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Thursday May 3, 2012 – Sunday May 6, 2012

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CRS

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Edwird
Edwird Public Library
Edwird Secondary School

Ferris
Ferris Amen Station
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Golden
Golden Books
Big Bear Coffee Roasters and Internet Cafe
Columbia Basin Trust Office
Davide Storozhuk RMX
Downshifter Hostel

Golden (cont.)
Columbia Basin Addiction Services Society
Golden Family Centre
Golden Secondary School
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Nelson (cont.)
Battleship Science Museum of Art & History
Youth Employment Resource Centre
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Community Connections Society
Revelstoke Secondary School

Rossland
Alpine Grind
Cafe Books
Rustenier Arcos for Science and Technology
Ross Valley Road Sports
Rossland Public Library
Rossland Secondary School
Rush Coffee Lounge
Sunshine Cafe

Salmo
Drago Cafe
Salmo Community Services
Salmo Public Library
Salmon Secondary School
Salmon Valley Community & Youth Centre

Selkirk / South Slocan

Sparwood
Sparwood Secondary School
Sparwood Recreation & Leisure Centre

Trail
Career Development Services
Clinic Coffee Bar
Columbia’s YWCA
Greater Trail Community Skills Centre
Grizzly Secondary
Rebel’s Morning Peak
Secretory
Trail & District Public Library
Trail Coffee & Tea
Trail FAIR Society

Valleymount
Valleymount Secondary School
The Gathering Tree

Valemount
Valemount Secondary School

Warfield
Caffin’s Café & Deli

Windermere
Astral Global Learning Centre

Winnipeg Cedar Creek Cafe
Jennie’s Book Garden
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    //SAM HELMER

    SOULFIRE
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COVER IMAGE
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You are invited to get inspired, get educated, and get empowered to take action in your community. Join us at CONNECT where you’ll be part of something great—engaging speakers, planning sessions and good times that will assist you in creating a day of action in your community.

Apply in February 2012

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BECOME A SCRATCH REPORTER
Do you love to write about issues or events? Then become a SCRATCH Reporter! In addition to getting your work published in the mag and getting paid, we also connect you with one of our writing mentors for feedback and development. Email cbtyouth@cbt.org for your first assignment.

GET PUBLISHED IN SCRATCH MAGAZINE
Join www.scratchonline.ca to upload your photos, artwork or writing. If your submissions are selected for publication, you get $$. Submissions are selected by a Youth Editorial Committee; if your group is interested in forming the next Editorial Committee email cbtyouth@cbt.org.
It's a busy time of year for us at CBT as we plan and launch programs and opportunities to reflect the goals from the latest Youth Strategic Plan. You can find out more about this plan on page 20.

Many great CBT programs will be continuing, including Columbia Basin Youth Grants, which supports ideas coming from Basin youth that benefit Basin youth. New programs to watch for include Community Directed Youth Funds, which will increase local activities, opportunities and services for youth. Communities around the Basin will be setting priorities for these funds, and we can’t express enough how important it is to have youth involved—are you up for it? Contact us for more info at cdyf@cbt.org.

What you don’t want to miss is the chance to attend the next Basin Youth Action Summit taking place in Kimberley in May 2012. Applications will be out in February and we are putting together an incredible weekend. Keep up to date with all the CBT news by joining our CBT Youth page on Facebook or follow us on Twitter @cbtinfo.

We also have new CBT Youth Advisory Committee members, who are hard at work providing a youth voice to CBT. They are also having a lot of fun; meet them on page 22.

And thank you to the youth of the Fernie Writers’ Conference who formed the Editorial Committee for this issue. You can find out more about this event on page 16.

Enjoy Issue #19.
**Mibba**

Mibba is a creative site designed for young authors who wish to share their stories and poems and gain feedback from a growing audience. Users can also communicate via a message board and are able to express their thoughts and feelings by writing journals that are posted on the site.

**Six Billion Secrets**

Six Billion Secrets is a site on which people share hopes, fears and dreams and are treated in a non-judgmental way by a supportive community. Over 2,000 secrets are submitted every single day, with a total of over 1 million secrets submitted to date.

**DeviantART**

deviantART was created to entertain, inspire and empower the artist in all of us. It allows emerging and established artists to exhibit, promote and share their works within a peer community dedicated to the arts. The site’s vibrant social network environment receives over 100,000 daily uploads of original art works ranging from traditional media such as painting and sculpture, to digital art, pixel art, films and anime.
TWISTANDTROPE

www.tvtropes.org
This wiki is a catalogue of the tricks of the trade for writing fiction. Tropes are devices and conventions a writer can reasonably rely on as being present in the readers’ minds and expectations. They encourage breezy language and original thought.

MAKECHANGE

www.hopeforthesold.com
Hope for the Sold seeks to make sex trafficking non-existent. The goal is to supply leaders with relevant, up-to-date, accurate information and connections that will support a modern abolitionist movement.

VITUAALLYYOU

www.menewsha.com
Menewsha is what’s known as an “avatar community”: a multi-interest forum community with customizable avatars. Your avatar is invited to post in the forums and play games to earn “gold,” a virtual currency used to purchase items to dress it to suit you. Whether your avatar’s a steampunk elf, a Gothic Lolita, an undead magician or looks like what you look like every day, there are thousands of items to help you achieve what you want.
When I was only 14 years old, my mother came to me with an opportunity to learn first aid. I knew what was mentally required to learn first aid, so I was somewhat reluctant – the course started very early in the morning and droned on until evening. None of this appealed to my lazy nature at the time. I did agree, though, and being young and naïve, I was completely oblivious to the challenges and opportunities that had now been set before me.

It was initially intended for me to begin my first aid training with a lightweight and somewhat easy course. I was getting excited for the upcoming course when the tables turned and I had the opportunity to attend a more complex course: the Medical First Responder. Seeing an opportunity – although slightly overwhelmed, but interested in a challenge – I got through the basic first aid course in a flash and attended the advanced course the next weekend.

The rule was that you must be over 16 to be certified as a Medical First Responder; I was not even close to meeting that age requirement, but, for some reason, not being able to achieve certification at this time did not deter me and I worked through every lesson diligently. To my surprise, and everyone else’s, I completed the course with the second-highest overall mark in the adult course. The office at St. John Ambulance was impressed with my work and rewarded me with a modified first aid certificate stating that, regardless of my age, I was capable and legally permitted to practice the knowledge I had learned.

I left feeling proud of my accomplishment and was already anxiously awaiting my first duty as a St. John Ambulance volunteer. My passion for first aid grew as I started to perform my responsibilities at hockey games, football games and concerts. The more enthused I became, the more I tried to learn. It wasn’t long after my certification that I became interested in other community volunteer work. I began volunteering, and, after four years, I decided it was time to take on more responsibility, so I signed up for the Medicine Hat Stampede. When I got there, not only was I the youngest volunteer there, but I was also the most experienced and highest trained – that was overwhelming to learn. I was put on the roaming position, so my job was to walk around the entire stampede grounds in search of casualties. The other volunteers were put on posts at the rodeo and the supply room. I found myself, 17 years old, in charge of the entire stampede (minus the rodeo) while also having to answer numerous questions from my colleagues.

One experience I will never forget came after I had finally found a moment to rest. I sat down, put my feet up and closed my eyes. Five seconds later I got a call on my radio reporting that a young male was unconscious on the midway. My heart skipped a beat, but I didn’t. I grabbed the trauma kit while my colleague grabbed the oxygen kit, and off we went. My brow was drenched with sweat and my hands shook uncontrollably. As I approached, I
noticed that the patient was one of my best
friends. I almost lost it, but I kept my cool,
regained the stability of my hands and went to
work. I immediately put oxygen on 15 litres per
minute with a non-rebreather mask. I gave him
an ice pack and checked for injuries while my
partner called the EMS to take over. We were
told the loss of consciousness was due to an
anxiety attack. Fortunately the oxygen was put
on quickly enough that he was able to breath
normally soon and return home.

I was proud of myself for being able to stay
focused on what I was trained to do, regardless
of who my patient was. All I had to do to keep
my cool was to remember that if I lose it, I lose
the patient. As I progressed through St. John
Ambulance training, I learned more and more
how important it was to stay calm.

Eventually the desire to work and earn money
hit me; however, things seemed a little different
than the norm. It struck me as odd when I
would hear about other teenagers having
trouble getting hired while I was offered
numerous jobs. My friends asked me how I did
it and I answered by giving credit to a well-
written resumé. Little did I know that my first
aid and volunteer experience was actually the
determining factor in many of my employment
opportunities. I actually found out that one
of the main things an employer looks for on a
resumé is first aid and volunteer experience.
Realizing this, and now being over 16 years
of age, I took the advanced course again and
officially became certified as a Medical First
Responder.

I have now been volunteering for over four
challenging and wonderful years, and do not
regret my decision to become a first aider for
one second. I have found so many benefits
and opportunities, and I know that more will
come as I continue my service to our society.
First aid and volunteer experience can and will
open an abundance of opportunities for you,
in your home and your future career, no matter
what level you have. A basic first aid course
is normally a few hours long, but still gives
you multiple opportunities throughout life.
There are also more specific courses to choose
from, such as babysitting, pet or wilderness
first aid and basic CPR (cardiopulmonary
resuscitation). Remember, there are always
opportunities, and no matter how hard
achieving them seems, they can always be
yours as long as you give your best effort and
search for every window of opportunity that
you can find, because one of them might just
open.

If you would like information on becoming a
first aider in the Columbia Basin, check out St.
John Ambulance (www.sja.ca) or the Canadian
Red Cross (www.redcross.ca).
MEDIA'S
~next~
TARGET
Advertising affects us all differently. Maybe it persuades you to buy new Nike runners. Maybe you go to the gym to work on your ‘six pack.’ Or maybe you develop an eating disorder. These things sometimes aren’t quite conscious decisions, but it is up to us to take action and ask ourselves, “Why am I doing this?!”

Media is a huge part of youth culture. It is part of our everyday lives, and we have learned to live and breathe it because it follows us wherever we go. Now, with the recent movement in technology, youth can access information and media almost anywhere. Maybe you update your Facebook status from a mountaintop or upload a YouTube video from around the campfire. But with these instant connections, we are connected (whether we like it or not) to an ocean of advertising, stereotypes and messages that affect us in many different ways.

These are the very things that inspired me to start raising media awareness, so youth in my community could enjoy media while using critical thinking to decipher the messages being thrown at them. After a few months, I managed to find two media literacy presenters from Pacific Cinamatheque to speak on the topic. Pacific Cinamatheque is a non-profit organization based out of Vancouver that offers programs and workshops that develop appreciation and passion for the art of film, as well as understanding of the visual media in the world around us. (If you want to learn more about them, check out their website at www.cinematheque.bc.ca.)

In the end, they gave my high school, Revelstoke Secondary School, an intensive, eye-opening, two-hour workshop called Consciousness in a Consumer Society, thanks to a Columbia Basin Youth Grant. The main message or lesson the workshop had to give was how important it is to be critical of the advertising we are looking at and to ask ourselves questions like:

- “What does the person who created the ad want me to think?”
- “What tools were used to make this ad appeal to me?”
- “Is this offensive?”
- “When I buy things, is it really a personal decision I am making, or is it because companies are influencing me to buy this product?”

The workshop taught me how to take the information I already knew and look at it critically. When you begin this process, you begin your own learning, and it opens up your eyes to certain attributes of media that you never knew were there. Specifically, the sociological part of creating an advertisement is very shocking. It’s amazing to learn how even the colour of someone’s T-shirt can mess with your brain. Mind games can definitely not be fun, and it’s the advertising companies who know how to play them the best.

So, when you come across the next ad you see (which is probably in the next five to 10 minutes), ask yourself some questions. Be critical! Take action in your own decision-making process. You never know, it could be the first step to a healthier lifestyle.
LIFE COACHING
“The only thing that’s impossible is slamming a revolving door”

~Victoria Heyworth
When I was asked if I would write an article about life coaching, I was a bit hesitant—mainly because I really didn't know what a life coach was or what they did apart from the brief snippets I got from various Hollywood movies and the show “The Fabulous Life...”. But my curiosity got the better of me, and I never pass up a good learning opportunity.

I met with my life coach once a week over the course of a month. I discovered that the purpose of a life coach is to help you unlock your potential and discover your passions to achieve the goals you want to achieve in life.

Over the course of my sessions, I was actually being coached in order to get a better idea of what life coaching is. My coach meets with clients in person, on the phone or through a combination of both, depending on your preference. So we had a few sessions in person and on the phone; each session lasted about an hour. Sometimes I was only actually coached for a total of 30 minutes, as our discussions would lead us off topic. But this was beneficial to the coaching process because it allowed us both to get to know each other a little bit, which allowed the process to flow more naturally.

Prior to our first session, my coach sent me a questionnaire with questions like, “What goals would make your life complete?”, “How do you see the bigger picture of your life meaning over the next two to three years?” and “What personal gifts do you see yourself possessing?” At face value, these questions may seem rather easy to answer, but I found I really had to sit back and think about the answers. I mean, how many of us actually sit down and plan out how we see our lives in the next two to three years? And what goals would make our lives complete? At 21 years old, I sometimes don’t think beyond the coming week, or the ever-fast-approaching new school year.

Coaching gives us the opportunity to peel ourselves back and analyze why we like to do something, and what makes us tick. It also helps us figure out how to do what we’ve always wanted to do, but never have because we aren’t sure how to do it or because it seems far-fetched. Coaching also helps us wade through that great post-high-school ocean that consists of, “What do I want to do for a career?”, “Where am I going to go to school? ” or “Should I even go to school right away, or should I take a year off to have a romance with the world?” I know I for one have changed where I want to go to school and my career choice more times than I can count. But that’s okay; it’s all part of learning who we are.

To conclude, through life coaching you not only find a life coach who will help you find that lifeboat and compass to help navigate through the great ocean-of-life decisions we all face as youth, but you may find a friend like I did. I wish you all the best navigating that great ocean, and remember you’re not alone and it’s okay to change to your mind 50 million times.
The whole life coaching experience is different for everyone, depending on what you want to gain out of the experience. However, mine was slightly unique. Allow me to explain; I’m a 16-year-old and use life coaching as a way to organize my thoughts and bounce ideas off someone without judgment or bias. I find it helps that the life coach is not involved in the situation, so he or she can have a different viewpoint.

Life coaching for me is a motivator—something to use to reach my goals and dreams—but I didn’t expect it to be at first. I went to the life coach on a recommendation of my physiotherapist, who thought it might help my back pain and constant tension in my shoulders. Now, of course I was a sceptic as to how this was to help my pain; I doubted the advice.

We sat down and started talking about what I wanted to gain from the sessions; I needed organization and opinions on subjects that I may not have been able to discuss with my peers or family, or really anyone that knew the situation from the inside. We then planned out how I was going to make the goals that I chose happen, and how I would not get discouraged in the process.

I was given the option of how I wanted to meet: by phone, over the Internet, in person or through a combination of these options. I find that the more you talk to your life coach, the more it helps you organize your thoughts as you say them, so that you can think better of the way you do things or of how you go about your life in general.

It seems whatever support is needed when someone enters the office is provided, and it is mainly a self-structured approach with assistance at life. The advice I get from my life coach can apply to every student looking forward to his or her future. It helps teach you to plan ahead and to make and fulfill goals. Using a variety of tools and techniques, life coaches help people achieve goals by focusing on the present and future, not by diagnosing the past like therapy.

Thank you to our two life coaches:

Linda Black, Cranbrook
Empowerment Advantage Life Coaching
www.yourempowermentnow.com

Deborah Burnett, Nelson
Pathway Life Coaching
www.pathwaylifecoaching.com
FERNIE
WRITER
CONFERENCE

PHOTOS://KYLE HAMILTON PHOTOGRAPHY
The Fernie Writers’ Conference is a celebration of writers and writing with courses, readings, panel discussions and other events forming an educational experience for writers and readers alike. There were workshops for all ages and interests including fiction, poetry, writing and visual arts and song writing. The Fernie Writers’ Conference Society offers scholarships so be sure to watch the website for more information on next year’s events at www.ferniewriters.com.
she sat by the brook
under fair August sky
watching the flowers rise
unfurl their pedals
grow
and the sun looked over it all
she sat by the brook
under fair August sky
watching the flowers stretch out
reach to the heavens
strong
and the sun looked over it all
she sat by the brook
under dark August sky
watching storms roll in
while the flowers oblivious
smiled on
alive
and far above
the sun looked over it all
she sat by the brook
no sight of the August sky
umbrella and water a wall
watching the flowers beaten and battered
ripped apart
hurt
who can say
if the sun looked over it all
she sat by the swelling brook
under thunder and pounding rain
stretching umbrella out, across the torrent
but the flowers were too far
out of reach
unknowing
unmoving
the sun was not looking
she sat by the river
under fair August sky
watching the flowers rise again
but stooped
burdened
old
crushed
and the sun looked over it all
she sat by the creek
under fair August sky
watching the flowers fight
struggle
wither
die
and the sun looked over it all
she sat by the creek
under fair August sky once again
distant nostalgia, whispered by the wind
but then
green
pushing through the earth
hope.
The soft pink tip of my tongue appears from between my lips. It challenges him, us, our very existence. He grins at me. “Why do you always ruin the moment?”

I shrug and grin back at him. A ruse. I don’t want to reveal how fragile I am. I feel myself separate from the moment, from him. The security my fooling around always brings. I am glad for this. Laughter, the greatest barrier. My fort. Protects me from him.

I put my head back on his chest. God. I’m going to miss him so much over this summer. The words I wish I could say throb behind my eyes. I love him. This scares me more than anything. More than his liquid chocolate eyes or his body pressed next to mine.

So how is it, that despite my heart swelling like a water-logged sponge every time I glimpse him, I can never say these words? Maybe I’m just a coward, afraid of what he’ll say. But that doesn’t make sense, he loves me too. He’s said it before, besides, I can see it in his eyes, when they gaze into me.

My logistics aren’t working. He messes with my mind. I’m drawn to his warmth. The sun tints red, through closed eyelids. His heart beats a perfect tempo in my mind.

I remember this so perfectly.

I laugh.

---

I could hear Billy pulling the van up behind me. Took him long enough to get back- the van was only about a half a mile away when I told him to go and get it closer. There was no way we’d get Agent Andrews into the back- at least not in one trip.

I didn’t turn to face Billy as I listened to him take a body bag out of the back. Nor did I face him when he came up beside me, or when I heard his sharp gasp. I was too transfixed by the gruesome mess of blood and body fluids before me.

“Damn.” Said Billy as he crouched beside me, taking in the scene.

I looked over at Billy with a scowl. “Damn is right. Damn that John Pettimore. Damn family ‘legacies.’ Damn everything about this.”

Billy looked down at the corpse. If it could be called a corpse anymore. “All the Pettimores were screw-ups, but this one takes ‘screw-up’ to a whole new level.”

“Well, what did you expect of him?”

“Yeah, ‘Nam really messes you up. My cousin went on a tour. Never been the same.”

I looked down at what was left of the agent, strewn in a pool of blood. His face was near gone, and he was torn nearly in half by wire as if he were a mound of clay. A cloud moved off of the moon, and my attention was caught by a ray of light reflecting on what looked like a small marble a couple feet away. I picked it up, feeling the squishy dampness of the sphere. Turning it in my fingers, I suddenly found myself caught in Agent Andrews’ gaze.
Columbia Basin Trust (CBT) assists the people who live in the Canadian portion of the Columbia River Basin, by bringing people together around key issues and priorities, providing information, resources and funding.

One of CBT’s priorities is to work with youth and communities to create more opportunities. The Youth Initiatives Strategic Plan was developed to assist in focussing CBT’s energy and resources over the next five years. In creating this plan, CBT heard from youth, community members, youth service providers, elected officials and CBT’s Advisory Committees. Here are some key outcomes from the Youth Initiatives Strategic Plan.

CBT’s vision for the future is of a Basin where youth have a range of opportunities and are engaged with their communities and one another.

GUIDING PRINCIPLES
When we plan and work to achieve our goals, we will keep these principles in mind.

• Meaningful involvement of youth
• Work with both youth and communities around youth issues
• Support and promote a Basin identity
• Foster productive mentoring relationships for youth and adults
• Age specific program models
GOALS & POTENTIAL ACTIVITIES

EMPLOYMENT AND ENTREPRENEURSHIP
Enhance employment and entrepreneurial opportunities for youth.

- Increase summer, part-time and career-based employment opportunities thru wage subsidy programs.
- Enhance and support youth entrepreneurship thru training and access to lending.

ENGAGEMENT
Support youth engagement.

- Assist Basin communities to engage their youth thru training and funding support.
- Assist Basin youth to engage with other youth through SCRATCH Magazine and youth events.

LEADERSHIP
Support development of youth leadership.

- Assist communities in building young leaders thru focussed leadership training.
- Assist youth in developing leadership skills thru creating leadership and mentoring opportunities.

TO LEARN ABOUT THE PROGRAMS AND OPPORTUNITIES AVAILABLE ~visit~WWW.CBT.ORG/YOUTH
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 and providing a youth voice for CBT. The application deadline for new members is June 30 each year. More info can be found at www.cbt.org/youth. Meet this year’s YACers...

**ZACHARY MCCLEAN//GOLDEN**

*If I could change one thing about my world,* I would have made the Canucks win the Stanley Cup.

*If I could change one thing about the world,* I would invent a teleportation device because that would be super cool and it would save the environment.

*If I could go back in time,* I would go back to the 1600s and bring an expensive sports car so I could blow their minds.

*If I were given a yacht,* I’d name it “YACHTS OF FUN.”

*I couldn’t be an ice cream flavour,* because I have lots of allergies and all types of ice cream would kill me.

*If I could have a condiment dispensed from my navel,* it would be salsa so when I’m lying on the couch with chips... I’d have one less thing to worry about.

*What I like most about my community,* is that it is a small town and there are lots of sport opportunities.

**SIERRA FRANKLIN//CANAL FLATS/ FAIRMONT**

*If I could change one thing about my world,* I would never run out of shelf space. Ah, room for all my books!

*If I could change one thing about the world,* people would be less judgemental and more open minded.

*If I could go back in time,* I would go back to when the dinosaurs roamed and I would bring my camera, of course!

*If I were given a yacht,* I would name it either Juliet or Ramsay after my two favourite musicians: Juliet Simms and Josh Ramsay.

*If I could be an ice cream flavour,* I would be mint chocolate chip because chocolate is the best thing since sliced bread and mint is the best flavour to cool you off on a hot day.

*If I could have a condiment dispensed from my navel,* it would be ranch - no question about it.

*What I love most about my community,* is how people never cease to surprise me with how involved they can be and want to be.
If I could change one thing about my world, I would be a vegan living in some cottage in some nice European country and it would be fantastic!

If I could change one thing about the world, I would probably want to make things a lot like the end of How to Train Your Dragon with the modes of transportation, but with many, much needed peaceful and friendly policies that aren’t in place today.

I wouldn’t really want to go back in time, unless I was just there to watch and would not be noticed. I’d probably be a sort of creepy time traveller. I’d go to the sixties to stare at hippies and see the culture, or to (approximately) 7th-century Japan to watch the spread of a few of their religions! I’d bring my camera, no doubt! I couldn’t pass that up.

If I could be an ice cream flavour, I would be coconut. It’s delicious and fantastic, all of the time!

If I could have a condiment dispensed from my navel, it would be Marshmallow Fluff.

What I really like most about my community, is how there is an arts community that is beginning to unfold for youth that will hopefully flourish.

If I could change one thing about the world and the world, it would be to have domestic robots, as predicted in the 50s; they should be doing all of our household chores by now (like Rosie from The Jetsons).

If I could go back in time, I would go to the 1920s, during prohibition, to make my fortune singing in speakeasy’s and dancing the Charleston.

If I were given a yacht, I would name it See [sic].

If I could be an ice cream flavour, I would be rum and raisin. It’s delicious and intoxicating… and frankly, I’m a senior citizen in disguise so I love that stuff!

If I could have a condiment dispensed from my navel, it would be chipotle mayo, so I could dip my yam fries.

What I like most about my community, is how I can walk or ride my bike pretty much everywhere I need to go!
KYLER PEREPOLKIN // SOUTH SLOCAN

If I could change one thing about my world, everyone would have superpowers!

If I could change one thing about the world, it would be politics.

If I could go back in time, I would go 1930s and bring history books.

If I were given a yacht, I would name it Yeah-buoy!

If I could be an ice cream flavour, I would be wasabi flavour; yeah, I’m hot.

If I could have a condiment dispensed from my navel, it would be maple syrup.

What I like most about my community, is the people I know and the diversity between them.

MATT FONTES // CASTLEGAR

If I could change one thing about my world, my dishes would wash themselves and my oven would pump out apple pie at 3 p.m. daily.

If I could change one thing about the world, the West would care much less about Hollywood and pop culture than legitimate world issues.

If I could go back in time, I would go to the Elizabethan Age... because for guys beauty was all in the legs. Men could be fat so long as their calves were shapely; and I’d bring Jeggings.

If I were given a yacht, I would name it Buoy I Yachta! (with a decal of a fist shaking).

If I could be an ice cream flavour, I would be Raspberry Almond Cheesecake... because I’m a little bit nutty, a little bit cheesy, but delightfully sweet.

If I could have a condiment dispensed from my navel, it would be ketchup. It makes me so happy.

What I like most about my community right now, is that we’re becoming more art conscious. Our Sculpture Walk has been a huge success and is making our downtown core much more vibrant.
If I could change one thing about the world, it would be the politics, generally speaking.

If I could go back in time, I would go to prehistoric times and bring BBQ sauce... mmmmmm lizard.

If I were given a yacht, I would name it Suzanne Summers because it sounds warm and if I ever collided with the actress, I could say, “Hey, Suzanne Summers just hit Suzanne Somers.”

If I could be an ice cream flavour, what would I be? Well, I grew up in Alberta and I reckon there’s a market for Alberta Beef flavoured ice cream. Everyone likes a steak, right? How about frozen and in a cone!

If I could have a condiment dispensed from my navel, it would be BBQ sauce... mmmmmm navel.

What I like most about my community, is the incredible friendliness. I mean seriously people, where’s the rage?
If I could change one thing about my world, I would have less electronics so that I spend less time on my phone and computer and more time outdoors.

If I could change one thing about the world, I would triple the surface area of the Earth so that there would be more room for animals, nature and people. There would also be more food and more fresh water and less carbon dioxide concentrations.

If I could go back in time, I would go back to the medieval times and bring a high-tech graphite compound bow with me.

If I were given a yacht, I’d name it Tandy because Tandy was the first dog that I had and she was a great dog to grow up with.

If I were given a yacht, I would name it Charter of Rights and Freedoms.

If I could be any flavour of ice cream as long as I was Italian gelato ice cream.

If I could have a condiment dispensed from my navel, I would choose to have ketchup because I use ketchup more than any other condiment.

If I could have a condiment dispensed from my navel, it would be flax seed oil—I eat it on everything.

What I like the most about my community, is how people in the Slocan Valley have friends of all ages; the adults and children I know are just as much my friends as anyone my own age.
If I could change one thing about my world, it would be to stop idling! It’s one of the most stupid and wasteful things to do out there and the alternative is very simple: just turn your engine off!!!

If I could change one thing about the world, I would want us all to be working together on the same page, to preserve the environment, conserve the water, keep the air fresh and fight poverty. We are stronger if we work together, and if we work together we can accomplish great things.

If I could go back in time, I would go back to the early 1800s. I’ve always been fascinated with this period. The industrial revolution was just getting off the ground, and Jane Austin was writing her classic novels. I would bring a map of the world and an encyclopedia (in book form—batteries wouldn’t last long); in an age without Google, it would be hard to survive without the world’s knowledge at your fingertips.

If I were given a yacht, I would name it The 007! I loveeee James Bond movies, and it would make me feel super cool!

If I could be an ice cream flavour, I’d be mango gelato—because I’m sunny and sweet.

What I like most about my community, the fact that the ski hill is a five-minute car ride from my door. It keeps nature and adrenaline close to the heart. :)

TESSA JACKSON//NELSON

If I could change one thing about my world, I would replace the floor in the kitchen. I’m tired of getting slivers in my feet!

If I could change one thing about the world, I would change the way people take the environment for granted, and view it purely as a resource to be exploited. Rather than simply an “externality” to be ignored, economics would consider and count the impact development and progress have on the environment. This would make clear the unsustainable choices we are making in both our daily lives and the long-term, growth-oriented, consumer-driven economies.

If I could go back in time, I would go back to the early 1800s. I’ve always been fascinated with this period. The industrial revolution was just getting off the ground, and Jane Austin was writing her classic novels. I would bring a map of the world and an encyclopedia (in book form—batteries wouldn’t last long); in an age without Google, it would be hard to survive without the world’s knowledge at your fingertips.

If I were given a yacht, I would name it Peaches.

If I could be an ice cream flavour, I’d be mango gelato—because I’m sunny and sweet.

If I could have a condiment dispensed from my navel, it would be salsa.

What I love most about my community, is how people care about the health of the community; people make conscious choices about shopping locally to keep our downtown vibrant. I love how many of the people who live in Nelson have chosen to live here and chosen their current lifestyle; people make sacrifices to “live the dream.” I also love the amazing surrounding mountains to hike in the summer and ride in the winter.
COLUMBIA RIVER TREATY
The Columbia River Treaty (CRT) is an international agreement between Canada and the U.S. for the joint development, regulation and management of the Columbia River in order to coordinate flood control and optimize electrical energy production on both sides of the border.

The CRT has no official expiry date, but has a minimum length of 60 years, which is met in September 2024. It is possible that one or both countries may wish to renegotiate parts or all of the CRT, or terminate it entirely.
10 Facts About the CRT

01. After a major flood in 1948, Canada and the United States started thinking about cooperative water management on the Columbia River.

02. Both countries had growing populations and an increasing need for energy.

03. The Columbia River Treaty was ratified in 1964.

04. The main benefits are:
   a. hydroelectricity production; and
   b. flood control.

05. The Mica, Hugh Keenleyside and Duncan dams were built in British Columbia; and Libby dam was built in Montana.

06. The dams created large reservoirs which flooded valley bottoms and displaced approximately 2,300 people in the Canadian portion of the Columbia Basin.

07. The Columbia River Treaty does not have an expiry date.

08. The Columbia River Treaty can be terminated no earlier than 2024, with a minimum of 10 years notice (2014).

09. No decision has been made by either country to terminate the Columbia River Treaty but both countries are exploring options.

10. Columbia Basin Trust was created to benefit the areas most adversely affected by the Columbia River Treaty.

Why Learn About It Now?

The year 2024 is the earliest date either Canada or the United States may terminate the CRT, provided 10-year advance notice is given in 2014. It’s possible either country may wish to renegotiate parts or all of the CRT, or terminate it entirely. Now is the time to find out how this 1964 international agreement relates to dams and reservoirs in the Columbia Basin and why it matters to your community, the Columbia Basin and all of BC.
Complete the quiz below and use the letters in your answer to spell a secret word. Email the secret word to cbtyouth@cbt.org for your chance to receive a giveaway.

The Columbia is a transboundary river. What town is closest to the headwaters of the Columbia River?

01. A. Invermere        B. Cranbrook
    C. Canal Flats       D. Golden

What U.S. coastal city is closest to the outflow of the Columbia into the Pacific?

02. L. Seattle        M. Corvallis
    N. Portland       O. Astoria

The two main reasons the CRT was signed in 1961 and ratified in 1964 are: (circle two)

03. L. Coordinate flood control
    M. Enhance fish restoration
    U. Optimize hydroelectric energy production
    R. Improve recreational opportunities

Three CRT dams were built in Canada and one in the U.S. Which dam was built in the U.S.? (circle one)

04. J. Duncan Dam     K. Mica Dam
    L. Hugh Keenleyside Dam  M. Libby Dam

Two of the CRT dams are on the main stem of the Columbia River and the other two are on tributaries of the Columbia. Which two CRT dams were built on the Columbia River? (circle two)

05. A. Duncan          H. Libby
    B. Mica                 I. Hugh Keenleyside

The year 2024 is the earliest date either Canada or the U.S. may terminate the CRT provided a minimum of 10 years’ notice is given in 2014.

06. A. True           B. False

CBT’S PRIMARY ROLE WITH RESPECT TO THE CRT IS TO ACT AS AN INFORMATION RESOURCE FOR BASIN RESIDENTS AND LOCAL GOVERNMENTS.

CBT, in partnership with the CRT Local Governments’ Committee, is hosting 10 community information sessions and four online information sessions in October and November 2011. Drop by an open house or attend a presentation and discussion to learn more. Visit www.cbt.org/crt for more info.
STUCK BETWEEN TWO TREES // ALISHA TROZZO // CANAL FLATS

GLOWING SUNSET // KATIE SZABO // SOUTH SLOCAN
NOT JUST A WEED//KAYLA DRIEDGER//NEW DENVER
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. Use your camera to the most of its abilities, if you want lo-res images, use your phone. Remember that you need to have a resolution of 300dpi for proper print reproduction.
REACHING/KEN POSTNIKOFF/CASTLEGAR
ALWAYS IN NEED OF HELP, "LOST", IS WHAT’S SPELT

ROBERT LOUIE III
//LOWER KOOTENAY BAND

I pray, I don’t stray,
Away, from the people I know today,
I hope for the best, when the worst is coming,
I keep running, from the everyday struggles,
The happiness, the sad parts, they seem to come in couples,
No matter what I do, I can’t escape the troubles,
I try to remain clean, like I’m polished,
I try in school, I have the knowledge,
I use reason, believe in the logical,
Explanations,
Every hurdle I’m jumping, every obstacle,
I over-come, makes me think... Is it possible?
For someone like I,
To wish upon a star in the night sky,
And ask for me,
To have one moment of glory,
To be like a bird, and more free,
To have memories, that you could write a book of stories,
I could see my dreams, it’s glistening,
But I know, I don’t yet have the discipline,
I’m only 16, I’m this young,
Already have the experience, but where’s the wisdom?

CHANGES

SADYE BUTLER//NEW DENVER

The worst thing about the unexpected
Is that you never see it coming
Spending too much time running away
You’re dismayed when you realize it’s caught up
And there’s nothing you can do anymore to lose touch
Bending too much
Breaking too fast
Letting go of the last words in a short breath
Taking small steps
And finding yourself lost among the wreck
But it’s not time to let your cuts bleed
It’s time to plant the seed of eternity
Let it flow through your veins
Give power to the feelings that have been illuminated as plain and simple
Make them turn their heads and second guess
Letting all the hurt escape from the cracks in your chest

SINKING

SADYE BUTLER//NEW DENVER

Sinking like the sunset to the places lost dreams go
How did I let myself get this low?
I used to be the first to wake at mornings call
But somewhere I forgot pieces of myself
And now I fall
Weighed down with the stares of strangers
Ventured in too deep to recognize the dangers
When you lose this much of yourself
Who’s to say you’re worth it
Certainly stranded far from perfect
I’m sinking behind the mountains
Hoping they’ll hide my pain
It takes too long to look back
And we all know that it’s not just love I lack
But a heart
Where all my problems start
Festering themselves into a hallow chest
Unable to stop or lay to rest
How did I let myself become so broken?
When did sadness become my life’s token?
I’m sinking like lead in water
Burning like hates daughter
And my hands are shaking, my hands are cold
I cannot be the one to hold
Myself together while I break
How many mistakes must I make?
I’m not asking for simplicity
But rather clarity because this situation is too sticky
The pen and paper never lie
And I have entrusted them with my soul to die
Leave me hanging like a leaf in the wind
Then let me fly like the unpinned
Wings from the wall of dreams
And it is then that everything I am will be redeemed.
Hey baby,
If things could go back to the way they were before,
How they stood before,
Then maybe I wouldn't be this crazy,
Absolutely aberrant abstract fool that can't tell up from left or right from down
Or any way around.
I’m braking on green, and going on red.
Playing songs upside down
Putting the bread on the inside and the cheese on the out.
See, I’ll say words I just made up
And expect you to know exactly what I mean
When I say kazoozle
I really mean “over the moon”
And I can’t believe that you’d have the damn decency
To spit that out in my face,
Of all the faces baby.
I just can’t believe that I’d be the one, that I’d be the one
To realize that you’re no good for me
When always, always, always, baby,
It’s always others telling me to leave you in the sand,
Buried face down so you can choke on your words.
And don’t even think about getting saved from the seagulls
Pecking at your exposed skin like dead meat,
The beach is closed baby

And there’ll be no one around to save you
‘Cause I’m going places baby
I won’t come to your rescue
And you, you wouldn’t even get where I am with a day pass
Baby, even if you’re over the hill
The man you were would be a boy to me
Someone who lost their taste and started chasing skirts
The mini ones with big chests
The ones that you could ogle
But only if you could pay their fee
But you don’t mind much.
All the other girls were shallow,
Caring that you didn’t have ‘the’ looks
Not seeing the whole heart inside. The heart I saw baby
When I say over the moon, baby I mean get a life.
And you’re nauseously nervous to make the first move, always have been.
But I never cared about any of that, now did I?
I believed all that you spit into my face, trusted every word you ever spoke
Worshiped the ground you stood on.
And you take advantage of that and use it
For your own personal games
Baby when I say get a life, I really mean go suck on a pop tart in the rain,
Stay there, contract a cold
It’s taken me long enough, baby
And you’ve had your fair share of chances.
POETRY

DANIEL LEVESQUE
1991–2011

SOULFIRE

DANIEL LEVESQUE//REVELSTOKE

Soulfire burn, until your flames are put out
climb higher please, and never ever doubt
your own existence, because you keep us alive
your embers keep us warm and your love defines divine

It’s all for you, Soulfire, you’re all I trust in this life
I crave you like cigarettes and need you like, right
now and in this time, without hesitation or delay
so be with me Soulfire, ignite my every day

Because beauty is skin deep, but Soulfire is an aura
incomparable, indescribable, yet continually I search for a
way to explain the joys and the pain
and way that it keeps me sanely insane
as I chase the Soulfire, ‘round the world again

There’s Soulfire here and there’s magic behind
the way that it roars and hatred I find
when I can’t have my Soulfire, when it’s just out of reach
I have come to expect it, it has nearly impeached
every shred of reality in my sick twisted mind
so I beg for my Soulfire and I beg it to bind
me into it as one, so I would never be left behind

“Daniel is my big brother. He is 8 years older than me. We were far apart in age but we were so very close. He always helped me with my homework, writing speeches for school and everything musical. Whatever I needed help with, he was always sitting right beside me. Daniel was so talented!! He was on the road to success! Now he is with his baby brother. I miss Daniel so much and I wish he was still here.”
~Lainey Thur, age 12

“I miss my brother so much. Not a day goes by without me wishing he was still here. My memories are what I will cherish forever.
I miss you Daniel, see you when it is my time brother, I love you.”
~Joel Thur, age 15

Get inspired, get creative, get going out there 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.

INSPIRED