

Josephine  
at Baker  
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yoga studio  
class schedule  
on page 19  
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# EXPRESS

**WEDNESDAY, OCTOBER 29, 2008**

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VOLUME 20, NUMBER 48

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

## Seeing the risks

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PARTY program  
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Halloween film fes-  
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# 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

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