



Josephine
at Baker
shanti
yoga studio
class schedule
on page 19
www.shantiyoga.ca

EXPRESS

WEDNESDAY, OCTOBER 29, 2008



Valhalla
PATH
R·E·A·L·T·Y
354-4089

Established 1988.

SERVING NELSON & AREA

VOLUME 20, NUMBER 48

INSIDE

STANDARD TIME



Fall Back

Turn your clocks
back one hour
at 2 a.m. Sunday,
Nov. 2.

Seeing the risks

West Kootenay
PARTY program
teaches youth about
consequences of risky
behaviour.

PAGE 3

Boo! Capitol brings chills

Halloween film fes-
tival guarantees scares
in haunted theatre.

PAGE 14

Editorial	10
Street Talk	10
Crossword	23
A&E	14
Events	18
Sports & Rec	24
Health Pages	19
Classifieds	25
Homes&Gardens	26

Wheat on the water

Sailors on Kootenay Lake team up with grain co-operative to bring organic grain to Nelson

by Chris Shepherd

Four sailboats, laden with grain, were greeted with cheers as they pulled up to the dock in Nelson this weekend. The applause came from people excited to see the arrival of the organic grain grown in Creston and brought over by sail, a fitting mode of transportation for a project meant to reduce the need for fossil fuels.

The grain was from the Creston Grain Community Supported Agriculture (CSA) project and the boats were from the Kootenay Lake Sailing Association.

Jay Blackmore organized the three-day trip to bring the grain over. An avid sailor, Blackmore moved to the Kootenays too late to buy a share in the CSA but he still wanted to get involved. He had the idea of bringing the grain over by sailboat and approached Matt Lowe with the notion.

“Why take it over one of the highest mountain passes in Canada when we’ve got this great water corridor?” Blackmore said, meaning Kootenay Lake.

For Lowe, the founder of the CSA, it was a perfect fit. He was excited by the prospect of bringing the red fife wheat, khorasan wheat, hard spring wheat, spelt and oats to Nelson by wind-powered transportation.

“This project was motivated by the need to reduce our depen-



Above, Jennie Barron receives a sack of grain from Saxon Bowick. They were just two of many volunteers who helped sail organically grown grain from Creston to Nelson. At right, Jay Blackmore’s sailboat, the Shamrock, makes its way back to Nelson.

dence on fossil fuels, by our need to secure food in our region,” explains Lowe. “To now have fossil-fuel free transportation as part of this project is such an exciting fit.”

Members bought \$100 shares in the CSA and that money went to organic farmers near Creston in the fertile valley at the southern end of Kootenay Lake. The members share the risk of a bad harvest and the farmers are guaranteed an income, allowing them to continue growing food despite a potential bad year.

Of the roughly 18,000 pounds of grain grown, nearly 12,000 pounds is destined for Nelson.

Because the sailing trip was organized on the spur of the moment, only 5,000 pounds of the Nelson grain could be brought by boat. The remaining grain will come over by truck.

Four sailboats – Mike Bowick’s Breezen, Dave Oosthuizen’s Kelpie, Dave Heath’s Makai and Blackmore’s Shamrock – set sail for the Kuskanook Marina, the closest a sailboat can get to Creston. They left on Friday, Oct. 24 and took a day and a half to sail down, enjoying brisk winds over the final stage.

See GRAIN p.11...



CHRIS SHEPHERD

Hazeldean
Gallery
**WOOD
JEWELLERY**
& ACCESSORIES
352-0660
402 Baker St.
Nelson Trading Co.

THE DOCK
Fish & Chips
**Tuesdays
ALL YOU CAN EAT!
and Thursdays**
577 Ward St.
505-5515



Nelson & District
CREDIT UNION **>>>** Logically. Locally.
p:352-7207 w:nelsoncu.com

DRAGONFLY
HOME DECOR & GIFTS
*Furniture
Silk bedding
& pillows
Statuary
Elegant
& sacred gifts*
524 Victoria ~ Nelson
(one block up from Baker)
250-352-0788
10:30am-5:30pm • Tues to Sat
Closed Sunday and Monday

**Mountain
Waters
Spa**
Book a Massage
on a Sunday and
Enter to Win. . .
250-352-3280
205 Victoria St, Nelson
www.mountainwaters.ca



**IS YOUR
SENIOR PET
WINTERIZED?**
352-2999
info@selkirkvet.com
www.selkirkvet.com
SELKIRK VETERINARY HOSPITAL

