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SPRING '09

SCRATCH

BASIN YOUTH ARTS & ISSUES

magazine



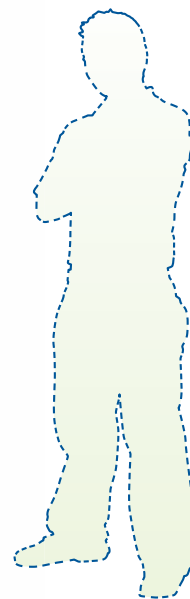
RADIO WAVES // SKIN & BONES //
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PHOTOS // POEMS // STORIES



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- ▶ Be the voice of youth in the Basin
- ▶ Meet new people
- ▶ Learn new skills
- ▶ Make change in your community

TRAVEL | LEARN | CONNECT

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BECOME A CONTRIBUTOR TO SCRATCH MAGAZINE

If you want to become a part of something bigger than yourself, or make something positive even better, then we are always looking for ways to make SCRATCH Mag a better publication. You can contribute by logging in to www.scratchonline.ca and upload your writing and artwork. A committee of peers reviews the content periodically and selects submissions. If your submission is selected, you get \$\$.

email cbtyouth@cbt.org for more information.

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Keep your fears to yourself,
but share your inspiration
with others.

—Robert Louis Stevenson

.danaWELSH//editor

Welcome to our lucky 13 issue of SCRATCH Mag! This magazine is by youth for youth, and exists to ensure that young people living in the Canadian Columbia River Basin have a voice, a venue for expressing their views, their art, and their words. One of the greatest legacies we can leave, and one that Columbia Basin Trust is committed to, is a region where youth are actively engaged in their communities, with a strong sense of our Basin culture.

Our Youth Advisory Committee, which has 12 young people between the ages of 15 and 29, from places all over our Basin, has been a huge part of the growth and development of SCRATCH Mag. The submissions, editorial review, content development and the arts and issues mission is work that has been done by Basin youth. This edition continues the tradition of encouraging a collaborative process. Hosted on April 23, 2009 at the Nelson & District Youth Centre, the content review attracted a range of young people to participate in the process. If you are interested in hosting our Editorial Committee review, give us a call.

SCRATCH Mag is available from Rossland to Fernie, from Valemount to Grasmere. Tell your friends to check out scratchonline.ca to see where the latest issue is available in your community. While visiting scratchonline.ca, submit your own work of art, a photo, a poem, or an issue-based article - who knows, maybe you'll be selected and featured in our next edition!

We look forward to your contributions and continued feedback. Keep checking scratchonline.ca for up-to-the-minute YOUTH news and contributions from around the Basin.

Enjoy, Enjoy, Enjoy!

dana welsh
youth liaison, CBT



//SPACES

.kootenay bay

Yasodhara Ashram
1-800-661-8711
or (250) 227-9224

www.yasodhara.org

Cultivate your inner yogi on 120 acres of Kootenay Lake waterfront. This yoga ashram was founded by Swami Radha in 1963 and just keeps growing and inspiring. Specializing in Hatha Yoga, Karma Yoga, Mantra Yoga, and the Divine Light Invocation, this space offers retreats and courses for all yogi levels. Check out the Young Adult Program for ages 18-30.

.radium

Radium International Hostel
5036 Highway 93
(250) 347-9912

www.radiumhostel.bc.ca

If you live in Radium and you want a new friend, go to the hostel. If you don't live in Radium, and you want to be the new friend, go to the hostel. This hostel offers small dorms, private rooms, a common kitchen and lounge, a huge deck with BBQ, and bicycle and canoe rentals. All this, AND you can walk to the hot springs.

.valhalla

Valhalla Provincial Park

www.env.gov.bc.ca/bcparks/explore/parkpgs/valhalla

One of the late Colleen McCrory's conservation legacies, this breathtaking wilderness park takes in 49,893 hectares of canoeing, backpacking, fishing, wildlife viewing paradise. Look for grizzlies, black bears, mountain goats, mule and whitetail deer, cougars, Golden Eagles and Alpine Ptarmigans on the shores of Slocan Lake or on the peaks of the Selkirk Mountains.

Backcountry Camping Fee: \$5.00 per person/night, for all persons 13 years of age or older.

.fort steele

Fort Steele Heritage Town
(250) 417-6000

www.fortsteele.ca

Git' along little doggy! Leave your Blackberry at home when you check out this revitalized ghost-town. You'll be too busy making ice-cream in your horse-drawn wagon, on your way to a good gold-pan to notice it's gone anyways.

.valemount

Valemount Public Library
1090A Main Street
Valemount, BC
(250) 566-4367

Despite its reputation as a geek-haven, the truth is 'libraries are cool'. You heard it here.

.ainsworth

Ainsworth Hot Springs Resort
(250) 229-4212

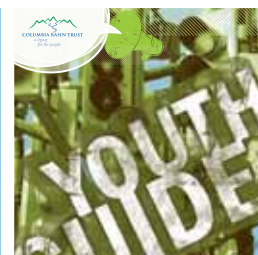
www.hotnaturally.com

You have family visiting. It's raining. They're chilly. You could all squeeze in a bathtub (ew). Or you could go to AINSWORTH!

Featuring a hot pool, an icy plunge pool, and a 150 foot horseshoe cave pool, Ainsworth calls you back again and again. Or is that just the echo from the cave? Find out for yourself!

GOT A FAVOURITE SPACE?

The places and spaces in this section are taken from the CBT Youth Guide. Each issue we'll highlight some cool & helpful spots in the basin. If you have a favourite spot that you want to highlight in the next issue, or to order your own copy of the CBT Youth Guide, email us at cbtyouth@cbt.org and we'll fit as many in as we can.



.creston**Creston Valley Fest**

July 24 and 25, 2009
 Mountain Park Resort
www.crestonvalleyfest.com
 1-877-428-2954

Featuring family friendly Rock and Roll for those with offspring, and a beer garden for those who are child-free, this festival's line-up includes PRISM, the Rippin' Rattlers and the Unknown Soldiers.

.kimberley**The Kimberley International Old Time Accordion Championships**

July 6th -11th, 2009
www.kiotac.ca
 1-888-454-6852 or 250-427-7318

For the old and old-at-heart, this championship is sure to pull your pants up and your polka-moves out. If you don't sport an accordion yourself, you will have picked up the gist of the instrument after all 27 categories are complete.

.rossland**The Gold Fever Follies**

July 1-August 22
 Rossland Miner's Hall
www.goldfeverfollies.com
 Tuesday through Saturday

Party like it's 1897 at the Rossland Miner's Hall this summer. The Gold Fever Follies will keep you in stitches with their special blend of live musical theatre, singers and can-can dancers.

.nakusp**Nakus Music Fest 2009**

July 17-19
www.nakusmusicfest.ca
 1-877-265-5565
 Regular 3 day pass \$205, youth (13-18) \$110

Is this festival getting bigger every year or is that just our ears? Word on the street seems to be getting louder about what goes down in Nakusp in the summer and here are some words right now:

Sweatshop Union, Blues Traveller, Colin JAMES, John KAY and STEPPENWOLF!!!!!!

.invermere**Bull Riding in the Rockies**

June 19th, 2009
 Eddie Mountain Memorial Arena
 250-342-2844

And you thought you had to go to Calgary. NO! We have our very own one-night rodeo right here in the Kootenays, including a cowboy dinner, an auction, a dance, and a crowning of the Bull Riding Queen! Need we say more?

.cranbrook**Sam Steele Days**

June 19 - 22, 2008
www.samsteeledays.org
 (250) 426-5914

In 1874, Sam Steele shut-down the whiskey trade in Fort Macleod. But this doesn't mean you can't have a beer at the Sam Steele beer garden!

With a strong-man competition, youth ambassador pageant, a parade, a ball tournament, a soccer tournament, street performers, pancake breakfast, BBQ's, and more, there's something that brings out the Sam in everyone.

IT HAPPENS...

If there's something happening and you want to let people know about it, email us at cbtyouth@cbt.org and we'll put it in our events listing.

//ADULT ALLIES

We are excited to begin profiling adults

in your lives who make our communities a little more youth friendly.

Kim Stewart lives and works in Trail, BC. She is a parent to a teen and pre-teen, and an ally to the youth that walk into her house and who frequented her restaurant. The Scoot Café was a place for youth in the Greater Trail area. A proud supporter of a variety of youth events in Trail like open mic nights, Halloween parties that are fun and provide a safe space to be a youth, and a revolving door for sleepovers for kids of all ages, Trail is lucky to have a involved parent like Kim.

Celeste, from Trail, wanted you to know why she likes having an adult ally like Kim. "I like Kim because she always helps me with everything. She's not afraid to speak her mind. Sometimes she just opens my eyes for me in a way that makes me wonder why I didn't think of that. She is always so nice and open about everything. Not only does she help me with some "boy troubles", but she also helps me understand things. There are so many things I LOVE about Kim. She's like a second mother to me."

An adult ally like Kim works in her community to create youth friendly gathering spaces, and is usually a one-stop shop for information and services within her town. Some of the key characteristics of an adult ally are the ability to join together with young people in order to effect positive change in our community. This includes giving up the power and not being in charge. This can often be quite challenging for adults because they are older and have more experience, but the one thing that adults do not know is how it is to be a young person right now. That is why it is important to adhere to the idea that there should be no change, no programs, no movement without young people being at the table. Lastly, adult allies believe in change and believe that there are opportunities to grow and share within each of our lives - no adult ally is done learning!

Adult allies profiled in the past include: Shannon Hecker, a youth drug and alcohol counsellor and Rod Osiowy, a high school teacher at Mount Baker Secondary School in Cranbrook, BC.

Please send us your nominee for our column on adult allies... cbtyouth@cbt.org



"I like Kim because she always helps me with everything. She's not afraid to speak her mind. Sometimes she just opens my eyes for me in a way that makes me wonder why I didn't think of that."



.hotmamas



www.earthmamaangelbaby.com

This online store is the perfect place to shop for your earth-mama friend that just found out she's pregnant. With natural and organic products for every scenario from pregnancy to baby loss grief, this site covers all the au natural bases. Check out the reading room, the expert panel and the free birth plan



www.bust.com

This is the official site of Bust Magazine, a publication that showcases the burlesque-environmental-crafty women of today and the men who love them. The site includes information on periods (not the punctuation mark), John Water's Birthday and the World Water Crisis (unrelated), not to mention the interview with Janeane Garofalo and a look at guerilla knitting on telephone poles.

.greenisgood



www.kootenayrideshare.com

Need to get to Vancouver on a dime? This site has hooked up scads of financially challenged and/or environmentally responsible Kootenay folks that want to carpool to get places. The site includes 'long distance journeys' and 'local rides', and you can either post a ride you want to share, or post an ad that says you need a ride. Then let the phone-calls begin, and you work out your own arrangement to share gas/food/driving. Feel as light as your carbon footprint.



www.rosslandtrails.com

This is the Kootenay Columbia Trails Society site, a group that maintains a trail network that caters to hikers, mountain bikers, horse riders, cross-country skiers and snowshoers. On this site you can find detailed maps, trail etiquette info, events and even job postings.

.info4yourbrain



cmhc-schl.gc.ca/en/co/buho

Tired of paying rent? The Canadian Mortgage and Housing Corporation 'buying a home' page, includes important subheadings such as Comparing Neighborhoods for Sustainable Futures, The Newcomer's Guide to Canadian Housing and The Mortgage Calculator. Very important info to absorb before you put in your first offer.



www.schoolsincanada.com/school_compare.cfm

This 'Compare Universities and Colleges in Canada' page lets you pick an area of study, and then select three different schools to do a side-by-side comparison. Info available: Type of degree, length of degree, enrollment, location, and tuition costs.

Radio Waves

anna planedin
nelson

When I was a kid I never dreamed I

would work in a radio station. It all began in my first year of university in 2004 when Bill Metcalfe, Kootenay Co-op Radio Administrative Manager at the time, asked me to do a phone interview with him about women's studies and feminism. He knew I had a story. My views counted. If I had a story, think of all the people you don't hear about who have stories you don't hear about either.

When I came home from university for the summer I wanted to experience what it was like to pull out a story – to bring out a story from a person's life. The first person I interviewed was my grandma. I learned that when you have a microphone between you and another person, the dynamic changes. Some people feel encouraged to tell you things they haven't told you before, yet others feel intimidated by the microphone and clam up. But with my grandma it encouraged her to say things she hadn't told me. My grandmother is a talker, so I learned through the process of interviewing her that it was my role as the interviewer to lead her in the direction I wanted. I learned how crucial it is to ask specific yet open-ended questions that bring out the story you want to hear.

After doing another hour-long pre-recorded interview I was inspired by the tediously long editing process to be a part of live radio shows. And I knew at that point that there was so much more to be learned in radio. I was drawn to learn more by the dynamic and interesting people at Kootenay Co-op Radio, as well as by the station's content. KCR content includes all groups of people with all kinds of interests, so I could easily see myself as part of the station. With over 70 Nelson residents from all different social spheres, occupations and ideologies coming through the station, KCR is a happening, informative place.

The summer I returned from my second year of university I received another call from Bill Metcalfe, asking if I was interested in being a "tech" for the Nelson before Nine show. I wasn't sure because I didn't really have the time for it, and it was extremely early (I had to wake up at 6:30 a.m. to get down to the station in time). But I knew that I would gain valuable skills, and the yearning to be part of something so special compelled me to give it a try. Since I hadn't received formal

training to "tech" there was a steep learning curve; yet KCR staff was so supportive that I didn't notice the challenges.

One amazing moment in Nelson before Nine: During one show the host brought in Velvet Cavanaugh to talk about cherries. What was special about this was the chocolate covered cherries Velvet brought for everyone. And she knew everything about cherries. And when it's 7:30 in the morning you are so graciously thankful for such a delicious treat.



Another perk of being a tech for the Nelson before Nine show is that I got to play all my favourite music—the Canadian female artists I adored—for the last half hour of the show: Ani DeFranco, Kinnie Starr, Feist. And I've since come to appreciate the way you introduce a song—with an interesting historical fact about it or asking listeners to pay attention to certain aspects of it—that's the way you draw your audience in. Now that I'm almost done with my university degree I have found myself back at Kootenay Co-op

Radio, except this time I'm doing what I love full-time—learning about radio.

I'm putting together three summer youth radio camps that will give youth from 8-18 years old the opportunity to begin or continue their journey into the magic of community radio. Perhaps some of these people may look back, as I am in this moment, and realize that they never dreamt that radio would have such an impact on their lives. It all begins with an invitation to make radio what you want it to be.

I'm also looking forward to seeing youth embrace the power of community radio and use it as an outlet for creatively expressing their views and making radio relevant in their lives. For this reason, the very first question I'll ask radio camp participants is: What do you want to share with your listeners? What do you think youth want to hear about? ■

I'm excited to see youth discover their own voices behind the mic and use radio as a way of engaging with the people, activities, and community that they care about.

Radio provides a place for me to not be alone. I still subscribe to the idea that I listen to a DJ because I care about what he or she thinks. I don't like to just hear my own voice.

—Celia Hirschman



INNOVATION IN PUBLIC EDUCATION


michael o'connell
creston

The population of Earth is the greatest that it's ever been, and the problems created by human mobility, inter-connectedness and large scale operations must be examined. The Canadian school curriculum does not currently focus directly enough on requirements of human life, such as having clean water and secure, safe, sustainable food. Creating a curriculum that teaches students the requirements of life and how these should be protected will create a society in which every person can live the longest, healthiest life possible.

Marx, in his poignant attack on large scale capitalism, said "All economic systems dependant on vehicles, such as the tendency to complexity as America so proudly demonstrates, will fall from the simplest of economic phenomena." Civilization is becoming more complex, like Marx predicted, and we have lost something truly important, which is the basics our society was founded on. The question is not whether or not the school system needs to be improved on; most Canadians will agree that it needs improvement. The question is not even what or how to improve on our remarkable institution. The question is: are we teaching the right material?

Only 2.2% of Canadians have something to do with agricultural production; in other words, one out of every forty-six people.





In 1931, which is when this statistic was first counted, 31.7% of the population was involved in agricultural production¹. Have people started eating less? On the contrary, it would seem that we are eating rather more if we were to take the amount of food we eat as a ratio to the value of the work we do in terms of production.

The most important factor in improving the Canadian school curriculum should be practicality. It cannot be said any simpler than that; we have lost touch with our agricultural roots. Most people would not know how to plant a potato, one of the premium staple traditional foods for many families. School curriculum can address the importance of food production while recognizing Canada's place in the global economy. We have placed too much trust in the earth's fertility: we accept without question that the earth will always produce enough food on an ever-increasing scale.

Because of Canadians wide-spread ignorance about food production, it is possible that a breakdown in our agricultural practices will be devastating. This breakdown, however, could be prevented with an education system adapted to address potential problems before they actually happen. Even though the problem of production of food is used here as an example, an education system adequately

funded, agile and robust enough to meet the problems of the 21st century is an idea worth investigating. It would mean getting the common elements of everyone's life into the classroom, taught by qualified teachers. Common elements, by definition, would be the simplest things first, like agricultural reliability, and the rebuilding of our communities, and maintaining fresh water resources. These all play a part in our daily lives and they should be addressed in the teaching of future generations of our leaders.

Let us redefine our way of thinking of what an education should be, and instead, let us be visionaries and boldly step ahead and take charge of the problems that face us each day.

Our communities have become more isolated from each other, but also from the things that people used to do together. Education teaches us how to work, and sometimes how to play; it should teach us how to be communal. People do not take part in their own communities harvesting of goods, a simple and yet practical skill. Our education system should involve the student in providing society with an easily accessible way to bring interconnectedness in a community.

Let us deceive ourselves no longer then, for our future is, as always, uncertain. We can plan and schedule forever, but there is a simple fact one should remember about

the future. It is not made entirely from the present; it is only largely made from now, just as today was mostly made from yesterday. If then, the future is uncertain, as is mostly human doing, we should plan to make the maximum amount of our population as useful as possible and be able to adapt to any change that might occur.

In conclusion, the future, as it should be structured, is no longer some mass conglomerate entity, manufactured into a complex design of circuits and paths. Such a method is inefficient and demeans the value of our work. Our society working at such a naive level is unwise, acting as if we could put a number or measure to the usefulness of an individual. The future lays ahead in having many cogs with human faces working effortlessly in a big machine. No longer should we look at people as numbers, but as members of a fully-functioning and self-sustaining community. All people would then have one thing in common: a steady and firm foundation via a practical public education system. ■

¹ Agriculture-population linkage data for the 2006 Census. <http://www.statcan.gc.ca/daily-quotidien/081202/dq081202a-eng.htm> Statistics Canada. 2006.

Skin

& Bones

bronwyn wagar
salmo

This is a true story.

August 20, 2002

I got home from a long weekend at my friend's house. I opened my door; a dark gloomy look overtook the room. I saw my mom sitting on the couch reading some papers, scattered across the floor. I walked over to my mom to see a tear run down her cheek. I dropped down onto my knees and held my mom, asking what had happened and what was wrong. She showed me the papers she was reading. As I read, my mom walked upstairs and knocked on my sister's bedroom door. "ANOREXIA" was in bold print at the top of the piece of paper. The paper was damp with my mom's tears.

Of course I didn't really understand what

was wrong, what had happened. I didn't even know what Anorexia was. I continued to skim through, when something caught my eyes.

"EFFECTS OF ANOREXIA" again in bold print stood out. The effects were clear, and so was the message of this paper. At the bottom of the page, a phone number had been circled, and the name "Children's Hospital" was written beside the phone number. If you have ever felt a knife stab you in the heart, you would know the pain I was going through at that moment. That day changed my family's life. That day, was the day my sister was diagnosed with Anorexia.

October 11, 2002

I watched the trees go by as I sat in the back of my mom's car. Her face was plain and regular. There was no excitement to see my sister in the hospital, none what so ever. I was excited, and I hoped my sister would be happy to see me. Later on we arrived in Vancouver and stayed at my grandparents' house. Through the night all I could hear was crying; I so desperately wanted to help my mom, but I knew, nothing I said could help. Morning came. I heard voices downstairs. I walked down the stairs to see my mom and grandparents at the door. I quickly put on my clothes and ran downstairs. "This was the day" I thought intently. "This is the day I will see my sister".

We arrived at the hospital. It was big and gloomy. There was a small deck close to where my sister was staying. We walked into the hospital and got checked in. "B2" it said in bright red letters at the floor we got off at.

The nurse nodded and continued. Kids, mainly young girls sat in their rooms staring up at the ceiling. My sister was one of them. Pale as could be, she almost looked like a ghost. She got up and smiled at my mom. Mom ran over and hugged her; almost looked like my sisters head was going to fall off. My sister glared at me as I stood behind my mom. I tell you, if looks could kill I would be dead. She showed us around her ward, I trailed along behind my mom, clinging onto her bright red coat.

That was the first day I had seen her since she had left. ■

Eating Disorder Resources

West Kootenay Eating Disorder Clinic

Thursdays from 1pm to 4:30pm
Castlegar and District Community
Health Centre
707 10th St, Castlegar BC
Office Phone: 250-304-1846

East Kootenay Eating Disorder Clinic

EK Regional Hospital
#20 - 24th. Ave South, Cranbrook BC
Phone #: 250 - 489-6416
Email: jennifer_driscoll@interiorhealth.ca

The National Eating Disorder Information Centre Website:

www.nedic.ca

Provides information on eating disorders and weight preoccupation. Based out of Toronto, this website includes Give and Get Help FAQ's, an extensive resource library, statistics, and a service provider directory, and that's just scratching the surface.



CBT Youth Forum

Connects Youth

from Across the Basin

Columbia Basin Trust (CBT) hosted its sixth Basin Youth Action Forum: CONNECT, from April 3-5 in Rossland, bringing together approximately 90 youth from across the Basin to create social networks and to create individual action plans on how to become more engaged in projects in their own communities.

“This year was amazing because of the dedication of all of the participants,” said Dana Welsh, CBT Youth Liaison. “The various ways in which they will be able to implement their learning is so diverse and exciting. Those ideas were coupled with amazing mentors that will really help make things happen.”

Garry Merkel, CBT Board Chair, opened the weekend's discussion with a visioning exercise that asked the questions: *What is Basin culture? How could one further develop and foster this regional culture? And what are the concerns of youth for this region?* Merkel also gave participants advice on how to turn an idea into a reality and further explained his idea of Basin culture.

“Culture is how we live. Basin culture is expressing our lives as residents of the Basin. Through this connection to the Basin we connect to and support each other,”

explained Merkel to participants. “We, and you as youth, can shape this culture so that CBT - or the concept of an organization such as CBT who works for the greater well-being of a community, will always be in the heart of the people. CBT believes a strong Basin culture and the associated support for each other within the Basin will survive regardless of what happens.”

Major concerns raised by youth during this discussion period with Merkel were affordable housing, seasonal homeowners, food security and climate change - concerns that are captured within CBT's recently released social and environmental strategic plans (view at cbt.org).

After asking youth to express their concerns for the region's future, Merkel walked participants through examples of how to turn an idea from concept into action.

“When you have an idea, you need to keep it in your mind and look at it every day until you can take your first step. Once you take your first step you have to build it as you go, because the picture always changes along the way,” he explained. “Find out what the community really needs and then find out who else is doing similar things and what they know about the issue that could benefit you



in solving the problem, and in following through on making your idea a reality.”

Throughout the weekend youth attended workshops to help build their skills in getting started on their community project. Workshop options included writing grant applications, communicating one's message, public engagement, facilitating meetings, promotion of a news story using traditional and non-traditional media, and a session on recognizing what is holding participants back from starting their project and initiating change in their community.

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Rachel Dhawan, event co-facilitator and web project manager for Apathy is Boring, said she was excited by the opportunity to broaden the participants' understanding of becoming lifelong active and engaged citizens in their community.

"This younger youth demographic isn't always the most engaged so we were excited to facilitate this event," she said. "We wanted to promote arts and technology as tools for youth to use in their own projects and as a way to help them motivate and engage other youth."

During the event Amy Bohigian, a film maker from Nelson, captured feedback from participants in a five-minute video (view online at cbt.org/2009youthforum).

The Basin Youth Action Forum is one of many ways CBT aims to engage youth, an important aspect of CBT's overall mandate. CBT's Youth Initiatives Program actively promotes the voice of Basin youth and through its Youth Advisory Committee gives responsibility to members in evaluating and selecting projects for CBT youth grants. This committee also guides the strategic action

for CBT Youth Initiatives and often involves its members in community projects, youth engagement 'how to' workshops and it promotes and celebrates youth-led projects throughout the Basin.

For more information on youth involvement in this committee, on youth projects or to learn more about this year's CONNECT youth forum, contact Dana Welsh at 1.800.505.8998 or cbtyouth@cbt.org. ■



You vs. Swine Flu

Know What to Do to Fight the H1N1 Flu Virus

The H1N1 flu virus (human swine flu)

is a respiratory illness that causes symptoms similar to those of the seasonal flu (fever and cough, runny nose, sore throat, body aches, fatigue and lack of appetite).

All strains of flu can be dangerous, but you can protect yourself and others by taking the same simple steps that you would during the regular flu season:

- ✂ Cough and sneeze in your sleeve or disposable tissue, not your hand.
- ✂ Wash your hands often and thoroughly—for at least 20 seconds—in warm, soapy water or use hand sanitizer.
- ✂ Avoid touching your eyes, nose or mouth.
- ✂ Keep common surfaces and items clean and disinfected.
- ✂ Stay home if you're sick, and call your doctor if your symptoms get worse.

If you have questions about the virus, call HealthLink BC at 8-1-1, visit fightflu.ca or facebook.com/h1n1informationbc or follow H1N1BC on Twitter.

H1N1 Flu resources

Downloadable Health Canada poster and ads:

<http://www.fightflu.ca/tools-outils-eng.html>

http://www.fightflu.ca/pdf/HighResPoster_E-F_H1N1VirusTabloid.pdf

http://www.fightflu.ca/pdf/PrintAd_InfectionPreventionMeasures-eng.pdf

BC Government Print Ad:

<http://www.mediaroom.gov.bc.ca/Download.axd?objectId=639>



How to Avoid Buying a Lemon



Buying a vehicle is not a very simple

thing to do, especially if you have a small \$2,000 budget like I do. I want a car that won't break-down as soon as I buy it and I don't want to be spending a whole lot on fixing it either. And with the shape of the planet I am looking for a car that is okay on the environment. Here are some pointers that might help you find that right car.

Do your homework

- ✘ Research the make and model you are interested in. There are lots of resources online as well as popular books like the Lemon-Aid guide.
- ✘ Check prices for the same vehicle on the Internet or at other car dealerships to make sure you aren't spending more than what the vehicle is really worth.
- ✘ Ask other owners of the same model of car if they liked it, what kind of problems they have faced with it, and an estimate of its value.

Do an inspection

- ✘ When inspecting the car look for any signs that may suggest excessive wear and tear such as ripped seats and rust, and make sure the interior lights and anything else electrical works properly.

✘ Look for signs the car was in an accident, such as uneven gaps between the body panels, weld marks on the inside of the door frames, and uneven head lights. Another thing you can do is crouch down in front of each front wheel and look along the length of the car. Both front wheels should be directly in front of the rear – if they're not, it could mean the car has been in a crash with a slightly twisted chassis (car frame). This is known as crabbing.

✘ See if you can take the car to a mechanic that you trust to do a full inspection of the car and get their opinion on its quality.

Do a test drive

- ✘ During the test drive some things to pay attention to are the noise the engine makes. Does it sound like it is working too hard? Any rattling sounds?
- ✘ Try driving the car at slow speeds and highway speeds to see if the car shakes. If it does that could mean the car's tires aren't aligned properly or not bolted tight enough.
- ✘ Test drive other cars of the same model to get a feel of what the car is supposed to feel like. Every make has a different feel to it and if you keep test driving different makes and models you won't know what the norm should be.

All this checking is to help you to find a good vehicle that you won't have to spend more money on repairs after purchasing it. Be thorough in your inspection and spend the time doing the necessary research to be better informed to help you make the right choice. The more you do before you buy the car, the less (hopefully!) you will have to spend on it later.

My personal preference for a car would be a non-domestic make such as a Nissan, Toyota, Honda, or Mazda. I like foreign cars better than domestic just because they seem to be built to last longer than domestic cars. The vehicles being made today are much more fuel efficient and environmentally friendly, but for my \$2,000 I can't buy a new car. So, I would choose a 4-cylinder engine because it is cheaper on gas and is better on the environment than a 6-cylinder or an 8-cylinder.

I hope this gives you a starting point to go out there and make a good purchase that will last you a long time! ■



inspired

Get inspired, get creative, get going out there and take pictures or make pies or make music or make people think. ScratchMag puts your stuff in our mag. Get creative and get paid. Get going to www.scratchonline.ca to submit your stuff. Get voted in by your peers.



Sunset at Puerto Jaurez
megan catalano
castlegar



Sparwood Nature Scenes
kristen goold
sparwood



//VISUALS



Europe 003

mia ostere
invermere



Cancun Sunrise

megan catalano
castlegar



Sunset in Genova

mia ostere
invermere



One Last Test Image

lee davis
cranbrook

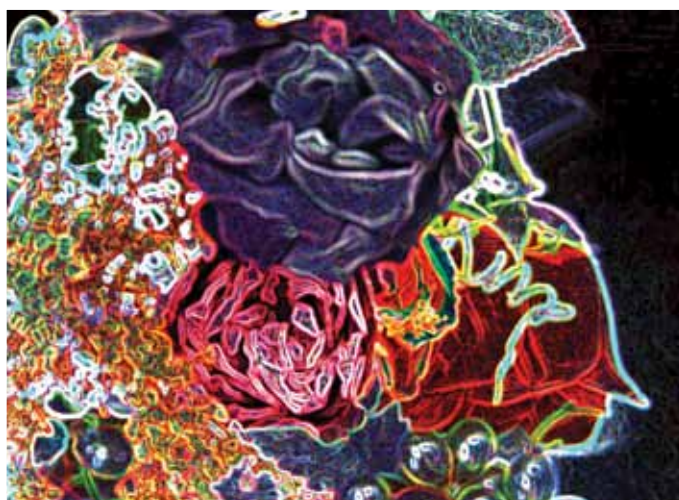


//VISUALS



Creston Lights

tara lynn hudson
creston



Glowing Flowers

mia ostere
invermere





Barcelona Sunrise
mia ostere
 invermere



Golden
tara lynn hudson
 creston



Summer Forever
kristen goold
 sparwood

Check it out: Photography



Most digital cameras use a CCD (charge-coupled device) to capture a photo. This is the 'digital film' that captures the light through the lens.



Resolution in pixels is not the only measure of image quality; a larger sensor with the same number of pixels will generally produce a better image than a smaller one. One of the most important differences is an improvement in image noise. This is one of the advantages of digital SLR cameras, which have larger sensors than simpler cameras of the same resolution.



When you go to print a photo, a minimum of 300 dpi (dots per inch) is required to make a clear image. Therefore, a 4" x 6" photo at 300 dpi will measure 1200 x 1800 pixels (approx. 2.2 megapixels). Some of the full page photos in this magazine measure up to 2592 x 3888 pixels (approx. 10 megapixels). Be careful when you resize your photos for *Facebook* or *Flickr* because when you down-size them you'll never get that resolution back. Save your originals in a separate folder and back them up to a DVD-R or CD-R so you don't lose them. It happens.

in english, please.



Good.
 1" at 300 dpi



No Good.
 1" at 72 dpi

//POETRY

.miss_u

In Loving Memory of Alice Baybutt

You always cared, you always smiled
Though you knew you only had awhile
We loved you then, we'll love you forever
We know you are now somewhere better
We'll remember you always, forevermore
You'll live in our hearts, we'll live in yours
And God will welcome you
 with open arms
Because you're a good person,
 you've done no harm
We're sorry you had to leave this way
You went to a better place that day
We will never forget,
 but we'll try not to grieve
We'll see you again,
 we just have to believe.

In loving memory of Alice Baybutt.

shaylen hunter
cranbrook

.h4h

Hope for Home

I hope for my home
I was not born there
I hope for sleep
I was not born with
I hope for beauty
I was not born into
I dream of home
in the sleep I do not get
I laugh at
the joy I do not have
I cry at
the sorrow I do not feel
I am
ME!

lydia henderson
salmo

Poetry is just the evidence
of life. If your life is burning
well, poetry is just the ash.

—Leonard Cohen



I am Woman

I am Woman
 I love,
 I cry,
 I fight
 For those I care about,
 For what I believe in,
 To survive
 I love myself
 And sometimes
 I hate myself
 I have a love/hate relationship
 I've had my heart broken
 Because I gave it away
 But I have the courage
 To mend it,
 Even when it seems like I don't
 I wear my heart on my sleeve
 And sometimes you have to earn it,
 Sometimes you don't
 Sometimes I don't miss you
 Sometimes I do
 Sometimes I hate you
 But other times I love you
 I am woman...

.Blah³

Test writing

BLAH
 Blah

blah.

//POETRY

.prick

Never forget the Cacti

Crisp bed sheets Squirm and spark dazzling white
Baseboards swivel onto the highest temperature
Candles ignite making sounds like fingers
 tapping on the desk
My withering browning cacti puncture the baseboard
 leaking gas
A sewing machine taps its foot
Windows and doors open and close
 producing pungent oxygen
Pencils twist and turn like spinning tops
 generating blistering friction
Sound energy rattles off tacky posters
 and rustic metal curtain rods
Quivering socks worm en route for candles and heaters
Making the pilgrimage of doom
Slices of paper float like leaves towards candles
Light bulbs flicker blindingly bright
At last the gift of gods prevail
Engulfing every creature
One last flicker of the artificial light
Three slivers of scrawl covered paper
Individual makeshift parachutes float atop the beast
Bed sheets sweat bullets of sparks
 as the last revolutionary act
Yellow suited men on long rubber tubes
 like ants on a log
Ashen base boards proclaim by emitting their
 last deep breath
Windows unhinge and bounce to their final resting spots
 with smiles
With open mouths the plants drink at last
Sated.

.-----

Second Skin

If I had a second skin
That I could hide within
Become someone else
Happy and beautiful
I'd cast this monster I have become
So far away from me
Kill the part of me
That is plagued
With the cancer of remembering
Stop being a ---- up
Start being pretty
Go to college
Get a job
How I wish that could be me
But tonight
I'm screaming my lungs out
Slipping into my
Second skin
Saying to hell with it
---- trying to fix it
---- being perfect
Cuz tonight
In the darkness,
It's this guitar and my tormented soul
The only things
That feel real
In this oh so fake world.

{V}

The Secret Life of Valleys

a constant news ticker as well-dressed sunrises
 announce the business of the day and sunsets with
 perfect makeup cover the ten o'clock news
 on its way to work the river pauses in a lake for a cup at
 the local coffee shop for trendy trout and hip snails

jealous glaciers creep downhill hoping for mineral water
 but in the end get stuck in the traffic of trees

we saw the haute couture of fall sported on maples and
 aspens but the more conservative cedar stuck with an
 ever-green basic

busybody mountains gossip pique-à-pique, lamenting
 the low cloud obstructing their view of Days of
 Our Boulders

the night life of cougar valley got so wild that local law
 enforcement had to shut it down

lunar union threatens eclipse if solar corporations
 continue their monopoly on light effusion

raucous crows building a new high rise for empty-
 nesters whistle pejoratives at high-flying robins

join us next week for tips on using seasonal storms to
 disperse seeds and shed that summer weight through
 cone loss

.RGB

What Colour?

What colour are the stars,
 The sky in other worlds,
 And the moon?
 What colour are the mountains in lands
 Ruled by kings and queens,
 Where giants roam
 And Faun's have tea?
 What colour is your heart ,
 When you dream about faraway lands
 Or the ones you love?
 What colour is the hot summer breeze
 That catches your summer dress
 As you sit on the deck drinking lemonade?
 What colour is the cool dawn
 Carrying the call to prayer and the
 Car horns or the early morning traffic
 Of Cairo?
 What colour is your soul when
 you remember distant memories
 Of things almost forgotten?
 What colour is your love?
 What colour are your thoughts?
 What colour?

//POETRY

.24x60=1440

One Day

One day,
All our dreams will come true,
or at least most of them,
One day we will see what the afterlife really is,
Or if there even is one,
And people of different belief systems
Will say,
“HA! I told you so,
Depending on who’s right
And others will say,
OK maybe you were
Or some will say,
Wow,
We really are the same,
Look at that
One day we will finally realize that
We’re all human,
We all cry,
We all get angry,
And we all like to laugh,
Smile,
Love,
Value
Friendship,

And appreciate
Good food,
And prejudices
Will be a distant memory
One day,
The world won’t have poverty,
Or wars,
One day...
There will be peace,
Soon,
I hope

.enough

Bruised and Abused

It was the third time that night that I heard something break in the kitchen, and then accompanied by my mother's scream.

I sat in my bedroom, hugging my 5 year old sister tightly to my chest. She looked up at me with her wide, innocent eyes.

"Shan... what are mommy and daddy fighting about this time?" She asked me. She was such a beautiful little girl, her curly blond hair fell around her face, making it nice and round. Her sparkling blue eyes shone in the light. Her face was often bruised, but she still smiled. She still smiled...

"I... I don't know Ryce," I said in a hoarse whisper. My voice had been shot since I was yelling so much the previous day.

"I hope they stop soon." She leaned her head against my chest, and soon fell asleep. I held her close until the front door slammed shut. My dad had obviously gone to go out and drink. I heard the bathroom door across the hall shut. I knew my mom had gone in there to cry. I lay my sister down in my bed and covered her in a blanket. She curled up in a little ball. She honestly looked like a little angel. I opened my door softly and turned the light off. I stepped across the hall and leaned against the wall.

After about 5 minutes, the door opened, revealing my moms bruised and tear-streaked

face. She was surprised when she saw me standing there. "Oh, Shan..."

"Mom, what was it about this time?" I whispered. She shook her head at me. "God damn it, Mom! Why can't you just tell me?" I said. She looked a little shocked by my tone of voice.

"Shan, your father means well. You know that right?" She tried to hug me, but I backed away. "Don't be like that."

"Dad is hurting you mom! I don't think he 'means well'. You always say that, and you know he's just gonna come home, drag one of us out of bed, and hit us some more. Just look at Ryce! Look at what he did to her!" I motioned to my bedroom. My mom started to cry again. She started to back into the bathroom. I grabbed her wrist, not strongly enough to hurt her, but just enough to make her stop. "Don't you go back in there just because you can't take your son yelling at you." My eyes narrowed.

"Shan, mommy? What's going on?" Ryce rubbed her sleepy eyes. I looked back at her; she was standing in my doorway, hiding behind the wall.

"Oh nothing, sweetie. Come here, I'll put you to bed," my mom said, kneeling down to pick her up. Ryce didn't move from her spot. Ryce looked at me, and then to mom.

She pointed at me.

"Sorry mom. I think she wants someone who actually cares what happens to her." I walked over to my sister and picked her up. She wrapped her tiny little arms around my neck, and buried her face in my shoulder. I walked down the hall to her bedroom and flicked on the lights. Her pink walls greeted me with a depressing tone.

The walls were covered in dents and holes from my dad hitting them.

I lay her down in her bed and she crawled under the covers. She smiled at me, her blue eyes glinting. I kissed the part of her forehead that wasn't bruised and said goodnight.

"Good night!" Ryce chirped happily. I turned off her light and closed the door. I walked back to my room; the bathroom door was closed again. I walked into my bedroom and shut the door. I turned off the light and jumped into bed.

The worst was only yet to come.

I slept in until 10:00 on a Saturday morning. I woke up to the banging of pots and pans in the kitchen. I rubbed my eyes and got out of

continued on next page...

//PROSE

continued from previous page...

my bed. My sister was sitting on the end of it. She leaped at me and hugged my neck. "Morning, sleepy head!" she said in my ear. I hugged her back.

"Morning, Pea." I always called her Pea. She wouldn't let anyone else call her that.

"Mommy went to work. Daddy is in the kitchen," she explained to me. I nodded and she jumped off my bed, running into the kitchen.

I started getting dressed. I was just pulling on my pants, my chest bare and cold, when I heard screaming from the kitchen. It was Ryce.

I bolted out of my room. Ryce was cowering on the floor and my dad was hovering over her. Ryce was crying really hard. I ran over to my dad and pushed him.

"Dad! Stop it!" I pushed him away from Ryce. My dad looked at me and slapped me across the face, hard enough to knock me to the ground.

"Don't tell me what to do!" he spat at me. He bent down and grabbed the back of Ryce's neck. He was choking her.

Without any realization, my fist connected with the side of his face. He let go of Ryce;

she fell onto the ground and cowered away. My dad looked at me, stunned. I looked right back at him, also stunned at what I had done.

"What did you just do?" he yelled at me. I jumped at the tone of his voice, but then, I walked right up to him and got in his face. I was about as tall as him, so it was fair.

"You... you are a monster. How could you hit a 5 year old girl?" I saw his fist clench. "If you're gonna hit me, just do it already! Do it in front of your daughter, like you did the last time. Just hit me, Dad! HIT ME!" I yelled in his face. His eyes narrowed and his hand rose. I closed my eyes, waiting for the punch. It came with more ferociousness than I expected. Pain surged through my face. I clasped my nose; it was bleeding, but not broken. I looked at him: "That makes you feel good? Hitting your children? Hitting your wife? You can't be serious. Look at what you did to me; look at what you're doing to Ryce. I've had enough, Dad. Enough is enough. No more. I'm not going to go through this bull..." I looked at my sister; her eyes were swollen with tears. I stood up straight and took my sister's hand. "I'm not going to watch my sister get hurt anymore." I tugged on her hand and dragged her down the hall.

"You get back here! You get back here right now! If you walk out of that door, you're never coming back!" my dad yelled at us. Ryce's

hand clung to mine. I opened the front door and pulled her outside.

We made our way down to the police station. It was a good 5 minute walk. When we entered the building, the woman at the desk looked at us in horror. "What happened to you two?"

Knowing when to say enough... could just save your life.

shawna sikora
salmo

FINDERS//keepers

SCRATCH Mag is distributed to these locations:

Castlegar

Freedom Quest
Industrial Surf/Source for Sports
Kootenay Gallery
Bagels & Brew
Common Grounds Coffee Shop
On-line Learning Centre
Castlegar & District Community Services Centre
Castlegar & District Youth Centre
Stanley Humphries Secondary School

Cranbrook

Lotus Books Inc.
Hot Shots Cappuccino & Fresh Food Bar
Cranbrook Boys & Girls Club
Katrina's Books
Kootenay Roasting Co
Pages Book Emporium
Canadian Mental Health Assn. for the Kootenays
Ktunaxa Nation Council Child & Family Services
EK Addictions Services
Summit Community Services Society
Mount Baker Secondary School
Columbia Basin Trust Office

Crawford Bay

Crawford Bay Secondary School

Crescent Valley

Crescent Valley Youth Centre

Creston

Grand Central Perks & Blends
Black Bear Books
Prince Charles Secondary School

Edgewater

The Edge

Elkford

District of Elkford
Elkford Secondary School

Fernie

Blue Toque Diner
Sparwood Recreation Department
Fernie Secondary School

Golden

Darkside Snow Skate BMX
Bacchus Books
Jita's Cafe

Golden (continued)

Bean Bag Coffee Roasters and Internet Cafe
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Golden Secondary School

Gray Creek

Gray Creek Store

Invermere

Dave's Book Bar
Columbia Valley Employment Services
Kicking Horse Coffee Cafe
Quality Bakery
Summit Youth Centre
David Thompson Secondary School

Kaslo

Langham Cultural Centre
Kaslo & Area Youth Council
JV Humphries Secondary School

Kimberley

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What's Brewing on Broadway
Arrow & Slokan Lakes Community Services
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International School of the Kootenays
Earth Matters
Advocacy Centre
ANKORS
LV Rogers Secondary School

New Denver

Lucerne Elementary Secondary School

Revelstoke

Community Connections Society
Revelstoke Secondary School

Rossland

Ross Vegas Board Sports
Sunshine Cafe
The Grind
Rossland Secondary School

Salmo

Salmo Valley Community & Youth Centre
Columbia Basin Alliance for Literacy
Salmo Community Services
Salmo Secondary School

Slocan//South Slocan

Harold Street Cafe
WE Graham Community Services Society
Mount Sentinel School
WE Graham Community School

Sparwood

Sparwood Secondary School
Sparwood Recreation & Leisure Centre

Trail

Rebelato's Morning Perk
Clive's Coffee Bar
Trail FAIR Society
Greater Trail Community Skill Centre
Career Development Services
Sanctuary
Columbia YCDC
JL Crowe Secondary

Valemount

Valemount Secondary School

Winlaw

Sleep Is For Sissies
Jennie's Book Garden

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