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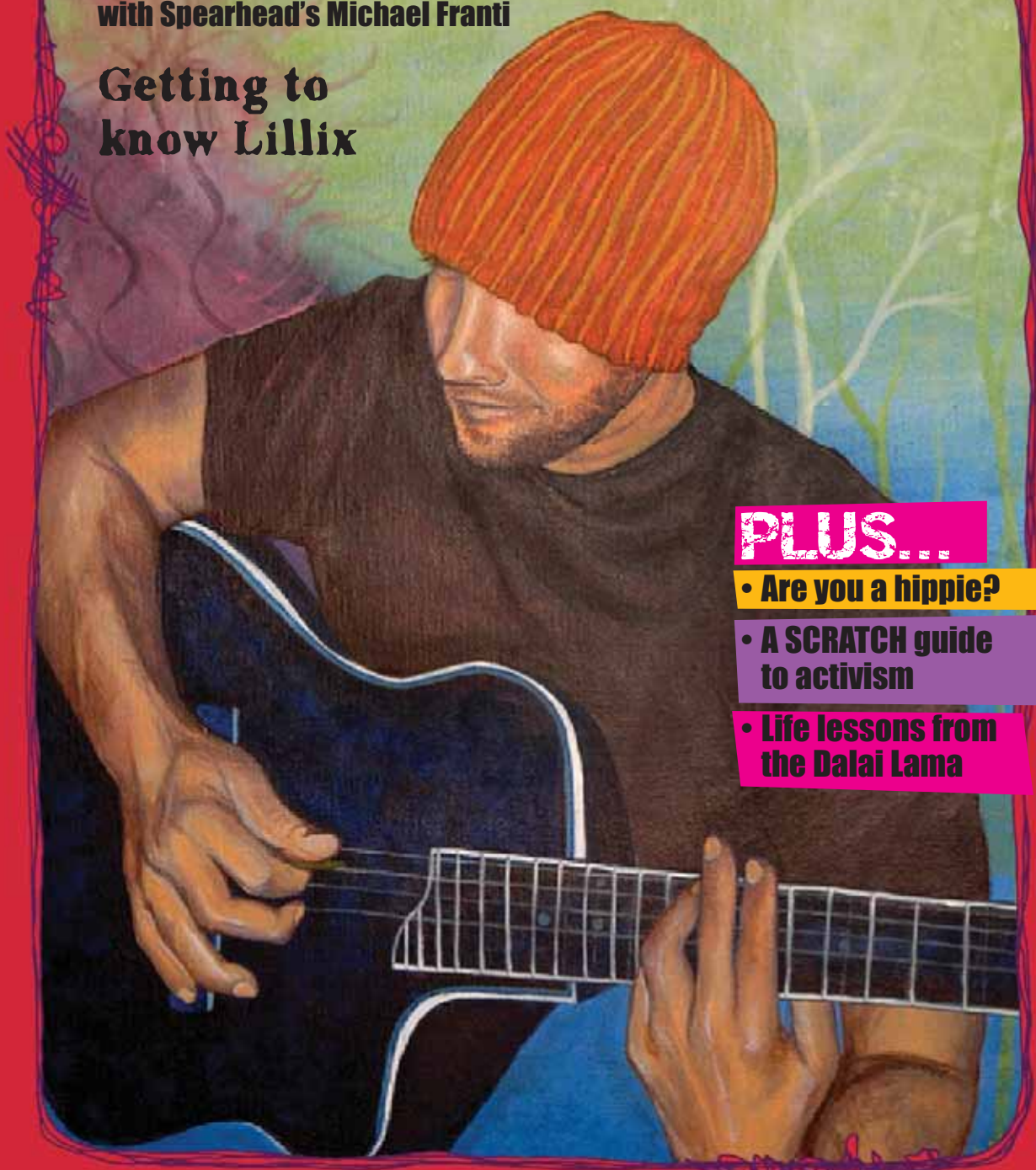
No. 11
Winter/Spring 2007

SCRATCH

war & peace

with Spearhead's Michael Franti

**Getting to
know Lillix**



PLUS...

- Are you a hippie?
- A SCRATCH guide to activism
- Life lessons from the Dalai Lama

www.scratchonline.ca

SCRATCH

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SCRATCH strives to provide a forum for youth to exchange ideas, information and opinions in a thought provoking, informative and entertaining style.

Photo by Brylee Geddis, 16, Fernie



The name Dalai Lama means "Great Ocean." Hear what the Dalai Lama has to say, see page 20

Fact

Up to 76% of your car can be recycled! Try reinCARnation on page 28

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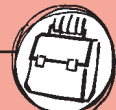
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Photo by Celina Silva, 18, Nelson



SCRATCH to stay warm & informed

13-13 At the risk of preaching to the converted, I'm going to say that being a youth in the Columbia/Kootenays is a great thing. There is plenty to see and do and lots of cool people to meet. It's so many of those people (including you reading this) that make this place so great.

As a testament to the vibrancy and varied backgrounds that make up the Columbia Basin, SCRATCH Magazine puts out a call for submissions two or three times a year to youth in the region. Whether it's original artwork, photography or reports on things that are interesting to young residents of the region, SCRATCH Magazine covers it all.

This marks the 11th issue of SCRATCH. While the magazine has tried to follow set themes in past issues, this one was intentionally left open. It was a chilly November day in the equally chilly basement of Nelson's Hume Hotel that the editorial panel pondered the great pile of submissions that had been submitted for consideration. With no set subject to guide the content of this issue, it was interesting to note a few key themes that seemed to crop up on their own.

The two most notable subjects seemed to revolve around peace and the environment. One would be



By
Bram Rossman,
24, Invermere

forgiven (possibly even reprimanded for not) pointing out those issues play well into the stereotypes of this region. Nonetheless, it is obvious that these issues are weighing heavily on

the minds of youth in the Columbia Basin. This is not surprising really, given the state of current world events. Global warming and wars going on in Iraq and Afghanistan are weighing on the minds of many in this country and the Columbia Basin appears to be a good indicator of that.

It's not all doom and gloom though.

In this issue you'll find a very funny quiz where you can determine if you're a hippy or not; read an interesting account of travels in India and Nepal along with a number of really great photographs. We've also got a neat sports feature that focuses on a few athletes from the area who have gone on to stardom in major league sports. Not to be outdone, we've also got some up close and personal interviews with Kootenay-friendly musicians Lillix and Michael Franti of Spearhead.

So enjoy this edition of SCRATCH. Keep warm, enjoy the snow and keep reading. Stay tuned for the next edition due out in the spring/summer of 2007. ☺

Congratulations!

The lucky winners of David Suzuki's autobiography are **Rachel Sweeny** of Castlegar and **Ryan Frampton** of Cranbrook. **Tara Lamb** of Fruitvale has scored *Hiding in Plain Sight*, the tales of a teenage detective.

Not only is publication on the line, but submitting to the next issue of SCRATCH also makes you eligible to win a whole bunch of gear. Send us your stories, images and ideas and we'll automatically enter you in our contests.

**Submit your words & images at
www.scratchonline.ca by March 30, 2007**



A Change of Heart



By Claire
Philipson,
26, Nelson

How a little re-allocation **CAN** revolutionize the world

We live in an era that could easily be described as bleak. The world is getting warmer, little political attention is being paid to the environment and it appears that evermore armies across the globe are mobilizing. In this seemingly depressing climate, however, environmental technology instructor Rob Macrae, who teaches Applied Microbiology, Environmental Chemistry, Water Pollution Chemistry and Air Pollution Chemistry at Selkirk College, finds a way to stay positive. His attitude is born through possibility; through a feasible equation that could some day amount to a different kind of world.

The answer to a more positive future, he asserts, lies in a shift in political will and some financial re-structuring; "If we re-allocate about a third of what we spend on the military, we could have a much better life. Imagine a U.S. President who campaigns on re-allocating the American defense budget by 2.5 per cent per year over a four-year term and who proposes to redirect that money into a domestic agenda that includes improving public health, public education, wildlife habitat, protecting sources of drinking water and reversing global climactic change. It's highly improbable, but it would have a beneficial effect on the lives of millions of Americans."

While Canada and our neighbour to the south clearly have the military high on their priority lists with missions in Afghanistan and Iraq, Macrae says the thing to focus on in order to remain optimistic is that the resources exist to combat problems like health, education and global warming; "it's not a question of economic resources, it's not a question of technological

capabilities, it's not a question of personnel; it's a question of political will."

The political will in Canada under the Conservative government is such that billions of dollars are being allocated into the

military's coffers.

Macrae, who has been involved in launching three environment technology programs across the country, is adamant that some of this political consideration needs to be re-directed towards the environment. "Nothing is more important to us than global climatic change," Macrae stressed. Climactic change and the fact that the world is burning too much fossil fuel is a huge concern, but Macrae is quick to point out that there are other, sustainable options, that we need to turn to for the health of our world's future. Green technologies like wind turbines are feasible and renewable, they just need to become the mainstream option for industry;

"We need the government to put regulations in place to make sure that people make those investments. It's the government's role to regulate," he says.

"Published studies clearly demonstrate that wind-powered electricity generation now costs less than coal-powered electricity generation. This means we can switch to renewable energy systems, save money and protect the environment and our health.

This is one of many examples when it pays to be green. For all of his alleged

commitment to accountability, when was the last time you heard Mr. Harper say "The green option is the lowest cost option"?

The time has come for government to pay due attention to the environment and social issues and to start funnelling money towards a sustainable future for this planet and its people. "We are part of the environment," Macrae finishes, "We have to look after it. It's not too late to be sustainable. We'll be happier people when we make the shift." ☺

"IF WE
RE-ALLOCATE
ABOUT A THIRD
OF WHAT WE
SPEND ON THE
MILITARY, WE
COULD HAVE A
MUCH BETTER
LIFE."



Are you (GASP) A

By Trisha Elliott, 29, South Slocan



When the words war and peace converge in the mind of a Nelsonite, one vision naturally (and organically) emerges: The Hippie.

The war side of the hippie can be observed at various protests, while the peace side can be observed at yoga retreats and on the way *out* of the Oso Negro Coffee Shop in the morning (hippie morning: 2 PM).

You probably know a hippie, or maybe you've heard of one that is a friend of a friend. I'm here to tell you that you just might BE one.

So brew a yerba mate, light a beeswax candle and grab an unleaded pencil. Here is the quiz that will reveal what you may have not yet acknowledged about yourself.

1. Define the word namaste.

- The part of a sailboat that gives it its "get-up-and-go."
- A chakra located near the solar plexus.
- A farewell exchange that occurs in yoga class.

2. You give money on a regular basis to a non-denominational organization that you feel will change the world.

- Yes.
- No.
- "Money? Puh-lease. I use the barter system."

3. Circle the amount of hemp items you own.

- 1.
- 2 - 5.
- "Is my house considered one item?"

4. If you had to pick one of these radio stations right now, which would you pick?

- KCR (Kootenay Coop Radio)
- KBS (Kootenay Broadcasting System)
- CBC (Canadian Broadcasting Corporation)

5. "I shop at Wal-Mart..."

- On evenings and weekends when the farmer's market is closed."
- Every day. I love seeing all my favourite multinational brands under one roof."
- As an undercover reporter."

6. George Bush is a moron.

- True.
- True (*the CIA doesn't have access to this do they?*).
- Only sometimes.

7. "I have lived..."

- On Crown land."
- In a portable home with wheels."
- None of the above.

8. Someone asks you what your dog's name is, you reply:

- Spot.
- Moonshadow.
- "He's not my dog, he's his *own* dog. Ask him."

9. You're at a grocery store and you're asked, "Paper or plastic?" You respond...

- Paper.
- Plastic.
- "I have my own organic cotton bags, thank you very much."

10. "Bob Marley..."

- Inspired my hair-do."
- Is a demi-god."
- Is dead. And so let the man's music lie down beside him."

Scores
a)1 b)2 c)3
a)2 b)1 c)3
a)1 b)2 c)3
a)3 b)1 c)2
a)2 b)1 c)3
a)2 b)3 c)1
a)3 b)2 c)1
a)1 b)2 c)3
a)2 b)1 c)3
a)2 b)3 c)1

If you got...

10 - 17

You think Gordon Campbell ought to tighten his belt on social programs and the last time you paid attention to the news was when gas prices were on the rise (gotta feed that SUV.) The only hippie bone you have in your body was from that last one, Sunflower, who tried to sign you up for Greenpeace.

18 - 25

Maybe you voted NDP. But you also like shooting beer cans on logging roads with BB guns. Then again, I think someone saw you at an Art Therapy Institute. Unlike a crib board, you are a person who cannot be pegged.

25 - 30

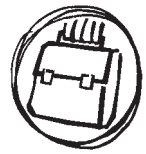
Start a commune, eh?! Or at least add to the one you got goin'! The denial you may have blanketed yourself in, comes falling down around your shoulders leaving you as naked as a dread-head at a nude beach.

Special Offer

If you answered 25 - 30, then you are just the kind of folk we are looking for. Here at SCRATCH, we are doing an unofficial Columbia Basin Hippie Count. Send your completed survey into SCRATCH (see page 2 for contact info) with your name, address and phone number. You could win a fabulous hippie-friendly prize. Namaste, my cosmic compadre (did I say that?).

The CHANGING World of Work

A SCRATCH GUIDE to getting gainfully employed



The demographics of Canada are changing. Baby boomers (those born between 1946 and 1964) are starting to retire, and our natural population rates (births versus deaths) are beginning to decline. So what does this mean for youth and employment?

It is all about supply and demand! The booming economy in B.C. coupled with skills shortages indicate that the pendulum of power is shifting to employees. This shift will continue to increase slowly over the next few years, with more dramatic increases after 2010 when the “baby boomer” workforce begins retiring in substantial numbers.

HOW DOES THIS IMPACT YOUTH?

Employers will be seeking workers from less traditional work groups – this means more work for YOUTH, seniors, immigrants, and disabled persons.

Increased opportunities - “Help Wanted” signs in business windows and large numbers of job postings in local papers will become the norm.

Increased wages – in B.C. wages are predicted to increase an average of 3.5% in 2006 and 2007; with increases of up to 6% in construction, oil and gas industries.

Employers will be working harder to entice workers to join their companies – this may mean there is potential for annual bonuses as well as signing, retention and employee referral bonuses.

In early October, employers and employment service providers from across B.C., Alberta and Saskatchewan attended the “Shifting Directions: The Changing World of Work” conference to discuss these changing demographics and their impact on our workforce. One interesting topic that emerged from this conference was a discussion regarding the apprehension that many employers have when it comes to hiring youth.

The specific areas of concern were work ethic, professionalism and attitude. In other words – many employers have *preconceived assumptions* that young workers will not work hard, they will have a bad attitude, and they will turn up for work in inappropriate clothing with earrings hanging from all parts of their bodies. So what are youth supposed to do if an employer has these assumptions and you have three strikes against you before you’ve even walked through the door?

EMPLOYERS SUGGESTED THE FOLLOWING:

DO WHAT YOU LOVE TO DO: Figure out what it is that you really want to do. That can be easier said than done – but there are several *youth friendly* employment service centres in the Columbia Basin with resources that can help you make sense of it all.

RESEARCH: Once you’ve decided what you’d like to do, research the area where you want to live. Who are the employers? What are the entry points? Do you have the skills and training needed?

DRESS APPROPRIATELY: What type of work environment is it? Expectations on a construction site are much different than expectations at an office or retail business. Pay attention to how the other workers are dressed – does there appear to be a dress code? If necessary, remove those brow or nose rings before ever walking through the door with your resume.

WORK EXPERIENCE: Few employers want to hire young people if they have *zero* experience (unless perhaps you’re related). If you need to build up your resume take advantage of work experience opportunities offered through your school, visit your local youth centre to find out what volunteer opportunities are available in your community, or even stop in at the business where you’d really like to work and find out whether they offer work experience opportunities.

CAN-DO ATTITUDE: A good attitude and work ethic are key to pleasing an employer. Once you’ve been hired, employers expect that you *want* to be there – if you don’t... go back to step one!

It’s a great time to be a young person in British Columbia – we are experiencing a 30-year low in unemployment rates and that trend is predicted to increase over the next decade. So do what it takes to make sure you’re ready to take advantage of the opportunities that are coming your way! ☺

By Val Fricke, Career Resource
Coordinator, Beaver Valley Youth Center,
Fruitvale



Photo by Amber Johnson, 17, Nelson



Art by Rachel
Rambold, 16,
Fernie

Art by
Melaina
Todd, 18,
Nelson



Art by Celina Silva, 18, Nelson

Photo by Celina Silva, 18, Nelson





Climb the KOOTS

Your guide to getting vertical

By Sonya
Podstawskyj,
27, Nelson

Indoor Climbing

Looking for a fun activity for in between powder days? Grab a partner and get climbing!

Climbing will improve your mental focus, problem solving skills and physical fitness.

Winter is the time to train for outdoor climbing. Whether you're a beginner or an old pro, a climbing gym is the perfect place to learn or hone your climbing skills. Take an "intro to climbing" lesson with a qualified instructor to learn basic climbing skills and proper belay technique.

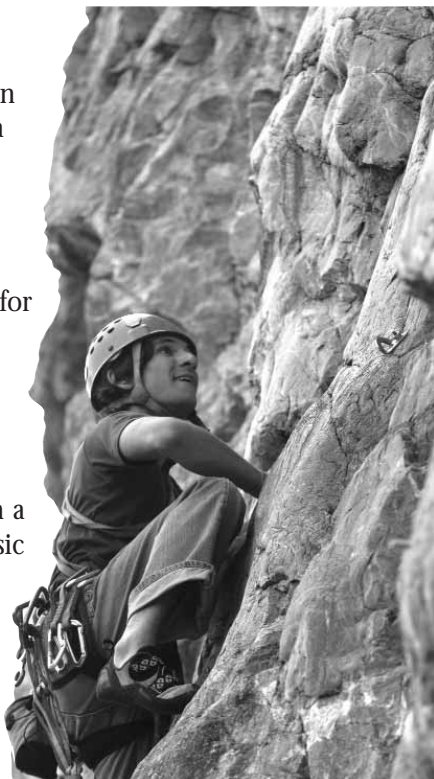
Indoor Climbing in The Columbia Basin

There are two indoor climbing facilities in the Columbia Basin: Gravity Climbing Centre in Nelson and the Selkirk College Bouldering Cave in Castlegar. Check out www.gravityadventures.net and www.selkirk.ca (under Recreation Services).

No indoor climbing in sight? Use your imagination and construction skills to transform a basement or garage into a bouldering wall. For more details, check out www.chockstone.org.

Gear Tips

- Rent gear from a gear shop, or climbing centre before you invest. Generally, climbing equipment is non-returnable.
- If your feet are growing - don't waste your money on a new pair of climbing shoes.
- Check the climbing gym, gear shop or newspaper for used climbing shoes.
- Be EXTREMELY wary of buying used climbing ropes, carabiners, webbing and harnesses.



Climbing terms defined

Carabiner: an oblong metal loop with a sprung gate.

Belaying: technique of managing ropes to control the climber's fall.

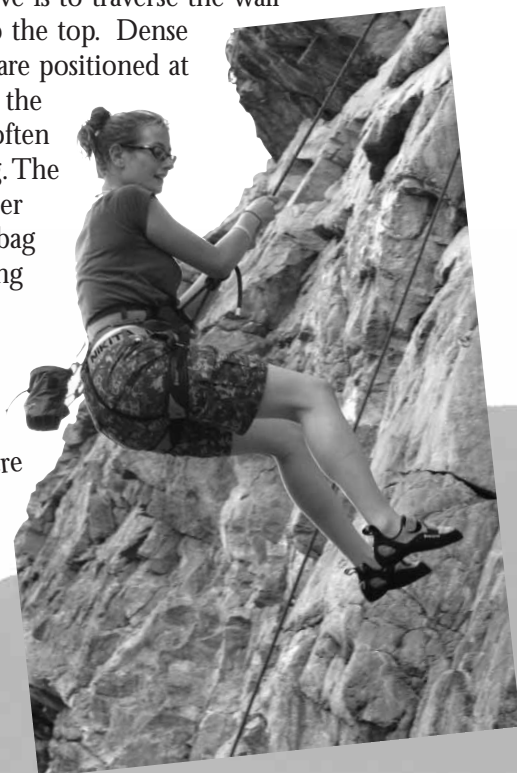
Gri-gri and ATC: belay devices. The rope passes through a belay device and the belayer can feed rope out, take up slack and lock-off the rope in the event of a fall. The Gri-gri clamps the rope when it is weighted. The ATC relies on the belayer's arm position to create friction with the rope.

Top-roping: when the rope runs from the belayer at the foot of the route through an anchor at the top and back down to the climber. Indoor gear: harness, climbing shoes, pear-shaped locking carabiner, belay device.

Bouldering: climbing without a rope.

The objective is to traverse the wall or climb to the top. Dense foam pads are positioned at the base of the climb, to soften the landing. The gear: boulder pad, chalk bag and climbing shoes.

Photos by
Bram
Rossman,
24, Invermere



The Columbia Basin

HALL OF FAME

Meet the athletes who make the Basin a **HOTBED** of sports

By **Bram Rossman**, Age 24, Invermere

As the old saying goes, 'There's something in the water.' Obviously here in the Columbia Basin, home to some of the most amazing water in the world, the adage has some resonance. Anyone who's spent time in the area knows that it's home to a lot of 'sporty' people. Whether it's rock climbing, backcountry ski touring or paragliding you'll likely find a sporting enthusiast within a stones throw distance of wherever you live here. And many take their love for a sport to the max. Check out this long list of mostly NHL greats and meet two local stars who've gone for gold. Obviously there's something in the water!



CHRISTINE KESHEN

Hometown: Invermere, B.C.
Born: Feb. 6, 1978.

Sport/position: Curling; lead
Achievements:

Won a bronze medal with the Canadian Women's Olympic team during the 2006 Olympic Winter Games in Torino, Italy.

Claim to fame:

After catching the flu during the Olympics she took some medication to help her sleep, which worked very well. In fact it worked so well that when her teammates banged on her door to wake her up in time for one of the crucial games, she was so sound asleep she didn't hear. They, in turn, figured she'd already woken up and left without her. It wasn't until everyone arrived at the rink they discovered she was MIA. Someone returned to the hotel and managed to rouse the dozy curler. Although she didn't arrive on time, she managed not to miss the entire game!



CHRISTINA LUSTENBERGER (aka Lusti)

Hometown: Invermere, B.C.
Born: 1984/08/14

Sport/position: Skiing/speed events

Stats: Was the last Canadian skier to qualify for the 2006 Olympic Winter Games in Torino, Italy.

Claim to fame: Christina started skiing at the age of two and ski racing at nine. She quickly made it onto the provincial ski team and then onto the Canadian Alpine Development Ski Team. She was granted a spot on the full Canadian Alpine Ski Team in '06. That gave her the chance to compete for a place amongst the Canadian Olympic contingent of skiers traveling to the Olympics in 2005. Although she crashed during her qualifying run in Torino and never got the opportunity to compete for a medal, she said she was happy to have had the opportunity. A true skier at heart, Christina loves ski touring and ripping powder whenever she gets a chance.



SPORTS BRIEFS

Emily Brydon from Fernie, on the Canadian Alpine Ski Team since 1992;

Shawn Horcoff from Trail, plays for the Edmonton Oilers;

Scott Niedermayer from Cranbrook, currently plays for the Anaheim Ducks;

Rob Niedermayer from Cranbrook, now with the Anaheim Ducks;

Dallas Drake from Trail, playing for St. Louis Blues, and has been in the NHL for 13 years;

Barret Jackman from Trail, playing for the St. Louis Blues;

Steve McCarthy from Trail, playing for the Atlanta Thrashers;

Jon Klemm from Cranbrook, currently with the Dallas Stars, which he led in blocked shots with 161 in the '05-'06 season;

Richard Matvichuk from Cranbrook, currently plays for the New Jersey Devils;

Brad Lukowitch from Cranbrook, currently plays for the New Jersey Devils;

Jason Weimer from Kimberley, Tampa Bay Lightning's 1st round choice in 1994 NHL Entry Draft now with the New Jersey Devils;

Jason Marshall from Cranbrook currently plays for the Anaheim Ducks;

Wade Dubielewicz from Invermere, now in the American Hockey League but last season when he played seven games for the Islanders he shut down star rookie Sidney Crosby during a shootout;

Steve Yzerman

from Cranbrook, is viewed as one of the greatest players to have hit the NHL ice and he left the game with 692 goals and 1,063 assists in 1,514 regular-season games. In 196 Stanley Cup Playoff games, he also scored 70 goals and 115 assists;

Jason Bay of Trail B.C. played for the Pittsburgh Pirates last season

OK, we probably missed some great local athletes. Tell us! Post your faves on the Jock Talk discussion board at www.scratchonline.ca

Streeter Fantasy Feasts

If you could have dinner with a famous person, who would it be and why?



By Jordan Macdonald, 17, Elkford



Jesse Huisman
Age: 15
Elkford, BC
Famous Person: The first Prime Minister, John A. MacDonald.
Why: To see what he would have done differently by looking back on his past. Plus meeting someone from that era would be interesting.



Katie Joe & Amy
Age: 22 & 23
Elkford, BC
Famous Person: Tim McGraw
Why: Katie Joe: He's hot. That's to say, he has great looks!
Amy: I think he is a good musician, and I would love to meet him.



Brandi Halladay
Age: 20
Elkford, BC
Famous Person: Bob Marley
Why: To get a firsthand experience about what he stood for. To hear his personal opinions on government, Rasta, Life, Music, etc.



Tanya Ward
Age: 21
Elkford, BC
Famous Person: Mikka Kiprusoff
Why: He's the BEST goalie ever!



Sean Madsen
Age: 16
Elkford, BC
Famous Person: Angelina Jolie
Why: I think she's a great actress, plus she makes tons of money; hopefully she'll treat. As well she has great taste, which is reflected through her stunning appearance.



Karl Sandahl
Age: 15
Elkford, BC
Famous Person: Martha Stewart
Why: Because she is a damn good cook! Maybe she'll whip me up some of that good stuff.

By Alyssa Prochner,
17, Elkford

TOP 10 Snowboard Tunes



Photo by Bram Rossman,
24, Invermere

- 1. Bloodclot by Rancid;** fast, crazy and fun
- 2. Something Bigger, Something Brighter by Pretty Girls Make Graves;** relaxing, unpredictable and motivational
- 3. Ashes by Pepper;** chill, laid-back and unconventional
- 4. Coffee Shop by Red Hot Chili Peppers;** wild, zany and creative
- 5. DOA by Foo Fighters;** careless, clumsy and classic
- 6. Heaven is a Halfpipe by OPM;** proud, optimistic and true
- 7. Waiting Room by Fugazi;** generous, rebellious and real
- 8. Seeing double at the Triple Rock by NoFX;** witty, adventurous and funny
- 9. Hall Of Mirrors by The Distillers;** bold, eccentric, and ambitious
- 10. The Goods by Mates Of State;** quirky, extrovert and courageous.

INSIDE THE HEADS OF

I caught up with the girls of Lillix before their show at the Charles Bailey Theatre in Trail. I had a blast meeting with the foursome, who obviously had a lot to say about having a lot to say.

Q How has growing up in the Columbia Basin affected your careers?

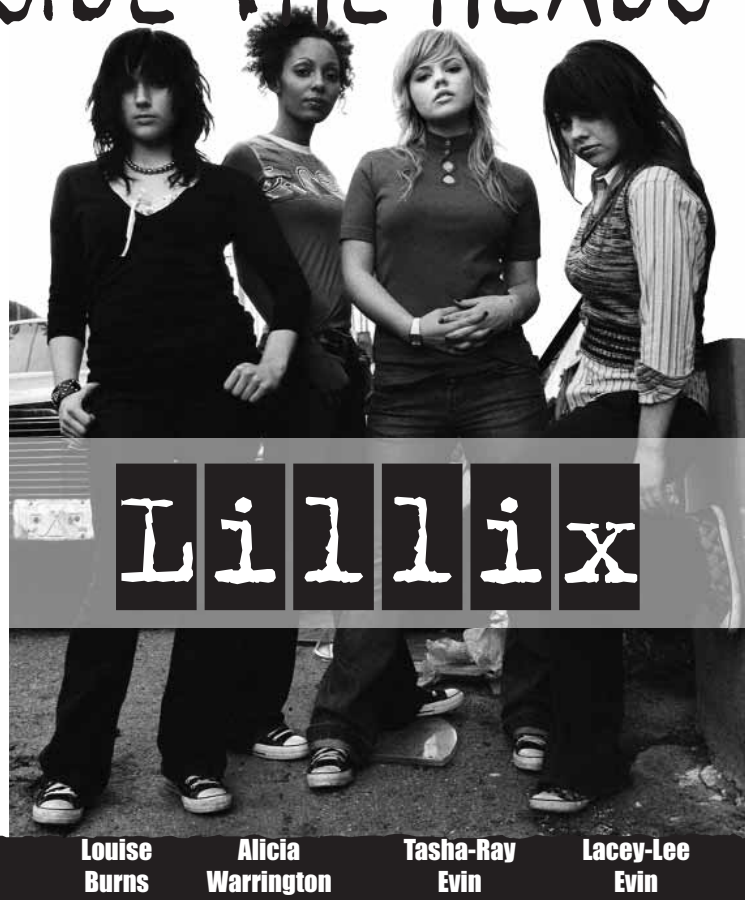
A Louise Burns: Well, we all met each other because we lived in the same area. We didn't really have anything else to do. We all just had a love for music and I think it really made us work a bit harder to get where we are because we had to work against the lack of resources for music.

Q How did you get your big break?

A Lacey-Lee Evin: Uh, I'd have to say our big break was meeting our manager. Because he was based out of Vancouver and he was already in the music industry and he had connections and helped us get our record deal.

Q What inspires you to write music?

A Louise Burns: Everything. I think life experiences. We write from what we know, what we've been through, sometimes we write hypothetically. We write about anything really.



Q Since you have become so successful, you must find yourselves in the position of being role models; do you try to act accordingly?

A Alicia Warrington: We're not typically crazy and out of control people to begin with. So in our videos we're not going to be like some of the female artists who aren't fully clothed because we do have a lot of younger fans that look up to us and stuff.

Q Do you have any specific musical ambitions?

A Louise Burns: Yeah, to keep making music together because it's such a hard business to

keep going in. I mean so many bands just give up and then they say 'oh just go get a regular job' and you know, a safe income or whatever, which is tempting at times because it can be really rough. It has serious highs and very serious lows. And you never know what's happening next.

Q This issue of SCRATCH Magazine has a lot of content around War and Peace – any deep thoughts?

A Lacey-Lee Evin: I think you have to have hope. I think it's going to take some time, but I think you have to have hope. You have to say; look how far we've gotten and hopefully we'll get farther. @

SCRATCH CATCHES UP WITH THE CRANBROOK BAND TO TALK FAME, FAVOURITES AND POLITICS

By Karina Jordi, 20, Beaver Falls



Spearheading A MOVEMENT

We ask and Michael Franti answers

By Claire
Philipson,
26, Nelson

Michael Franti and Spearhead make music that merges a clear clarion for peace and co-existence with driving beats and infectious rhythms. *SCRATCH* caught up with front man Michael Franti to find out what he thinks about war, peace and the Columbia Basin.

ask What do you think the role of music is as a tool for social action?

answer Music inspires. It's not difficult to get involved in social action; it's difficult for people to stay involved. People get frustrated when they don't see changes right away and music helps us get up in the morning and get involved, it gives us that extra energy.

ask The lyrics on your latest album *Yell Fire!* are critical of war – does that influence the amount of airtime you get in the US?

answer It's ironic, I've made one of my most vocal records and we've had more airplay than ever before.

ask If you could have dinner with an iconic figure, who would it be?

answer I just read a book about Nelson Mandela and I'd love to meet him.

ask Who's your favourite musician?

answer Bob Marley and John Lennon, I'm also a big fan of The Clash.

ask What are your impressions of the Kootenays?

answer It's amazing. I was blown away by the beauty, the vastness of the mountains and the cleanliness of the water.

ask What would you tell youth who feel like the potential for peace is hopeless?

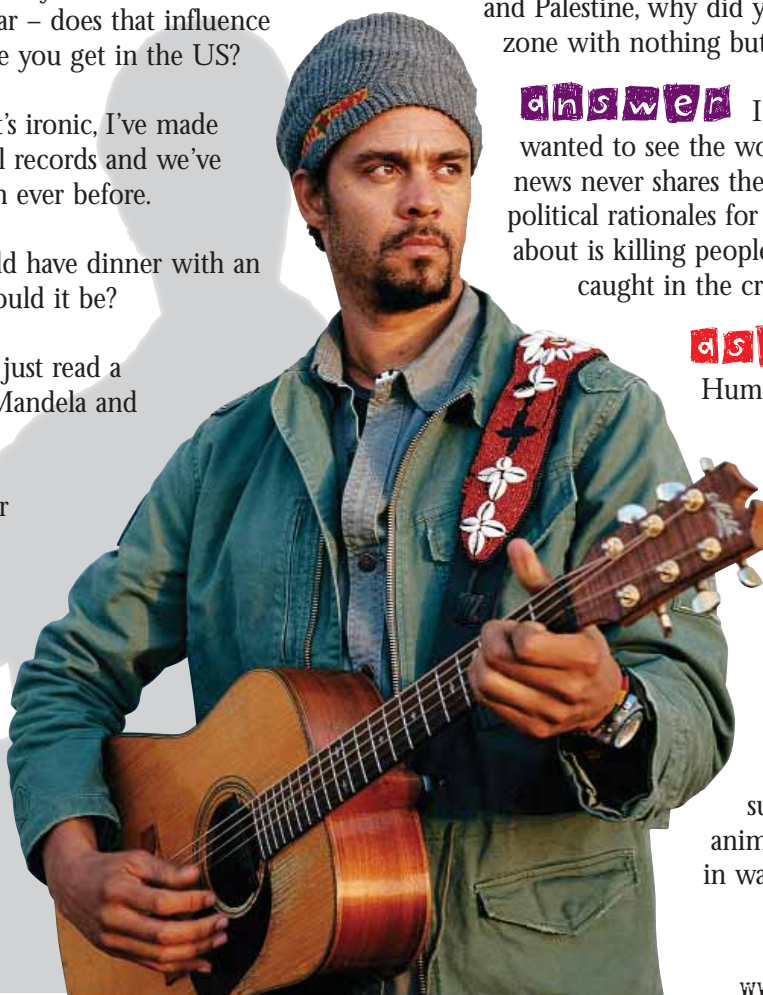
answer I've seen otherwise. I've been to Iraq, Israel and Palestine, Northern Ireland and recently Hiroshima, Japan. I've seen people who have gone through the worst war situations and even the people who have suffered the most still have the capacity to love. I'm not an idealist, but I know that we can live in a world where we kill each other a lot less.

ask In 2004 you did a tour of Baghdad, Israel and Palestine, why did you choose to enter a war zone with nothing but your guitar?

answer I was tired of being lied to. I wanted to see the world with my own eyes. The news never shares the human crisis; they just give political rationales for war. But really, what war is about is killing people, people who are just caught in the crossfire.

ask In your song *Stay Human* you say 'We need to heed the words of Dalai Lama,' why?

answer The Dalai Lama's overall message is one of compassion. Each one of us has a responsibility to relieve suffering on this planet. Extrapolate this in your own life – relieve the suffering of your family, of animals, people who are caught in war. ☺



The Woodsman

By **Jordan Munteer**, 19, Winlaw

Evening is for sitting on a roof
with a fleece on, the one with a hole
in the sleeve
where you burnt it on the stove
and can still smell the birch and fir
popping in the embers like corn,
can feel the glass
of the axe handle
and the thunder clap of cedar
splitting down the grain
the ultimate gamble
hoping you hit the circle in the centre of
the roof

you came thinking you'd see
your life, one end and another
laid out in a log
but it doesn't fit
all you see tonight is the garden, the dog
on the porch, the feeling

of warm fire and stove swimming under
your eyes, and there's a disappointment
because the feeling must mean something
but its filled your eyes and you can't
see what it is

you decide to go in. Chimney smoke
settles on the grass
informs you that it could really go for dessert
take the axe
fill your arms with food
crack
then the crack moves up your arms and
two halves lie
disturbed by the cutting
block and you see the ends of the log

don't fit but the rings
on the other side do, so you
pick up both twins
of circle and go inside wondering
what that means.

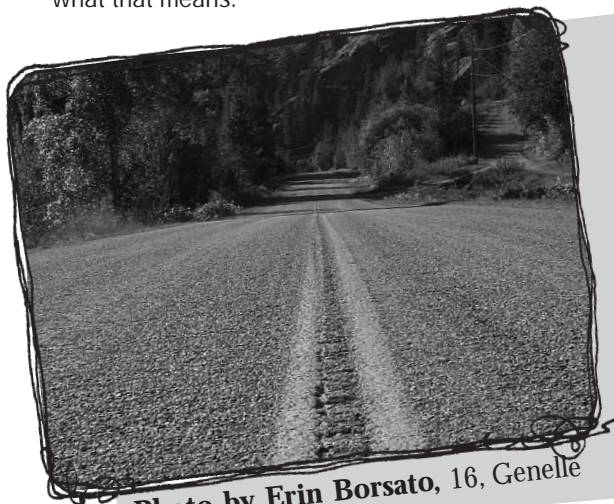


Photo by **Erin Borsato**, 16, Genelle

I'll Always

I'll always remember,
If you never forget.
We'll be best friends,
Brother and sister.

I'll always be there,
Even if you leave.
I'll keep my arms open,
And I will always listen.

I'll always help you,
With your problems and stress.
I'll help you with your pain,
And try to stop the suffering.

I'll always show you love,
Even if you show me hate.
In your time of greatest pain,
Just remember that my shoulder is always here.

I'll always be your big brother,
And I'll never leave you by yourself.
As long as a live I'll be your guardian,
As long as I live you'll never be alone.

I'll always remember,
If you never forget.
We'll be best friends, brother and sister.

By **Daren Rolf**, 15,
Elkford

Crossroads

By **Chelsea Sweeney**, 16, Castlegar

Crossroads A time in your life will come when
you have to change paths
that will lead you to
your rightful destiny.

Think, ponder and watch
chances come ever so often
a step up or down
because we are at the crossroads.

Don't walk back and you
can't walk away, so
open your senses to
think straight and sure.

There are three turns and
only one chance to
ask yourself when and how
to live your life after
You are at the crossroads.

Quirky

Story and Photos by
Cody Grant, 23, Nelson

A wild ride through Asia

I was born up Sproule Creek valley and have spent my life roaming the forests and mountains in the Kootenay area. Like any youth in the Kootenays, I began to get a bit bored and take Nelson for granted.

I saw myself as having two options – either to go back to school or travel. Thanks to the wise words of my father, “you don’t have to be the all amazing traveler the first time out,” I took traveling on slowly and have been working my way up ever since. I did a

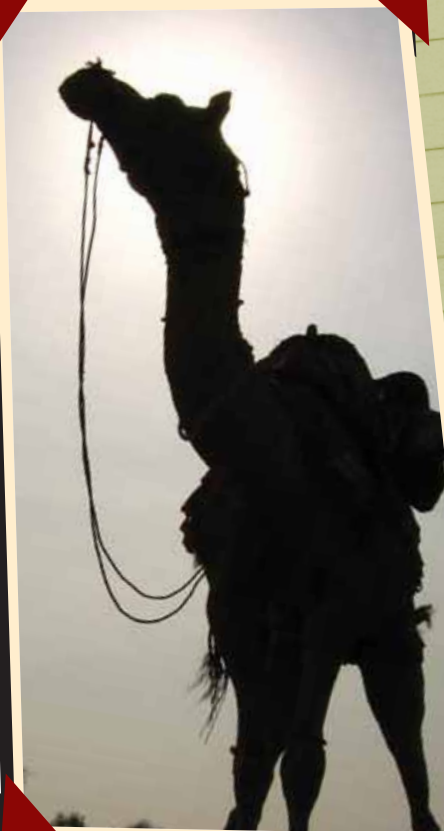


Quest

two and a half month trip to Thailand, Laos and Cambodia the year I turned 20. After my return home I was hooked, all I would talk about was my trip and all I would think about were my experiences and all the ones to come.

The next summer, I headed out again. First, a few weeks in Thailand and then a solo plane trip to Katmandu, Nepal. I spent 2 months there trekking and hanging out before I decided head south through India. India was unbelievably cheap and I learned lessons about life that I had never encountered before.

After six months in India and one wild ride later I was back home. I began to look into school. I decided if I wanted to keep traveling I would study something that would give me skills I



ALL I WOULD
THINK ABOUT
WERE MY
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AND ALL THE
ONES TO COME.



could make available to the whole world. Nursing it was. I spent the winter upgrading the sciences that I forgot to take back in high school. Then, I had a year before I would be in the program so I decided to get one more trip in. I had recently been attending a meditation retreat in Sproule Creek and was very curious about Tibet. I worked my ass off that summer in the bush and then once again there I was sitting in a new land, alone again.

I spent six weeks in Tibet roaming the country side hitch hiking, trekking, riding on tractors and sleeping in monasteries.

I headed down to Nepal along the Friendship Highway, crossing the Himalayas and doing one of the world's longest descents all in one day: 5,000m -700m. I relaxed in Katmandu and enjoyed the western food and the easy days. I had met some people and then we started to walk: seven days into a base area for the Everest region and then 11 days around Everest, hiking small peaks and crossing high passes. I said good bye to my friends and walked a painful nine days out to the east. In the 31 days I hiked I gained 18,000m of elevation and descended the same crossing around 500km of ground and damn

near killing myself with exhaustion. Then it was back to Katmandu just in time for the riots and a curfew that lasted for the majority of the time I was there. Then, I headed back to India, en route to Pakistan.

Pakistan was a change from anything I had seen before; the Islamic culture is so strong and real. It was a man's world: from crazy suicidal bus drivers to army men on the streets with loaded kalashnikovs. In almost every man's home, there would be a collection of guns – a sinister companion to the collections of skis and mountain bikes we have in Nelson.

China was a whole different world again, as I got into the large city of Kashgar it was like something out of the movies, from women with no rights, to corny American Chinese pop blasting in shops selling American fashion. I could not believe my eyes. Finally it was a plane to Beijing and then home again.

I travel to experience life in other cultures and to get a better appreciation of how wonderful my life is, because of my community and the opportunities I have as a person growing up in the Kootenays. Sometimes I am too busy to remember that it all happened but I can see in the way I speak and the way I listen, how this wild ride through Asia has affected me for life. ☺

I TRAVEL TO EXPERIENCE
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AND TO GET A BETTER
APPRECIATION OF HOW
WONDERFUL MY LIFE IS





MASTERING

Skiing?

What about
the Chairlifts?

By Chelsea
Sweeney, 16,
Castlegar

It was a beautiful, sunny morning at the Red Mountain Ski Hill. I had never skied before in my life until that day when I was barely fourteen.

My dad put my younger sister and I in an instruction group so that I could learn the basics and most importantly to learn the pizza shaped movement with the skies to stop! We got in line for the chairlifts.

Our turn came. My mind went blank. I watched our lift come down. I watched it pick up my sister and our friend. I watched them go up, up and away. I watched all this from my new position wedged into the snow. The chair lift had struck my left hip and tossed me right over onto my side. I felt like a beached whale in my snowsuit and skies.

The ski lift operator looked unimpressed when I explained to him in my humiliation that I had never been on a chairlift before but he kindly slowed the next one down for me. I finally did something right that morning.

I was not afraid of heights and I saw the world grow apart from the lifts as I went higher. The trees got white; the air turned colder. As I neared the top warnings appeared ...*Push the Safety Bar Up* (Oops I had forgotten to bring it down)....*Get Ready to Jump* (What ??!).

Calming myself down wasn't easy. I had to do what ??!

At the top where my instruction group was waiting, my sister had prudently told one of our instructors that I was coming up alone. I got to the top; cold, panic-stricken and very much afraid of my fate. I jumped. My skis skidded left ...they straightened themselves... they turned right. I had absolutely no control over my footing. I tried to stop but I messed up the pizza shaped movement (I did a donut) and crashed into the safety cones on my right wiping them all out. I ended up at the bottom in a heap of wire and orange safety cones. Figures loomed over me.

"Help!" I said to my sister, who was laughing so much that she was almost crying. I extended my arm to her and reminded myself to my dismay that the day had only started. Oh, if only I'd stuck to sledding.

I made it down pretty easily, falling six times. I then went up the lifts four or five more times with, my instructor, my dad, my friend or my sister agonizing over every minute of it. Skiing down a mountain is a piece of cake compared to learning how to go up the lifts. Under the laws of skiing – what goes down must first always go up! ☹

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RIGHT.

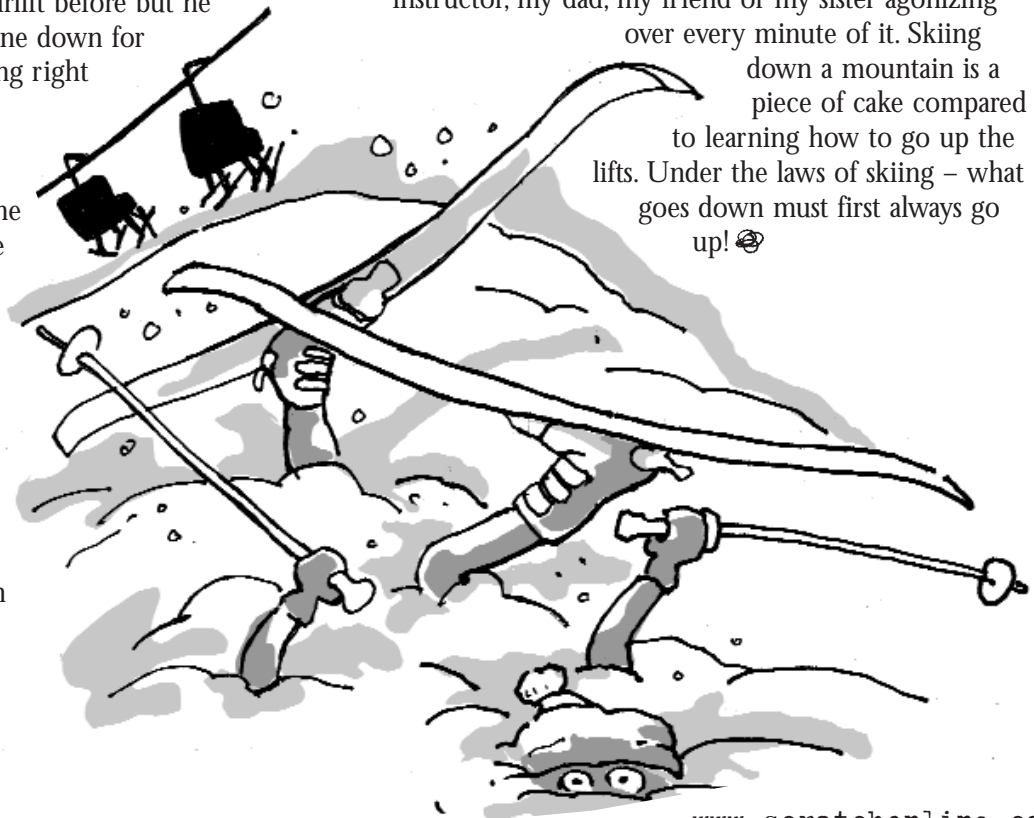


Photo by Bram Rossman, 24, Invermere



GALLERY



Art by Melaina Todd,
18, Nelson



Photo by Matt Morrison, 16, Fernie



Researched
& edited by
SCRATCH
staff

Human Rights and Universal Responsibility

Excerpts from a speech given by His Holiness the Dalai Lama

Getting to know the DALAI LAMA



- ❖ The Dalai Lama is the spiritual leader and head of state of the Tibetan people.
- ❖ The Dalai Lamas are thought to be the expressions of the Buddha of Compassion, who reincarnate in order to attend to the people of Tibet.
- ❖ When the Dalai Lama dies, his monks begin a search for a small child who is thought to be the leader's reincarnation. They are searching for a small child who exhibits knowledge of the previous Dalai Lamas.
- ❖ His Holiness the 14th Dalai Lama Tenzin Gyatso was born Lhamo Dhondrub on July 6, 1935 in the village of Takster into a peasant family. He was the fifth out of 16 children.
- ❖ The 14th Dalai Lama was recognized at the age of two as the reincarnation of the 13th Dalai Lama. His enthronement ceremony took place on February 22, 1940 in Lhasa, Tibet.
- ❖ The Dalai Lama has resided in Dharamsala, India since 1960, which is known as Little Lhasa and is the seat of the Tibetan Government in Exile.
- ❖ Today, more than 120,000 Tibetans live in exile.

Sources:

http://en.wikipedia.org/wiki/Tenzin_Gyatso,_14th_Dalai_Lama
<http://www.dalailama.com/>

Our world is becoming smaller and evermore interdependent with the rapid growth in population and increasing contact between people and governments. In this light, it is important to reassess the rights and responsibilities of individuals, peoples and nations in relation to each other and to the planet as a whole.

No matter what country or continent we come from, we are all basically the same human beings. We have the common human needs and concerns. We all seek happiness and try to avoid suffering regardless of our race, religion, sex or political status. Human beings, indeed all sentient beings, have the right to pursue happiness and live in peace and in freedom. As free human beings we can use our unique intelligence to try to understand ourselves and our world. But if we are prevented from using our creative potential, we are deprived of one of the basic characteristics of a human being. It is very often the most gifted, dedicated and creative members of our society who become victims of human rights abuses. Thus the political, social, cultural and economic developments of a society are obstructed by the violations of human rights. Therefore, the protection of these rights and freedoms are of immense importance both for the individuals affected and for the development of the society as a whole.

It is my belief that the lack of understanding of the true cause of happiness is the principal reason why people inflict suffering on others. Some people think that causing pain to others may lead to their own

happiness or that their own happiness is of such importance that the pain of others is of no significance. But this is clearly short-sighted. No one truly benefits from causing harm to another being. Whatever immediate advantage is gained at the expense of someone else is short-lived. In the long run, causing others misery and infringing upon their peace and happiness creates anxiety, fear and suspicion for oneself.

The key to creating a better and more peaceful world is the development of love and compassion for others. This naturally means we must develop concern for our brothers and sisters who are less fortunate than we are. In this respect, the non-governmental organizations have a key role to play. You not only create awareness for the need to respect the rights of all human beings, but also give the victims of human rights violations hope for a better future.

When we demand the rights and freedoms we so cherish, we should also be aware of our responsibilities. If we accept that others have an equal right to peace and happiness as ourselves, do we not have a responsibility to help those in need? Respect for fundamental human rights is as important to the people of Africa and Asia as it is to those in Europe or the Americas. All human beings, whatever their cultural or historical background, suffer when they are intimidated, imprisoned or tortured. The question of human rights is so fundamentally important that there should be no difference of views on this. We must therefore insist on a global consensus not only on the need to respect human rights worldwide but more importantly on the definition of these rights.

There is a growing awareness of peoples' responsibilities to each other and to the planet we share. This is encouraging even though so much suffering continues to be inflicted based on chauvinism, race, religion, ideology and

history. A new hope is emerging for the downtrodden, and people everywhere are displaying a willingness to champion and defend the rights and freedoms of their fellow human beings.

We are witnessing a tremendous popular movement for the advancement of human rights and democratic freedom in the world. This movement must become an even more powerful moral force, so that even the most obstructive governments and armies are incapable of suppressing it.

I believe that one of the principal factors that hinder us from fully appreciating our interdependence is our undue emphasis on material development. We have become so engrossed in its pursuit that, unknowingly, we have neglected the most basic qualities of compassion, caring and cooperation. When we do not know someone or do not feel connected to an individual or group, we tend to overlook their needs. Yet, the

development of human society requires that people help each other.

I, for one, strongly believe that individuals can make a difference in society. Every individual has a responsibility to help move our global family in the right direction and we must each assume that responsibility. As a Buddhist monk, I try to develop compassion within myself, not simply as a religious practice, but on a human level as well. To encourage myself in this altruistic attitude, I sometimes find it helpful to imagine myself standing as a single individual on one side, facing a huge gathering of all other human beings on the other side. Then I ask myself, 'Whose interests are more important?' To me, it is quite clear that however important I may feel I am, I am just one individual while others are infinite in number and importance.

*Thank you.
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permission*

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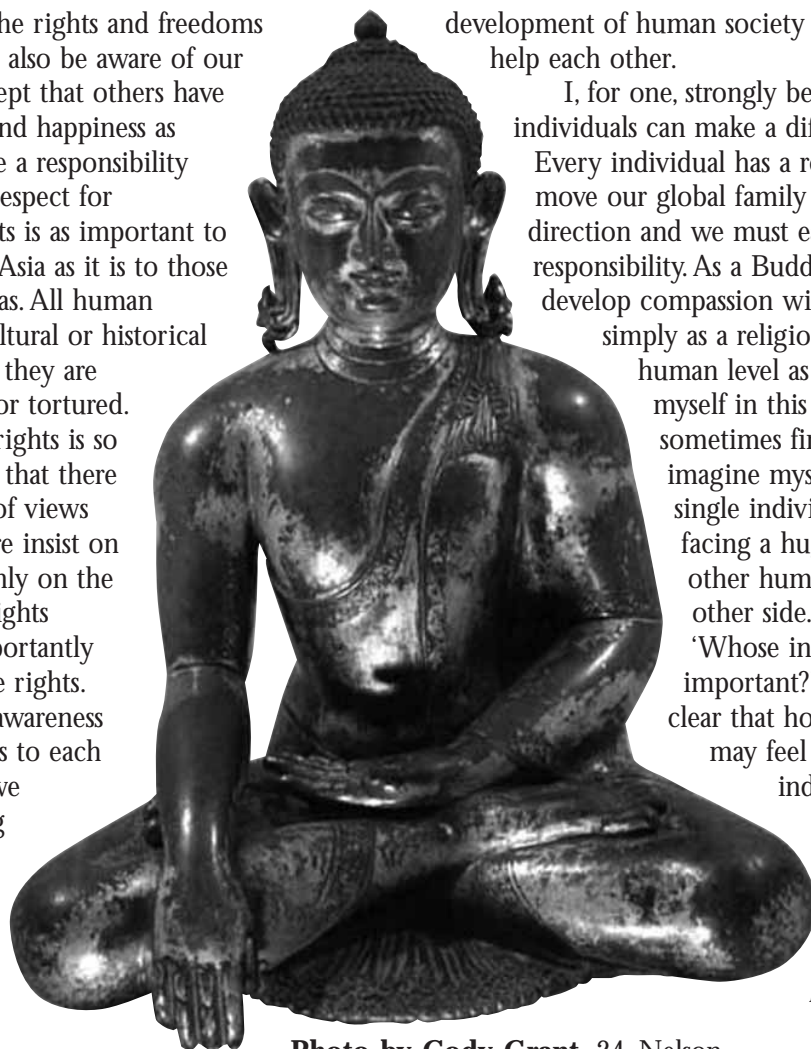


Photo by Cody Grant, 24, Nelson



Activism 101

CHANGE YOUR WORLD

By Carmen
Gustafson,
25, Golden

**A Revolution never come with a warning,
A Revolution never sends you an omen,
A Revolution just arrive like the morning.**

- Micheal Franti, Yell Fire!

Activism 101: YOUR TOOLKIT TO CHANGE THE WORLD

OK, so you decide that the world is in a mess. The issues are as diverse as the species in an interior rainforest. Whether you want to prevent trees from falling or stop the war in Iraq, the basic tools you can use to make a difference are the same. There are no rules, but here are some guidelines to get you started.

KNOW YOUR ISSUE. Take a journalistic approach and ask the five "W's": who, what, when, where, why.

POWER MAP. In other words, get the low-down on the who's who. Find out where your energy is best spent.

TAKE ACTION. Plan it well and execute it flawlessly. Don't get arrested (unless that's the plan).

DIRECT ACTION: Can get you in trouble of some kind. Media love these events: from blockades (illegal in most cases), to handing out pamphlets (sometimes illegal), to streaking with a message on your back (yep, illegal). If you have a good spokesperson to handle the media, almost guaranteed to create a stir!

LETTER WRITING: Every citizen's right and duty. Mail a letter to the Prime Minister ,the Premier for free. Address one issue at a time in less than 250 words and yes, be polite. Get the point across with good grammar. You can also send an email (go to government websites to get addresses).

AWARENESS: Holding movie nights, benefit concerts, setting up a table at a festival, writing for a local publication, making a presentation to your class. Do good research, be thorough. Provide people with a message of hope and an opportunity to take action.

DONATING: Give your money to somebody who can do the job for you. It might be tax deductible and it will be appreciated.

WALK THE TALK: If you are legal voting age on election day you have the right to vote and run for office. If you don't want to run, volunteer to work on a campaign. VOTE!

KNOW YOUR RIGHTS

check out <http://societies.dsu.ca/salsa/index.html>

Preventative Arrest and You
New anti-terrorism laws make it possible for law enforcement officers to detain any person for "terrorism" for up to 24 hours. The definition may include a non-violent activist who disrupts a public service (e.g., transit) or threatens economic security (eg: blocking transportation routes). 24 hours in jail is a long time.





On November 3, 2006 Inspiring Youth for Change, a group of young people based in the Kootenays, held a conference for peace, social justice, and the environment at the Brilliant Cultural Center in Castlegar, BC. The conference brought together over 700 youth from all over the Columbia Basin and featured speakers such as Simon "Spirit Bear" Jackson and Dev Aujla.

Inspiring Youth for Change was founded in 2005 when a group of youth came together to talk about the possibility of organizing a conference that would inspire people their own age to make a positive difference in the world.

Recent issues such as global warming, the war in Afghanistan, poverty and others brought into focus the fact that the world is in desperate need of help. The seed of inspiration was planted at a Free the Children workshop and further nurtured by mentors and youth as they came together. The IYC team applied for and received a generous grant from Columbia Basin Trust to fund the project. The group grew and evolved; their ideas developing as they planned towards the conference. Teachers, parents and members of the community offered their full support, and in no time it had all come together.

While the conference was a great success, Inspiring Youth for Change's vision extends far beyond it. In a world riddled with conflict, hunger and social outrage, youth today must realize what they are to inherit.

There are examples of inspiration all around us. Simon Jackson founded The Spirit Bear Youth Coalition at the age of 13 and has since gone on to network over six million youth in more than 60 countries who are concerned about this issue. In his work to protect the spirit bear habitat, Simon has been named one of the 60 heroes of our

time, one of only six young people. When Dev Aujla was 19, he started the

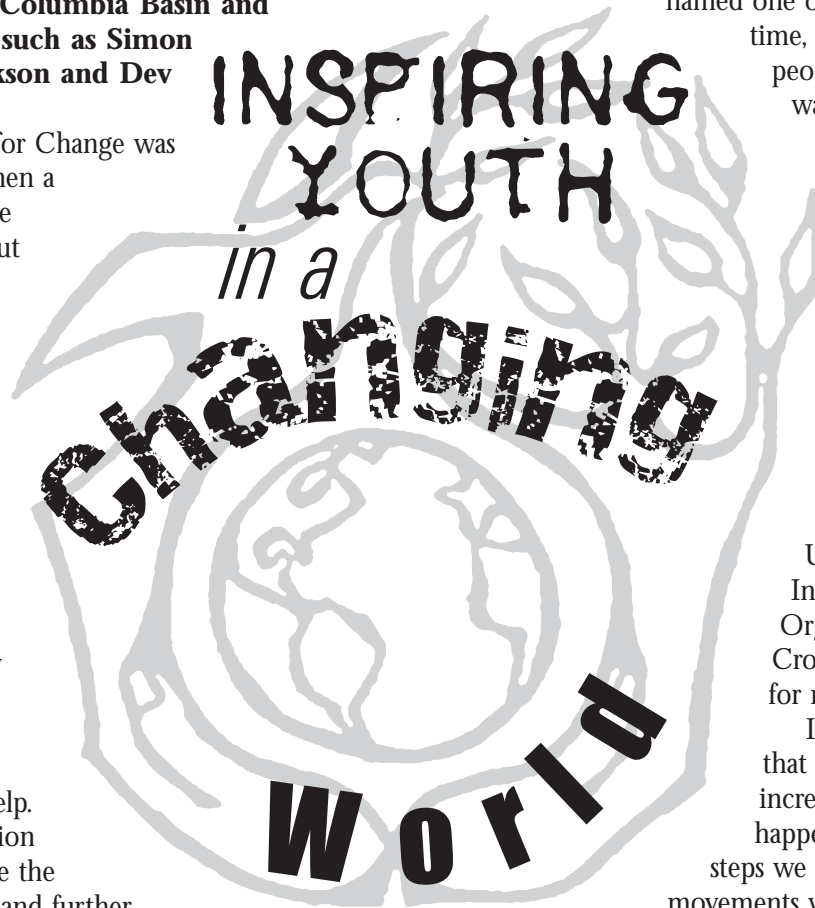
non-governmental organization Dream Now, which helps other organizations start and carry out their own visions. He has helped thousands of young people make a positive difference in their communities, and has worked with the United Nations, The International Labour Organization and the Red Cross on youth strategies for making change.

It is with these stories that we realize that incredible action is already happening, and any small steps we make to join these movements will make an enormous difference. Even if it is hard to open

one's eyes and look at the world full-on, it is completely necessary if we want this planet to survive. Youth today are so full of vibrant energy, that to channel that passion into something important would make an extraordinary impact. As local filmmaker Ricardo Hubb said on the day of the conference, "We

are reminded that there's a super power, and I'm looking at 750 of them right now."

If you want to get involved, visit Inspiring Youth for Change's website at www.inspiringforyouth.ca and check out the resource links to get ideas and find out what issues you're interested in. ☺



"KNOW WHAT'S WEIRD?
DAY BY DAY, NOTHING
SEEMS TO CHANGE, BUT
PRETTY SOON...
EVERYTHING'S
DIFFERENT."

~ Calvin from Calvin and Hobbes



TAKING ACTION:

By Spela Grasic,
16, Invermere

One School **Tries** To Make A DIFFERENCE

When I was little, well between 6 and 8 I used to beg my mom to sponsor a child in Africa. We would watch C.B.C. Sunday mornings, and there would be a World Vision call in show where you could sponsor one child for a dollar a day. I'm not sure but I'm pretty sure I cried. Then life kind of took over, and I'm embarrassed to say I stopped watching; its not that I didn't care, it just went to the back of my mind.

Lately though I've been thinking about it again. Do you realize how many young women and girls are

tricked into the sex trade? How many families can't afford to provide for themselves so they end up selling their children to the slave trade? Then there's those children who are being forced into the army. Can you imagine your six-year-old brother fighting with the guerrillas, against your eight-year-old neighbor who is on the opposite side while your country fights a civil war? Or what it would be like to come back from getting water to find your family mutilated and/or dead just because of their race? Genocide is still happening in countries around the world. It's not just the slave

trade, war or genocide, racism is not a thing of the past. I wish I could add something positive but it only gets worse: poverty. There is poverty all around the world, Canada included! Families don't have homes, food, clothes, medicine or even water. People, children are dying from illnesses caused by malnutrition, lack of sanitation and disease such as AIDS. Many can't go to school; either their community doesn't have one or their family can't afford to send them: they are needed at home to work or take care of the family.

How do we expect to solve the above problems if much of the world can't even read? How is one

expected to make good decisions and choices if they have never been exposed to the outside world? How do we stop wars if we know nothing about other countries and cultures? How can we stop racism and genocide if we do not know about the beliefs and values of others? How can we stop the slave trade and poverty, if people don't have the skills to support themselves and their families?

Hmm, sounds like we need schools. And that's exactly what we are going to do. The David Thompson Secondary School Leadership class in Invermere is raising money to build a school in Kenya. If you are like me and would like to make a difference but were maybe too distracted to do it earlier please email me at skatingchick_43@hotmail.com. Or if you have fundraising ideas etc. every little bit helps. ☺

DO YOU REALIZE HOW MANY YOUNG WOMEN AND GIRLS ARE TRICKED INTO THE SEX TRADE? HOW MANY FAMILIES CAN'T AFFORD TO PROVIDE FOR THEMSELVES SO THEY END UP SELLING THEIR CHILDREN TO THE SLAVE TRADE?



Photo by Cody Grant, 23, Nelson

Local Initiatives

Happenings



By Claire Philipson,
26, Nelson

IN THE HOMEFRONT FUNDED BY CBT



What: Peers R Here Program

Who: The Nelson and District Youth Centre in conjunction with the Columbia Basin Trust, the Osprey Foundation and the Vancouver Foundation

The Deal: Sixteen youth have been trained to offer support to their peers in key areas like sexual health, confidentiality and advocacy, suicide prevention and self-care, drug and alcohol awareness, Pride Speak, conflict mediation, mental illness, eating disorder/support and homework help. The peer leaders also have the resources available to refer their peers to the services they need.

Get involved:

Call in to the Peers R Here talk show on Kootenay Coop Radio

(93.5fm in Nelson, 96.5fm up Kootenay Lake and available on-line) with weekly themes and guest speakers on Tuesdays at 8pm;

Drop in to The Nelson and District Youth Centre (608 Lake St.) for some non-judgmental peer support every Tuesday evening between 5:30 – 7pm;

If you are questioning your sexuality, check out Nelson's OUTLET where you are free to be. Get more info. Call Stacey (number below)

Check out the Young Women's Hour at the Women's Centre (420 Mill St.) from 4pm – 5pm on Tuesdays.

For more

information: Call Stacey at 250-352-5656.

What: Youth Concert Series

Who: Mt. Baker High School music teacher Evan Beuckart, student and promoter Ryan Frampton, singer/songwriter Ashlyn Berhdt and drummer Shayla Domin.

The Deal: Seeing the need for a new music scene in Cranbrook, these music lovers got together to figure out a way to get more youth involved with performing. With the help of the Columbia Basin Trust, the Youth Concert Series is getting off the ground this year.

Get involved: Keep your eyes peeled for shows featuring extraordinary youth making mad music.

For more information:

Email Ryan Frampton at skaters_do_it_better2003@hotmail.com

What: Cards of Change

Who: Freedom Quest with support from the Columbia Basin Trust

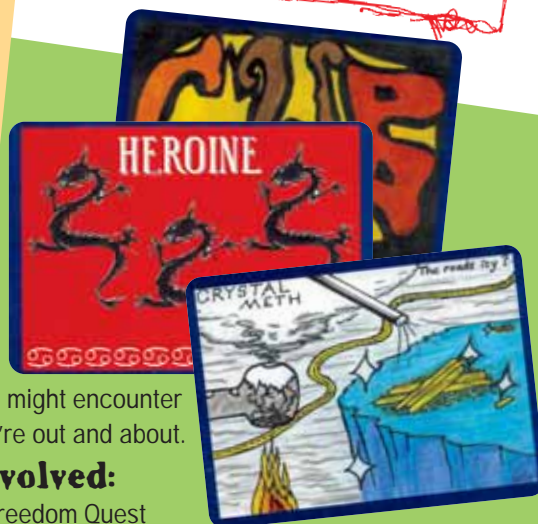
The Deal: Upon hearing that youth wanted access to information about different drugs, Freedom Quest, with the help of Nicole McKay and a grant from the Columbia Basin Trust, developed a series of art cards that describe 19 different drugs in detail. Youth decided which drugs to profile and supplied the art that decorates each card. Find out about the effects, addiction potential and risks of the

drugs you might encounter while you're out and about.

Get involved:

Contact Freedom Quest about getting a hold of a series of cards and learn about drugs so that you can make educated decisions and fill your friends in.

For more information: Contact Freedomquest at 1-877-304-2676.



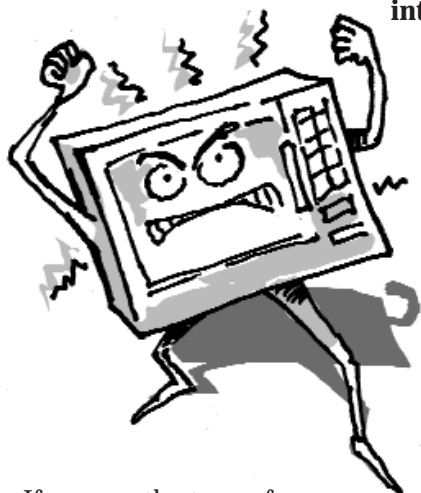


Fact or FICTION?

By Leah-Rose
Mary Traverse,
18, Fernie
and Michael
James Brock,
17, Fernie

debunking technological drive

Cell phones give you brain cancer! Laptops make men infertile! Never, ever eat microwaved food! If you live by these myths, then you probably don't walk under ladders either. Technology has advanced so much in the past few decades and has made life more convenient for humanity, not to mention expensive. However, just like anything else in the public eye it has undergone intense scrutiny. At the rate that these technological accusations are increasing, pretty soon frying an egg will be considered a major cancerous hazard.



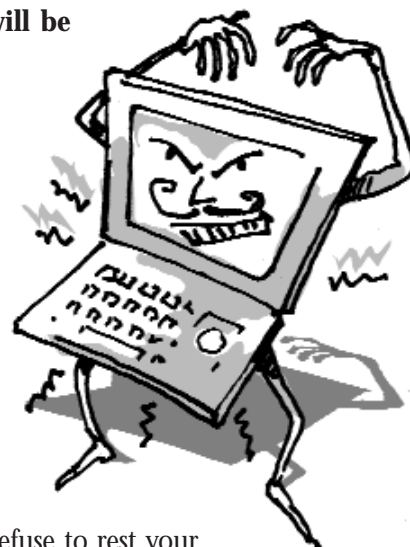
If you are the type of person who takes the time to warm up your leftovers on the stove in order to avoid the microwave, we have news for you. I'm sure you have all heard the myth that microwave energy can make food radioactive or contaminated. The truth is that the microwave energy is changed into heat as soon as it is absorbed by the food. There is literally no chance of the radioactivity harming you.

Again, the microwave undergoes public critique. People avoid the microwave in fear that it drastically reduces nutritional value of their food. The exact opposite is true. Microwaves actually allow relatively high amounts of vitamins and minerals to be retained in foods due to the quick cooking time.

Although the poor microwave has suffered many blows it is not the only technological advance that

is doubted. The cell phone has gone from a huge brick-like object, which could barely fit in a woman's purse, to a sleek, fashionable, everyday item. Although it has almost become a necessity of our fortunate, wealthy countries, it is also taking some blame for causing brain cancer. In partnership to this, the computer is also receiving some of the rap for cancer. In reality, radiation from computers is much too weak to affect you in any way and the cancer-causing cell phone hasn't been proven guilty yet.

For all the boys out there who



refuse to rest your eBooks on your lap, listen up! Yes, it is true to a degree: having your lap top on your lap causes the temperature of the genitals to increase which results in a lower sperm count. It has always been known that heat and sperm don't get along very well. In reality, you can afford to lose a few of those little guys.

It's obvious that technology will keep advancing and that soon enough, walking out the door will give you cancer. You can continue to believe everything you hear about these gadgets and gizmos or you can enjoy their convenience. ☺



sources :

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<http://www.dansdata.com/sbs22.htm>



By April Cuffy, 28, Castlegar



Jody Peck, Castlegar
 "It's a place where everybody has the option of taking responsibility for their actions towards other people and the environment and the ability to make positive choices towards meeting those ends."



Cindy Fillion, Nelson
 "I think it means working from a place of co-operation motivated for the goodness of all and with the intent of going beyond the individual and wanting to have safety for all and an equality of nations. In essence, having the courage to do what's right."



Gaia Morasky, Nelson
 "It means a commitment to continuously challenge myself to live a non-violent life which translates into taking a deep look at how I ripple out into the world – how I parent, knowing where my food and clothing come from, how I live my life – and assessing that impact on my community and the world."



Carl Jacks, Slocan
 "I think it's an inner harmony focused on respect of the individual that can only be achieved once the abolishment of ignorance and oppressed individualism becomes a thing of the past. Everyone can be peaceful, but it only comes after you've made peace with yourself first."

Global Glossary

The top 10 things you need to know

- 1** The declaration of the Establishment of the State of Israel was announced on May 14, 1948, making it the country's birthday.
http://en.wikipedia.org/wiki/Declaration_of_the_Establishment_of_the_State_of_Israel
- 2** The name of the President of Pakistan is Pervez Musharraf.
- 3** In the spring of 2006, there were 2,000 Canadian troops in Afghanistan. In September of 2006, the Canadian government announced they would be deploying additional troops, bringing the number to 2,500.
<http://www.cbc.ca/news/background/afghanistan/canada.html>
- 4** One of the main purposes of the United Nations is to maintain international peace and security.
- 5** The population of Iran is 68 million; half of all Iranians are under the age of 24.
<http://www.cbc.ca/news/background/iran/>
- 6** The name Dalai Lama means "Great Ocean."
- 7** The United States established a naval base in Guantanamo Bay, Cuba in 1898. Since 2001, the base has also contained military prison for combatants captured in Afghanistan and Iraq.
<http://www.pbs.org/now/shows/220/guantanamo-bay-history.html>
- 8** Jihad –It can apply to a religious war fought because of a religious duty on behalf of Islam; a crusade for a personal or political belief; or a personal struggle in relation to one's devotion to Islam.
<http://www.m-w.com/dictionary/jihad>
- 9** The conflict in the Darfur region of Sudan began in March 2003, when militants in the Sudan Liberation Army (SLA) and the Justice and Equality Movement (JEM) started attacking government forces.
<http://www.cbc.ca/news/background/sudan/darfur.html>
- 10** The total cost of United Nations operations from 1948 to June 2006 is estimated at about \$1.34 billion.
<http://www.un.org/Depts/dpko/dpko/bnote.htm>



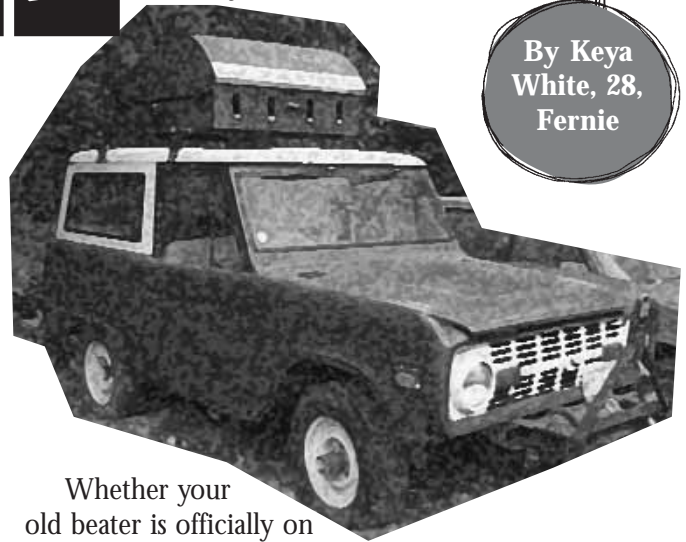
REINCARNATION

In Search of Automobile Heaven

When the vast majority of Canadians think of recycling, what probably comes to mind is blue boxes and household products.

Considering the amount of time we dedicate to curbside recycling, it's surprising that when it comes to something as significant as a 2,000 pound vehicle, we pay little or no attention to how we dispose of it.

With issues like climate change on everyone's minds though the time has come to give some serious thought to automobile recycling and there are some Canadian initiatives to turn to. One such program is Car Heaven, a nation-wide project started in July 2000 to accelerate the retirement of older, higher polluting vehicles by offering incentives. The project, developed by the Clean Air Foundation, has successfully encouraged over 34,000 drivers to retire their old cars to date. This in turn has resulted in the reduction of over 25,000 tonnes of greenhouse gas emissions, 15,000 tonnes of Carbon Monoxide (CO), and 4,000 tonnes of smog causing emissions. Additionally, Car Heaven has raised over \$1.2 million for affiliated charities.



By Keya
White, 28,
Fernie

Whether your old beater is officially on its last legs or not, consider having it reincarnated sooner rather than later. New cars are considerably cleaner than old ones. According to Car Heaven, the average vehicle donated to the program (1990-1991 model year) is 33 times more polluting than a new 2006 vehicle. So next time you're sorting through your plastics and papers remember to apply the same principle to your car. ♻️

Resources:

www.carheaven.ca/BC/
www.junkmycar.com

WE CARE
ABOUT THE
ENVIRONMENT
AND WHAT IS
HAPPENING TO
OUR PLANET."

Take the Nature CHALLENGE

Join David Suzuki in making a difference

By Mary Beth
Hall, 26

It's time to prove what Dr. David Suzuki has always known about Canadians - we care about the environment and what is happening to our planet. Join the Nature Challenge and start saving energy. Sign up online today: www.davidsuzuki.org/WOL/Challenge

You can reduce the energy used in your home by wearing a sweater instead of turning up the heat in winter. Only use your dishwasher, clothes washer and dryer when they are full and wash your clothes in cooler water.

Energy efficient homes and appliances, such as 'Energy Star' appliances will help conserve nature's resources and costs you less in energy bills. Eating vegetarian meals at least once a week also contributes to saving land, water and energy resources.

Eat locally produced food that reduces transportation fuels, uses fewer preservatives and supports your local economy. Pesticides are one of the most harmful pollutants that poison plant life and humans, try non-toxic alternatives.

Incorporate your daily exercise into your routine by walking, biking, taking public transit and car pooling.

Priority: Preservation



Keeping CARIBOU in the Basin

By Robyn Duncan, 24, Kimberly

According to the 2006 mountain caribou census, almost 400 endangered mountain caribou still roam the Columbia Basin. Although this is down substantially from the 1995 count of approximately 750 animals, a recent increase in the south Selkirk herd shows reversal of caribou decline is achievable.

Thanks to habitat protection measures, the strong support of local recreationists, the targeted removal of cougars that had developed a taste for caribou and the continuing calving success of seven cows brought in to augment the herd in the 1990s, the south Selkirk herd reversed its downward trend. The herd has grown from a low of close to 30 animals to over 40 caribou. Continued recovery efforts that include habitat protection, recreation access management and targeted predator control could see it follow the Telkwa caribou herd example of doubling in size in just a few years.

The message is clear: we have the scientific knowledge and technical tools to succeed at recovering this amazing animal and ensuring the wonderful biodiversity that defines the Columbia Basin is maintained. At this spring's Mountain Caribou Conference, hosted by the Columbia Mountains Institute for Applied Ecology, caribou biologists were unanimous in their calls for increased protection of caribou habitat. Caribou habitat consists of intact tracts of old-growth forest over a range of elevations (habitat that is also utilized by wolverine, grizzly, fisher, lynx and other threatened species, as well as an unknown number of other species).

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ANIMAL

Please let Premier Gordon Campbell and Minister Pat Bell know that recovery of *all* mountain caribou herds should be their top priority and that habitat protection is the key to long-term caribou protection.

Gordon Campbell
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A total of 1,900 mountain caribou remain between the Hart Ranges northeast of Prince George and the South Selkirks southeast of Nelson, in a total of 18 isolated herds.

If you would like to learn more about mountain caribou and what needs to be done to protect the remaining herds, visit www.mountaincaribou.org. If your organization, class or club would like a presentation on mountain caribou ecology and conservation, please contact Wildsight Program Manager Dave Quinn at 250-427-5666 or daveq@wildsight.ca.



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COLUMBIA BASIN TRUST
A Legacy for the People

By SCRATCH
Staff

WATER



The Columbia Basin is awash with one of the most important resources in the world – water. It is the sixth largest river basin in North America, the Columbia River itself is 2,000 Km in length and crosses one international and seven state boundaries. This seemingly abundant resource and the delicate ecosystems that surround it are not, however, impervious to climate change, and the warmer temperatures are affecting our water.

Climate change is leading to warmer winters, warmer, drier summers, lower summer stream and river flows, loss of glacial mass, rising snowlines, earlier spring runoffs.

Decreases in snowfall, means a reduced snowpack which then leads to less runoff to the rivers that are fed by melting snow in the spring and summer months.

While climate change is taking its toll on our water supply, human consumption is also playing a huge role in tapping the resource we so depend on. Canadians claim second place, after Americans, for 'water withdrawals' – meaning the amount of water we remove from rivers, lakes, and groundwater reservoirs. Communities in the Columbia Basin rank among the

**COMMUNITIES
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CANADA.**

highest in per capita water use in all of Canada.

There are ways to curb our consumption and use water sparingly and responsibly. In the wake of this environmental concern David Suzuki has come with three new Rs –

Reduce, Repair and Retrofit.

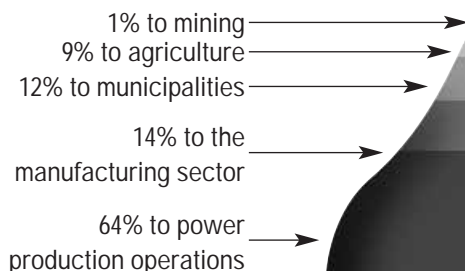
Reduce is an obvious one. Reduce the amount of water you use throughout the day. Take short showers instead of baths. Water your lawn after the sun goes down and be specific about what you water. Half of the water used on lawns is lost due to evaporation and run-off – needless waste!

Repair all those pesky leaking taps and running toilets. There's much more going on than that maddening dripping sound - a tap leaking one drop per second will waste at least 25 litres in a day. To put it into perspective, many homes lose more water from leaky taps than they need for cooking and drinking.

Retrofit means going to your neighbourhood hardware store and replacing your water using devices with newer, more efficient ones. This doesn't need to be costly and can make a huge difference in your consumption – a water saving showerhead, for example, can reduce the water flow by half. You can also get ultra low volume (ULV) toilets that can reduce the volume of water flushed by up to 70% – most traditional toilets use over 40 per cent more water than needed, while consuming over 25% of our municipal water supply.

It's time to implement these three new Rs and stop flushing our resources down the drain. ☹

Where the water goes



www.davidsuzuki.org/WOL/Challenge/Newsletter/july2004_water/3rs.asp

www.davidsuzuki.org/climate_change/BC/

www.cbt.org/water/index.html



www.scratchonline.ca