earliest opening yet for the 85 km east-west route and the road is in good shape, driving over the Purcell Mountains is serious business.

The Kootenay Lake Forest District — the agency responsible for maintenance of the road — has "beefed up" their travel advisory signs warning motorists that the road is a steep mountain pass with blind corners, steep drop-offs, and grades of up to 14%. The road is not maintained, offers no emergency services, and has unpredictable snowfalls.

Rick Johnson, engineering resource officer with the Kootenay Lake Forest District, says, "Compared with other years we've had an easy go of maintenance. The surface has already been graded as far as 11 km east of the summit, and all we've had to do is clean up the ditches a bit."

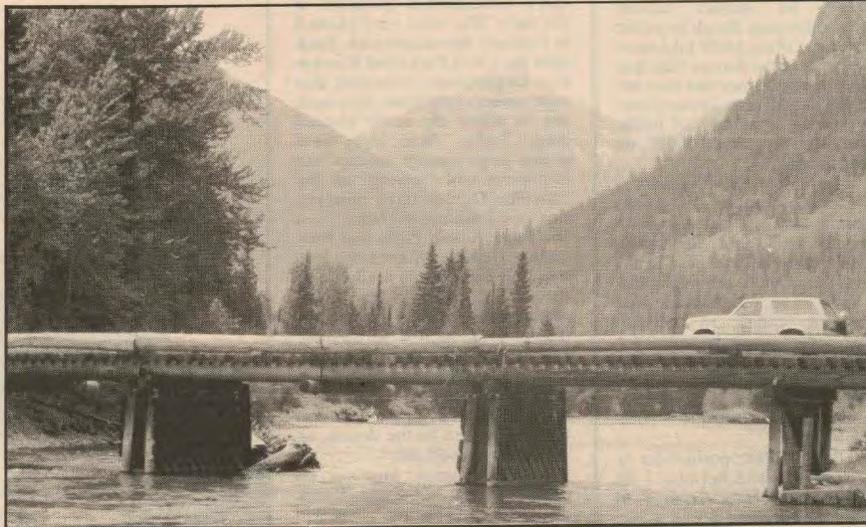
The Ministry of Forests didn't officially open the road this spring. Vandals did that for them, by breaking the locks on both east and west gates about two weeks ago, says Johnson. "We drove the road and decided to leave it open because the dry weather had left it in good shape."

The biggest problem on this road continues to be the people who drive it. Most two-wheel drive vehicles are fine but low-clearance vehicles, or vehicles towing boats or trailers are just asking for trouble.

"It's important to know how to drive the pass," says Al Coombs of the Nelson Forest Region. "Take your time; use your gears; don't ride your brakes."

Inexperienced drivers with automatic transmissions on heavily loaded vehicles can run into grief, especially on the steep descent from the summit to Gray Creek. Brake failures have been reported and the smell of burning rubber is common.

There is logging taking place on the east side of the pass. Coombs warns motorists to use their headlights. Until the recent rains, headlights were necessary for visibility because the road surface is extremely dusty when dry.



Now open, this Forest Service Road runs through Gray Creek Pass to Kimberley

He advises extra care when meeting loaded logging trucks on corners. Watch out for 'sweepers' — logs up to seventy feet long that protrude from the back of the load and, yes, can sweep you off the road.

Vandals continue to remove directional road signs along the route. The bewildering array of kilometer marker signs put up by forest companies offer some help. The numbers get smaller as you travel toward the nearest highway.

Another hint — for most of its distance the Gray Creek Pass follows the powerlines to Kimberley. If you don't see powerlines for more than half an hour, you could have made a wrong turn.

The secret to enjoying the Gray Creek Forest Service Road is to drive the road for what it is — a scenic back road — not a shortcut to the nearest pavement. There's lots to do along the way. Several view points on the west side offer astounding views of far away Kokanee Glacier and the Selkirk Mountain range.

Oliver Lake recreation site on the west side of the summit, offers picnic tables, fire rings and toilets for campers. Nestled in an alpine basin, the lake is charming and the meadows surrounding it are now bursting with wildflowers.

From here hikers can literally step onto the tops of the Purcells and enjoy ridge top rambles both

north and south. Fishing is an option at many of the river crossings along the way and it looks as if 1992 will be a good one for huckleberry picking.

On the east side, the road passes beautiful St. Mary's Lake and St. Mary's Alpine Park with numerous recreational facilities.

For Gray Creek Pass road conditions, contact the Kootenay Lake Forest District Office at 825-1100.

Kootenay Lake Summer School of the Arts



These courses require minimum registration by the following dates:

"African Drum & Dance"
Greg Kozak - July 10

"Flamenco Dance"
Oscar Nieto - July 10

"Latin Dance"
Oscar Nieto - July 10

"Marbelizing Fabric"
Judith Burley - July 10

"Beyond Basketry"
Cynthia Minden - July 10

"Photojournalism"
Robert Semeniuk - July 13

Five more courses in painting, drawing and massage require sufficient registration by July 15.

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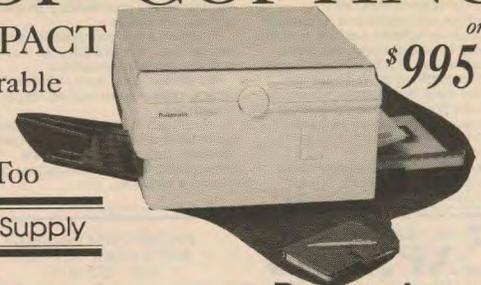
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LETTERS

Public Road Must Have Public Input

Dear Editor,

I have faxed to the Minister of Forests, Dan Miller, a serious question about a road proposed for logging on the east side of Kootenay Lake.

Flaws in the MOF and Wynnell Box plans for logging have been repeatedly pointed out in private and public meetings over the life of the controversy, but most important of all and of urgent immediate need for attention is the question of the public road proposed north on the east side of the Lake. The Area D Regional Director, RDCK, has written he supports the road because he has knowledge of possible developments there; and that individuals and groups opposed to the road have no business expressing opinions since Area D concerns "my area and my people". At the end of the MOF "Powder-Clute Transportation Study" dated March 31, 1992, one point in favour of the road is "provides better opportunity for development of private land."

Public discussion must take place on the real reasons for the road and clear statement made by whatever agency ought to be responsible for putting it through if public discussion shows it is best for all (not just a few private

land owners). No road should be put through by one government agency for another entirely different reason. Roads by public statement of the MOF take more land out of the forests than any other single agency and they are on the public purse forever, however really productive of public benefit, costly to build or difficult to maintain.

In the current reassessment of the importance of public benefit over private gain with respect to forests, full public disclosure of all reasons for any road being built and public discussion of benefits to be derived from it leading to the full cost/benefit analysis called for by the Commission on the Environment and Economy are required before final decisions are made or road construction commenced.

I do not take position for or against the road because I do not have all facts required to make an informed decision. But I do demand as plainly as I can as a citizen that all information be made public and given full public discussion before any publicly constructed and maintained road of any kind goes in anywhere.

One of these days when things get a little worse, this will be true of all roads, public and private. But this is a public matter at this time and demands close public attention.

Margaret Parker, Kaslo

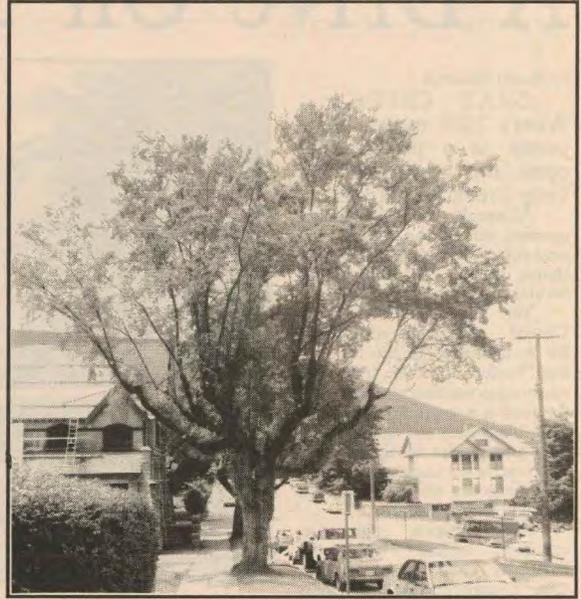
Consider Watering City Trees

by Margaret Chrumka

NELSON — As part of the City's revitalization program in the early '80s, trees were planted in Nelson's downtown core. Back then the City's Parks and Recreation Department requested that store owners take some time each day to water the newly planted trees. Today, these trees have grown large enough to tap into the water table beneath all the concrete. On hot days, however, they could still use our help.

Peter Kozak, Parks and Recreation Facilities Superintendent, says only four people are hired by the City to handle the City's greenhouse, cemetery and any tree pruning, as well as watering and maintaining the City's gardens and parks. Although short staffed and under-funded, they still manage to water the trees and hanging baskets in the downtown area every second day.

This, however, may not be enough during hot spells. Kozak suggests pouring a five gallon pail of water, twice a day, down the



Watering these City trees on hot days will help them and the City out

Continued on page 9

COMMENTARY

Women's Group Opposes Proposed Amendment

by Maree Farrell

A young woman pursues a vocational/technical program in B.C., and receives her diploma at the end of the course. She then moves to Ontario, only to find that her diploma isn't accepted as qualifying her for employment in her field in that province.

This depressing scenario could become a common reality if the federal government's proposed amendment to Section 92 of the Constitution is enacted. Such an amendment would identify labour market training as a matter of exclusively provincial jurisdiction.

Spending for post-secondary education would be off-loaded onto the provinces. This may lead to a patchwork of training programs, fragmentation of national training standards, and even greater disparities between the richer and poorer provinces.

Winlaw-based Marcia Braundy is the National Coordinator of the WITT National Network, advocates for Women in Trades, Technology, Operations and Blue-Collar Work. This advocacy group vigorously promotes the successful training, employment, and integration of women into these fields.

"In Canada," asserts Braundy, "spending is the most significant lever we have to ensure effective labour force development, the implementation of training standards are equity of access for all Canadians and immigrants. In making training the exclusive responsibility of the provinces, the federal government is undermining its role and responsibility to provide Canadians with a national training culture on which to build a skilled and competitive labour-force."

Braundy is herself a journeyed carpenter. As national representative of WITT she brings these issues to the table of the Women's Reference Group. This group of twenty national women's organizations and ten provincial and territorial women's training coalitions, forms the advisory body to Marcy Cohen, the Women's Representative on the Canadian Labour Force Development Board (CLFDB). Braundy also sits on the Apprenticeship Sub-Committee of the Board.

The CLFDB was established by Employment and Immigration Canada and is funded by employers and workers through the UI fund. The board is mandated to identify labour market needs, and design programs to train Canadians to meet those needs. This includes setting national guidelines, strategic frameworks and related implementation practices for federal labour-force development programs.

The Women's Reference Group met at the Annual Consultation on Training in Ottawa between June 12 and 14. There they adopted a strong resolution against the proposed amendment to Constitution must play a central role in Canada outside of Quebec, if women's equality objectives are to be realized.

Of great concern to those organizations represented is the possible provincialization of the UI fund, an option of the proposed amendment to Section 92. Legislation of 1991 determined that Unemployment Insurance is collected from workers and employers. The federal government is to administer and ensure the equitable distribution of the UI fund according to economic needs, wherever they may be in the country.

"Provincializing the administration of the UI fund is a serious threat to the financial security of people in those areas of the country hardest hit by economic downturns," states Braundy. "It undermines the foundation of economic and social values built by our society over the last century."

CLFDB Women's Representative Marcy Cohen, stresses, "These proposals do not have the support of Canadian Women. The implications of these changes are far too broad to be left to the Premiers or their Ministries, and should be debated openly."

The repercussions of current Constitutional debate go far beyond the recognition of Quebec as a distinct society. Indeed, the national frameworks of post-secondary education, labour market training, and the rights of the equity groups may be threatened by the proposed amendment to Section 92 of the Constitutional Act.

Maree Farrell works for WITT National Network.

OPINION POLICY

We encourage our readers to write to us. Letters are a way for you to speak to your community to give new information, participate in a discussion or express an opinion. Letter are meant as a way for you to speak directly to your community. Please address letters meant for publication, to The Editor.

Letters need to be short (250 words) and to the point. We want to print all letters we receive and as we have limited space, we reserve the right to edit for length.

Commentaries can be longer (500 words) and are more in-depth than letters. Commentaries usually require

some research and often offer new information, as well as opinion. If you wish to write a commentary, please contact our Editor.

All letters and commentaries must be signed and must include your name, address and phone number.

We will not print "name withheld" letters, unless there is good reason for anonymity.

As to subject matter: we are guided by good taste and this includes not printing letters or commentaries that are personal attacks, are derogatory, or promote violence.

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MEMBER: Nelson & District Chamber of Commerce
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Visiting in Castlegar from North Vancouver, Audrey and Norm Pye began their Sunfest '92 weekend with a stop at the Heritage Society boardwalk sale

Bake Sale Success

Castlegar and District Heritage Society

A boardwalk sale held June 26 has turned the old CPR Railway Museum into a busy place it once was as Castlegar's train station. The bake flea market sale held by the Castlegar & District Heritage Society as part of the 20th anniversary celebrations of Sunfest was one of this year's special events to attract visitors to Castlegar's oldest heritage building and as a continuing fundraising effort carried out by Society members in their longterm (Station) restoration project.

The Heritage Society thanks its supporters, patrons and volunteers for their help with the anniversary celebrations of Castlegar's annual summer festival.

The historic CPR Station Museum is open 9am to 5pm every day and weekends.

"Valley Best"

Silverton Gallery

The Silverton Gallery wishes to thank all the participants of the First Annual Juried Art Show - Valley Best - a splendid variety of art pieces selected for the show

will be on display July 1-29, 10-5pm, closed Wednesdays.

Honorable Mention goes to: Corina Hammond, Pamela Nagley Stevenson, Mary Baravalle. Student Prize: Justine Bennet. Third Prize: Barry Lamare. Second Prize: Andrew Rhodes and First Prize: David Smith.

A special note of appreciation goes to the following sponsors of the show for their generous donations: Economic Development Commission; Altus Engineering Ltd, New Denver; Slocan Valley Arts Council; Dorothy Stedman, New Denver; and Calona Wines.

"Get High On Nature"

School District No. 7

School District No. 7 (Nelson) will once again host the "Get High On Nature" Environmental Conference this Fall. The October 15-17 event will offer major presentations, panel discussions, workshops, displays and entertainment, all with an aim to broadening awareness of environmental and educational concerns. Educators, students, parents and members of the public are welcome to attend.

Major presenters include Stephen Lewis, former ambassador to the United Nations; Professor John Livingston from York University's Environmental Studies Department; Sophie Pierre of the Ktunaxa Kinbasket Tribal Council and former Chief; Dr. George Woodwell, Director of Woods Hole Research Centre and Dr. Hamish Kimmins from the University of British Columbia Department of Forests.

Workshop leaders from our local communities and from across North America will offer more than 25 workshops with topics ranging from environmental strategies in schools to forest management to global education. The "Get High On Nature" conference attracts participants from throughout the Pacific Northwest, so early registration is encouraged. For registration forms or more information call Debra Lindholm at (604) 352-6681 (days) or Bob Harrington at (604) 369-2281 (evenings).

New Reading Club

Nelson Municipal Library

"Where is Tonga? How do you build a galimoto? Where is the

Continued on page 8

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Chip Transportation Study COMMUNITY MEETING

On behalf of the Kootenay Regional Transportation Task Force, the Chip Transportation Study Steering Committee would like to invite you to attend a community meeting on:

**JULY 16, 1992
6:30 pm - 9:30 pm
Silverton Memorial Hall**

The purpose of the community meeting is to provide area residents with an opportunity to learn about the study findings concerning transportation alternatives (e.g. barge, rail and roads) for supplying wood chips to the Celgar Pulp Mill. After brief study presentations, area residents will have an opportunity to ask questions and discuss their views with representatives of the Steering Committee and the study team.

For more information, please call or write to:
Mr. Wally Penner, Regional Manager, Kootenay Region,
Ministry of Economic Development, Small Business & Trade
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OPEN STAGE
Local talent. Come and play!
No Cover.

ALL EVENTS: admittance restricted to members and their guests. New members are welcome. Sorry, no minors. Sponsored by the David Thompson Student Society

Say I saw it in



THE KOOTENAY WEEKLY EXPRESS

WHAT'S ON WHEN...
CALENDAR LISTINGS ARE FREE FOR THE FIRST 15 WORDS. ADDITIONAL WORDS \$10

Thurs July 9
Mom's Group Baby massage, hands-on session with Joanne Emily, PFN, 1-3pm. Nelson Home Support Services, 905 Gordon Rd. 352-2911. Free including babysitting.

Fri July 10
Rock Climbing Skills Rock climbing from the bottom up? July 10 to 12. Kootenay Centre

WHAT'S ON GOING
WEEKLY OR CONTINUING EVENTS AND EXHIBITIONS IN THE KOOTENAYS

ARTS

National Exhibition Centre presents, "Fireworks: Glass Art of the '90s" and "The Familiar: FELT" until Aug. 9. Summer hours, daily 10:30-4:30. NEC is located across highway from Castlegar Airport.

Artwalk features 100 artists exhibiting all summer in 13 locations. Phone 352-2402 for information.

Demonstrations of Spinning and Weaving Wed and Sun, 11-3pm all summer long, beginning May 6. Kootenay Doukhobor Historical Society Museum, across from Castlegar Airport. Gift shop open. Admission is free.

John Cooper Paints Five Models on exhibit at Nelson Museum 1-6pm daily except July 1.

Summer School Gallery is open daily! Featuring work of a dozen local artists. 802 Baker St., Nelson 352-2402.

"Valley Best" Juried Art Show selections will be on display at the Silverton Art Gallery July 1-29, 10-5pm, closed Wed.

PERFORMANCE

Juggling's Fun with Gitta. Mondays 5 - 7pm. Rosy's Cappuccino Bar, 323 Nelson Ave. Awaken the child within.

Open Stage! Rosy's Cappuccino Bar, 323 Nelson Ave. Sundays, noon till 10pm.

Ymir Schoolhouse Open Stage Coffeehouses are happening! 2nd and 4th Sundays. Every month 6:30- 9pm.

Every Thursday it's Open Stage at the S.U.B. 8:30pm. All welcome NO minors. Sponsored by the D.T.S.S.

for Experiential Education 825-9262.

Don't miss this rare opportunity. An evening of vocal talent. Rosy's Cappuccino Bar. Jenny sings originals and favourites with Georgina Betts, visiting vocal artist from Vancouver 8pm. 352-7606.

Summer School Deadline Minimum registration required by today in African Drum and Dance, Flamenco Dance, Latin Dance, Marbelizing Fabric, and Beyond Basketry. Reg-

COMMUNITY

Blewett Conservation Society holds its meetings 1st Monday of every month. Blewett Fire Hall 7pm 354-4417.

Selkirk Weavers and Spinners Guild in addition to regular daytime meetings on the 3rd Wednesday of each month, there will also be an evening meeting on the 1st Thursday of each month at 7pm at the Doukhobor Museum.

Weaver's Guild Meeting 2nd & 4th Wed. of each month. Different members' homes each time. Membership \$10/year. Info: 825-9327.

Blewett Watershed Committee Will meet the second Monday of each month at 7pm in the Blewett Firehall. Your interest will be appreciated. 352-7859 for more details.

Coats for Kids Bring your old coats to be repaired, cleaned and passed on to needy kids. Mondays, Nelson Fire Dept. or Quality Care Dry Cleaners.

Exploring Ourselves As Mothers - Moms Group Nelson Home Support Services. 905 Gordon Rd, 10-12 noon, Mondays. Free, including baby-sitting. Spons. by Life After Birth. Info: 352-2911.

Kootenay Singles Club Call for info on this week's activities. Saturdays. New members welcome! 352-6649, 365-3834 or 368-8322.

Compassionate Friends Grief support for bereaved parents. Penny 226-7605 or Bruce at 352-3441.

Taming the Mind Introductory buddhist class at Dharmadhatu (3rd floor) 8pm 352-6559. \$5 per class.

La Leche League of Nelson Monthly Meetings. Breastfeeding information

ister at KLSSA office, 802 Baker St. or phone 352-2402.

Sat July 11
Jocelyn McGillivray singer/songwriter. New performance date. Rosy's Cappuccino Bar 8pm. 352-7606.

Mon July 13
La Leche League of Nelson. Monthly meeting. Topic: The Advantages of Breastfeeding, 7pm. 905 Gor-

and support. Info: 352-3521.

Nelson AI-Anon Tues. 7:30pm, Fri. 8pm. Contact Betty 352-1883. Nelson Health Unit, lower door.

The Rossland Public Market will be taking place in Esling Park the last Sunday of each month until September 20. Trading time is 11am to 4pm. Besides the displays of crafts, gifts and clothing, there will be live entertainment, food and diversions for the kids.

Visitor Centre Kokanee Creek Provincial Park. Open 9am-9pm daily. Jerry's Rangers for children, nature walks, evening programs. Ph. 825-4723 for schedule information.

Introductory taped Buddhist talks by Chogyam Trungpa, Rinpoche. 444 Baker St. 3rd floor. Every Thurs. in July. 7pm meditation, 8pm talk.

Kootenay Aikido Club enjoy a relaxing yet invigorating workout while learning the principals of Aikido. For info call 354-4232/354-4817.

don Rd. Info: 352-3521. Babies welcome.

Kootenay Lake Summer School of the Arts requires minimum registration in Photojournalism with Robert Semeniuk by today. KLSSA office, 802 Baker St. or phone 352-2402.

Deadline
Thurs 4pm

Skateboarding, Rollerblading at the Garage. Tues, Wed, Fri, Sat & Sun. Rollerblading, Wed. only. 4:00-6:30pm. 352-3999.

Summer Gymnastics Camp for children, 6 years +, July 27-31, 2-3pm & 3-4pm. Civic Centre \$21/5 sess. Info NDRC 352-7257.

Children & Adult Tennis Lessons, July 14-30, Tues/Thurs. No experience necessary! Fe: \$24/6 sessions. Info NDRC 352-7257.

Kootenay Centre for Experiential Education offers programs in outdoor skills, adventure experiences, personal growth, nature, science and environment, and Windwalker Wilderness Schools for Youths. For more information: contact The Centre at RR #1 2309 Willowpoint, Nelson, V1L 5P4. 825-9262, fax: 352-6499.

Deepen Your Appreciation of the great outdoors. CONNECT WITH NATURE. Formal and informal programs. Peter Duryea 227-9555.

SPORTS

Ultimate Co-ed Frisbee Football game, every Saturday 1pm, Civic field (above pool). Free and Fun!

The Nelson Rowing Club holds regular practices every Sat. and Sun. mornings at 8am for experienced rowers and at 9:30am for beginners. Group and private lessons offered. Call Dominique at 352-6493.

Nelson Slimmers Club Meets at Selkirk Health Unit, 6:30pm. Back door. Info: 352-2322

Nelson Figure Skating Club For info call Marina Bugarin at 352-6535 or coach Georgina Witse at 354-1141. Power-skate and Canskate call Owen Macdonald at 352-4260.

EDUCATION

Kootenay Lake Summer School of the Arts - July 13-Aug 23. Calendars at 802 Baker St. 352-2402.

Kaslo-On-The-Lake Summer School of the Arts 1992 Calendar in now available. Call 353-2661 or write: The Langham Centre, P.O. Box 1000, Kaslo B.C. V0G 1M0.

Nelson Planned Parenthood Clinic 503 Front St., Nelson. Left side door. 6:30-9pm. Every Wed. Drop in. Birth control, pregnancy and STD testing, cervical cap/diaphragm fittings. Doctor available weekly. Infant car seat rental. Info: 354-3872.

WINDWALKER
Wilderness Camps for Young People




Finally it's here! Adventure, challenge, and personal growth for young people. WINDWALKER Wilderness Camps offer exciting outdoor programs this summer for children 9 - 12 years of age and teens aged 13 - 17 years.

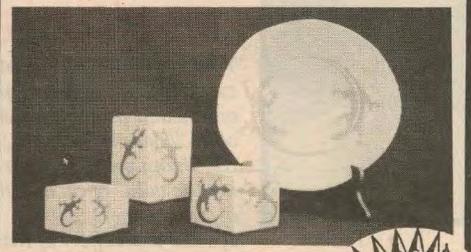
This unique program combines outdoor, interpersonal, and group development skills under the guidance of skilled outdoor and human dynamics professionals. Participants learn and experience canoeing, backpacking, outdoor survival, outdoor crafts, ancient traditional values relating to our relationship with nature, inner growth perspectives, and teambuilding. These all-inclusive week long WINDWALKER camps will be offered on the following dates:

August 2-8	Teens (male) 13-17 yrs.	\$395
August 9-15	Pre-teens (co-ed) 9-12 yrs.	\$395
August 23-29	Teens (female) 13-17 yrs.	\$395

FOR FURTHER INFORMATION, A BROCHURE, OR REGISTRATION, CONTACT:

KOOTENAY CENTRE FOR EXPERIENTIAL EDUCATION
Site 9, C. 28, 2309 Willow point, Nelson B.C., V1L 5P4
PHONE: 825-9262
FAX: 352-6499

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WHAT'S ON ARTS & EVENTS

ART ALERT



John Cooper Paints Five Models: Joyfully

by Anne DeGrace
An exhibition of lively expressionist figurative studies by Nelson painter John Cooper opened June 27th at the Nelson Museum. It's a show not for the faint of heart; these pieces may well take

one's conception of figure painting as soft Michelangelo-like renderings and turn it upside down and backwards. What it is colourful, free in line and movement, and very joyful. It is also intense, as is seen especially in the artist's self portrait, one of my favourite pieces.

Throughout the exhibit anecdotal explanations, often in place of titles, allow a glimpse into the personal muse of John Cooper. Sometimes the model has so much power that they catalyze new meaning into your work or Sometimes the classical idiom sneaks through are examples. Besides five models and the artist, we get Marilyn Monroe, the Devil, Walter Williams and Vanessa (W.W. is a styrofoam head and official Cooper mascot who has made previous appearances).



Nelson visitor Louise Chivers views paintings by John Cooper

Cooper notes two "breakthrough" paintings, and indeed these anomalies in the show are particularly strong. *Vanessa* — it's the lovely light on the hip that was the first brush stroke on the painting, uses vivid blue to backlight the graceful figure, as does *3:15 a.m. June 27th: one more attempt to get it right.* (He did.) The show continues until August 2nd. Museum hours are 1 - 6pm daily.

Cooper will be teaching three courses at the

Kootenay Lake Summer School of the Arts. *General Painting (Acrylics and Oils)* provides further exploration in painting for those with some experience; *Collage with Anything for Everyone* promises creative fun and visual literacy for students asked to bring "an abundance of ideas". Registration deadline for both courses is July 15th. In August, Cooper will teach *Intermediate Figure Painting*, with registration deadline July 29th. A special event takes place July 15th when Cooper will present a slide show, including short films: a retrospective of thirty years of this painter's creative evolution. For more information contact KLSSA at 352-2402.

Paintings by the late Barbara Rhode, who lived in Nelson for many years and whose daughter Irene Orbellani resides here, are currently showing at The Art Gallery of the South Okanagan in Penticton. It is a fascinating personal history with a great amount of European influence coupled with her painter's sensitivity that have made this artist's work so deservedly respected and admired. The work will be on display until August 1st.

Another round of Aartwalk exhibitions begins Friday, July 10th from 6:30-9pm in ten gallery locations.

Twenty-two artists exhibit painting, pottery, photography, fibre art, drawing, and sculpture in this, the third show. Opening receptions feature silent auctions at each location, refreshments, and a chance to meet, face to face, the creative genius of the Kootenays.

Address your comments, suggestions and questions to ART, c/o The Express, Box 922, Nelson B.C. V1L 6A5.

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MUSICAL NOTES

Music From The Civic To Salmo

by Steve Thornton

As I wrote this column last week, the Civic Hotel was still trying to get a fabbo rock and roll band for the weekend of July 3 and 4, but had not yet succeeded and so got little mention here. Between writing and weekend, though, three local musicians signed on at the Civic: Peter Hartley, J. Greg Walter, and Greg Kozak. Fabbo-lini, fabbo-rama.

You could find better musicians, but not better-looking musicians, and you couldn't find a drummer with the power and redundancy of Peter Hartley west of the Montana border, nor could you find a guitarist with the silky charisma and V-8 authority of J. Greg Walter in a place that holds fewer than 20,000 (which the Civic, under its new owners, doesn't do anymore), and you certainly can't get anyone who sings with the rare venom and expensive antivenin of Greg Kozak more than a few hours past midnight. So if you were at the Civic last weekend, you were lucky. Fabbo-laya

Elsewhere, timewise, but somewhere, placewise, Mystic Rose graces the Civic with their sexy lead singer and very manly players of various instruments. Mystic Rose, at the Civic, that's this weekend, for rock and roll and Rita. On subsequent dates, *Second Nature*, and *Lester Quitzau Band*, at Nelson's premier rock and blues bar.

Some people just like country and western though, and the genre of instant cliches it may be, but you can't fault their twang. Also, it's less narcissistic than rock, and you can frequently hear the lyrics. I

like that. So get on down to the Royal Inn from July 6 to 11 and listen to *Fast Track*, a couple of Kootenay guys who can really play that C&W.

If you want your listening pleasures quieter, get to the Library Lounge in the Heritage during the week and hear J. Greg play some of the literally billions of songs he knows. He's very good, very, very good. He could make a living at this.

Or, and here's one not to miss, go to Salmo's Silver \$Hotel and catch the finals of the *Funny People Music Contest* on July 16. There's a \$200 prize for the funniest musical person, betcha Roger DangMe'll be there, and entries are final by July 9 so get going if you want to enter, otherwise go there and listen.

Rosy's Cappuccino Bar presents Jenny Stevenson on July 19, Jocelyn McGillivray the next day. Pauline Lamb will play at Rosy's on the 31st.

I got a call from somebody this week, claiming to represent a group called the Munchkins, who he said were playing at Au Conk this weekend. Well, it's a Bunch of Crap. If, however, Bunch of Crap fails to show, I understand these Munchkin guys may be allowed to play. Next week, you all know that Boxcar Willy himself steps off that of K-tel railway and onto the Conk's stage. He's very famous, we're lucky to have him. And by the way, the mysterious voice that's been heard lately in the ladies' washroom at the Conk proves once and for all the Elvis is not dead, we just wish he was.

Address your comments, suggestions and questions to MUSIC, c/o The Express, Box 922, Nelson B.C. V1L 6A5.

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Growing Event

Continued from page 1

men involved," says Erickson. "There are many interesting characters in the sport. Anyone can do it, and the local events are very social. People travel to meet old friends and exchange ideas. It's all about having a good time." Erickson encourages and helps smaller communities to start shows. "They don't have to be sanctioned, but when they see the potential in Loggers Sports they usually join Canalog." One major mandate of Canalog is the promotion of safety in the sport.

World Championships are another level, where stiff competitions demand top skill and intense mental concentration. Winning is "all in how you envision yourself doing that event". Erickson has been a three time world champion winner of the tree climbing competition, traveling to events in New Zealand, Australia, and Europe. But he maintains "Canadian championships mean more to me." Yet Erickson has observed that "roughly 75% of Canadian events have higher standards worldwide."

Erickson should know, he is the only competitor in the history of the sport that has won every event. It was hard to pull this information out of

him. But the fact is, someone who can combine the sport's skills of power, speed, and technique is a rare breed.

Certainly this steadily growing sport is winning support and interest across Canada. Newcomers who are curious can still see a show in Grand Forks on September 12th. Or head for the big shows on your holiday. Sooke, on Vancouver Island, is host to the longest running show in the province, held July 18.

Squamish holds their event August 1 and 2, and the PNE is the largest from August 28 to September 5. Five different regions will be competing there.

Bill Moore, founding chairperson of Canalog called this event a "communication link between the industry and the public. You can see a great deal of how logging and its associated activities are carried on in B.C."

As for Erickson, he's now in the process of initiating the Worker's Compensation Board's Falter-Bucker Training Standard, a south east B.C. centered certifiable course. The emphasis of this course is 100% safety, and Erickson is very excited about this direction. This course will eventually assure an overall increase in loggers' safety throughout the industry.

Summer Stories, Summer Silence

by Suzanne Down

Who can resist a clear summer night sky, lying on your back enjoying a little star gazing. It's the season of campouts, sitting circled around a fire, sharing a tale or two. Long ago all stories were told around a fire. The hearth was the heart of the home, and long evenings were spent gathered together, held by a story. Flickering flames, crackles and warmth, seem to set a mood made for listening. The firelight fends off the darkness, and almost invites tales of mystery and the supernatural. Inevitably around any campfire the ghost tale weaves its way in.

Last summer, a group of story lovers gathered around such a fire. Mary McGrath, storyteller from Sacramento, CA, led a workshop on family storytelling at Kaslo's Summer School of the Arts. We met on the beach, a huge bonfire awaiting us. Stories were slow and timid in coming until the night darkness came. Then, like magic, a full moon rose over the mountains, reflecting on the lake. Moonshine joined firelight, and the stories flowed free. The workshop ending came and went, but no one left. The atmosphere held us all there, and the ghost tales began. Most of them were said to be true, or maybe they just developed with a life of their own. Good storytelling is like that.

Mary McGrath will be back in Kaslo this year, and yes, her workshop will once again be held on the beach, inspiring nature's elementals. Join her and let them whisper in your ear. Be bewitched for a while, you too will find stories to share.

Summer storytelling is known to be powerful stuff. The Iroquois feared it would lure the animals away from their winter preparations. Would the birds stop flying south, or the squirrels listen too long leaving their winter store of food too small? And what if the plants forgot to let down their sap? All the world would be in chaos. They went so far as to forbid summer storytelling, believing guardians of 'summer silence' would send a bee to sting the tongue of any storyteller.



I honour this belief of the Iroquois. But in all my years as a storyteller, my tongue has yet to be stung. I do notice the flowers leaning close, and the grasshoppers hold still to hear. I'm pretty sure they remember their cycle of the year. But just in case, finish your tale telling with a little reminder to all listeners to store the summer's tales in their hearts. In midwinter when the grain is low and nature cold and colourless, tell the stories again and their summer warmth and colour will find you in a new way.

Address your comment, suggestions and questions of TIMES, c/o The Express, Box 922, Nelson B.C. V1L 6A5.

ACROSS OUR DESK

Continued from page 5

Tungavik Federation of Nunavut? Where in the world is ...?"

The public library is a great place to find the answers to these questions, and to come up with some questions of your own. Join this year's summer reading club and discover the mysteries of the World. Make your travel booking soon at the new Nelson Municipal Library at 602 Stanley St. and be eligible for our weekly book draw. First 50 registrations will receive a bookmark and a special button or a "Where in the World" magnifying glass. Drop in to the new library or call 352-6333.

New B.C. Transit Board

Ministry of Finance and Corporate Relations

Finance and Corporate Relations Minister Glen Clark has announced the appointment of a new board of Directors for B.C. Transit.

The board has been expanded from 12 to 19 members to better meet the needs of B.C.'s regions, public transportation interest groups and the province's diverse culture. There are members from the Vancouver and Victoria regional transit commissions and five of B.C.'s eight regions, as well as small business and community representatives. The new board is gender balanced and also reflects aboriginal people and the multi-cultural community.

Joan Reichardt of Nelson, current administrator of the Nelson and District Home Support Services is one of the 19 members appointed to the Board.

New Program

Selkirk College

An emergent need in the legal profession is being met by certified Legal Assistants, a relatively new profession that has witnessed enormous growth in the past few years.

Now, Selkirk College in Trail is preparing to offer an eleven-month certification program to train individuals to become competent, skilled Legal Assistants.

Legal Assistants routinely perform title searches in property conveyance cases, prepare briefs for trial, prepare court documents for filing, research case and substantive law, and interview witnesses and in some cases, clients.

For information call the College at 368-5236.



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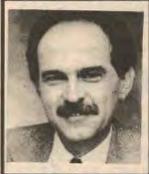
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354-3910 for more info.

HISTER ON HEALTH



Impotence and Bike Riding

Dear Dr. Hister,
My husband read an article you wrote elsewhere relating bike riding to impotence. He is now riding a stationary bike every morning to reduce his high BP and high cholesterol. What is the effect

of bike riding on male sex drive?
Dr. Ms. Left Out,
I must say that I find it curious that most letters about impotence come from women as do most letters that condemn circumcisions. What does it all mean, I wonder?
Anyway, your hubbie (and God bless him for reading my stuff) is referring to an item I once used on my radio *Medical Minute* in which I said biking accidents have been related to injuries to the testicles and to other parts of the male paraphernalia. But these injuries rarely lead to impotence, which is an inability to perform sexually.
Bike riding can also rarely affect a male's ability to reproduce by lowering his sperm count. Sperm counts are lowered by higher temperatures in the scrotum and anything, like tight cycling pants, I suppose, that increases scrotal temperature can decrease sperm count. But a male can have a very low sperm count and successfully still do whatever it is he is called upon to do; or conversely, he may have a very high sperm count and still not be able to perform sexually.
So now let's handle male potency. Temporary impotence can happen to any male, especially when the male has drunk too much alcohol, or is overly tired or anxious. Chronic impotence is a common problem, the rate of which rises especially with diabetes, smoking, high cholesterol levels and the use of certain drugs. I note that your husband has high blood pressure and several blood pressure drugs are notorious for producing sexual problems as a side effect. If he's on medication, it's worth looking at the drugs to see if they're having that effect.
Treatment of this condition remains difficult. But there is much interest in a new finding that a lack of nitric oxide may lie at the root of impotence, which should raise new treatment possibilities soon. So, tell your hubby to keep riding, but also tell him to get his courage up and raise this issue with his MD.
Address your comments, suggestions and questions to DOCTOR, c/o The Express, Box 922, Nelson B.C. V1L 6A5.

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KOOTENAY COOKING

Use Up Your Strawberries & Roses

by Sigrid Shepard

Strawberries and roses are both in full spate right now, and since I grow both and like to eat everything in the garden, I've managed to combine the two. Now don't just run out and eat any old rose, first make sure it hasn't been sprayed or has had a systemic poison added to the soil. Roses are notably hard to grow and quite often the hybrid tea roses have been sprayed. However, the old roses of the briar type which have heavily scented blooms are very hardy and when the petals are dried maintain their scent. These and the Harrison's yellow rose which one finds on almost every old homestead in the Kootenays are the two roses featured in my STRAWBERRY ROSE CONSERVE and STRAWBERRY ROSE/ORANGE SHORT-CAKE or CREAM SCONES whether you prefer American or English usage.

STRAWBERRY ROSE CONSERVE (preparation time: 10 minutes; cooking time: 20 minutes)

- 2 cups strawberries, hulled and mashed with potato masher or pastry fork
- 1/4 cup fructose or honey
- 1 tsp. agar powder

Place in large stainless steel pan. Whisk well. Bring to boil over medium heat. Stir and simmer 10 minutes.

- 1/4 cup dried rose petals, powdered in blender or 1 Tbsp. rosewater
- 1 Tbsp. organic orange or lemon zest, minced (optional)

Add to conserve. Mix well. Simmer 30 seconds. Place in sterile 1/2 pint canning jars. Fill almost to top. Clean tops and place scaled sealing lid over jam. Process 5 minutes in hot water bath. Keeps up to 1 year. Refrigerate after opening. Good with rose scones.

STRAWBERRY ROSE/ORANGE SHORT CAKE or CREAM SCONES (preparation/assembly time: 20 minutes; cooking time: 15 minutes)

- 2 cups whole wheat pastry flour
- 3 tsp. baking powder
- 1/2 tsp. salt
- 1 Tbsp. orange zest, minced
- 1/2 cup dried rose petals from aromatic rose or 1 tsp. rose water (powder dried rose petals in blender)
- 1 Tbsp. fructose

Place ingredients in food processor. Process well or mix ingredients well.

- 1/3 cup butter, cut into 1 inch cubes
- Place in processor on top of flour. Process until flour has cornmeal like consistency.

● 2/3 cup milk
Add to processor. Process pulsing 5 to 10 seconds until forms ball. Turn out on floured board. Pat into 1/2 inch thick round. Cut out 3 inch biscuits. Dip in oil on both sides and place on cookie sheet close together but not touching. Bake at 425 for 10 to 15 minutes until just brown. Serve with strawberry glaze:

- 1/2 cup white grape juice or pear puree
- 1/2 Tbsp. tapioca flour or arrowroot
- 2 to 3 strawberries, pureed

Mix ingredients in saucepan. Stir and cook over medium heat 2 to 3 minutes until sauce clears and thickens. Remove from heat.

- 1 tsp. orange zest, minced
- 2 cups strawberries, cut into 1/4 inch slices

Add to sauce with sliced strawberries. Cool.

- 1 to 2 cups whipping cream 1/2 tsp. rosewater or 1/4 cup powdered rose petals (do in you blender after they are dried)
- 1/2 tsp. orange zest

Whip until thick. Add orange zest, fructose and rosewater. If using powdered rose petals fold them in after other ingredients or cream will unbind. Cut scone in half. Place on serving plate. Top with strawberry glaze and whipped cream. Serve with rose petals or mint sprig beside scone.

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• Artists in Attendance • Music



- over 75 artists exhibiting in
- 12 gallery locations during
- four - 4 week shows
- through Sept. 7

ARTWALK IS SPONSORED BY THE NELSON & DISTRICT ARTS COUNCIL

JULY SHOW
David Lawson,
Jacquie Reed,
Clint Atkinson,
Richard Gross

THIS AD IS SPONSORED BY:

**GALLERY OF THE
KOOTENAYS**

459 WARD ST. 354-4838 DAILY 10 - 5



"Kootenay Cooking" is sponsored by
KOOTENAY CO-OP, your Community Whole Foods Market.
295 Baker St. Nelson, 354-4077.

Watering City Trees

Continued from page 4

tree's grate to help it out when the weather is really hot. "The trees were planted there to compliment storefronts," says Kozak, "to provide shade and cleaner air. The leaves help deal with the carbon

monoxide emitted by cars downtown. It would certainly be appreciated if store owners would take the time on hot days to water the trees."

Kozak also recommends contacting the City if you notice any

trees damaged by the weather or bark worn away by bicycle locks or dog leashes. Parks and Recreation staff will be happy to prune these trees or help the healing process along. They can be reached at 352-5511

Automotive

'81 CHEV VAN, 4 captains chairs, bed/bench seat, good engine trans \$1500 obo. Ph. 352-5661.

1979 DATSUN WAGON A-1, reasonable. 1978 Monaco, low miles, plus parts car, mini motorbike. 229-5633.

1986 TOYOTA MR-2, 5 spd, 1600 cc, new brakes, new muffler, new stereo, more. 365-3635, 105,000 kms. \$8500.

PAIR OF MICHELIN all-season tires, P185/70 R13x4. Excellent tread \$84. Ph. 354-3814 after 6pm.

1961 IMPALA 2 dr/htr, new 283 rebuilt, needs little body work. Real classic for \$2000. 354-1249.

SACRIFICE: 1988 Supercab Ford F150 4x4, air, cruise, new tires, 65 km, excellent condition \$11,500. 352-6833.

1981 YAMAHA SEGA 400 street bike, needs little work \$400 firm. 354-1249.

CAMPERIZED VAN 77 Dodge Tradesman 200, very good cond, only summer driven, new tires, new brakes. 225-3485.

'91 CHEV 4x4 Z71, stepsides, 33,000 km, fully loaded \$19,500. Richard 352-9532.

1980 COUGAR XR7, excellent shape, needs some motor work \$500 obo. Pam 352-3504, even. 352-5504.

1991 NISSAN KING CAB, overdrive, canopy, 17,000 km, \$14,000. 355-2480.

1974 FULLY CAMPERIZED van, 65,000 miles \$5000 or have a look and make an offer. Good shape. 355-2480 or 365-3618.

1986 OLDS 98 REGENCY, fully loaded, V6, leather seats, digital dash etc. 359-7134. Reasonable.

1991 GMC SONOMA pickup, 40,000 km, mint condition, my \$4000 loss your gain, only \$7000. 352-2552.

1980 14x70 MOBILE HOME, 2 bdrm, excellent condition \$27,000, must be moved. Phone: 226-7398.

175 CC YAMAHA dirt bike, excellent condition \$895 obo. 359-7134.

8' SECURITY CAMPER \$800 obo. 399-4759 before 9am.

1976 CHEROKEE 4x4 for sale. Good running condition. Some rust \$1500 obo. Leave message 352-5470.

BE COOL, air conditioned, 1984 Subaru s/w, 2 wd, 5 spd, nice shape \$2900. 226-7782.

GERMAN EXCHANGE STUDENT BELONGS IN NELSON!
Anke is a natural, outdoorsy girl who likes swimming, biking and leading children's groups. She's a vegetarian but doesn't need a vegetarian family. If you or anyone else would like to share your home and hearts with Anke, please call 352-5378 or 352-5075 IMMEDIATELY!

Bed & Breakfast

Wedgewood Manor

The beauty of a by-gone era.
Five gorgeous guest rooms,
each with private bath.
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Daycare

CHILDREN'S WORLD DAYCARE. We offer the highest quality program for children 2 1/2 - 5 yrs, including music, art, circle time, story time, in an environment that is beautiful, happy, educational. To visit and register call 352-3311.
QUALITY CHILD CARE available in my home. Playmore Junction area. Call 359-7866.



CHILDREN'S WORLD
FULLY LICENSED
A warm homelike environment that is beautiful, happy and educational.
We offer the highest quality program for children 2 1/2 to 5 years including:
• Music • Art • Circle Time • Storytime
To visit and register call 352-3311 • 713 Josephine St.

Employment

WANTED: Someone with logbuilding experience to help me erect small log house. Phone 229-4397.

Employment Wanted

EXPERIENCED BABYSITTER, excellent with children, nonsmoker, will no housework (full or part-tie). References. Trish 352-5190.

RAILINGS ALUMINUM or vinyl for sundecks. Maintenance free. Estimates 359-7134.

Entertainment

DON'T MISS THE soulful artistry of singer/songwriter Louise n'ha Ruby singing a "mixed bag" from folk to jazz. July 17th 8:30pm Vallican Heritage Hall. July 18th Silverton Art Gallery. Info: 352-7301.

Garage Sales

203 WEST BEASLEY, July 11 at 9am. Household supplies, clothing, books, good used audio tapes.

YARD SALE, Sat. July 11, 9:30-4pm. Granite Rd. across from Taghum Beach. Lots of stuff.

Health & Fitness

ALWAYS SAVE UP TO 25% ON ALL TROPIC, SWISS NU-LIFE, NATURAL FACTOR AND QUEST VITAMINS. ONLY AT MOTHER NATURE'S PANTRY, DOWN TOWN CASTLEGAR. P.S. ARMSTRONG PART - SKIM MOZZARELLA AND MILD YELLOW CHEESE STILL ONLY \$2.99/LB.

FUSSY BABY? Try a soothing Baby Cuddler Sling. Not available in stores. \$47.50. 352-3521.

EXPERIENCE the healing benefits of massage therapy. Ph. 352-7914 Joyce.

SUMMER SPIRITUAL RETREATS. Come awaken your soul with us. Five-day camp outs. For more information write, Idealia, Box 124, Westbridge B.C. V0H 2B0. Phone 492-5179.

ANNOUNCING A HANDS ON and theory Shiatsu weekend. Cost 10, 11, 12th at the Relaxation Plus Clinic. Cost \$60/single, \$100/couple. Friday introductory evening starting at 7:30-9:30pm, July 10. Please call 226-7915 or 354-3811 to register.

COLONIC THERAPY, now available in Nelson (physician supervised). Ph. 359-7820 evenings. 352-2125.

ESSENTIAL OILS: Finest quality, aromatic fragrances, 20 varieties, complete set July special \$99. Personalized blends available. Sunomi 229-5642.

GENTLE SOOTHING HOLISTIC bodywork, or Reiki Healing Energy. Certified Rebalancer, Reiki Practitioner. Phone Liz 354-4875.

UNITED IN LOVE, a safe, supportive, transformational, therapeutic workshop with Joan Smith & Livina Hiacinth. July 11-18. \$380 plus \$60 food & shelter. 226-7840 info & registration.

HANDS ON ACCUPRESSURE massage, deep, relaxing, therapeutic, Mirror Lake. 353 2350 barter fee.

LEE REID M.A. Jungian counsellor, inner child work, co-dependency, addictions. 352-3870.

CLASSIFIED

Health & Fitness

BRING YOU INNER CHILD home. Interactive hypnotherapy with Ellen Burt C.H.T. Experience comfort and enjoyment as you heal from grief, trauma, addiction. Call 352-7799 or 366-4337 for a session or more information.

NURTURE AND EXPLORE yourself through gentle and compassionate bodywork with Leslie. Certified Rebalancer 352-2332.

NEW ARRIVALS! Chinese medicine natural care jewellery & boxes from KASHMIR at Chez Martine. Come visit at 319 Railway, Salmo. 357-9200. Thurs-Sat. 11-5pm and Sun. 11-3pm.

Home & Garden

ROOFTOP FUTONS
354-4144
#201 - 507 Baker St. Nelson

NELSON BOBCAT, dump truck, 16" hoe plus 12" trenching bucket. Driveways, septic, gravel delivery, cleanup. 352-9998.

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Featuring: White Oak \$2.60 sq. ft. (wood only)
HARDWOOD FLOORS ONLY
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524 RAILWAY • NELSON • 352-5375

PROPANE FURNACE suitable for small home. 227-9546.

Lost & Found
LOST: Child's "Garfield" watch at 4-mile beach, Sun. June 21. Recent birthday gift. Call 354-4526.

Miscellaneous
RECONDITION MOWERS, CHAINSAWS, tune ups & repairs. Valley Sports Power Equip. 359-7050.

Miscellaneous for Sale

BABY CUDDLER
The world's most versatile baby carrier. Nurse discreetly anywhere. Easily adjustable with one hand. Does not stress your lower back.
NOT AVAILABLE IN STORES. 352-3521

BABY CUDDLER Baby Slings - The best, most tested baby carrier made. Not available in stores. \$47.50. 352-3521.

LOOKING FOR the perfect baby gift? Buy the new mom a Baby Cuddler Baby Sling. The best baby carrier around. Not available in stores. \$47.50. 352-3521.

12 FOOT KLAMATH cartop boat, pool-side loungers, saurkraut shedder, 45 gal. wooden barrel, jars, bottles. 365-5766.

FARM RAISED PORK, cut, wrapped and frozen. Rambouillet wool: raw, carded or spun. Winlaw 226-7729.

MEN'S TEN SPEED bicycle. Fenders and lock included. Good condition \$59 obo. 352-5190.

NEW AGE DIGITAL SATELLITE SALES
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Toll Free 1-800-665-8366

Miscellaneous for Sale

GOLD RUSH BOOKS & ESPRESSO
2063 Washington
ROSSLAND 362-5333

FISHING GEAR 11' steel head rod with Daiwa 4000 c silver reel, like new \$75. 226-7880.

IBM COMPATIBLE COMPUTER comes with keyboard, monitor and power bar. First \$500 takes. 355-2472.

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HAY CA. 40 bales, 3 years old, for mulching or? \$1 per bale. 226-7880.

ANTIQUE POST DRILL, cement cart, blacksmith metal collection, gas welding outfit, oscilloscope, desk. 226-7733.

DIAMOND TENT (free spirit), sleeps three. Pots and pans included \$69 obo. 352-5190.

5' BATHROOM VANITY marble top, twin sinks & taps, humidifier, canning jars, table & chairs, bricks, ironing board, carpets, incubator. 352-6857.

LARGE CRUISER backpack with nylon cover. Very good condition \$35 obo. 352-5190.

AMBER GOLD SCULPTURED rug (approx 15'x15') jute backing, good condition \$125 obo. 352-2896 evenings.

TWO DESKS and chairs, one has five drawers the other three drawers. \$59 each. 352-5190.

MACINTOSH SE, 20 megabyte hard drive, 2.5 megabyte ram, case, modem \$900 obo. 357-2319 Ymir.

DINING TABLE and 4 chairs for sale. 352-7637.

3 PIECE COUCH SET, very appealing and durable (100% Orlen) \$175 obo. 352-5190.

STEREO WITH TURNTABLE, speakers, etc. needs fixing, offers. Deer whistles, new, still in package \$10. 354-1192.

26 FT. TIPI. Water proof, fire proof. Liner, floor poles included \$1300 firm. 357-9484.

SAILBOAT C&L 16 ft., excellent day sailer, open cockpit, easily single handed. Phone 367-6228 leave message.

RACE READY FISHER MTB Manitou, Ringle, XT, Mavic, Cook Bros. plus much more \$3000. Anthony 352-5696.

STERLING SILVER RING, has 34 Russian cubic Zirconias, looks like white gold and diamonds \$40. 354-1192.

FOR SALE: Teenage Mutant Ninja turtles and a freestyle bike. Call Forrest at 229-5337.

FOR SALE: Two vacuums; Hoover Spirit & Electrolux, cheap! Also! 1975 Ford with extra tires. 825-9448.

WALK IN FREEZER \$2200, 2000 gal tank, 300 gal tank, stand & hose. 15 ft steel flat deck. 495-2705.

INSULATED PAINTED PLYWOOD box used for ice delivery. Fits 3/4 ton truck. Phone 229-4356. \$80.

12 SPEED RACING BIKE in great shape \$90 obo. Call 354-4581.

NINTENDO GAMES for sale, 250 games 175/= 370 games \$195. Phone collect (604) 682-1979.

1851 "SCOTCH AIRS" piano music. Seriou enquires only. Reply Mail only, 514 Victoria #204, Nelson.

FARM RAISED PORK, cut, wrapped and frozen. Rambouillet wool: raw, carded or spun. Winlaw 226-7729.

METAL CUSTOM MADE railing for sundeck, new. Boy's BMX bike. Child's metal "constructor" set. 352-9679.

Miscellaneous Wanted
WANTED: 24" electric range, good or repairable cond. 352-2737.

LEFT HANDED golf clubs wanted, 5 wood, 6 wood. 225-3519.

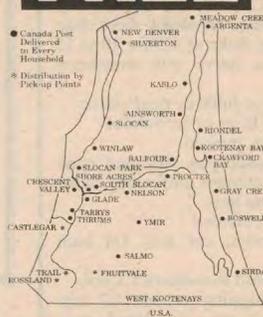
WANTED: Portable compressor and wet suit top, men's 42 and kayak. 226-7880.

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NO PHONE ORDERS PLEASE CASH M.O. CHEQUE

Mail, Fax, or bring to: **THE KOOTENAY WEEKLY EXPRESS**
PHONE: (604) 354-3910
FAX: (604) 352-5075
OFFICE: 554 WARD ST., NELSON, B.C. V1L 1S9

ADVERTISING

Miscellaneous Wanted

WANTED: Canoe and croquet set. Call 355-2589 collect.

WANTED TO BUY: Bicycle touring equipment in good condition. Especially front panniers. 352-9627.

WANTED TO PURCHASE: One used MIG welder, 110 V, working order. 354-4186.

WANTED: Motorbike, preferably Yamaha in between '74 and '92. Call Forrest at 229-5337.

14 FOOT TRAMPOLINE and electric lawnmower. Phone 352-1689.

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A RECORDING ALTERNATIVE

EIGHT-TRACK RECORDING in the PURCELL MOUNTAINS of B.C.

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Proprietor: John Meroy
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STROLLING ACCORDION PLAYER. Romantic, continental music for yard party or event. Wide repertoire. Call 352-5546.

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ACOUSTIC 6-STRING GUITAR, cutaway seagull, solid cedar made in Quebec with hardcase \$300. Stefan 226-7879.

Notices

It's a Moving World!

WELCOME WAGON

And we are here to serve its moving population. If you have just moved into a new home, call the Welcome Wagon hostess...

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WELCOME WAGON SINCE 1930

IT'S CHILL OUT TIME at 555 Ward St. Everything's cold for summer heat. Iced coffees, espresso floats, fresh-squeezed juices. Look for the Cappuccino Cart.

EVERYLYN'S TOURS - SPECIALIZING IN ESCORTED BUS TOURS. NEW OFFICE IN THE GREYHOUND BUS DEPOT, CHAHKO MIKA MALL. PHONE 352-9962. I WOULD LIKE TO THANK GORDON BURNS AND THE STAFF AT THE BCAA SERVICE CENTRE FOR THE LAST 2 YEARS OF BEING ASSOCIATED WITH THEM.

"ALL THINGS BRIGHT" and beautiful! Impeccable housecleaning by Katie. 352-7214.

GARAGE SALE! New stock! All the latest skate decks, accessories, clothing, Airwalk N.T.S. runners. 612 Lake St. 352-3999.

COMPUTER OWNERS, Salmon Siding Saloon BBS. Echoing BBCNet, Beautiful British Columbia Net 357-9942 8-N-1 V-32.

Personals

YOU ASSISTED WITH my overheated Pontiac LeMans, Friday, June 5th on the Salmo-Creston. Many thanks!

ANYONE HAVING PROBLEMS with the Bank of Commerce in Nelson, write Box 503, Kaslo.

YOU LOVE ANIMALS, responsible caring. Me, need house and farm care. Secured Lakeshore mid-August 225-3296.

WANTED: Single sincere professional gentleman (49-59) by single sincere vivacious professional lady for companionship. *Deiliah* o/e The Express.

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REG'D DUN Q.H. mare. 12 yrs. Shown Western, English. Pretty, athletic, perfect youth, ladies' horse. 226-7318.

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EXCELLENT SELECTION of quality fancy goldfish, pond fish, Japanese & black china koi. Stocking goldfish food & aquarium plants. Taking orders for aquatic plants & aquarium supplies. Weekdays 3-7pm, weekends 10-5pm. 229-4752.

REGISTERED ARABIAN mare in foal to registered Arabian, handicapped but good with children \$1000. Phone Glen White 352-3739.

FANCY GOLDFISH also tropicals \$1 up! Tanks and equipment. 354-4051.

FERRETS FOR SALE, 8 weeks old. 226-7429.

STANDING AT STUD. Beautiful chestnut registered Arabian. Good temperament. Grandson of Polish import "Bask". Phone Glen White 352-3739.

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SURVEYING SERVICES. Site plans for building permits and subdivision proposals. Norman Thyer 352-5265.

Real Estate

SLOCAN PARK 7.9 flat fertile acres, 2 (37) bedroom house, 3 wells, 10 outbuildings. \$99,000. Phone 226-7566.

NELSON AREA

Skiers Haven
Woody's Setting
5300 sq.ft. NBC AI
8 Bedrooms +

(604)352-9150
NO AGENTS

Real Estate Wanted

SEEKING 3-4 BEDROOM HOUSE with home-office potential in Slocan Valley or Procter-Harrop area. Prefer, quiet water view and acreage. 354-1284.

Rentals

GARAGE DOWNTOWN, dry warm for storage only, furniture, boxes, unused car etc. Call 352-9602 6-8pm.

SMALL ONE BEDROOM house for rent in Balfour. \$350 plus utilities. Phone 229-4321.

2 BEDROOM TRAILER with addition, garden space, nonsmoker, with washer and dryer. 359-7815.

Rentals

ONE BEDROOM summer cottage, between Kaslo and Ainsworth Hot Springs. Private beach. \$350 per week. 353-7417.

3 BEDROOM DUPLEX, 5 minutes downtown, rural setting, no smokers, no pets, appliances \$625 plus utilities. Available Aug. 1. 352-9679.

Rentals Wanted

TWO BEDROOM HOUSE wanted for two teachers for Sept. 1st in Nelson area. 354-1022.

LOOKING, LOOKING, LOOKING for living quarters, vicinity Baker St. with yard, fireplace, reasonable rent. 352-3996.

RELOCATING PHYSICIAN with family seeking 3-4 bedroom house with home-office potential in Slocan Valley or Procter-Harrop area. 354-1284.

SMALL HOUSE/APARTMENT, Nelson area; mature, responsible male with professional renovation skills; longterm. References available. 352-7451.

1 OR 2 BEDROOM APARTMENT for professional couple in Nelson for Sept. 1/92 (416) 849-1905. Please leave message.

HOME NEEDED

My child, my cat, and I are in search of a home in the Nelson area. I am an employed, responsible person. We need a large one bedroom suite in the \$400-450 price range. Please call Annette at 1-364-2787, or leave a message at 354-3910.

Shared Accommodation

PRIVATE ROOM with shared kitchen, 6 miles from Nelson \$275/month. Single. 352-9150.

RELIABLE PERSON TO share house. Own room \$325/month utilities included. Inquire 352-3237, 511 Silica St.

Travel

RENO

8 days - \$319⁰⁰
Oct. 10 - 17

WASHINGTON and OREGON COAST \$515⁰⁰
9 days - Sept. 19 - 27

Evelyn's Tours
352-9962
at the Greyhound Depot, Nelson

Your ad here...

EXPRESS classifieds are free up to 15 words, then 30 cents a word. Deadline is Thursday 4 pm

Kootenay Job Finder

From your Canada Employment Centre at 514 Vernon St. Nelson, B.C.

A local sales office has a vacancy for a GENERAL OFFICE CLERK. Applicant must have a minimum of 1-2 years previous clerical experience and 50 w.p.m. typing. Data entry experience would be an asset. The wage for this position is negotiable.

An experienced YARDING ENGINEER/HOOK TENDER is required to work in the Lardreau area. A camp is provided for this temporary job. The wage is negotiable.

A commission SALES PERSON is required by a local wholesaler/retail outlet to sell their products to area food service and retail businesses. The applicant would be required to work four days a week, have a reliable vehicle and be willing to work on commission. A part time position is available for a FOOD SERVER who is willing to work an evening shift on the weekends. Applicant must be 19 years of age and have a minimum of 6 months previous experience. Mixology is an asset. The wage for this position will depend on experience.

A journey certified AUTOMOBILE PAINTER is required to work immediately for a local auto body shop. This permanent full time job offers a wage of \$15.50 an hour or depending on experience.

Householders, remember to contact the Canada Employment Centre for casual help, yard work, cleaning, household repairs, etc. The next Labour Market Information Session entitled "WHERE THE JOBS ARE" will be held in this office Wednesday July 15TH at 2:00. Pre-registration is required.

Please come to the office at 514 Vernon St. and examine our job boards. We now have both local and out of town vacancies posted with full referral information on the job cards in almost all cases. For further information call 352-3155

A free service of the Kootenay Weekly Express

THE KOOTENAY WEEKLY EXPRESS

offers

Design

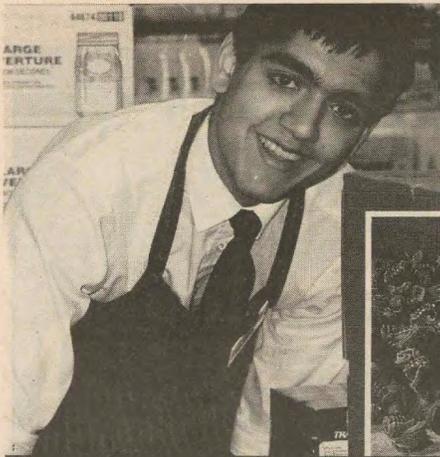
POSTERS,
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CROSSWORD By Eugene Sheffer

ACROSS

1 " — Joey" 44 Yale men 3 Spend 25 River in
4 Bosh! 46 Lukewarm it in England
7 Home-run 50 Company 26 Samovars
king Aaron trademark 4 Make 27 Palmer's
11 Author 53 Shriver of fun of pegs
Ludwig tennis 5 Of the ear 28 Ox or pony
13 "Who am 55 English 6 Add up follower
— judge?" 7 Timely 29 Away
14 Wings 56 First greeting from the
15 Koran shepherd 8 "The weather
chapter 57 Supplement 9 — King 30 Pub
16 Tiny 58 Cape in measure
morsel 59 Overlay 10 Large 31 Insolent
17 Pocket bread green talk
18 Discarded with gold 35 French
things 60 Author 12 Today painter/
20 Goldfish, Anais is the — sculptor
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makeup often Charlotte maturity
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letter AVALON CANADA canoe
34 Spys org. CAL WICKS VIC 48 Native
36 Feudal KNOB TAP DESK Peruvian
flunky SAGET MOLESTS 49 Beloved
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39 Bravery COY SALAD BUC sash
41 Limit of KNOTUP DAMASK 52 Hair goo,
one's SALINE ADORES often
ability LACKS RACKS 54 Sorority-
43 Snoop house
Last Week's Answer topic?

1	2	3	4	5	6	7	8	9	10
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50	51	52			53		54		55
56					57		58		
59					60				61



Sirloin Tip

Steak

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12 Pack Cans

3.48

limit 2
overlimit
3.88

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From our Fresh Fish Department

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4.99/lb.

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Beans With Pork

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Cherry, Regular or Pink or PUNCH-Berry, Apple, Orange, Fruit or Grape or No Sugar Added Fruit Punch • Frozen Concentrate 288-355ml Size Range

.98

Fresh Blueberries

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1.38

Tomato Sauce

Heinz Regular or No Salt 398ml

.68

Baron of Beef Roast

Boneless • Top Round 6.35kg

2.88

French Bread

454g

.89

Whole Watermelon

.18

Per lb.

Chicken Legs

Frozen Back-attached 5kg Package Warehouse Pack

1.74/kg

.79

Per lb.

Glad Garbage Bags

20's

2.48

Old Dutch

Bulk Chips

511g

1.99

Grapes

Seedless Thompson Green California Grown B.C. #1 Grade

1.28/kg

.58

Per lb.

Snacking Crackers

Christie - Selected Varieties & Flavours 225g to 300g Size Range

1.88

Cooler Combo

Thermos 3-Piece

3.2 Litre Cooler
6.5 Litre Cooler
1.9 Litre Jug

29.48

Overwaitea

We Honour All Competitors Coupons.

Chahko Mika Mall, Nelson
Sale Prices Effective
Wednesday, July 8 - Saturday July, 11