CBT is offering $2,000

Spent time volunteering in your community recently?

YOUTH COMMUNITY SERVICE AWARD (YCSA)
45 awards available for high school grads from a Basin high school, alternate school or other institution that grants Ministry of Education-recognized grad diplomas.

Application deadline April 13, 2012.

COLLEGE COMMUNITY SERVICE AWARD (CCSA)
21 awards for Basin college students planning to continue their studies.

Check with your local college for Spring deadline.

Apply for a Community Service Award

CBT’s YCSA and CCSA awards reward students for volunteer service in their communities. These awards are not based on academic achievement, only on volunteer community service activity. Full award details at cbt.org/ycsa or www.cbt.org/ccsa.
5. **EDITORIAL**
//MICHELLE D’ENTREMONT
Once upon a time there was an idea.

6. **ICANDY**
New and noteworthy on the interweb.

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**FEATURED**

8. **LANGUAGE:**
**THE OLD GROWTH FORESTS OF THE MIND**
//JORDAN MOUNTEER
We use every part of our brain at one time or another...

10. **TIME TO GET ECO-LITERATE**
//SAMANTA FLEMING
Open to new ideas and unburdened by outdated opinions.

12. **THE VICIOUS CIRCLE FORMS**
//COLTON LITTLE WOLF LUKE
I realized how wrong I was after the first day...

14. **BIG BANG BAGELS**
//CAROLYN DOYLE
My friends and family seemed to like my bagels, so I decided to go public with them.

16. **FROZEN LAUNDRY**
//ALI BECKER
Of course we don't have all the answers yet, but I believe we are looking in the right direction.

18. **10 YEARS STRONG**
I never went to another dance.

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**INSPIRED**

22. **VISUALS**
ANYA JOHNSON//NELSON
MINKA BARTELS//NELSON
SERENA DeROSA//CASTLEGAR
KEN POSTNIKOFF//CASTLEGAR
MANDY HUSER//SALMO
THOMAS CLARE//INVERMERE
ALISHA DYCK//CRESTON
KRISTOPHER EDE//INVERMERE
SAMANTHA STEVENS//CRESTON
BROOKE JOHNSON//NELSON
TAMARA BEAVIN//NEW DENVER
MEAGHAN LOW//CRANBROOK
CRYSTAL UNGER//NAKUSP
MIA OSTERE//INVERMERE
TAYLA SCOTT//FRUITVALE
CYPRUS HUNDER//NEW DENVER
JAXON JENSEN//CRANBROOK
SIERRA FRANKLIN//FAIRMONT/INVERMERE

40. **POETRY**
**CONNECT THE DOTS**
//KATE GODLIEN

COMFORT IS...
//KATE GODLIEN

**THE LIFE OF A FACE**
//SAMANTA FLEMING

**THE LAST PAGE IS ALL I REALLY NEED**
//THOMAS CLARE

BOYS ARE WEIRD...
//REYNA BROWN

42. **PROSE**
**TEST.**
//KRISTOPHER EDE

**REPEETITIVE HOPE**
//JESSE RITSCH

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**COVER IMAGE**
**SNAIL LOVE**//ANYA JOHNSON//NELSON
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.
Once upon a time there was an idea. An idea from the young people of the Columbia Basin... which turned into a request... which turned into the magazine you’re reading. A decade has passed, and hundreds of youth have had a chance to be heard, to get their art out there and to get published. So happy 10th birthday to SCRATCH! (See page 18 to see just how far the magazine’s come.)

Also a big shout out to the amazing young people from Creston who trekked to the Snoring Sasquatch to form this issue’s Editorial Committee. And thank you to the Sasquatch Arts & Music Society—which has created an amazing interactive arts centre for diverse art, music and performance events in the Creston Valley—for providing a great venue for the committee.

As usual, the committee had to tackle the challenge we have every issue of narrowing down the hundreds of photo submissions we receive. Also, the creative writers of Invermere are on fire! Check out the Poetry/Prose section on page 40 to see what I’m talking about.

And are you thinking about making a difference? Consider joining CBT’s Youth Advisory Committee. Members meet every two months, each time at a different location in the Basin, and provide a youth voice to CBT. They also have a lot of fun. Deadline for applications is June 30, 2012.

Keep up to date with CBT news by joining our CBT Youth page on Facebook, or follow us on Twitter @cbtinfo.

So what are you waiting for? Enjoy Issue #20!

Michelle d’EntreMont
Basin Youth Liaison
The Columbia River Treaty (CRT) might sound like something for other people to think about, but the CRT is all about water and how it’s managed, right here in your backyard. It affects everyone. That’s why CBT has put together new CRT web pages with videos, virtual tours of dams and reservoirs and a CRT quiz. Subscribe to get CRT updates by email. Tell your friends the Columbia River Treaty matters and then get outside and explore the Columbia River.

[www.cbt.org/crt](http://www.cbt.org/crt)

This site has information on a variety of programs and groups advocating transgender and gender-variant folks in the East and West Kootenay regions of BC. It is also a portal to Trans Connect and Gender Outlaws and a blog for all things trans-relative to the Kootenays.

[www.kootenaytransgender.com](http://www.kootenaytransgender.com)

Pinterest is a virtual pin board. The site lets you organize and share all the beautiful things you find on the web. Best of all, you can browse pin boards created by other people. Browsing pin boards is a fun way to discover new things and get inspiration from people who share your interests.

[www.pintrest.com](http://www.pintrest.com)
www.yourverbatim.com
Your Verbatim is edited by three undergraduate students who met at Selkirk College. The vision for the magazine is to provide an outlet for people who aren’t yet established as writers or professionals. People who want to have a conversation with the world through self-expression now have somewhere to be published and to receive recognition for their creative labours.

www.khanacademy.org
Watch. Practice. Learn almost anything for free. With a library of over 2,800 videos, the Khan Academy is a not-for-profit organization with the goal of changing education for the better by providing a free, world-class education to anyone, anywhere—it doesn’t matter if you’re a student, teacher, home-schooler, principal, adult returning to the classroom after 20 years or friendly alien just trying to get a leg up in earthly biology.
As a writer, I find it fascinating to chart how our literary tradition evolved out of an oral tradition into what it is today. I’ve always perceived language, and our way of communicating, as being key components of culture, and it got me questioning the nature of how culture is thought of and passed on these days.

I love words, and I love writing, but I think it’s important to step back sometimes to recognize where these words came from and the power that they assumed in the distant past: the power of voice, which is the origin of all our literature and all our stories. All literary cultures are preceded by an oral descendant. An oral tradition requires an entirely different set of mental skills; for the poets and storytellers, it entails an incredible manipulation of memory, to hold in one’s own mind the entire mythology of a people as it has been passed down through the generations.

The poet or storyteller must not only remember the stories, but be able to express them in a way that corresponds to the moralities and exemplary models of behaviour for his or her group, according to Eliade in *Myth and Reality*. The story is one in which the entire tribe or community participates. However, with the creation of writing, stories can be transcribed into a permanent (and less sacred) medium which does not require the skill of memory.

What is gained and what is lost by this shift? Where does the psychic energy, required for memorization in an oral tradition, transfer to when we move into a literate tradition? With the ability to write things down, a distance is created between the story and the person that didn’t exist before. This distance fosters the growth of a new perspective, one that allows us to analyze and experience the story outside of ourselves. This is a possible explanation for the redistribution of that psychic energy. Could there be physical changes that also correspond to this oral/literate leap? The more we learn about the function of the brain, the more it seems that storytelling, in whatever form, is a staple component of our biological evolution.

We use every part of our brain at one time or another, but specific procedures or functions are often localized to certain parts. There is increasing evidence suggesting our ability to perceive, understand and create metaphor can be attributed to a small region of the parietal lobe called the angular gyrus. In several studies, individuals with damage to
the parietal lobe (incl. angular gyrus) acquired a deficiency in their abilities to comprehend metaphor, often failing to make the connection between two layers of meaning. For instance, they would hear the phrase “My work is a jail” literally, rather than being able to leap into an understanding that work was being compared to a jail.

Because of its strategic location between the areas of the brain that interpret visual and auditory stimuli, many researchers have also suggested that the angular gyrus plays a crucial role in assisting the converting of words that are read into internal monologue. Writing is a relatively new invention to our species. And yet, we have a region of the brain designed specifically to integrate a visual medium into a personalized oral one. This is an amazing biological adaptation. The complexity of metaphor appears to coincide with a great utility of semantic reasoning. And metaphor—the drawing together of two disparate ideas to create a fusion of new meaning—lies at the center of this shift into a literate tradition.

Of the some 6,000 to 7,000 languages spoken worldwide, less than half of those are taught to a younger generation, and there is an irreconcilable loss every time “some elder slips away and carries with him or her into the grave the last syllables of an ancient tongue,” says ethnographer Wade Davis. However, technology like the Internet has proven to be a useful tool in the preservation of endangered languages, especially First Nation dialects like the Ktunaxa and Sencoten as seen in the website www.firstvoices.ca.

And yet, there is a loss, a de-sanctifying effect, when the power of voice is replaced by word.

For many of us, language is a functional part of everyday life, but to the poets and shamans of ancient or primitive cultures, language was a kind of practical magic that dictated a deep philosophical foundation that one used to compass themselves, both in the physical and the dream world.

Our stories, which have the power to shape us and guide us through the ecologies of our culture, are constantly recharged through the vocation of the poet whose task is, and always has been, to remember.
“In a world that is in chaos politically, socially and environmentally, how can the human race sustain another 100 years?”

~ Stephen Hawking

Our world is forever changing and we are constantly facing new world issues, including the degrading quality of our environment. Modern scientific knowledge has allowed us to understand the critical effect that we are having on our environment and the need for a more active commitment toward sustainable living.

Thus, perhaps the answer to Stephen Hawking’s question is simply to better educate our future generations through incorporating environmental education into the curriculum of all our schools. This could develop the next generation’s environmental values and encourage future generations to live sustainably.

“Environmental education refers to organized efforts to teach about how natural environments function and, particularly, how human beings can manage their behaviour and ecosystems in order to live sustainably.” – Wikipedia

Through education, immersion and interaction within our natural surroundings, young people will come to appreciate their world and learn why the environment is so vital for human survival, as well as the effect humans are having on the planet. Environmental education or eco-literacy establishes a will to take action and make smart decisions, instilling worldwide environmental values and the desire to create sustainability.

Governments around the world have long known about the importance of eco-literacy and have declared environmental education to be part of new national educational standards. In June 1972, The Declaration of the United Nations Conference on the Human Environment was announced in Stockholm. It consisted of proclamations “to inspire and guide the peoples of the world in the preservation and enhancement of the human environment.”

The Stockholm Declaration, along with an International Workshop on Environmental Education held in Belgrade, Serbia, aided in the formation of The Belgrade Charter in October 1975, which added further guiding principles. Not long after, in 1977, The Tbilisi Declaration updated and clarified The Stockholm Declaration and The Belgrade Charter, noting “the unanimous accord in the important role of environmental education in the preservation and improvement of the world’s environment.”

Despite the fact that eco-literacy has received recognition internationally, including here in Canada, changes are not being implemented at the same rate as our world is changing. In British Columbia, the school system is making slight advances in environmental education by incorporating some study of environmental impacts into general science courses, but more can be done.

In 2010, the Ministry of Education began collaborating with the BC Climate Action Secretariat and other BC Government ministries, agencies and boards of education to establish and coordinate Green School initiatives, strategies and programs that...
A few years ago *Science World British Columbia* introduced a program called *The BC Green Games*, a contest giving students an incentive to take environmental action in their school and/or community. Young people from schools across the province and even here in the Columbia Basin were rewarded for their progressive efforts in creating green schools. The success of this project and achievements made, displays the capacity young people have to make a change in their school, their community and in turn, society.

Adding knowledge of our environment and environmental impacts into our curriculum is key, but more important is for this information to be applied and integrated so it becomes a way of life. The entire school experience must revolve around environmental awareness. For instance, the use of paper towels in schools, as well as general paper use, could be decreased by using eco-friendly hand dryers and electronic documents. Youth at Rossland Secondary School took initiative and devoted their time toward applying for grants that would help their school improve in such areas. Eco-friendly products could replace environmentally unfriendly soaps and cleaning products. In cafeterias, food could be sourced locally. Construction and maintenance of school buildings could be required to follow environmental guidelines.

In this way, we would not simply be preaching action, but incorporating it into all aspects of school, for humans learn not only from the information that they are given, but from the surroundings they are exposed to. We become accustomed to situations and consider them to be “the norm.”

Teachers play a critical role in this process and need to be given the necessary training and resources to incorporate this new educational focus. Universities also need to prepare future teachers for eco-literacy.

“*Whether they start with an environmental issue or with fundamental ecological principles, teachers can nurture the knowledge, skills and values essential to sustainable living.*” - Center for Ecoliteracy.

To make environmental education the basis for human behaviour and decision making, we must focus on our young people, as they contain the hope for our future. They are not only more open to new ideas and unburdened by outdated opinions, but are also more imaginative and creative in problem solving.

An additional challenge is that students are currently not taught in an engaging manner. New and innovative methods need to be adopted and students must be encouraged to reflect upon and take part in meaningful actions around the complex environmental issues they are currently so detached from.

Appreciation of our environment needs to be instilled into students through field trips and hands on experiences. Why should young people be interested in saving the earth if it doesn’t mean something special to them and they do not care for it? This becomes an ever-growing issue in our contemporary lives, where we have become more and more urbanized and estranged from our natural environment, posing a definite challenge for the school curriculum to involve students.

We must approach environmental education in a way that by creating an atmosphere of purposeful conversation and asking for reflection about complex environmental issues students will be obliged to go into deep thought about the environment. In order for students to effectively analyze their personal thoughts, synthesize them with the information learned, they should be involved in long-term projects relating to their personal lives.

Although total and immediate incorporation of environmental education may appear unachievable, certain schools have demonstrated that it is possible. In Berkley, California, the Center for Ecoliteracy has done it to an inspiring extent. The Center teaches three main programs:

1. *Smart by Nature: Schooling for Sustainability*;
2. *Ecological Literacy: Educating Our Children for a Sustainable World*; and

Its course, *Smart by Nature*, is based on four guiding principles:

1. *Nature is our teacher*;
2. *Sustainability is a community practice*;
3. *The real world is the optimal learning environment*; and
4. *Sustainable living is rooted in a deep knowledge of place*.

With the immediate and effective incorporation of environmental education, we will foster a progressive attitude toward sustainability from a young age; generations to come will be eco-literate and environmental consciousness will be the norm. We must create a world balanced in economy and environment, because without an environment, nothing—not even the economy—can thrive.

“*Only after the last tree has been cut down, only after the last river has been poisoned, only after the last fish has been caught, only then will you find that money cannot be eaten.*” – Cree Proverb
When I first heard and gained interest in the Youth Social Action Theatre program, I thought I knew what to expect: a lot of rehearsing and script writing with other teens. I also thought that Andrew Burton, the founder of Street Spirits Theatre, would be a man in his mid-30s. I had thought there would’ve been a bigger turnout of actors who I could not relate with. I realized how wrong I was after the first day I left the doors of the Creston arts centre, The Snoring Sasquatch.

We were taught and did very fun and interactive exercises that related very well to theatre acting. The acting style was all improv: not a thing in writing and no memorizing lines. Andrew is a man in his mid-60s who kept it fresh and intriguing. Even though we didn’t have a very large group (seven youth, seven adults and Andrew), we all related well and had a lot of fun. I witnessed trust being built and powerful minds being put to use and coming together.

My thought going into this as youth leader was, “If I am confident, comfortable and open, others will follow suit to be confident, comfortable and open.” In my perspective, it worked, and everyone participated well. I’ve always felt I had to take a leadership role, it runs in my family being a Luke here on the Lower Kootenay Band reserve. My grandpa was chief for 25+ years and my dad was chief for 6 years so I’ve always been a leader when asked or when I felt I had to be. Since I was the oldest youth participant, I felt I had to be a leader.

The way we trained to gain our story lines was very simple and literally right under our noses: Andrew had us create tableaus. In theatre, tableaus are frozen scenes of conflict, which could include from one person to five people. We were asked to give feedback on what might be happening in the scene, and it was neat to see everyone’s different ideas. Once opinions were done, Andrew simply asked, “What may have happened before this?” And then he asked, “What may have happened after this?” In a matter of minutes, we had a miniature play.

After many displayed tableaus, we combined
three series of tableaus to create our 25-minute play, which we presented on November 26, 2011. We chose to call our play A Vicious Circle.

During rehearsal, some of our participants were very nervous and uneasy. Andrew calmed us with energy exercises, a different one each day, which were very powerful and relieving. These energy exercises built trust, helped us display confidence and work hard and created strong group support and friendship.

Our play was a success, with an audience of 80 community members. In social action theatre, the play is presented twice: once in full, and then a second time when audience members are invited to yell “Stop,” choose the actors they want to replace and introduce solutions to the problems presented. During our performance, at least ten adults did so. Our job, as the acting troupe, was to present problems that affect youth in our community; it was the audience’s job to bring about solutions.

After the presentation, our group celebrated our last moments with Andrew before he left for his home in Prince George.

My overall thoughts on this program in my hometown are all very positive. Andrew taught us the inner spirit of theatre, how to release fear and stress and how to get past our comfort zone. He guided us to create and become our characters.

The youth taught the community that these are problems that youth have today. As one audience member said, “I am surprised that these problems that I experienced as a teen still exist.”

Our group is still together close to a month later, meeting once a week on Wednesdays back at the Snoring Sasquatch. Our group chose a name: The Vicious Circle.

My greatest thanks to Doreen Cardwell for inviting me to become a youth leader and taking on this project. I’m very pleased I accepted her offer, because we’re now the up-and-coming thing in Creston that targets the community from a youth’s perspective.

Thanks for the read, and thank you Columbia Basin Trust for funding this project that made this happen for Creston youth.
BIG
BANG
Bagels

CAROLYN DOYLE//FERNIE
I was motivated to start something that was truly my own, something I could be proud of.

If you travel to Fernie, BC, and find yourself wandering downtown, you'll end up standing right in front of Big Bang Bagels. And if you're standing right in front, you probably won't be able to help but go inside, attracted by the welcoming lights and smell of fresh bagels and warm cinnamon. And if you come inside, you'll be greeted by a friendly staff member and an inviting display of fresh-baked bagels, and you probably won't be able to help but order one and get it made into one of a variety of sandwiches or just toasted with butter or topped with one of the in-house-made cream cheeses. And once you bite into one of these delicious bagels, well, you won't go back to any other bagel. At least that's what our customers tell us.

Big Bang Bagels started four years ago in my kitchen. I was motivated to start something that was truly my own, something I could be proud of. Having no professional baking experience, I pulled a recipe off the Internet and went from there. My friends and family seemed to like my bagels, so I decided to go public with them.

I managed to get accepted into the Community Futures Self-Employment Program, where I received some focused training on starting and propagating a small business. From there I started selling bagels at the small farmers' market in Fernie. This went very well; I would make hundreds of bagels and would sell out in just a couple of hours. I had no previous business experience, so I looked to some of the successful businesses I had worked for. These businesses not only put an emphasis on great product, but had a huge focus on amazing service.

When the summer was over, there was still a demand for my bagels. I approached a small pizza shop in town that didn't open until 4 p.m. and asked to use the shop to make and sell bagels in the morning. Big Bang Bagels quickly outgrew that pizza shop, and it was time to find a spot of our own.

The great thing was, that by this point I had built a great reputation and had some money and experience, so by the time I was taking the risk to rent my own place and buy my own equipment, I had the confidence it would be successful. I now have two locations in Fernie: one downtown and one on the ski hill. I have 28 amazing staff, and this past Christmas season alone we sold 10,000 bagels.

Big Bang Bagels didn't start out as a dream, but a thought. A thought that I plugged away at piece by piece until it became something greater than I could have ever dreamed of. I love my work, I love all the great people I work with and I love all the great people who walk through the door. Big Bang Bagels is better than a dream—it's the reality I get to live every day.
Growing up under the far-reaching prairie skies always made me feel like the opportunities in life were limitless. That—like my folks had always said—with a dash of passion and a lot of hard work, I could truly be anyone and anything I ever wanted. I believe it was in this exceptional feeling of unconditional love and support that I began to develop a profound desire to live my life full of new adventures and meaningful experiences.

While my grade school classmates were deciding between their futures as firefighters or teachers, I was planning where to locate my next lemonade stand. In high school, it was where to sell my handmade clothes. And at university, it was where to publish my feminist magazine.

I guess I had a pretty clear understanding at a fairly young age that when I grew up, I wanted to be a dreamer, a creator—and an entrepreneur.

When I pulled into Rossland, BC, on a warm July afternoon, surrounded by stunning mountain peaks and unmistakable nostalgia, I felt something sensational. I couldn’t put my finger on it right away, but soon began to realize it was the desire to immerse myself into this brilliantly energizing town and begin to find adventures in my daily surroundings. I had found somewhere I wanted to call home.

As my time in the Kootenays increased, I began to consider a new direction for myself, one where I could not only make the path, but could choose which way to walk, skip or ride down it. I wanted to take the energy and inspiration that
came from my immediate environment and turn it into something that would allow me to stay here as long as I pleased.

After a few years of playing and slaying in the fresh Kootenay powder and charging down the skillfully built bike trails, a realization occurred to me: if I wanted to continue to stay and play here, I was going to have to leave first and learn a thing or two. I carried on west to Vancouver Island and ended up in the capital city for a couple of years, studying clothing design.

Frozen Laundry, my latest creation and business endeavor, was born on Vancouver Island during the West Coast winter swells. It was influenced by the limitless adventures experienced in my few years on this incredible Earth and inspired by the people who have joined me for the voyage.

Frozen Laundry is a Rossland-based, technical adventure wear apparel company that focuses on intelligent, minimalist design. Our garments are stitched up in safe, healthy studios in East Vancouver using ethically sourced, specialized fabrics. Of course, we don’t have all the answers yet, but I believe we’re looking in the right direction.

Our purpose is to combine our collective passion for riding, our love for and respect of the natural world and our desire to support one another—local artists, dreamers and creators—to keep skilled labour alive and well in Canada. Of course, it has also allowed me to return to the Kootenays to stay and play in this beautiful place.

FROZENLAUNDRY.CA
Ten years ago the first issue of SCRATCH magazine was published in the Columbia Basin. It all started in 2002 at the Basin Voice Youth Action Forum, where young people got together and dreamed of a youth-driven, alternative media source that celebrates, rather than trashes, youth culture. Youth of the Basin were welcomed to the magazine with these encouraging words to get things rolling:

What you are holding is a voice. It’s a forum for your concerns, an outlet for your rage, a podium for your dreams. This is a place for you to give and to get. Offer your thoughts, your ideas, your opinions and insight and experience.

SCRATCH magazine tracked down three of the contributors to that first issue to see what they’re up to now, and to find out about their experiences with and contributions to SCRATCH ten years ago.

Nichola Lytle // Front Cover Artist

I submitted a design for the cover of SCRATCH magazine when I first started using a computer for design work and experimenting with Photoshop.

I originally taught myself how to use design software so I could create children’s book illustrations and design posters and ads for people. In 2002, I started my own business called www.pinkdogdesigns.com. I have since then illustrated and done graphic design for a diverse range of clients, including Toyota, Cadbury and lots of great local businesses. For the past few years, I have taught as an instructor and guest speaker at Selkirk College’s Digital Arts and New Media program and continue to work as a graphic design and illustration professional working from my home office just outside of Nelson.

Nichola Lytle is an illustrator and graphic designer, and teaches at Selkirk College. pinkdogdesigns.com

Kevan Gilbert // “My First School Dance”

“Deciding that humanity in general would be better off if Kevan Gilbert knew how to dance, on the Thursday afternoon of our school’s 2001 Halloween festivities, I bought myself a dance ticket. This was the first dance ticket I’d ever purchased, since this was, in fact, the very first school dance I’d ever been to in my life. After you stop laughing at me, I’ll continue. “

I never went to another dance.

Kevan Gilbert is now a content strategist at Domain 7. http://domain7.com/team/kevan-gilbert/
So start. Got an idea? Scratch it down and send it in. Think there’s more out there than meets the eye? Scratch the surface. Want to leave your mark? Scratch your name. Tired of hearing the same old recording played the same old way? Scratch. Something bugging you? Something under your skin? Got an itch? Then SCRATCH it.

Michelle Mungall/"THE EMPOWERING F-WORD"

“Based on the title, you’re probably wondering how a four-letter word that rhymes with hockey puck could be empowering. Even though that four-letter word can feel pretty good when you’re really angry and need to let off some steam, this word doesn’t seem so empowering. That’s because I’m not talking about a four-letter word that rhymes with hockey puck. Rather, I’m talking about an f-word that can be just as taboo these days. Feminism.”

I had to do a double take when asked to contribute to the 10-year anniversary edition of SCRATCH. “Have ten years really gone by?” I thought. Funny how the years can just creep up on you.

Ten years ago, I wrote an article called “The Empowering F-Word.” It was all about how feminism has changed much of women’s lives for the better, and therefore improved society as a whole. To be sure, we are defined by how we treat each other, and universal human rights is a worthwhile goal. Feminism—being the notion that women are people and deserve equal social status and human rights—has been very empowering not just for women and girls, but for everyone.

Ten years later, I still feel the same way. I still call myself a feminist and continue to work in the women’s movement for gender equality. Today, I do it as the Member of the Legislative Assembly for Nelson-Creston. In 2009, I was the first woman to be elected to the position. I was also the youngest, and am presently the youngest woman sitting in BC’s Legislature. Along with my representative duties, I also chair the NDP Opposition Women’s Caucus and hold the Critic portfolio for Advanced Education, Youth and Labour Market Development.

But if it weren’t for the women’s movement, I wouldn’t be here. I wouldn’t have the right to vote or run for office. I wouldn’t be considered a person. I wouldn’t have the right to hold money in my own name, or the right to be safe and free from sexual harassment. Each right I have—to run for office, be elected and do the job—has been won after years of hard work from the women’s movement.

Yet there remain challenges. Women are still a minority among politicians, despite being 50 per cent of the population. The main reason women don’t run for office is because they are rarely asked, particularly by leading political parties. When they are, they face major hurdles in the nomination process, as local party members worry that only a white man can take the win. For our democracy to work, it must reflect our society’s demographics better, and that means the low bar of 25 per cent women politicians needs to change.

Not only do we need more women, we need more young women to be involved. In BC, I remain a bit of an anomaly. Elected to municipal government at 24 years old, then provincial government at 31 years old, I have yet to meet a young woman with similar political experience—several men, but no women. As a result, many people assume I’m someone’s assistant when they first see me. I will never forget when someone said to me, “How do you like being the Mayor’s secretary?” Imagine her surprise when I corrected her that I was a city councillor. Many other assumptions and stereotypes fog some people’s view of me, and I contend with them all. In doing that, I contribute to the women’s movement and change people’s understanding of who can be in leadership roles.

For me, feminism is a source of strength. While ten years seem to have flown by, “the empowering f-word” has consistently been there, empowering me and the world I live in to be a better place for everyone.

Michelle Mungall is the MLA for Nelson-Creston and NDP Opposition Critic for Advanced Education, Youth and Labour Market Development. www.michellemungall.ca
YOU'RE ONE IN A MILLION // TAYLA SCOTT // FRUITVALE

WITH AGE COMES WISDOM // SIERRA FRANKLIN // FAIRMONT / INVERMERE

BIKE NECKLACE // MANDY HUSER // SALMO
VISUALS

 Mysteries Lace // Minka Barrels // Nelson

When Papers Escape // Thomas Clare // Invermere
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.
CAPTURING THE SUN // AISHA DYCK // CRESTON

ROSE // ANYA JOHNSON // NELSON
LACEY MOTH//BROOKE JOHNSON//NELSON

CARAMELS OF THE FOREST//CYPRESS HUNDER//NEW DENVER

MOUNTAIN KNOWS BEST//KEN POSTNIKOFF//CASTLEGAR
**COMFORT IS…**

**KATE GODLIEN//INVERMERE**

Commodity is not a feeling.
It's a person, a place, an object.
Comfort is having a best friend,
Someone who will make you tea in the middle
of the night,
An ever present shoulder to cry on.
Comfort is the hidden cove,
The beach full of perfect pebbles,
Water gently lapping at your toes,
Always there, never changing.
Comfort is a childhood blanket,
Old and worn,
Softened by years of cuddling and drying your
tears,
Still embracing you in a warm hug every night.
Comfort is in the small things.
It is a scent, a sound, a touch.
Comfort is the waft of a familiar smell,
The lingering trace of a Christmas tree,
Or your mom's perfume,
The aroma of a new book.
Comfort is music to your ears,
Waves crashing,
Rain pattering on a tin roof,
A sibling singing in the shower.
Comfort is the caress of the wind,
Soft against your skin.
A warm hand reaching out,
Enveloping your own.
Comfort is wearing someone's shirt to bed,
Just to feel close to them.
Comfort is resting your head on a loved one's
chest,
Hearing their steady heartbeat.
Comfort is feeling certain about where you
belong,
Where you are safe, steady, loved.

**THE LIFE OF A FACE**

**SAMANTA FLEMING//ROSSLAND**

Born, purely undefined,
Neither scarred nor lined.
A face lacking experience.
An unmarked appearance.
Laid subtly into emotion's hands,
They begin sculpting permanent brands.
No matter a smile or frown,
Emotion chose you to crown.
From the moment of bestowment,
The air is thick and potent.
It will envelop you wherever you go,
Choosing the most unexpected times to show.
And there, where black is printed on white,
Phrases crack and emotion takes flight.
Wings etch pain into your brow,
They create the hurt of now.
All the same, they are able to caress,
Feathers are capable of utter gentleness.
Softening the creases once less fine,
Forming a smile from that hard line.
Emotion is powerful, have no doubt.
There is but one way out.
Do not choose that road to go,
It will bring about emotion’s worst- sorrow.
If, then in the end there will not be
A painting to see,
A map to lead,
Or a story to read.
Stay, and tell your tale, through a face lined or
undefined.
THE LAST PAGE
IS ALL I REALLY NEED

THOMAS CLARE//INVERMERE

The colours were all grey
Like a brand new colouring book
Full of interesting things.
But plain
Lifeless
And boring
You stepped into my life
And put crayon to paper
You helped colour in the lines
Trying to attain perfection
As we got further into the book
The crayon turned into a colouring pencil
And we didn’t care if we went out of the lines
Because that’s what life was about
Colouring outside the lines.
We shaded and drew patterns
And soon the colouring pencils turned into markers
And that’s when it looked tattered
When we coloured outside the lines
And we had to colour in the same direction
Or it looked terrible
So we got rid of the markers
And found a packet of sharpies
We coloured what we wanted to
We ignored the lines
But eventually your colouring made mine look bad
And the colours you used didn’t match mine
You told me it was my fault
You said I changed
I wrote “get lost” on the next page in a red sharpie
So you ripped out the last page in my colouring book
And left
I couldn’t finish
Not without you.
Not without the last page
But I just got tired of waiting for you to return
So I found a plain white piece of paper
And I got my pencil
And I drew my own lines
I then outlined them in black pen
And coloured some in with crayon
And I shaded some in with colouring pencils
I then messed it all up with markers
But I made it look better with sharpies
When I was finished
I looked at the page
I thought I was just doodling
I thought I was just mucking around
But when I read what I drew
I realized that I need that last page
And I need you to help me colour it in
I miss you

BOYS ARE WEIRD...

REYNA BROWN//NELSON

Aren’t they odd?
he’ll take it to heart
to rip you apart
on a whim
so strong
so simple
the curve of a dimple
the wink of a blue eye
swaggerin’
baggy jeans
not so tough as he seems
on gleaming muscles
voices raised
fighting praised
laughter dominates
boy crushin’
cheeks blushin’
gone lovin’
Kristopher Ede//Invermere

It was late and no one was home except for you and me and the cat. The cat was nuzzling its face against my side and while it was doing that I couldn’t help but wonder what it would be like nuzzling mine against yours. I’d bury my face against your chest and each breath would bring with it the smell of your deodorant and grass stains and campfires and I would smile and you would smile and your cat would purr and we would be happy.

But that was not how it was.

I was not nuzzling my head against your chest and you were not nuzzling yours against mine. We were not resting our heads on each other’s shoulders and our hands were not intertwined in one another. We were sitting on my bed and I was on one end and you were on the other end and in between us was a machine.

It was a recording device.

I was trying to get it to work because I wanted to start recording some new songs. I had the piano set up and the music written as well as the lyrics and now all I needed was for that tiny machine to work. But I couldn’t figure it out which was why I had asked you to help me.

You always seemed to know something about the things that I did not know about and that was one of the many things that made me so in love with you. But you would never know this. I would never tell you because I wouldn’t want you to ever listen. Things were better just like this, I was sure of it.

While I may want to nuzzle my face into your side and rest my head against your shoulder and hold your hand and fall asleep together after a day well spent, I knew that your friendship was enough for me and enough for us. I didn’t want to complicate the simple things or simplify the complicated things, I just wanted to be and I wanted to be with you by your side. And that was what I had now and that was enough, I was sure of it.

“Testing, testing,” you said into the microphone.

My eyes met your half-brown half-green ones and for a moment I just stared at you with a dopey smile on my face. The cat was curled into my lap and my hand was absentmindedly petting it softly as my eyes stayed fixed on your halfsies eyes. You smiled too.

You began singing some off-key, off-tune song into the microphone. You didn’t have what one would call a ‘good singing voice’ but goddammit if I didn’t love it when you sang. And I did. I loved it more than anyone could ever love off-key, off-tune vocal stimulations and it was all because it was you.

You stopped the machine and rewound the tape and played it back to me and there it was, the recording was singing a song that I had always loved in your voice that I had always loved and I smiled even more. You stopped the tape and rewound it back to the beginning so that I could record over it.

You told me it was getting late and that you should go and I agreed and I thanked you for helping me and you told me not to mention it and I was still smiling and you were still smiling and the cat was still purring. You left and I sat silently for a long time, listening to your car door slam shut and pull out of the drive way and once it had I pressed play on the recording once more.

And the sound of your voice filled the room and echoed off the walls and I knew then that I was never going to record over this tape. I wanted to save it and your voice and this memory and this feeling of happiness and I was going to do just that.

The tape had ended and I rewound it and pressed play once more.

And all I could do was smile.

Jesse Ritsch//Invermere

I pulled my head up from the desk it was laying on. It was hard and cold. I put my hand to my cheek, and the warmth nearly stung it. I think I said “ouch” out loud.

Now some girls over in the other side of the class are staring at me and one of them giggled. I put my head up from the desk it was laying on. It was hard and cold. I put my hand to my cheek, and the warmth nearly stung it. I think I said “ouch” out loud.

I opened my eyes. The teacher was back at her desk. The classroom was quiet, and I liked it. I pulled myself up and tried to speak to the teacher. My words came out as mumbles, and the class giggled. The teacher was stern with them. She told me I could go to the bathroom. I smiled. The teacher was a nice teacher.

As soon as I was in the bathroom stall I was dripping in my own tears, and hoped I could stay there long enough for them to stop. I passed the mirror, staring at my own reflection, my chest hurting. My messy red hair, chubby face and body, and eyes that don’t always look in the same direction stared back and I wanted to hit the mirror. I wanted to hit it for showing me something I wasn’t supposed to be. I wanted to break it and maybe the next time I looked I would be normal. Maybe my differences would go away, and when I looked at busy pictures I wouldn’t drop to the ground and wake a couple minutes later, trembling and unable to remember what happened. But someone would eventually come for me, and yell at me for not being in class. Yell at me for being different, or maybe for breaking a mirror.

My name is Hope, and I’ll continue to draw that smile on my face every day when people can see me. Tomorrow it will happen all over again.
FINDERS KEEPERS

SCRATCH Mag is distributed to these locations:

**Castlegar**
- Bagels & Brew
- Castlegar & District Community Services Centre
- Castlegar & District Public Library
- Castlegar Youth Employment Services
- Columbia Basin Trust Office
- Common Grounds Coffee Shop
- Freedom Quest
- Industrial Surf/Source for Sports
- JJ’s Fashions
- Kootenay Gallery
- On-line Learning Centre
- Selkirk College Student’s Association
- Selkirk College Library
- Stanley Humphries Secondary School

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

**Crawford Bay**
- Crawford Bay Secondary School

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- Black Bear Books
- Buffalo Coffee House
- Creston & District Public Library
- Grand Central Perks & Blends
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- The Snoring Sasquatch

**Edgewater**
- The Edge

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

**Fernie**
- Fernie Arts Station
- Fernie Heritage Library
- Fernie Secondary School
- Fernie Women’s Centre
- Midge’s Mags & Movies

**Golden**
- Bacchus Books
- Bean Bag Coffee Roasters and Internet Cafe
- Columbia Basin Trust Office
- Darkside Snow Skate BMX

**Golden (cont.)**
- Dreamcatcher Hostel
- East Kootenay Addiction Services Society
- Golden Family Centre
- Golden Secondary School
- Jita’s Café

**Gray Creek**
- Gray Creek Store

**Invermere**
- Columbia Valley Employment Services
- Dave’s Book Bar
- David Thompson Secondary School
- Invermere Public Library
- Kicking Horse Coffee Cafe
- Quality Bakery
- Summit Youth Centre

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

**Kimberley**
- Bean Tree
- Kimberley Arts Council – Centre 64
- Kimberley Public Library
- Selkirk Secondary School
- SPARK Youth Centre

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

**Meadow Creek**
- Lardeau Valley Community Centre

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

**Nelson**
- ANKORS
- Cicada Place
- Dominion Cafe
- Earth Matters
- Freedom Quest
- Grounded Organic Coffee House
- Jigzaws Coffee Co.
- LV Rogers Secondary School
- Nelson & District Youth Centre
- Nelson CARES
- Nelson Municipal Library
- Nelson Waldorf School
- Oso Negro
- Otter Books
- Packrat Annie’s
- Ripping Giraffe
- Self Design High
- Selkirk College – Silver King Campus
- Selkirk College – Tenth Street Campus

**Nelson (cont.)**
- Shambhala Music Festival
- Sidewinders
- Touchstones Nelson: Museum of Art & History
- Youth Employment Resource Centre
- Nelson Municipal Library

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

**Radium Hot Springs**
- Radium Public Library

**Revelstoke**
- Community Connections Society
- Revelstoke Secondary School

**Rossland**
- Alpine Grind
- Café Books
- Kootenay Assoc. for Science and Technology
- Ross Vegas Board Sports
- Rossland Public Library
- Rossland Secondary School
- Rush Coffee Lounge
- Sunshine Cafe

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

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

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

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

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

**Warfield**
- Cornerstone Café & Deli

**Windermere**
- Askisqnuk Learning Centre

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