22 AWARDS
Available for residents who have taken a hiatus of at least one year from high school. Submit to a participating college.
NEXT INTAKE JUNE 2010

45 AWARDS
Available for high school grads. Submit to your local high school.
NEXT INTAKE APRIL 2011

COLUMBIA BASIN TRUST IS OFFERING

$2,000
AWARDS FOR BASIN RESIDENTS PLANNING ON ATTENDING FULL-TIME POST-SECONDARY STUDY. THESE AWARDS ARE BASED ON COMMUNITY VOLUNTEER SERVICE, NOT ON ACADEMIC ACHIEVEMENT. FULL AWARD ELIGIBILITY CRITERIA, APPLICATION FORMS AND GUIDELINES CAN BE FOUND AT WWW.CBT.ORG/PROGRAMS.
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Mankind’s greatest accomplishment is not the revolution of technology, it is the evolution of creativity.

—Del Jones
This is Issue #15! Spring is a great time to get inspired to do something new and this issue is full of ideas and inspiring articles that showcase how easy it is for Basin youth to launch amazing initiatives. You’ll read how one girl organized a community gathering to raise awareness on climate change that became part of a global movement (*350*, *page 12*), you’ll learn how four skateboarders hosted an art gallery show that rocked Cranbrook (*Lo-Fi Show, page 22*) and you’ll see how easy it is to be part of a roller derby league from a team in Salmo (*Roll or Die, page 10*). I hope you’ll be inspired to take action and realize how easy it is to be part of something bigger in your community.

I want to thank the youth from Mt. Sentinel’s Quest for Community program for sharing their experiences after being in Haiti during the recent earthquake. There has been an overwhelming response from Basin communities and youth to help Haiti and we hope the quest continues.

So many submissions! Wow, scratchonline.ca has been on fire. Selkirk College students from the Sentinel Newspaper formed this issue’s Editorial Committee. They reviewed and chose some of the amazing work to be published. Thanks to them and all those who submitted their incredible art, photos, poetry and writings—keep your submissions coming!

Visit scratchonline.ca to subscribe to SCRATCH Mag and we’ll send it right to your mailbox. Stay connected with CBT Youth Initiatives by joining our new Facebook page: www.facebook.com/cbtyouth.
National Aboriginal Day History
June 21, 2010
June 21 kick starts the 11 days of ‘Celebrate Canada!’ which includes National Aboriginal Day (June 21), Saint-Jean-Baptiste Day (June 24), Multiculturalism Day (June 27) and concludes with Canada Day (July 1)!

All Canadians are invited to participate in the many National Aboriginal Day events that will be taking place from coast to coast to coast. Join the celebration and learn more about Aboriginal people and their contribution to what has made Canada the great nation that it is.

First proclaimed by the Governor General of Canada on June 13, 1996, each year June 21st has become a day in the Canadian calendar that presents Aboriginal peoples with a great opportunity to express great pride for their rich diverse cultures with their families, neighbours, friends and visitors.

First Nations, Métis and Inuit people will gather to celebrate and share with spectacular dance, song and theatrical performances that will bring you to your feet! Many community celebrations will also include traditional Aboriginal cuisine, a real treat for the taste buds.

UNESCO: 2010 International Essay Contest for Young People Right Now!
The United Nations Educational, Scientific and Cultural Organization (UNESCO) together with the Goi Peace Foundation invite young people from around the world to participate in the 2010 International Essay Contest for Young People. The theme for the essay is: “My Role in Creating a Peaceful World.”

What is your vision of a peaceful and harmonious world? What can you and the young people of the world do to realize that vision?

The Goi Peace Foundation is an organization committed to building peace. The Essay Contest is an important opportunity for young people from all over the world to express themselves by writing about current issues such as culture of peace, media and communication or sustainable development.

The deadline for entry is June 30, 2010 and first prize winners will receive a cash award and a trip to Japan!

For more info visit: www.unesco.org/youth.

International Youth Day
August 12, 2010
This day launches International Year of Youth: Dialogue and Mutual Understanding. The event is about advancing the full and effective participation of youth in all aspects of society. It encourages all sectors of society to work in partnership with youth and youth organizations to better understand their needs and concerns, and to recognize the contributions they can make to society. This year it will coincide with the 25th anniversary of the first International Youth Year in 1985, which had the theme Participation, Development and Peace.

What will you do in your community, with your friends or your organization to celebrate the International Year of Youth: Dialogue and Mutual Understanding? Speak out, inspire others and let us all share best practices for the year!

For more information and ideas on how to participate, visit www.un.org/youth.

it happens...
To find out about current events in your community or to post events you are hosting, visit: www.facebook.com/cbtyouth
www.radio3.cbc.ca
CBC Radio 3 is a web and satellite station that features Canadian music from new and emerging artists in multiple genres. With more than 14,000 artists and 73,000 original songs, CBC Radio 3 maintains the largest collection of independent Canadian music in the world. From basement demos to professional recordings, from local shows to national tours, CBC Radio 3 is a leading supporter of emerging music.

wwwCHECKYOURHEAD.ORG
Check Your Head (CYH) is a youth-driven organization in Vancouver educating young people on global issues by looking at the connection between global events and local realities. CYH provides education, resources, training and support for youth, who then facilitate workshops, organize events and coordinate projects promoting education and action around issues of globalization and social justice.

www.LEAVEOUTVIOLENCE.COM
Leave Out Violence (LOVE) is a grass roots Canadian youth organization that is an effective means of social change, providing hope, motivation and opportunity to thousands of young people. LOVE’s multi-media programs in photography, video, radio broadcasting and journalism teach youth how to document the violence in their lives and create concrete solutions to end violence. LOVE is creating a youth-led movement against violence by teaching youth how to use their voices and become champions against violence.

www.GIVESEMHOPE.COM
GMH is where people share with the world their most hopeful, uplifting moments and allow others to draw strength from their experiences. It’s like Chicken Soup for the Soul - the 21st Century, Twitter-style version. Because with all of the hurt and suffering in the world, who couldn’t use a few more reasons to hope each day?
The Youth Advisory Committee (or YACers as we call them) is a group of involved, inspired, creative youth from around the Columbia Basin who are interested in making a difference in their communities. YACers are involved in a number of projects, from cultural events and youth forums, to special projects and presentations. Another key part of the commitment to the CBT YAC, is that members of the committee evaluate our Columbia Basin Youth Grants.

If you are interested in becoming a YACer (committee member), applying to be part of the Youth Advisory Committee (YAC) really couldn’t be easier. The YAC begins recruiting for new members in May of each year. New people bring new ideas and new perspectives, so don’t hesitate… applyate! Our application form is quick and interesting to fill out and can be found on the web at: scratchonline.ca/aboutus/application.
MARTHA BOLAND  
by lauren fox

Martha Boland is the newest member to the YAC and we are so excited she decided to get involved. Martha joined the committee because she loves the Basin and wants to learn and grow with all the different communities that YAC reaches.

Martha actually grew up as a ‘big city’ girl going back and forth between Vancouver and Toronto until her family moved to the Kootenays about four years ago. Now she goes back and forth between Creston and Cranbrook where she is currently attending the College of the Rockies as a full-time student.

Somehow she also manages to find time to enjoy two of her favourite hobbies; reading and motorcycles. I can say one thing; Martha is a woman of many talents! When asked where the coolest place she had ever been Martha replied, “Mountaineering in the Pemberton Mountains, it makes you feel humble in the glory of nature.” Mountaineering and motorcycles who knew? Needless to say we are glad to have Martha and her many interests as a part of our diverse YAC!

LAUREN FOX  
by martha boland

Lauren Fox grew up in Woodstock, New Brunswick, but now lives in, and graces Fernie. She works part-time at a really fun clothing and shoe store and at the Fernie Women’s Resource Centre as an Assistant Coordinator. Lauren also volunteers and is on the regional board for the Options for Sexual Health clinic. Her dream job, though, would be a highly paid food critic. Lauren joined the YAC to learn more about what youth are doing around the Basin and what they think is important for youth in their communities. Lauren’s best qualities are her reliability and good sense of humour, evident in her extensive volunteering and great personality. In her down time, Lauren enjoys gardening, reading, watching movies, “trying to knit”, and moving her furniture around a bunch. Her favourite holiday is Christmas because it is a time for family and friends, but I bet she would go to New York City on her next holiday because it’s the coolest place she’s ever been.

AMANDA BOEGEL  
by clara foulds

Born on the east coast of Nova Scotia where lobsters roam wild, Amanda later was raised in a small Ontario town that claims the world’s largest maple syrup festival. Although her current residence of Ymir doesn’t have lobsters or maple syrup, it has drawn Amanda to it as a resident for its accessibility to the great outdoors. Amanda joined the YAC shortly after moving to the area a year ago.

“I really like the efforts of Columbia Basin Trust and how they work with communities and local organizations,” she says. Amanda spends a lot of time knitting from her hand spun alpaca wool; she also enjoys snowboarding, hiking and otherwise gallivanting around the local mountains. She loves trotting the globe, sloshing in puddles and hanging out with her four-legged canine friends. You may also find her digging in her garden, spinning flaming poi or dancing to funky tunes at the many mountain music festivals of the region.

Amanda is currently reading, ‘Water Body, Eastern Mind’ and ‘Lovely in Her Bones’. When she grows up, Amanda would like to be an astronaut.
Roller Derby has been gaining popularity the last few years in Canada. Everywhere you look, there are new T.V. shows about derby, as well as documentaries, movies and magazines—people are talking!
Do you want to get the wheels in motion in your community? Here are a few tips from a women’s roller derby team in Salmo called Babes of Brutality.

1. The most obvious step is buying skates. They cost anywhere from $100 to $800, but you don’t need the very best pro-skates yet. There are online stores that have reasonable prices and can help you get the gear best suited to you.

2. Get the word out that you want to start a team in your area. Put posters up with all the information like what ages can participate and how to contact you.

3. Find a place to skate! Check with local schools, recreation centers and community halls. Ask about rental costs and the times they would have available. Some buildings will provide you with insurance, while others will ask you to provide your own.

4. Research exercises, team drills and rules online. Many teams and leagues also post their warm-ups on their team website.

5. Delegate different roles to each team member where possible. Share responsibilities so that everyone can have fun and no one feels either stressed or left out. Don’t forget to decide on weekly dues to pay for the gym rental, insurance, upcoming travel costs and uniforms!

6. Share your experiences with other teams in your area. That’s the easiest way to learn and you’ll have fun doing it. Get online! Start a blog or a Facebook page to let everyone know what’s new with your derby team!

Check out: www.rollergirl.ca
www.cwrda.ca

Canadian Woman’s Flat Track
Roller Derby Association
On October 24, 2009, more than 5,000 events were organized in more than 181 countries all over the globe. Millions of people gathered together—all because of the number 350. And I was one of them, gathering with a large group on that same day in Nelson. On that day those who gathered set aside racial, social and economic barriers, and instead came together for the number 350!

Why did we do it? To celebrate the International Day of Climate Action, and the magic number 350, a number that represents the ideal balance of Carbon Dioxide (CO2) for us to have in our atmosphere. 350 is the carbon level we need to reach in order to have a chance at beginning to accomplish the monumental and mind-boggling task of slowing down global warming. 350 parts per million is the safety zone for planet earth. But the longer we remain in the danger zone—above 350—the more likely we will see disastrous and irreversible climate impacts.

We are currently ranked at 390 CO2 parts per million. If we continue to release carbon and other heat trapping gases into the atmosphere at this pace, the carbon concentration in our atmosphere will continue to rise by two parts each year.

What that looks like for us is glaciers and ice caps melting faster than ever before, sea levels rising drastically, weather patterns changing, people in all corners of the globe becoming climate refugees because of storms, floods, and rising sea levels. Some nations will even be underwater in less than a century if the sea levels continue to rise as fast as they are. The Alliance of Small Island States (AOSIS) and The Least Developed Countries (LDC's) are at the highest risk. The earth itself is even releasing carbon stores from rapidly melting permafrost. Humans are just now beginning to clue in and realize this catastrophic problem that we are facing.

The scientific discovery of the importance of the number 350 brought this all into perspective and we are realizing that we must act now if we value the health of our earth.

Leading up to October 24, 2009, a call to action for people all over the world was broadcast over the Internet at www.350.org. We were asked to organize an event in our community. Some ideas included parades, hikes, music performances, rallies, dances, games, sporting events and fairs. The most important thing was that these events all somehow incorporated the magic number 350.
When I caught wind of this revolutionary movement I knew right away I wanted to be a part of it. The 350 movement is an optimistic one—and I like that. It isn’t jamming scary threats about how the world is ending down people’s throats, instead it is telling us that right now is our only chance to change, with a feeling that we can band together and make it happen.

I had only two weeks to organize my event, but had many willing and enthusiastic students to help me. First I had to spread word about 350.org to as many people as possible and get them on board. After people had visited the website and learned about this scientific discovery and the huge movement that was happening, I watched the excitement spread. A small group of us met to brainstorm and discuss ideas and we decided on organizing a rally as well as gathering to form a giant 350 with people on the beach using candlelight for our final photo. The idea seemed awesome, but I honestly did not know quite how we were going to make it happen.

Everyone worked very hard together, and we advertised the number 350 incessantly to other students. Eventually it caught on and I heard more and more whispers of the magic number. People started to ask, “Well, what is 350 anyway?” I even heard students explaining the concept to others, and witnessed many active discussions about climate change in the hallways. Soon it felt like the school was buzzing with chatter about the event coming up on October 24.

Our rally was a huge success. Having started from a tiny group of students, I was amazed to see that we had close to 350 participants. We had joked in the beginning, saying, “Can you imagine how amazing that would be if we actually had 350 people show up at our event?” I was so thankful to see the support from not only students, but adults, community mentors, teachers, families and people of all ages. We were honoured to have Douglas Noblet, a professional photographer (www.wildairphoto.com), volunteer his time and expertise to take our photo. When everyone was gathered together in the shape of a giant 350 on the sand of Lakeside Park, waiting for the photo to be taken from the orange bridge, there was a feeling of optimism in the air. I heard shrieks of “I’m the bottom of the 3!” or “We’re making the tip of the 5!” and “I’m somewhere in the middle of the 0.” Mostly it was a feeling of being a miniscule part of something much, much bigger.

It was amazing to visualize this little gathering of people in Nelson joining so many others across the globe on the same day, like a group of school children planting 350 trees in Bangladesh, scientists hanging banners saying 350 on the statues on Easter Island, and 350 scuba divers underwater at the Great Barrier Reef. At each event people were asked to take a photograph that depicted this number, be it gigantic or very tiny, or be it with an entire town or just a few friends. All of these images were to be sent back to 350.org at the end of the day to be compiled and shown at the United Nations Climate Change conference in Copenhagen, Denmark during the first few weeks of December.

The goal of sending these images was to convince world leaders that the people of the world do care about the future of this planet. The representatives who attended the Copenhagen Conference from the www.350.org organization also asked them to sign a fair and binding climate treaty. As effective as it is for each individual to take steps towards reducing carbon emissions—such as alternative means of transport, energy saving, and turning off lights—when it comes down to it, world leaders ultimately have the most power when it comes to reducing emissions. They have the power to stop corporations and industry, to stop massive oil and coal drilling, and to formulate strong plans for alternative and sustainable energy sources.

We live on an extremely precious and unique planet that is the only one of its kind. This is a planet that has a very delicate balance that has made life for us as human beings possible and it is the only place we have to live. I hope through this experience those who joined me in the 350 project have come to appreciate this fact as much as I do, and that we can all reach out to more people and help them understand the importance of valuing our Earth and its balance.
Quest for Community (Quest) is an evolution of the community service programs that have been part of Mt. Sentinel Secondary School in South Slocan for the past seven years. Students travel to communities throughout the Basin and beyond to find out how to establish and maintain viable sustainable communities. While in those communities, the youth perform community service.

Quest went to Haiti on January 12, 2010 to build a goat farm and drill a well. Forty-five minutes after they arrived at their destination a massive 7.0 magnitude earthquake struck. Not being able to carry out their intended plans, they took part in relief efforts instead. They purchased and distributed 1,600 kg of rice and cleared debris from roads. In turn, the Haitian people cared for and protected them. After five days, the students were evacuated, reluctantly leaving their new found community. Fundraising began before they even arrived home, and since then thousands of dollars have been raised for Haiti relief. The following are journal entries, poems and post-trip reflections by the youth.
When people imagine a 7.0 earthquake they imagine complete destruction, misery, and sorrow. There is no doubt about it. This happened. But there is something people don’t always address after experiencing this: the general love and amazement they felt. On a daily basis people from the local community would greet you, and see how you are doing.

Skye Spears//Nelson

Happiness to me is a friend, and a smile, even in the face of disaster. Happiness is wiping your tears and holding the hand of your neighbour. It is a song upon unstable ground. Happiness to me is Haiti Arise, built from love and the chance to make a positive change.

Margaux Tappin//Slocan

I believe that every single person that went on this trip became a stronger and better person because of what we all had to see and endure. The Haitians were so gracious to us that we felt we needed to do as much work as we could despite the situation, whether it be clearing roads or moving heavy building supplies. It was easily the hardest and most powerful week I’ve ever lived, and I’m positive that a piece of me will always remain in Haiti.

Rachel Throop//Crescent Valley

When I was in Haiti I realized what real luck was, that all of Canadians had it. Real luck is surviving an earthquake in an impoverished country and knowing that you may return to your wealthy home, school and country at anytime. Real luck is not having to run barefoot over pebbles in the blazing hot sun over a few kilometres just to get a cup of rice. Real luck is being the donator, not the one who receives the donations.

Owen Spears//South Slocan

When we arrived at the airport in Haiti, I had a feeling of confusion and desperation. Once we got on the bus and we started driving through Port-Au-Prince, the poverty stricken nation was popping into our eyes. There was one school of young children singing nursery rhymes that stood out in my mind, and knowing it was crushed later that day was heart breaking.

Bryden Chernoff//South Slocan
I'm still mystified by everything that has happened. I think about it every day, and since I've been home, everything I do somehow relates back to Haiti. One of the main ways that it affected my life is undoubtedly the newly sparked debate inside of me about fate versus free will. I've never been Christian, of which the foundation is free will. However, I've never been one to believe in fate either. The earthquake, however, has made me think about everything I've learned throughout my life that has to do with this argument.

"Why did our flight get moved up an hour at the last minute?" If it didn't, we would have been in a bus in the middle of Port-Au-Prince when it all happened, something that certainly wouldn't have panned out well. Further, why was our building the only two story building left intact in our area? For me, I don't think I'll ever stop wondering why things worked out like they did. Was it luck, or does luck even exist?

When the earthquake happened, it felt like someone was shaking you in a little box. I really wasn't sure if this was a normal thing for the country, until I ran outside and everyone's eyes were filled with fear. We finally made it to another missionary called Life Line, where we all sat in the grass crying and hugging each other. A Haitian boy came up to me and said, "Don't cry, God will save us." At this point even the embrace from my classmates wasn't calming me down. It started to get dark and we all started to get sleepy, but sleeping never lasted for long. I remember getting woken up by singing; I looked behind me and I saw in the field about 200 Haitians holding hands in a circle. I never thought that I'd ever understand religion, until that exact moment. Religion is the only constant they can rely on, that's how they shape their faith.

Being there for around 45 minutes and having an earthquake hit was one of the scariest things to happen to me, but also the best. I met warm-hearted people who were robbed of everything they had by the earthquake, yet still did everything they could to supply us with our basic needs. My life has turned for the better. I am forever grateful for the help we received from the Haitians. I understand from first-hand experience that it doesn't matter how much material you have, it's the relationships you make and keep forever that make a difference.

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Haiti; officially the Republic of Haiti (République d’Haïti ; Repiblik Ayiti) is a Caribbean country. Along with the Dominican Republic, it occupies the island of Hispaniola, in the Greater Antillean Archipelago. Ayiti (land of high mountains) was the indigenous Taino or Amerindian name for the mountainous western side of the island. The country’s highest point is Pic la Selle, at 2,680 metres (8,793 ft). Haiti’s population was about 9.8 million according to the UN’s 2008 estimates, with half of the population being under 20 years. The total area of Haiti is 27,750 square kilometres and its capital is Port-au-Prince. Haitian Creole and French are the official languages.

Haiti’s regional, historical and ethnolinguistic position is unique for several reasons. It was the first independent nation in Latin America and the first black-led republic in the world when it gained independence as part of a successful slave rebellion in 1804. Despite having common cultural links with its Hispano-Caribbean neighbors, Haiti is the only predominantly Francophone independent nation in the Americas. It is one of only two independent nations in the Americas (along with Canada) that designate French as an official language. Haiti is the poorest country in the Americas. On various occasions, it has experienced political
violence throughout its history. Most recently, in February 2004, an armed rebellion forced the resignation and exile of President Jean-Bertrand Aristide, and a provisional government took control with security provided by the United Nations Stabilization Mission in Haiti. Rene Preval, the current president, was elected in the Haitian general election in 2006.

Nature is crude
To take in this context is rude
Now we must back track to rebuild
Rebuild and renourish
But for how long can we hold on? Each step is a leap of ten maybe fifteen years
We must push soon
Before the perished are joined

My child has nothing
My Haiti has less
Renourish Rebuild
Wash beautiful wounds
Wounds are filthy and diseased
Wash rubble. Wash toothpaste.
Masking smells of death
Wash grime from little nails
Wash history

Then start fresh, a clean little boy
His scars fresh along with his belly rumbling
The rubble and rocks moved. Rumbling.
Haiti’s stomach is empty
Feed it with love
And funds from other bellies
That have much to give
Feed the bones to rebuild foundations
Feed him vitamins for strength in his little muscles
Everyday he rises off of our sheet
Easier and with more purpose
SHARING WISDOM
Cranbrook students connect with ABORIGINAL CULTURE.

By Columbia Basin Trust
High school can have you feeling like a fish out of water. The Wild Warriors, a group of Aboriginal Students at Cranbrook’s Mount Baker Senior Secondary School (MBSS) are helping Aboriginal students feel more empowered and connected to their culture through a project the group dubbed – Sharing Wisdom.

In MBSS, the Wild Warriors, a group of Aboriginal students, along with the support of the school’s Aboriginal Education department, created a unique opportunity to support Aboriginal students in feeling empowered and connected to their culture.

Working with, and funded by, MBSS, the School District and Columbia Basin Trust, the students and their Aboriginal Education Support Workers were able to connect with Elders from the Ktunaxa Nation, as well as two Métis Elders who were brought into the school on a daily basis and who became an integral part of the Aboriginal Education program. These Elders were made available to Aboriginal and Métis students as a source of information on their culture, traditions, language and advice.

“Over the years, Aboriginal youth have expressed a need to talk to an Elder about who they are as Aboriginal youth, to ask cultural questions and to have an Elder that they could talk to,” said Debbie McPhee, an Aboriginal Education Support Worker at MBSS. “The Sharing Wisdom project has exceeded our expectations; from the beginning the involvement of the Elders has been significant and enlightening.”

Joan O’Neil is one of the Elders participating, and in a project report she stated her reflection on the project: “By my adding here and there of where they come from and generations gone by, I hope to achieve the connection of each and every one of them to their heritage, their culture, and language. They are so important to our Nation. I hope to help the youth to communicate with unfamiliar surroundings (world outside of the reserve) and help them know who they are, where they come from and to be a person true to themselves.”

The Elders now have a classroom at MBSS, where they are accessible to youth throughout the day and where they work with youth on specific projects. In addition, the Elders have become a part of many other classes at MBSS such as a photography class that discussed perspectives, stereotypes and discrimination; a social studies class on the Métis Nation and its history in Canada; as well as a First Nations Studies class where an Elder recounted his experience and knowledge of Indian Residential Schools. Aboriginal youth participating in the class with the Elders have also worked on Storytellers Projects to learn skills in public speaking and personal interviews to discuss individual challenges, dreams and their desires about their culture or families.

“Having the Elders at our school means a lot to me; I think they are always there when we need them and they always want to help us out,” said Paetonn MacPherson, a grade 12 student. “Whenever I have a down day, I tend to go see the Elders and they always make things better by just talking or telling me stories. I think the more kids are not afraid to go ahead and talk to them, the more comfortable the students will be in the school.”

“The greatest success of this project is the relationship between the Elders and the youth. Second to that are the relationships with Elders and staff and the authentic voice and advocacy for Aboriginal students that Elders bring to the school,” said McPhee.

The Sharing Wisdom project will be part of the school curriculum until December 2010, with a commitment by the school and School District to keep their funding commitments into the future as well. McPhee said they are receiving requests from other communities about this project, and she hopes it becomes a great example of the positive contribution Elders can make to the public education system.
Your life is a story. Every person has a chance to raise a flag, to drop a beat, to stand on their podium and say their piece. Want to make the most of your story? Want to have a greater impact on your peers, your town, or your world? Make that beat count. Travel, learn and connect. Join our Youth Advisory Committee today. Contact info down there.

For more information or to download an application visit: www.scratchonline.ca
Getting Your Voice Heard
- Youth Advisory Committee
- Updating your status
- Street corner preaching

Time Commitment
- Youth Advisory Committee
- The rest of your busy life

Change You Make
- Youth Advisory Committee
- Complaining at the local coffee shop

YAC Benefits
- Travel
- New experiences
- Learning opportunities
- Acquiring new skills

or call CBT at 1.800.505.8998 or email cbtyouth@cbt.org
The Lo-Fi Show  by lukas behmdt // cranbrook
All an artist needs to be successful is creativity and perseverance – this is why I believe the sub-cultural world of skateboarding breeds artists.

Skateboarding has evolved into a sport, but it has no guidelines or rules, no whistles or referees when performed on the streets and in our community skate parks. This forces a skateboarder to make up their own rules, which is how it often becomes an expressionist art form.

After stepping on a skateboard for the first time, you may look at everything as an obstacle. It forces one to look at everything creatively. Skateboarding also teaches perseverance. Nothing comes easily with skating; it’s all trial and error. Slamming on the ground over and over before getting a trick right is completely normal, but it’s all worth it for the feeling of riding away undefeated once you nail that trick. For these lessons in ethics and creativity learned through skateboarding to cross over into something else artistic is completely natural.

The Lo-Fi Show is a group of four like-minded skateboarders that took their skate mentality and put it to canvas, opening an exhibit at Cranbrook’s Menagerie Gallery in January. Much like skating, their art is for self-gratification. Once again, against judgement of any peer or elder, these four ‘ride away’ undefeated without a thought as to what others might think of their art. People are supposed to interpret art in different ways, but it takes courage to put it out for others to interpret. Art is personal expression in a raw form.

Artist Lukas Behrndt talks about how the Lo-Fi Show came together: “One day the thought of having an art show between the four of us came up in a conversation. From there, the whole thing just happened naturally. Everything just seemed to be timed perfectly and fall into place easily. We started by booking the space and after a short meeting with the gallery manager we had our dates set. When it was time to set up, we all had ideas in our heads of how we wanted to have our work installed. None of us had ever put up a full installation before so it was all trial and error until we had the space looking the way we wanted it.”
When I create my art I like my environment to feel raw. I like dirty, skuzzy, grimy music to linger through my bedroom walls. Words like filth, foul, corrupt, sleaziness and smut swarm through my head and warm black coffee surges through my body. I seek to give my art soul and show people a piece of my mind in a perfectly imperfect way.

Through my work I give people a peak into my brain. I use animals, people and symbols as ways of explaining exactly the way I feel and think. Everything I create has a reason and usually a story behind it. Although the viewer might not always understand my work, it makes perfect sense to me.
Brodyn Ratcliffe

Brodyn is the quiet one of the group. No really he is. It is a mega cliché to say, but he is truly quality over quantity. His jokes are better and his insights more interesting. His introspective demeanour shines through in his art as well. You can’t tell if his pieces are full of inside jokes, some hard searched-for meaning, or if they are just something he liked the idea of. It is sure however, that he will never tell us.

Nathan Siemens

Jacee Juhasz

You rarely ever see Jacee without a camera in his hand. His photos give a glimpse into people and scenes that usually don’t get noticed. Rather than shooting a cliché landscape or sunset, Jacee will go out and shoot a culture from an inside perspective.

Lukas Behrndt
Before you see the radiance of Corazon, you can hear us marching in the background. It starts out faintly in the distance, dozens of feet pounding the floor in musical rhythm, like a heart beating in one's chest becoming more sonorous and urgent.

We pour out of stairwells or basements, and march through the audience singing with resonating, passionate voices. A rhythm becomes the precious balance that holds us together as a group and I can feel my heart and spirit rallying together in the music’s warmth. I am no longer nervous or tense; there is no room but for the music to fill my heart and mind.

This is the Corazon Vocal Ensemble.

With our director Allison Girvan’s vision, the Corazon Vocal Ensemble perform
a blend of cultural music that allows singers to maintain their individuality in performance. Allison makes rehearsals a safe haven for self-expression and is always open to hear new ideas for creating a lively performance. She has been directing choirs and performing herself for many years, she also directs the Nelson Youth Choir and the women’s choir Shenango in Nelson. Also in Corazon, we have a talented permanent pianist. Christoph Martens has been with Corazon ever since I first joined four years ago. Most of our music pieces include his delightful accompaniment on the piano.

When we perform pieces such as the African song Zulu Mama, the singers and audience members can transcend into a cultural journey. Sometimes I feel like I am marching proudly across the hot plains of Africa while I am singing. There is the clear delicate voices of the first soprano’s, the steady melodious second sopranos, the commanding and rich sound of the baritone and basses, and of course the exquisite chime of the first and second altos.

When I first joined Corazon as a second soprano, I was 16-years-old and there were about 40 youth at that time. In the four years since, Corazon has grown to 65 youth with ages ranging from 13-21, and has become a choir actively engaged in our community and global issues.

Corazon has become an official Cultural Ambassador to the City of Nelson and we do several performances a year in Nelson, Castlegar and Kaslo. Since January, we have performed at a fundraiser for Mount Sentinel students to go to Haiti and performed a show while the Olympic torch was passing through Nelson on January 23.

Corazon translated from Spanish means heart, and true to its name every choral member sings from their hearts during each performance. We put passion, creativity and character into each of our pieces and make each song a personal journey of self-discovery. Our mission is to celebrate our similarities and differences through an array of music in languages such as French, Italian, Latin and several African dialects. In our performances, we wear emerald green costumes made especially for us in Nelson, or on certain occasions we will radiate the brightest colours of our closets. Before each performance, we etch black imaginative designs at the corner of our eyes, a custom that was started about four years ago to make us look more individual on stage. We are moving pieces of art.

Sometimes it has been a struggle to get a song ready for performance standards. The hardest song I have had to perform was called “Voice Dânce IV” in my second year. The words were in no particular language, “oo way ee ah va da oo way ee ya”, and the second sopranos had some difficult notes to learn in only a few weeks before we performed it at the Brilliant Cultural Centre just outside of Castlegar for the first time.

Every year we have been invited to a music festival somewhere in Canada. This year we are headed to the Banff Music Festival in April. On route to Banff, we will also be singing in New Denver and Golden. It is always very exciting to go travelling and get more acquainted with everyone and share our passionate performances with new audiences.
The Columbia River... covers nearly 2,000 km (1,245 miles), starting at Columbia Lake near Canal Flats and flowing into the Pacific Ocean near Portland, Oregon.

- has an elevation drop of 820 m (2,690 feet).

- forms the Columbia Basin, which is the sixth largest basin by area in North America!

- historically experienced periodic flooding due to highly variable flow; this sometimes resulted in devastating damage.

...was out of control!

The Columbia River’s history of unpredictable water levels was problematic. Additionally, after the Second World War, there was an upswing in the economy and population. These factors caused Canada and the US to initiate plans to control the flows of the Columbia River.

The Treaty:

- The Columbia River Treaty is an international transboundary water agreement between Canada and the US.

- Its primary objectives are flood control and optimization of power generation by regulating the upper Columbia River.

- It was signed in 1961 and ratified by the federal governments in 1964.

- After ratification, many of Canada’s rights and obligations were transferred to the Province of BC.

- Amendments can be made at any time if there is mutual agreement between Canada and the US.

- There is no expiry date, but there is a provision for termination after 60 years (2024) given 10 years’ notice (2014).

Today, the Columbia River provides about 50% of the total hydroelectric power produced in BC, and is the largest producer of hydroelectricity in North America! The Columbia River Treaty made this possible.

The Province of BC and BC Hydro in Canada, together with the Bonneville Power Administration and the Army Corps of Engineers in the USA, carry out the Treaty provisions and manage Treaty obligations.

The Treaty dams resulted in the flooding of river valleys, which had huge consequences for Basin residents and the environment!
Canada’s role under the Treaty:

We must provide 15.5 million acre feet (maf), or 19.1 km³, of water storage annually. To meet this requirement, Canada constructed three Treaty dams: Keenlyside, Mica and Duncan.

Additionally, Canada must provide assured annual flood control until 2024, on-call flood control as requested, and release water as determined to provide optimum power generation in the US and Canada.

The Treaty also allowed construction of the Libby Dam in the US, and this reservoir floods back into Canada.

Canada’s downstream benefits:

The water stored in BC’s reservoirs generates additional power (Downstream Benefits) in 11 downstream dams in the US. Canada is entitled to half of these downstream benefits, or half of the additional power produced.

The Province of BC sold its half of the downstream benefits for the first 30 years to a group of US utilities for US $254 million, which helped pay for the construction of the three Treaty dams.

The current estimated value of the downstream benefits is $300 million per year!

Positive outcomes from the Treaty:

- **Jobs** were created for building the dams and hydro power operations.
- **Flood control** offered by the dams means that communities such as Trail and Portland are better protected from extreme floods.
- **Hydro power** generation provides low-cost electricity across the province.
- **Recreation** and **tourism** are enhanced by maintaining certain reservoir levels at certain times of the year to encourage boating and improve aesthetics.

The story does not end here!
The Treaty also had significant negative impacts. In fact, these, along with public reaction to the Treaty, were the reasons for the creation of Columbia Basin Trust! The Treaty truly shapes our region, and we must be aware of the relevant issues.

Check out the next issue of SCRATCH to find out the implications of the Columbia River Treaty and why we should care about them!
spring showers – nelson // douglas noblet // nelson

valhalla lake // douglas noblet // nelson

sunset in mainz, germany // jasmine osiowy // cranbrook

wallride // james perich // cranbrook
i'm home!/miranda de groot/cranbrook

blue cold!/sara smith/nelson

bubble gum!/camille kathleen/rossland

mountain's water!/amber stroomer/valemount
SHE BECOMES A NIGHTMARE
chelsea zimmer //kimberley
She becomes the girl
That steals, cheats and lies.
To get her fix. For just one day.
Tomorrow it will start all over again.
She becomes the girl
That forgets where she is as she wakes
up in her apartment.
Tomorrow it will start all over again.
She becomes the girl
Who pushes people away because she
thinks they won’t understand.
Tomorrow it will start all over again.
She becomes the girl
That wants to be free but is stuck as a prisoner,
As she feels sick she knows
Tomorrow it will start all over again.
She becomes the girl
Who feels every scar on her arms and every
burn beneath her skin.
Deep down she knows
Tomorrow it will start all over again.
She becomes the girl
That finds her escape in that last injection.
She finally knows
Tomorrow it will not start all over again.

THE POINT BETWEEN SLEEP AND SOUND
madison tuff-overes //kimberley
I’m falling asleep to streetlights
And the surrender of movies half-watched.
Curl ed around your thigh, through your ribs,
And out your back;
We’re overwhelmed by the weight of feathers.
Bone becomes powder
And once again,
I’ve lost you beneath sheets.
It’s warmer here,
Tucked under your arm;
Security pawed its way
To the end of the bed;
Breathed contentment
Back into our toes.
You kissed my forehead
With lungs collapsed.
Held me,
And removed the feathers
From my eyes.

SAYS THE TELEPHONE BOOTH
jamie inniss //nelson
Irony is the structure
Art is the medium
I am the observer
As well as the opinion
Knowledge is the point
Originality is the purpose
Living is the result
That we are not worthless
Ignorance is the reason
Industry is the truth
We live in hostility
Says the telephone booth

FAIL TO NOTICE, OUR WORLD START TO CRUMBLE
savi hanning-brown //nelson
The stars glitter, regal, above me,
They’re breath taking, oh so lovely,
Scary to know, a sight like this,
So amazing, will soon be missed,
Because slowly and surely the world continues
to change,
And surely our minds stay the same,
Failing to think outside our own bubble,
Failing to notice the world start to crumble,
We are so careless, so stupid, so wrong,
We panic at the drop of a hat, not a bomb,
We make arguments,
Turn into fights,
Into wars,
Think and ask, were we like this before?
Be more aware, of the people that surround,
Be more aware of the problems around,
One person, at a time,
Many issues, many crimes,
Take every message, and take it to heart,
Because this is how, solving, starts.

MY MARROW LOVES YOU
alexa laing-moore //cranbrook
I felt you in my bones from the very beginning
And when the decay began,
When they withered to dust,
My bones still sang your name.
My blood blushed red when you spoke
my name.
That rush of oxygen instigated
A battle between heart and lung
To see who could beat/breathe faster.
THE WEIGHT OF YOUR WORLD
savi hanning-brown // nelson

when the weight of your world is on your back,
you can’t sit back, no time to relax,
you’re losing it, your seams are ripping,
you’re breaking down, falling and tripping,
sometimes you want it to all go away,
because you’re losing your friends
along the way,
you don’t know what to do, or who you are,
you’re trapped, stuck, boxed-in behind bars,
you want to go back, to change everything,
but with trying to change it—
the more tears it brings,
when life gave you lemons,
you made lemonade,
but now that life’s giving you bricks,
a wall you create,
to break down this wall, you need to earn trust,
but who will give it to you,
now that you’re stuck,
waiting for your world to just tumble down,
is harder than holding it up while you drown,
but you’re the one who caused it,
there’s no turning back,
sitting in negative, it’s positivity you lack,
you apologize for, doing those wrongs,
for being stupid, instead of your usual strong,
you miss who you were before,
who your friends loved and adored,
but you can’t find that girl who held
her head tall,
cause she’s gotten lost, on the other
side of your wall,
so now you try again and again, try and try,
at times you just want to break down and cry,
you miss her,
whoever you are,
hoping for someone, to leave the door
through your wall,
a little ajar.

REFLECTION
katelyn knudsgaard // cranbrook

As I gaze into the mirror, I wonder.
Can this glassy front only see what it reflects?
Or is it more omniscient than we all assume,
Does it see how I’m feeling, who I am inside?

That I love my friends for they let me be me,
And keep my soul happy enough to
 withstand the world.

Did the mirror see my pure happiness inside.
During all those days in Physics,
the adventures of the past.

The way my reflection smiles back is
different than in pictures.
I feel beautiful, and that often seems a rarity.
I hope someone in the world sees me
in that same way,
The beauty I’m seeing, but without a mirror.

But if the mirror can see joys
sometimes overlooked,
It must also see the unseen sadness,
it’s inevitable.

That sometimes I fall asleep
feeling worthless, defeated,
And I pray tomorrow will be better, but it isn’t.

I don’t know what’s wrong, why I feel like crap.
There’s some obvious stress, but that’s
only minor in comparison.
Something bigger is going on inside me.
Maybe if I gaze long enough in
the mirror before me,
I will see the answers in what this looking glass
reflects.

POETS ARE THE UNACKNOWLEDGED LEGISLATORS OF THE WORLD
– PERCY BYSHE SHELLEY
Inspired

Get inspired, get creative, get going out there and make people think. SCRATCH Mag puts your stuff in our mag. Get creative and get paid.

And take pictures or make pies or make music or make people think. SCRATCH Mag 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.

So there we were on the edge of a large cliff, our feet dangling over, swaying back and forth slightly. I looked down briefly feeling like I was about to fall off the edge. I glanced down at the water far below us, you peed your hand on my back and told me not to think about it too much because your arm was around me and you were smiling and you were looking at the same death trap as I was but you were smiling and that would have been okay. It wasn’t for the fact that I loved you and I was nervous. I already was nervous but I was nervous for more reasons than the possible death that could be met with. I was nervous because your arm was around me and you were smiling and you were looking at the same death trap as I was but you were smiling and I knew that. You told me that sometimes people needed to take risks. You told me that we can’t always live a safe life, never taking any chances. You told me that I needed to have a life that went lived and not simply preserved. You told me you wanted me to be happy, and it was obvious that happiness felt when it was with you. You were my life, my happiness and my childhood and my love.

And while I believed you believed the words you were saying I knew that you had no idea the impact they had. I knew you didn’t know the connotation that came along with you wanting me to be happy because you didn’t know that the only thing in this world that made me happy was you. The only thing that had ever made me happy was you. Going to make me happy, I just like spray painting the side of a building didn’t make me happy and getting caught by the police for drawing with chalk didn’t make me happy. The only thing that had ever made those moments happy ones was the fact that they happened with you.

But jumping from a cliff into the water below wasn’t going to make me happy. Just like spray painting the side of a building didn’t make me happy and getting caught by the police for drawing with chalk didn’t make me happy. The only thing that had ever made those moments happy ones was the fact that they happened with you. The only thing that had ever made me happy was you and then we jumped, we took a risk and we were plummeting down to the uncertainty below, and I want you to know that if you saw me smiling as we went down, faster and faster and then we jumped, we took a risk and we were plummeting down to the uncertainty below. You helped me up on mine and you counted down to three and the only thing I was thinking about was you. And I was nervous, I was nervous for more reasons than the possible death that could be met with. I was nervous because your arm was around me and you were smiling and you were looking at the same death trap as I was but you were smiling and I knew that. You told me that sometimes people needed to take risks. You told me that we can’t always live a safe life, never taking any chances. You told me that I needed to have a life that went lived and not simply preserved. You told me you wanted me to be happy, and it was obvious that happiness felt when it was with you. You were my life, my happiness and my childhood and my love.

And going to make me happy, I just like spray painting the side of a building didn’t make me happy and getting caught by the police for drawing with chalk didn’t make me happy. The only thing that had ever made those moments happy ones was the fact that they happened with you. The only thing that had ever made me happy was you.
Featuring the 10 finalists from the SCRATCH Writing Challenge

SUMMER READING EDITION
AND
BOOK TOUR

Keep your eyes peeled for

presented by:
COLUMBIA BASIN TRUST
a legacy for the people
### 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
- Selkirk College
- Columbia Basin Trust Office
- Castlegar & District Public Library
- Cranbrook
- Lotus Books Inc.
- Hot Shots Cappuccino & Fresh Food Bar
- Cranbrook Boys & Girls Club
- 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
- Cranbrook Public Library
- Columbia Basin Trust Office
- Crawford Bay
- Crawford Bay Secondary School
- Crescent Valley
- Karin’s Book Basket
- Creston
- Grand Central Perks & Blends
- Black Bear Books
- Creston & District Public Library
- Kingfisher Quality Used Books
- Buffalo Coffee House
- Prince Charles Secondary School
- Edgewater
- The Edge
- Elkford
- Elkford Secondary School
- Fernie
- Blue Toque Diner
- Sparwood Recreation Department
- Fernie Secondary School
- Fernie Heritage Library
- Golden
- Darkside Snow Skate BMX
- Bacchus Books
- Jita’s Cafe
- Bean Bag Coffee Roasters and Internet Cafe
- Golden (continued)
- Golden Family Centre
- Columbia Basin Trust Office
- 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
- Rudolph’s Bakery & Pastry
- JV Humphries Secondary School
- Kimberley
- Bean Tree
- SPARK Youth Centre
- Selkirk Secondary School
- Kootenay Bay
- Ashram Books
- Fairy Treats
- Meadow Creek
- Lardeau Valley Community Centre
- Nakusp
- What’s Brewing on Broadway
- Arrow & Slocan Lakes Community Services
- Nakusp Secondary School
- Columbia Basin Trust Office
- Nelson
- Centre for Innovative & Entrepreneurial Leadership
- Ripping Giraffe
- Sidewinders
- Oso Negro
- Jigsaws Coffee Co.
- Grounded Organic Coffee House
- Dominion Cafe
- Otter Books
- Nelson & District Youth Centre
- Nelson Waldorf School
- International School of the Kootenays
- Earth Matters
- ANKORS
- LV Rogers Secondary School
- Packrat Annie’s
- Nelson CARES
- Freedom Quest
- Nelson Municipal Library
- Youth Employment Resource Centre
- New Denver
- Lucerne Elementary Secondary School
- Radium Hot Springs
- Radium Public Library
- Revelstoke
- Community Connections Society
- Revelstoke Secondary School
- Rossland
- Ross Vegas Board Sports
- Sunshine Cafe
- Rossland Secondary School
- Rush Coffee Lounge
- Café Books
- Rossland Public Library
- Alpine Grind
- Salmo
- Salmo Valley Community & Youth Centre
- Salmo Public Library
- Salmo Secondary School
- Sacred Grounds
- Dragonfly Café
- Slocan//South Slocan
- Harold Street Cafe
- 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 Skills Centre
- Career Development Services
- Sanctuary
- Columbia YCDC
- Trail Coffee & Tea
- Trail & District Public Library
- JL Crowe Secondary
- Valemount
- Valemount Secondary School
- Winlaw
- Sleep Is For Sissies
- Jennie’s Book Garden
- Cedar Creek Café