There are two deadlines annually for submissions:
Spring Issue = **JANUARY 1**
Fall Issue = **JULY 1**

**PHOTO COLLECTIONS**
**High Resolution**
- Collections must be three photos
- Minimum 300 dpi resolution at 8” wide.
- File name must be photo name.
  - $60 per collection.
  - $100 if one of the collection photos is chosen for the cover.
**Camera Phone**
- Collections must be three photos of any resolution.
- File name must be photo name.
- Not eligible for the cover.
  - $60 per collection.

**ARTICLES**  
**Limited to 500 words** $40  
**Limited to 1,000 words** $80
**Basin Snapshot**
Write about a place in the Columbia Basin that you love, that you go to, that you hide in, that you can't wait to get back to. Wherever it is, it must exist and the piece should describe the space and how you feel when you are there.

**Shout It Out**
What are the issues you are thinking and talking about? Shout it out, provide some insight, provide some solutions and get the conversation started!

**The Moment**
Write about the moment that everything changed.

**Your Stuff**
You can also submit articles that address topics you are passionate about or events and projects you are participating in.

**POETRY**  
**Limited to 30 lines** $20
**Pics in Print**
Look at a photo and put that image into poetry.

**A Message From the Universe**
Today you realize the universe is sending you a message. Put that message into poetry.

**Ode in Poem**
Write a lyric poem that celebrates a person, place, thing or idea.

**FICTIONAL PROSE**  
**Limited to 500 words** $30
**Conversations Overheard**
Have you heard something interesting or bizarre lately? Take that one-liner that you overheard and turn it into a short story. Provide the one-liner and the location where you overheard it.

**Postcards to Me**
Write a postcard to yourself from the perspective of (a) future you, (b) a current emotion or (c) a past life.

**People vs. Machine**
Write a story about a relationship between a person and a machine; be sure to use dialogue.

**IN EVERY ISSUE**
**iCandy**
Send your latest “go-to” websites for useful and useless browsing.

**Horoscopes**
Send your version of a set of horoscopes for the summer or winter.

**Questions Out Loud**
Send your questions to our advice providers.

**The Ten Things**
With 10 minutes on the clock, write a list for:
- 10 things I WILL or WILL NOT need on a [your idea here].
- 10 things I WILL or WILL NOT take on [your idea here].

**CONSENT FORMS**
Consent forms must be received for all submissions to be considered for publication.

CBT.ORG/SCRATCH
THE USUAL

5. EDITORIAL
   //MICHELLE D’ENTREMONT
   Imagining you may be reading this lakeside, in the sunshine.

6. iCANDY
   New and noteworthy on the interweb.

8. QUIZ
   Go Jump in a Lake

FEATURED

10. JUNIOR ACHIEVEMENT OF BRITISH COLUMBIA
    Junior Achievement brings a global view of business to local communities.

14. MORE THAN A PLAYPEN
    //KAILYN NELSON
    Calf survival is currently at about 16 per cent.

18. FASHION CAMP
    Having a teacher so talented was awesome.

INSPIRED

22. VISUALS
    NATURE’S WAY //ANDREA BEDIN
    CANADA MON AMOUR //KAMAALBIR SINGH
    TAKE A HIKE //JORDI CARD
    HOW I FELL IN LOVE WITH THE KOOTENAYS //SEANNA UNGER
    LET THERE BE LIGHT //CHLOÉ SIRGES
    EXPLORING NEW THINGS //MADDY WELCH
    THINGS I SAW IN VEGAS //TAYLA SCOTT
    BEGROWTH //TANIS SMITH
    SPRING THINGS //PUEO TINGLIN
    HEADING WEST //MADISON PLANIDEN
    INTO INFINITY //GINGER WEISS DOWN

42. POETRY
    ELEGY OF A PHOTO NOT TAKEN //EMMA LOEWEN
    ROOM 107 //EMMA LOEWEN
    HANDS ARE WAITING //KATEY SIGURDSON
    ALIVE IS A COMPLICATED WORD //HANNAH THOMPSON
    HOW SHE TAKES HER COFFEE //KATEY SIGURDSON
    I TEND TO LEAVE A MESS //SHYBECKA GOULD
    THE WORDSMITH //TEREK FLOWERS
    DEPTHS UNKOWN //LIAM MAKI

COVER IMAGE

STANDING SMALL //ANDREA BEDIN//MONTROSE
See the rest of Andrea’s photo collection “Nature’s Way” on page 22.
SCRATCH

CONTRIBUTORS

Andrea Bedin // Montrose
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Submissions are selected by a Youth Editorial Committee; if your group is interested in forming the next editorial committee, email scratch@cbt.org.
This is always a tough piece to write as I look out the window at a dreary day with dirty snow on the ground, imagining you may be reading this lakeside in the sunshine. Have you ever wondered if you were a body of water, what type would you be? Well, skip ahead a few pages to take the quiz! Once you are done with the fun you’ll learn about an important program that is helping the Columbia North herd of mountain caribou, and another that is educating young people about business. We also take a look at a fashion camp that got youth striking a pose with their very own fashion drawings and wearable pieces. And, as always, another incredible set of photo collections has made its way into this issue. Members of Rossland’s Youth Action Network formed this issue’s editorial committee, and we enjoyed a huge feast of pizza and grapes while Ben snapped photos and learned about using a DSL camera. If you’re part of a group that would like to form the next issue’s editorial committee, let me know. SCRATCH was created by the young people of the Basin as a way to connect, and continues to celebrate the voice of youth. So get going, get published and get paid.

ENJOY ISSUE #26.

MICHELLE d’ENTREMONT BASIN YOUTH LIAISON

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THINGS TO TAKE TO THE OTHER SIDE OF THE STREET

| The Chicken | A Car            |
| Slide       | An Old Lady     |
| Dr. Pepper  | Kim Jong-un     |
| Survival Kit| A Salsa Dancer |
| Sword       | The Crosswalk   |
| Grandma     | Tennis Shoes    |
| Bread Crumbs| Stop Sign       |
| Selfie      | Woodchipper     |
| Ear Buds    | The One Ring    |
| A Gremlin   | A Coupon for Sardines |

Submitted by Issue #26 Editorial Committee from Rossland

ISSUE 26 EDITORIAL COMMITTEE: ROSSLAND YOUTH ACTION NETWORK
DELANEY BOWMAN, ELLIE KNOX, RHIANNA CONNOLLY, SCARLET GUY, RACHEL AIKEN, HAILEY REVOLONE-MANN, AVA BRITTAI, BEN KROEKER, SCOTIA D’AIGLE, ANNA ANHEL, SAMARA KUHN
mindcheck.ca
This website was created in order to help young people to identify and understand mental distress they may be experiencing and to link them to sources of help that will enable them to learn skills and strategies to manage these problems. Being able to recognize signs early on and finding ways to deal with them increases the chances of better long-term outcomes and positive mental health.

bcyouthweek.com
Youth Week is a provincial celebration of youth held annually during the first week of May. It is a week of fun, interaction and celebration intended to build a strong connection between young people and their communities and to profile the issues, accomplishments and diversity of youth across the province.

ewc-rdc.ca
Encounters With Canada is our country’s largest and foremost youth forum. Every week of the school year, 120 to 148 teens from across Canada (aged 14 to 17) go to Ottawa to discover their country, learn about Canadian institutions, meet famous and accomplished Canadians, explore exciting career options, develop their civic leadership skills and live an extraordinary bilingual experience.
International Youth Day is commemorated every year on August 12. A theme is selected for the day with input from youth organizations and members of the United Nations Inter-Agency Network in Youth development. The program encourages youth to organize activities to raise awareness about youth in their area. If you are interested in organizing an activity visit [cbt.org/yag](http://cbt.org/yag) for funding.
1. What mood are you usually in?
   (a) Calm and relaxed
   (b) In good spirits and up for whatever
   (c) Motivated and ready to go
   (d) Never in the same mood twice

2. You are working on a new group project. What role do you play?
   (a) You’re the mediator and support the group
   (b) You’ll give advice if asked, but otherwise you don’t really care
   (c) You’re the leader
   (d) You come up with the ideas

3. What’s your favourite sea-inspired dish?
   (a) Rainbow trout grilled on the barbecue
   (b) Baked crusted whitefish
   (c) Smoked salmon
   (d) Vegetable sushi roll

4. What do you wear for a day at your favourite body of water?
   (a) A bathing suit that won’t give you bad tan lines
   (b) A sporty bathing suit and hat
   (c) A lifejacket and water shoes
   (d) A full-body wetsuit

5. You are given $100,000; what do you do with it?
   (a) Put it in a low-risk RRSP
   (b) Invest it wisely
   (c) Take a gamble in Vegas
   (d) Travel around the world until it’s gone

6. What’s your favourite water activity?
   (a) Lounging on the beach
   (b) Fly-fishing
   (c) Whitewater rafting
   (d) Surfing

7. What’s in your beach bag?
   (a) A book, sunglasses and bottle of SPF 60 sunscreen
   (b) Your waders and a fishing rod
   (c) I don’t have a beach bag; I carry my kayak
   (d) I never know what I’ll need so I just bring everything

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Mostly {a}: You are a **LAKE**. You’re a calm and relaxed individual and are most comfortable when your life and the lives of those who surround you are consistent and balanced. Go check out Slocan Lake, where the water is pristine and there are plenty of beaches to lounge on.

Mostly {b}: You are a **CREEK**. You’re friendly and playful, and you like to go with the flow. While you enjoy travelling, you also don’t mind hanging out in one place for a while. Kikomun Creek, located by Fernie, may be your ideal destination with its wide range of activities like swimming, canoeing and fishing.

Mostly {c}: You are a **RIVER**. Your adventurous spirit compels you and drives you toward your goals. You can be a little reckless at times, but your resilient nature allows you to forge onwards. Head to the Salmo River for some whitewater rafting adventure and fun.

Mostly {d}: You are an **OCEAN**. You are indecisive and your moods change with the tide. Your interests range far and wide, which is reflected in your restless nature and love of travel. Make your way to the West Coast and experience everything from walking along the shoreline to surfing the swells.
WHAT IS JUNIOR ACHIEVEMENT?

Junior Achievement is the world’s largest non-profit organization dedicated to educating young people about business. With over 120 charters worldwide, Junior Achievement brings a global view of business to local communities, including right here in the Columbia Basin.

Since 1955, Junior Achievement of British Columbia (JABC) has been partnering with educators, donors and volunteers to bring a real-world experience into the classroom. Our programs give grade five to 12 students the confidence and skills they need to become the next generation of business and community leaders.

All JABC programs are delivered by dedicated local community volunteers and are free of charge.

“My Favourite Thing About This Program Was”

“Shaking hands; no one had shook my hand before.”
~GRADE FIVE STUDENT

“I learned a lot about budgeting and realized life is expensive.”
~GRADE 10 STUDENT

“Making an ad for my business idea.”
~GRADE SIX STUDENT

 ARE YOU A YOUNG ENTREPRENEUR?

DO YOU WANT TO BECOME A JABC VOLUNTEER?

ARE YOU A STUDENT INTERESTED IN PARTICIPATING IN A JABC PROGRAM AT YOUR SCHOOL?

ARE YOU A TEACHER WHO WANTS TO HOST A PROGRAM IN YOUR CLASSROOM?

IF YES, WE WANT TO HEAR FROM YOU.

jabc.com
or contact Amy Robillard, Coordinator, at amy.robillard@jabc.org or 1.250.777.2011.

“This was a great experience for my students; the activities kept them engaged and the volunteers were fantastic and very well prepared. I will definitely have JABC come back next year.”
~GRADE SIX TEACHER, NELSON
JUNIOR ACHIEVEMENT
of BRITISH COLUMBIA

OUR BUSINESS WORLD
GRADES 4 ~ 7

Business Basics: Our Business World puts students in charge of making big decisions in different areas of a small business. Students put their talents to the test in the organization, management, production and marketing of a business and get a sense of real-world business challenges. This fun program gives students an opportunity to:

• work together in teams to plan a small business start-up
• make key business decisions, from pricing to staffing
• practise job interviews
• experiment with different methods of production through hands-on activities
• create and present effective advertising campaigns.

DOLLARS WITH SENSE
GRADES 7 ~ 8

Dollars With Sense is a fun and interactive hands-on program that helps students develop financial literacy skills through making informed decisions today and setting goals for their financial futures. Students learn about budgeting, money and credit management, saving and investing and financial goal-setting. Students have an opportunity to:

• acquire the knowledge and understanding of a broad range of financial concepts and money management concepts
• use critical thinking skills to make sound financial decisions
• apply and express acquired financial knowledge.
I am passionate about JABC because no matter what you do in life, you have to pay bills, balance a budget, do some basic investing and plan for a future. With so much of life hinging on your finances, it makes sense to learn as much as possible about doing it right. It is an honour and a privilege to be able to teach students the things I wish I had known when I was their age.” - VOLUNTEER, TRAIL

Economics for Success encourages high school students to reflect on the advantages of remaining in school to acquire the knowledge, attitudes and skills needed for long-term career success. This program helps students explore and manage their job and career choices by focusing on the direct links between:

• furthering education and personal goals
• understanding how every opportunity is a stepping stone to success
• realizing the financial constraints and demands of independence
• developing employability and interpersonal effectiveness
• identifying resources needed to support a lifelong career journey.

Junior Achievement®
THIS PAST SUMMER, I was extremely fortunate to have the opportunity to visit an exciting new initiative that aims to increase the rate of calf survival, and thereby the population numbers, of the Columbia North herd of mountain caribou. This initiative is a maternity penning project just north of Revelstoke that is being carried out by the non-profit society Revelstoke Caribou Rearing in the Wild (RCRW). RCRW is an exciting collaboration between a wide variety of stakeholders, including the Columbia Basin Trust, federal and provincial governments, tourism and recreation companies, environmental organizations, First Nations and industries.

Revelstoke has seen a decrease in its caribou populations (the Columbia herds) over the last two decades. When I spoke with Cory Legebokow, Habitat Officer, BC Ministry of Forests, Lands and Natural Resource Operations, he attributed the majority of it to a change in predator-prey dynamics—an indirect result of forestry operations in the region. When large portions of the forest were harvested, the available habitat for moose was greatly increased, causing populations to triple. This rapid growth attracted a large number of wolves to the area, which then preyed upon the caribou, contributing to about a 55 per cent decrease in caribou over only 15 years.

Improving the survival rate of mountain caribou calves is a critical component to the recovery of the species. Maternity penning is a previously successful technique that aims to protect the calves at the critical stage of life (the first few weeks) to hopefully improve their rate of survival. In 2014, RCRW carried out a pilot program in which it relocated 10 cows (and two yearlings that they didn’t want to separate from the mothers) from the Columbia North herd to a six-hectare enclosure that is within the caribou’s natural range. “Calf survival is currently at about 16 per cent,” said Legebokow. “It needs to be over 20 per cent for the population to grow.” Here, the cows received veterinary care, were fed a healthy diet and were monitored by full-time shepherds who were living at the location. The caribou were also very well protected from predators. The enclosure is 12-feet high, is made of
non-transparent material to keep predators from seeing the caribou, and contains electric fencing. The shepherds also set up cameras at intervals along the fence line to monitor any predator activity nearby. Throughout the project, they witnessed black and grizzly bears, wolverines, wolves and cougars wandering around the enclosure. By collaring some of the wolves, and monitoring the cameras closely, they were able to gain an understanding of the patterns of these animals, and the release of the caribou was timed accordingly. At the time of release, the calves were approximately one month old and had survived the most vulnerable time of their lives. Using the predator information gathered, RCRW was also able to ensure a better chance of continued survival, by timing the opening of the gates to when the predators were not nearby. “At this point, they have already survived the most vulnerable time of their lives,” said Legebokow. “If they had been in the wild, around half would have been dead by one month.”

“The project is exciting for me for two reasons,” said Kevin Bollefer, RCRW Treasurer and Co-Project Manager. “Gathering people with so many different interests and having them all working together to accomplish something like this has been extremely rewarding. Also, having an opportunity to work with the caribou—observing and seeing the successes of our efforts—has been incredible.”

If the project is successful (meaning more calves survive than usual) during this pilot year, it will hopefully continue for at least the next five years, with closer to 25 females being relocated each year.

There is no one option that will save these animals from extirpation (local extinction); recovery requires a combination of solutions. The RCRW maternity penning project is far from the only strategy being implemented in order to protect the Columbia mountain caribou herds, nor would it be successful on its own. Around Revelstoke, over 140,000 hectares of mature forest have been permanently protected, several areas within the caribou range have been closed to snowmobiles, and efforts to reduce the numbers of wolves have been taken by controlling moose populations. Only once these other strategies were in place was it viable to operate the maternity penning pilot project.
Mountain caribou, a type of woodland caribou, live in and rely on the old, wet forests of central and southeastern British Columbia, and are the southernmost herds in North America. These animals depend on old forests for two main reasons: firstly, mature stands typically produce arboreal lichens (tree lichens), on which mountain caribou rely exclusively for their winter forage; secondly, these mature forests help keep these caribou separate from other ungulates, as they restrict the vegetative growth that other ungulates rely on for food.

The decline of caribou populations is a global trend, but it is particularly dramatic in BC. The mountain caribou are the ectype that is of greatest concern in Canada—they are considered threatened in Canada and endangered in BC; in fact, their populations have been declining for decades—and have reached frighteningly low numbers. It is estimated that in the last 10 years, numbers have declined by about 50 per cent. The mountain caribou herds are found in, and divided by, four general geographic ranges: the Kootenay, the Columbia, the Cariboo and the North Mountain. With the exception of the North Mountain population (which is separate from much human activity), all groups are in various stages of decline. The herds in the other three geographic ranges live lower in elevation, have been affected negatively by human activity and are at high risk of eradication from these areas if conditions are not altered dramatically.

The decline in these populations can be attributed to several factors, including predation, habitat destruction and human disturbance. The loss of mature forests through forest harvesting practices has many negative effects, which can be seen in the survival rates of mountain caribou; their survival, or lack thereof, is proportionate to the amount of young versus old forests within their range (numbers decline dramatically when 10 per cent or more of their habitat consists of young forest). Not only does the harvesting of old forests mean a significant decrease in the lichen that mountain caribou rely on, but it also creates new habitat for, and therefore increases the numbers of, ungulates that prefer young, open range. The increased population of deer, moose and others attracts predators such as wolves and cougars, thus increasing predation.

Other human disturbances—such as the construction of roads, communities and reservoirs—can also be very detrimental to caribou populations. They can fragment habitat, create corridors that make it easier for predators to gain access to caribou territory, and completely displace caribou from their natural ranges. Much of the caribou’s natural habitat is also prime land for backcountry recreation and development such as heli-skiing and snowmobiling operations. These disturbances, in addition to the forest harvesting operations and (illegal) hunting, all contribute to the extreme reduction in caribou numbers.

The increased predation caused by deforestation and human disturbance is the leading cause of mortality in mountain caribou populations. This creates a situation in which calf survival rates are too low to sustain numbers, so even though female caribou continue to have high pregnancy rates (about 90 per cent of females will be pregnant in a given year), caribou populations continue to decline.

Even the local ski resort gets involved, by providing free lift tickets to volunteers to pick arboreal lichens, the natural food that will sustain the pregnant caribou during their stay in the maternity pen. Volunteers Rachel Newby from Australia and Fernand Sylvain from Peace River, AB, harvest lichen from the trees on the side of the ski runs on Revelstoke Mountain Resort with senior caribou biologist John Flaa.
FASHION CAMP

PHOTOS // NATALIE PURSCHWITZ
**FUNKY FASHION MADE ENVIRO-FRIENDLY**

**CAN A SKIRT BE MADE OUT OF PAPER?**
How about plastic? How do you design clothes anyways? And what’s it like to be a fashion designer?
In July 2014, a group of kids unlocked their imaginations and learned concrete fashion design skills at the Fashion Camp. The camp was instructed by Natalie Purschwitz and held at the Oxygen Art Centre in Nelson. Over five days, the students explored the basic principles of fashion design, including colour and texture, silhouette, illustration, the parts of a garment, surface design and styling. Through demonstrations, projects and exercises, the students came away with their very own fashion drawings and wearable pieces.

*We designed so many great pieces but the paper skirt project was my favourite. It never occurred to me that real clothes could be made out of paper. Not only did the skirts look really cool and were fun to wear, but this is also a great way to test your design before making it out of fabric.*

**Who is Natalie Purschwitz?**
Natalie Purschwitz is an interdisciplinary artist based in Vancouver, who grew up in Radium Hot Springs in the East Kootenay. She shows her artwork internationally, designs costumes and maintains a small clothing line called Hunt & Gather. Over the course of one year, Natalie made everything she wore; learn more about the project at [makeshiftproject.blogspot.ca](http://makeshiftproject.blogspot.ca).

**Can I attend a camp like this?**
Nelson’s Oxygen Art Centre provides space and programming to help artists and the public create, study, exhibit and perform contemporary art in all disciplines. Its programs include various spring break and summer camps for children and youth – like the Fashion Camp, which was sponsored by the Nelson & District Credit Union and the Province of British Columbia. Check out what’s available this year at [oxygenartcentre.org](http://oxygenartcentre.org).
I liked getting to design the T-shirt. It was so much fun but making the plastic skirt was my favourite. I do see myself designing clothes in the future; the camp helped me see what I can do.

Tyra

It was so fun and exciting and I want to go again for sure!

Cailani Hobb's
The super inspiring part about fashion camp was learning about Natalie’s ability to make and wear all of her own clothes for a whole year, and having a teacher so talented was awesome. Natalie guided us with our projects but let us use our own creativity in our designs as well.

I found Fashion Camp very enjoyable. While I don’t think I would go into a career in clothing design, I found that Fashion Camp inspired all of my other artistic ventures. All in all, it was a great experience, and I would certainly do it again if the opportunity arose.

I also loved meeting other girls that were as interested in fashion as I was.
BE AWARE OF THE LIGHT.
Think about where your light is coming from and how it interacts with your subject.

TAKE SOME VERTICAL PHOTOS.
Your camera is pretty easy to turn on its side; make sure to experiment with all of your framing options.

MOVE OUT OF THE BULLSEYE.
Frame your subject in an interesting way that engages the viewer.

FOCUS, FOCUS, FOCUS.
Don’t let your camera tell you what should be in focus; tell your camera what should be in focus.

AUTOMATIC SETTINGS ARE FOR AUTOMATIC PEOPLE.
Use your manual settings and don’t let your camera boss you around. Get to know all of the functions and what they are for. Watch some tutorials and read some books. A camera is just a tool; you need to be the artist.

SHOOT, SHOOT, SHOOT. AND THEN SHOOT A COUPLE MORE.
Luckily you don’t have to pay for film, so take advantage of it. Even if you are shooting film, don’t be a cheapskate.

ALWAYS MAXIMIZE YOUR SETTINGS.
Set your camera to maximum quality, sharpness and file size for all photos. Make the most of your camera’s abilities; if you want low-res images, use your phone. Remember that you need to have a resolution of 300 dpi for proper print reproduction.
ANDREA BEDIN // COLOURFUL CRAWLER
GLOOM // SEANNA UNGER (PREVIOUS SPREAD)
HOME IS WHERE THE HEART IS // SEANNA UNGER
LET THERE BE LIGHT
THINGS I SAW IN VEGAS

VEGAS WATER // TAYLA SCOTT

VEGAS STREET // TAYLA SCOTT

VEGAS GLOBES // TAYLA SCOTT
Get Published
GET PAID

There are two deadlines annually for submissions:
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High Resolution

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- $60 per collection.
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Camera Phone

- Collections must be three photos of any resolution.
- File name must be photo name.
- Not eligible for the cover.
- $60 per collection.
IN THE AIR // GINGER WEISS DOWN
INTO INFINITY

WINGS // GINGER WEISS DOWN

FOOTLOOSE // GINGER WEISS DOWN (FOLLOWING SPREAD)
ELEGY OF A PHOTO NOT TAKEN

EMMA LOEWEN//KIMBERLEY
8:40 am. A summer sunrise
Melts through the window
In rectangles.
Paints his stubbled chin with honey.
Slouchy hospital gowns.
Clean hands.
Tiny palms folded around a wedding band-finger.
He beholds her
As if she were a
Fresh morning glory
Covered in sweat
Covered in August dew.
A pink jumpsuit too big for a
Premature baby.
He smells like home
Like hard work
And, “I’ll never let anything hurt you.”
Callused fingertip promises
Never broken.
My father is a king.
Clean cut
But a little bit
Rugged.
And he
Plays me the guitar.
Laughs a lot.
Desperate to grow me
Like a tree.
Willing to give shade
To anyone who needs it.

ROOM 107

EMMA LOEWEN//KIMBERLEY

i.
When you’ve gone crazy
They take you to this place
All of the walls
All the rooms
White
Nice ladies and pacing men all in
White
Contrast of blood on white linoleum.
Everything here
White,
Quiet, numb,
Like being hung-over all the time.

ii.
Justin was nineteen. I liked him,
He had a “man bun”.
Hieroglyph scars popped from his wrists
It was hard not to stare.
We never exchanged any words but
He would sit on the edge of my bed
While I cried
The only time I heard him speak, he said
“Heaven is supposed to be all white, just
like this they say,”
But in this room
Around this odd jigsaw puzzle covered table
Eating day-old soggy meat,
There’s a guy who spills a lot of coffee
Another who profusely shakes and
converses
With the voices in his head
And me.
And I don’t think any of us are angels.

iii.
On my third day they brought in a man with a
Full-bodied cast, and a wheelchair
Carefully situated him in the room next to mine.
His wife and kids left him,
Mother died a while back.
Never really spoke of his dad.
I guess he thought nobody would notice when he
Decided to jump.

Every night at eleven
We would whisper through the vents
David, and I
“I’m just here for sleeping problems”
I thought he was crazy.
Once, I remember
He said he saw the future,
And in it
We were both alive.

They only opened the door
three times a day
To feed him.
Homesick giraffe at the zoo.
And for the first time in my life
I knew I was going to be okay.
HANDS ARE WAITING
KATEY SIGURDSON//KIMBERLEY

You left me.
An acrobat’s
Emotional state.
A contortionist’s
Love struck
Intolerance.

I was not
Designed to
Carry you
On my shoulders.
I’m not your
Airport terminal.
I can barely make
A poem flow.

Your hand will
Become limp
If it stays there
Waiting for mine.

Wipe that snide look
Off your face.
You don’t know
Your left from right,
Or how to show what you feel.
“I love you,” doesn’t count.
It never did.
You never did.

POETRY
Limited to 30 lines $20

Pics in Print
Look at a photo and put that image into poetry.

A Message From the Universe
Today you realize the universe is sending you a message.
Put that message into poetry.

Ode in Poem
Write a lyric poem that celebrates a person, place, thing or idea.

ALIVE IS A COMPLICATED WORD
HANNAH THOMPSON//FERNIE

Ode to memories, our happiness and sometimes our greatest sorrows

Ode to the dreams we had when we were young, but never made it to when we got older.

Ode to loves lost, and the rose tinted photographs of them that reside in our minds.

Ode to moments spent with someone special: the ones we never forget and that always bring a soft smile to our faces.

Ode to a laugh, a smile, words whispered between two and a moment that came to mean so much.

Ode to promises made and promises broken and words that were better left unspoken.

Ode to all these fragments of who we are, and what we’ve seen.

Ode to living.
HOW SHE TAKES HER COFFEE

KATEY SIGURDSON // KIMBERLEY
This won't be breathtaking.
You're not Elton John
And I'm no tiny dancer.
There will be no
Long walks on beaches.
And I wish that our game
Was only one player,
That you'd never learned
The word for love,
But you can't blame the fall
On our reckless behavior.
You should stop.
I don't want to be addicted
To the rise and fall of your chest,
Or paint my nails to match your eyes.
I won't hold hands
On the fifth date.
And I wish you didn't
You didn't celebrate
Christmas in December,
Or run away from your problems
Like your father.
You can't turn around
On a one way street.
This won't be romantic.
There will be no
Late night phone calls,
No bouquet of roses.

And I wish when you fell apart,
I threw away the pieces.
That because of you
I'd stop the clichéd love of the chase
But you can't argue
What an old book tells.
This won't be obsession.
There will be no
Harassment charges
No pictures burned
Foggy car windows
No lipstick on maps.
And I wish you didn't
Put sugar in my coffee
Every morning to sweeten the day.
That I was immune to your
Charming nature
Or you locked me out of the house
On a one-dog night.
But you gave me what you had.
So here I sit with my mug
Spinning a globe.
I wonder where you went.
The taste of life is bitter.
The cliché will never end,
And I wish you weren't the reason
I take my coffee black.

THE WORDSMITH

TEREK FLOWERS // KIMBERLEY
A wordsmith crafts his mail with the silver-steel of metaphors. He hammers them into beautiful shapes with the flick of his tongue, the stroke of his quill. He pounds fine gems of similes, as a woodpecker hunts for maggots. His forge, powered with flames of passion, the embers of emotion. He is a creator, and a destroyer of whole worlds at a thought. He is a wordsmith.
DEPTHS UNKNOWN
LIAM MAKI//KIMBERLEY

i.
I walk under the weeping willow, and allow the sound of rustling, dangling branches to place me in its trance.

We sit under an oak, sun gently shining on a summer’s morning. It’s still.

The grass still cool from the night, the underside of a pillow hidden under our picnic blanket.

I listen to your breath, watch your hair flow. This is bliss.

The aftermath of a car passing brings me to reality. Dirtied water drips from my hair. I taste the grit.

Silence accompanies me on my walk home. Ink covers my hands, while you linger in my thoughts.

The darkened waters race through the rocks. I can’t. I won’t. I won’t look away.

In my bed hidden under covers unneeded I think I am safe from my own mind.

I am the photographer. I see many faces: the similarities of bone structures. One forgets a face from time to time.

Why won’t yours drift into the abyss the sea of the many faces?

We lay lazily on tubes floating aimlessly on the lake perfectly reflecting above.

We bump into each other. It becomes a game. You slip giddily off your floating throne and slide into the once halcyon waters, slowly seep beneath the darkened surface.

Moments pass. The unwelcoming water clings to my face. I can see clearly. My eyes scan for none but you. You lay at the bottom.

At peace
Asleep.

Gargling noises echo across the lake. I pull you through the surface.

We reach shore. Sand finds its way through my toes. A different kind of quiet. Where has the colour off your face gone? Why aren’t you breathing?

I’ll hold you until you do

Sputtering, I wake. A Husky growls hastily, leaping off the bed as I quickly sit up.

It’s been years Since I’ve been free of these waters.

ii.
love [luhv] Noun

1. a profoundly tender, passionate affection for another person Is this what I feel? or is it just a fear? A hand slips under the waves? I can’t look away from your still face. People say you never know what goes on behind closed doors Shut eyes?

I stand at the bank, watching the ripples mix into one. Some things are inevitable.

I face the oncoming trail. You don’t know it, but I’ve always watched made sure only rocks litter the creek floor. But this has finished. Time for this chapter to be flipped over to the next. I’ve given it my all.

The waters will keep flowing without me.
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- Common Grounds Coffee Shop
- Freedom Quest
- JJ’s Fashions
- Kootenay Gallery
- On-line Learning Centre
- Selkirk College
- Stanley Humphries Secondary School

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- Big Brothers Big Sisters of Cranbrook
- Canadian Mental Health Assn. for the Kootenays
- Columbia Basin Trust Office
- Cranbrook Boys & Girls Club
- Cranbrook Family Connections
- Cranbrook Public Library
- EK Addictions Services
- Hot Shots Cappuccino & Fresh Food Bar
- Kootenay Roasting Company
- Ktunaxa Nation Council Child & Family Services
- Lotus Books Inc.
- Mount Baker Secondary School
- Pages Book Emporium
- Summit Community Services Society
- The Choice Skateboards and Snowboards

**Crawford Bay**
- Crawford Bay Secondary School

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- Black Bear Books
- Buffalo Coffee House
- Creston & District Public Library
- Grand Central Perks & Blends
- Kingfisher Quality Used Books
- Mormon Hills School
- Prince Charles Secondary School
- The Snoring Sasquatch

**Elkford**
- Elkford Public Library
- Elkford Secondary School

**Fernie**
- Big Bang Bagels
- Fernie Arts Station
- Fernie Heritage Library
- Fernie Secondary School
- Fernie Women’s Centre

**Golden**
- Bacchus Books
- Bean Bag Coffee Roasters and Internet Café
- Columbia Basin Trust Office
- Dreamcatcher Hostel
- East Kootenay Addiction Services Society
- Golden Family Centre
- Golden Secondary School
- Jita’s Café

**Gray Creek**
- Gray Creek Store

**Invermere**
- Dave’s Book Bar
- David Thompson Secondary School
- Invermere Public Library
- Kicking Horse Coffee Café
- Quality Bakery
- Summit Youth Centre

**Kaslo**
- Blue Belle Bistro
- JV Humphries Secondary School
- Kaslo & Area Youth Council
- Kaslo & District Public Library
- Langham Cultural Centre

**Kimberley**
- Bean Tree
- Kimberley Arts Council – Centre 64
- Kimberley Public Library
- Selkirk Secondary School
- Spirit Rock Climbing Centre

**Kootenay Bay**
- Ashram Books
- Fairy Treats

**Meadow Creek**
- Lardeau Valley Community Centre

**Nakusp**
- Arrow & Slocan Lakes Community Services
- Columbia Basin Trust Office
- Freedom Quest
- Nakusp Secondary School
- What’s Brewing on Broadway

**Nelson**
- ANKORS
- Cicada Place
- Dominion Café
- Earth Matters
- Freedom Quest
- Grounded Organic Coffee House
- Jigsaws Coffee Co.
- LV Rogers Secondary School
- Nelson & District Youth Centre
- Nelson CARES
- Nelson Municipal Library
- Nelson Waldorf School
- Oso Negro
- Otter Books
- Packrat Annie’s
- Self Design High
- Selkirk College – Silver King Campus
- Selkirk College – Tenth Street Campus
- Sidewinders
- Touchstones Nelson: Museum of Art & History
- Youth Employment Resource Centre

**New Denver**
- Lucerne Elementary Secondary School
- New Denver Reading Centre
- Nuru Coffee Bar

**Radium Hot Springs**
- Radium Public Library

**Revelstoke**
- Community Connections Society
- The Modern Bakeshop & Café
- Revelstoke Secondary School

**Rossland**
- Alpine Grind
- Café Books
- Kootenay Assoc. for Science and Technology
- Rossland Public Library
- Rossland Secondary School
- Sunshine Café

**Salmo**
- Dragonfly Café
- Salmo Community Services
- Salmo Public Library
- Salmo Secondary School
- Salmo Valley Community & Youth Centre

**Slocan//South Slocan**
- Harold Street Café
- Mount Sentinel School
- WE Graham Community School

**Sparwood**
- Sparwood Secondary School
- Sparwood Recreation & Leisure Centre

**Trail**
- Career Development Services
- Greater Trail Community Skills Centre
- JL Crowe Secondary
- Rebelato’s Morning Perk
- Sanctuary
- Trail & District Public Library
- Trail Coffee & Tea
- Trail FAIR Society

**Valemount**
- Valemount Secondary School
- The Gathering Tree

**Warfield**
- Cornerstone Café & Deli

**Windermere**
- AskiSqnuk Learning Centre

**Winlaw**
- Cedar Creek Café
- Jennie’s Book Garden