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

PHOTO COLLECTIONS

High Resolution
- Collections must be three photos
- Minimum 300 dpi resolution at 8” wide.
- File name must be photo name.
- $60 per collection.
- $100 if one of the collection photos is chosen for the cover.

Camera Phone
- Collections must be three photos of any resolution.
- File name must be photo name.
- Not eligible for the cover.
- $60 per collection.

POETRY Limited to 30 lines $20

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

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

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

FICTIONAL PROSE Limited to 500 words $30

Conversations Overheard
Have you heard something interesting or bizarre lately? Take that one-liner that you overheard and turn it into a short story. Provide the one-liner and the location where you overheard it.

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

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

IN EVERY ISSUE

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

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

Questions Out Loud
Send your questions to our advice providers.

The Ten Things
With 10 minutes on the clock, write a list for:
- the 10 things I WILL OR WILL NOT need on a mountaintop.
- the 10 things I WILL OR WILL NOT take on my road trip.

Consent forms must be received for all submissions to be considered for publication.
WWW.CBT.ORG/SCRATCH
5. **EDITORIAL**
//MICHELLE D’ENTREMONT
... to celebrate the voice of youth.

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

8. **YAC: YOUTH ADVISORY COMMITTEE**
... you’ll have the opportunity to gain great work and life experience to add to your resumé.

10. **YOUTH ACTION GRANTS**
Young people aged 12 to 19 may apply for a grant of up to $3,000.

12. **A LABOUR OF LOVE: THE STORY OF TRIBE LONGBOARDS**
“I was all like, ‘I cut down a big birch!’” Kevin remembers himself saying proudly.

18. **COLUMBIA RIVER TREATY: WHAT’S IT ALL ABOUT?**
It’s about water and how we manage it, together with the US.

22. **VISUALS**
ALEX SWAN//NELSON
CRYSTAL RENE UNGER//NAKUSP
MICHAEL GRAEME//NELSON
JANAE GAUTHIER//NELSON
MIRANDA de GROOT//CRANBROOK
PANIZ KHOSROSHAHY//CRANBROOK
CHASE HANSEN//CRANBROOK
ALISHA DYCK//CRESTON
JORDAN STROBEL//TRAIL

42. **POETRY**
GOOSEBUMPS
//KIERRA NASH

ANYWHERE BUT HERE
//KIERRA NASH

UNPLUG
//KATE GODLIEN

STOP RUNNING
//KATE GODLIEN

A STOPOVER
//PANIZ KHOSROSHAHY

AN HONEST EXISTENCE
//ZOE MARTIN

ELEPHANT GREY
//JANESSA TRAVERSE

NO KISS
//SOPHIE BANKE

COVER IMAGE
BRIDGE//ALEX SWAN//NELSON
See the rest of Alex's Photo Collection "Reflections" on page 22
Submissions are selected by a Youth Editorial Committee; if your group is interested in forming the next Editorial Committee, email scratch@cbt.org.
Here it is: The latest edition of SCRATCH is in your hands! Are you enjoying it while lounging in your favourite café? Or are you outside surrounded by mountains with a lake at your feet? Do you save it for a sunny day on the beach? Or do you flip through it on your walk home? Let us know! We’d love to hear how you read it, what you love about it, what you wish there was more of or less of. Email your thoughts to scratch@cbt.org or drop us a line on Facebook at CBT Youth.

I’ve fallen in love with the photo collections we received for this issue. Thank you Basin photographers for providing glimpses into your worlds. Plus the poetry is outstanding. I was moved, entertained and educated.

Don't miss Mike Graeme’s piece “The Story of Tribe Longboards: A Labour of Love.” It’s great to get to know the story and passion that’s behind a small business.

Also be sure to check out our new submission guidelines and assignments. SCRATCH was created by young people of the Basin over 10 years ago and continues to celebrate the voice of youth. So get going, get published and get paid!

MICHELLE D’ENTREMONT BASIN YOUTH LIAISON
www.kric.ca
The Kootenay Rockies Innovation Council is dedicated to fostering a culture of innovation, as well as the development of science and technology in the East Kootenay. It is a non-profit society that provides programming and events targeted at businesses, communities, students and educators related to science, technology and innovation.

www.kast.com
The Kootenay Association for Science & Technology is a non-profit organization dedicated to the continued growth of science and technology as key economic drivers in the West Kootenay-Boundary. It works with businesses, communities, students and educators to support and showcase the potential and opportunity provided by science, technology and innovation in the region.
www.stokeyouthnetwork.ca
The Stoke Youth Network was created by youth for youth. Working collaboratively with local businesses and organizations to create opportunities for youth aged 12 to 29, the Revelstoke-based network strives to connect youth to opportunities, events, programs and services; to give youth a voice in the community and provide a forum for youth input; and to link youth to funding opportunities and support local youth projects and ideas.

www.jcikootenay.com
JCI Kootenay is a group of young people aged 18 to 40 who live and work in the East Kootenay. It is affiliated with Junior Chamber International, which is a non-profit organization of 200,000 young people in 5,000 communities in more than 100 countries. Through various projects and events, JCI members meet, learn and grow, sharing the belief that in order to create lasting positive change, they must improve themselves and the world around them. To contribute to the advancement of the global community, JCI provides young people the opportunity to develop the leadership skills, social responsibility, entrepreneurship skills and fellowship necessary to create positive change.
ARE YOU YACer MATERIAL?
The members of the Columbia Basin Trust Youth Advisory Committee (or YACers as we call them) are young volunteers from around the Columbia Basin who are interested in making a difference in their communities.

CBT supports efforts by the people of the Basin to create a legacy of social, economic and environmental well-being and to achieve greater self-sufficiency for present and future generations.

Being part of the YAC is a big commitment, as CBT asks participants to commit to a one-year term. With all expenses covered by CBT, the YAC meets at various communities around the Basin throughout the year, starting in September. At these meetings, YACers review grant applications, develop policies, attend skill-building workshops and hear presentations from locals like youth or community leaders.

As a YACer, you’ll have the opportunity to gain great work and life experience to add to your resumé, plus will get to meet other youth and travel to different communities in the Basin.

If you’d like to become a YACer, please review the information sheet and submit the application form by June 30, 2013.

Questions? Contact our Basin Youth Liaison at 1.800.505.8998 or cbtyouth@cbt.org.
www.cbt.org/yac
“Being a YACer has been nothing short of empowering. I have become more confident as a leader, which has inspired me to take action in my communities. It is a life-changing experience!”
~Melissa Koftinoff, Nakusp

“Being a part of the YAC has provided me with experiences I wouldn’t have been able to explore. I really enjoyed meeting other youth who are engaged in their communities and who love to be involved as much as me.”
~Clara Foulds, Nelson

“YAC rocks! I’ve not only learned so much about the geography, the history and the people of the Basin, but I have connected with amazing youth and adults. I’ve been totally inspired by the programs youth are creating for youth and I love every minute I spend with the YACers!”
~Lauren Fox, Fernie

THE PURPOSE OF THE YAC IS TO:

- PROVIDE YOUTH PERSPECTIVES WITHIN CBT PLANNING;
- STRENGTHEN THE NETWORK AMONGST BASIN YOUTH;
- PROMOTE LEADERSHIP AND SKILLS DEVELOPMENT; AND
- REVIEW AND APPROVE APPLICATIONS FOR CBT’S YOUTH GRANTS AND YOUTH ACTION GRANTS.
DETAILS:
• Deadline is the first of every month.
• You’ll need a mentor and sponsoring organization.
• Visit www.cbt.org/yag for documents.
• If you have questions or would like help planning your action, contact Michelle d’Entremont, CBT Basin Youth Liaison, at 1.800.505.8998 or cbtyouth@cbt.org.

CHECK OUT THE YAG THOUGHT BOOK:
• questions to help you identify areas of interest and skills;
• examples of action types and how to define your outcome;
• a place to plan, write your thoughts and put your action into words; and
• tips to pitch your plan for support.
YOUNG PEOPLE AGED 12–19 MAY APPLY FOR A GRANT OF UP TO $3,000 TO BE USED FOR A YOUTH-LED ACTION WITH POSITIVE OUTCOMES.

A MENTOR:

• provides support and guidance;
• gives input and reviews your Action Plan;
• supervises and/or is available for help during the different stages of your plan; and
• completes the mentors’ final report survey.

A SPONSORING ORGANIZATION:

• must be a registered non-profit organization, school, local government or First Nation organization;
• must hold appropriate insurance for your action;
• will be the legal entity that will sign the contribution agreement with CBT; and
• will receive and manage the grant and complete the final financial report.

Funds cannot be used for:

STUFF THAT HAPPENS OUTSIDE THE BASIN FUNDRAISING PROJECTS THAT HAVE ALREADY HAPPENED REGISTRATION FEES OR TUITION FOR CONFERENCES, EVENTS OR PROGRAMS SCHOOL FIELD TRIPS AMATEUR OR SCHOOL SPORTS TEAMS OR SPORTS EQUIPMENT ACTIONS THAT PROMOTE BIASED OPINIONS OR ONE-SIDED VIEWS ON SENSITIVE ISSUES ACTIVITIES OF RELIGIOUS ORGANIZATIONS THAT PRIMARILY SERVE THEIR MEMBERSHIPS AND/OR DIRECT RELIGIOUS PURPOSES PAYING YOURSELF PARTIES

CBT also funds projects up to $15,000 that directly benefit Basin youth aged 12 to 29 through the Youth Grants Program. Non-profit organizations, school districts, First Nations organizations and local governments—plus youth aged 15 to 29 with a sponsoring organization—can apply. www.cbt.org/ygp
The Story of Tribe Longboards

a

LABOUR

of

LOVE
Having been raised by a Nelson family of skateboarders, I’ve spent a lot of time with friends and foes exploring the physical limits of skateboarding (such as dividing the number of city blocks travelled by the seconds it’s taken to travel them in order to calculate record velocities down Stanley Street), but rarely, if at all, did I consider the biology of the board I was riding. I’d never stopped to wonder about what forest, or even what type of tree, brought forth this element of expression beneath my feet.
The connection between birch and skate is one that Kevin Vervaeke, a local to the Nelson area, is well acquainted with. Kevin burns illustrations by hand onto boards that he's pressed and uniquely shaped from wood he himself selectively harvested using merely a truck, a come-along (a hand-powered cable puller) and a chainsaw.

His first longboard was handcrafted three years ago on what one may call a whim. “That’s Kevin for you,” a friend of his once remarked, shaking her head with a laugh. “An idea comes to him and he just goes and does it.”

In fact, when Kevin decided to build the original longboard, he hadn’t even known how to ride one. The result of the trial run: wheel-bite, or, in other words, severe road rash. However, learning that a board must be shaped to allow wheels the space to turn is but one of many lessons that have guided Kevin’s unique profession.

“There’s been so much learning,” Kevin says. “I still can’t believe how much.” This is to say that, unlike Stanley Street, the course of Kevin’s board building is not proving to be a straightly paved road without stop signs—and it befell him quite unexpectedly. It all began on a two-month trip to Mexico, where Kevin fell head over heels for the surf. “I’d wake up every morning with only one motive: to surf.” After two months of blissful waves, Kevin found himself back in Nelson in dire withdrawal. As he was beginning to come to the conclusion that moving to Tofino was his only chance for salvation, Kevin had a moment of clarity.

“I need to build something,” he remembers thinking. Luckily, Kevin still had some rationality left in him. He knew very well that building a surfboard would not resolve the absence of the ocean, and at the time he was living in a one-room apartment, so were he to construct a canoe, it might never fit out of his apartment door. Then it struck him; a longboard could convert concrete speed bump into salty swell. From this revelation, the wheels started rolling. He headed to the local lumber store for some old door skins, and glue and clamps to stick them together.

When a friend got word that Kevin had made his own longboard, he came asking to buy one. This sparked the conception of Kevin’s company, Tribe Longboards.

“Our now, my boy, that’s a fine-looking aspen poplar you got there.”

The search for the birch resumed.

“After I sold a board to my friend, I began to think that maybe I could make something of this! Then quickly after, I thought, all right, first I should start making them better.”

Kevin decided his best bet for improved durability from the flimsy door skins was a local mill, where he found some beautiful birch wood. However, the supply was limited and the mill owner’s wood harvesting days were over.

“He told me he had grown too old to cut trees himself,” Kevin recounts, “but he said that if I brought the trees to him, then we could peel them into veneer together.”

Before long, Kevin and a companion were setting out into the forest in search of a wild birch. After spending two days in the cold of winter looking for a suitable birch tree, the two friends stopped dead in their tracks, for there it stood: a seemingly indefectible deciduous with ideal knot spacing for board making. With frozen hands, they quickly warmed up the chainsaw and got to work. Before long the timber was rolling down the snowy bank, narrowly missing the truck and tumbling right past it until coming to rest at the bottom of
the hill. Then out came the come-along and another hour was spent tugging the trunk back up the hill. When Kevin finally brought the tree to the veneer mill, he was beaming.

“I was all like, ‘I cut down a big birch!’” Kevin remembers himself saying proudly. With a bit of a chuckle, the mill owner responded, “Well now, my boy, that’s a fine-looking aspen poplar you got there.” The search for the birch resumed.

Although there have been numerous setbacks like this one, rather than being held back, Kevin is motivated by the challenges. Whether or not a challenge can be overcome a certain way is a question only answered by trying, and who knows what the waves will wash to shore in the process of trying?

“Building boards brings new things to my life all the time,” he says. “Every once in a while, I build something that I did not think I could, I meet new people that inspire me, and the boards teach me things too. Also, the community has been a great support—not only the believers but the non-believers. I find myself mostly driven by people that say I can’t do something or that it is a bad idea. I find the only bad idea is not trying.”

Having the opportunity of visiting Kevin at his home, I saw it was apparent that much has changed since the days of his one-room apartment. We began with a fine dinner in his kitchen, where he tends to spend late nights browsing for expressive designs on Etsy—a website where independent artists are able to get their work out into the “community of artists, creators, collectors, thinkers and doers.” In return for the art that Kevin uses to burn onto his boards, he sends the artist one of the finished longboards transcribed with his or her own art.

We then walked next door to Kevin’s shop, where he was in the midst of designing, ironically, a series of promotional boards for the beer company, Big Surf. Inside the shop, a variety of carefully sculpted Styrofoam moulds were shelved on the wall above racks that held anything from fully assembled boards, to ones waiting to be stained and burned, to a total of two defective ones that Kevin had provided warranties for and was now studying in order that the flaws could be fixed and prevented in the future. At the far end of the room stood a tool table where the boards that had already been glued together into plywood were cut to shape (leaving room for wheels), smoothed and drilled for the trucks and wheels to be attached.

“I need to build something.”

Next to the table, there was a hole in the floor with a ladder, which we descended into another room where an old air compressor and some car parts that Kevin had innovated into a vacuum sealer were furiously sucking together thin sheets of birch veneer into the form of one of the moulds. Beside the extravaganza, there was a room sectioned off with plastic sheets where stained boards were sitting to dry—the trees from which they were made, he told me, had needed to be cut down from Harrop Hall as they had been dying and threatening to fall.

It began to dawn on me that this one guy standing humbly beside me was solely managing the whole system. I couldn’t help but ask how he could afford to run the show all on his own.

“There are many times when I look fondly back to those nine to five shifts,” he replied. “All I can say is, don’t start your own company. That is, unless it’s a labour of love.”

When asked if his labour for Tribe Longboards was one of love, Kevin nodded goofily, a smile carving deeply across his face as if it had caught one of those morning waves and was riding it on towards unknown shores beneath a rising sun.
What's it about?
The Columbia River Treaty (CRT) is an agreement between Canada and the US to manage the Columbia River for hydro power and flood control. Under the CRT, three dams were built in Canada and one in the US. 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.
WHY now?

The Province is thinking about the future of the Columbia River Treaty now and how the river could be managed in the future—and so is the US. In the future, there could be changes, like how Canada operates certain dams and reservoirs, how much money BC gets annually from the US, how much water flows into the US and when, and how the environment fits in.

www.gov.bc.ca/columbiarivertreaty

What environmental considerations are being taken into account?

~ Karly Ross, Kimberley

Who gets priority: Canada or the US?

~ Max Bell, Rossland

Is there opportunity for people in the Columbia Basin to have some input?

~ Dave Quinn, Kimberley

WHAT'S ON YOUR MIND TWEET & WIN

Use #crtreaty to share your ideas about the Columbia River Treaty. First 10 tweets win something cool! Go for it!
The importance of water in Canada is huge.
~ Cory Davis, Castlegar

There’s agriculture, drinking water, climate change, and there’s power and flood control.
~ Lauren Rethoret, Nelson

The building of dams has majorly changed the ecosystems.
~ Noah Ross, Slocan Valley

It’s hugely influential to my age group. This is going to be their future.
~ Alysha Seriani, Cranbrook

Join the Conversation
#crttreaty

This is something big. In politics there isn’t a lot of chance to make a big difference.
~ Cory Davis, Castlegar

CBT’s role is to be an information resource for Basin residents and local governments. CBT is not a decision-maker on the future of the Columbia River Treaty.

Get Email Updates
cbt.org/crt/Subscribe.html

Learn more at www.cbt.org/crt
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.
AQUEOUS TRANSPOSITIONS

ÇAY CHIMERA//MICHAEL GRAEME//NELSON

ABANDONED MAURAUDE'S CAR//MICHAEL GRAEME//NELSON
JUST ACROSS THE STREET

THE THRILL OF FLIGHT // MIRANDA de GROOT // CRANBROOK
MORNING // CHASE HANSEN // CRANBROOK
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- Not eligible for the cover.
  $60 per collection.
GRAFFITIED TRAIN // PANIZ KHOSROSHAHY // CRANBROOK
Goosebumps

KIERRA NASH//KIMBERLEY

Goosebumps make their way up my chilled arm, synchronised with the erection of arm hair. I curl my shoulders, tense my back and brave a look over my shoulder. My eyes see complete and utter darkness with nothing out of the ordinary. My arms tell me otherwise. My pace quickens. Goosebumps build until they burst into a shiver vibrating down my spine. A branch snaps and I run.

Anywhere but here

KIERRA NASH//KIMBERLEY

I remember her face. Twisted with the pain of unwanted desire Her practiced mask failing her Her tight pinched lips and Corners of her vacant eyes Threaten to spill bottled-up secrets Arms spread in imitation Of an eagle testing the winds Opening herself wide enough In hopes the breeze will swallow the demons. Stretched on the tips of her toes Face angled for the sun to slither across Her blue summer dress Splattered with purple Wrapped around her Like a magician Loosely wrapping a cape To evaporate a human Into nothing.

As the wind stripped her memories Captured her sorrow Moulded her fear She leaned into the clouds. The calm mask never came As her eyes bulged And her lips formed a circle Breathing a scream But the decision was already made And she was lifted back to the clouds.
UNPLUG

KATE GODLIEN//INVERMERE

Watching movies,
Missing out on your own life,
Stuck in the black and white-
On screen hypnotics.

Heads down,
Captivated by your smart phones and false
words
You’ve never heard
Because they’re typed.

So press send,
and keep waiting for your life to begin.

But I’m not a preacher-
Can’t reach her,
Can’t save her from
Backlit screens and news feeds,
uploads and tweets and posts
it’s all a ghost, a phantom
Of real life interaction.

I want to pull the plug,
and open the door
To so much more-
There’s fresh air out there!

Take a walk,
See a stranger, or a friend,
A wave, a smile, a conversation
For when a keyboard won’t do,
Emoticons- there’s so few
to express boundless emotion.

Go for a hike,
Or dust off your old bike,
There’s so much to see,
Off the screen of your TV.

Meet a friend,
See their face,
The exact colour of their eyes,
Can’t be captured by a lens and
Uploaded.

Dial a number
Press send
Stop waiting for your life to begin,
It’s already in motion-
So why aren’t you?

STOP RUNNING

KATE GODLIEN//INVERMERE

The river runs through the mountains,
Hard rock shelves giving way,
Water tumbles and rolls, then is
Wild, laughing in the free fall

The river weaved through the valleys,
Like thread, stitching together a patchwork of
fields
Passing through a town being prodded,
Farmed, losing some fish along the way

The river crept from the cities,
Choking on exhaust coughed from the lungs of
machines,
Cutting its knees, crawling on the mosaic of
broken glass
Of old Budweiser bottles and shattered mirrors

Trying to drown seven years of bad luck
But the hundred years of industry got there
first,
Looking for reprieve,
The river drags itself toward the ocean.
A STOPOVER

PANIZ KHOSROSHAHY//CRANBROOK

Heathrow is not located in the City of London. It is as independent as the Vatican, sleeps even less than New York, more multicultural than Toronto, its net migration rate equal to zero, and knows more languages than the chief translator of the European Parliament.

Heathrow, more 24/7 than 7-Eleven, offers breakfast and lunch and dinner simultaneously. Heathrow, where a woman in shorts sits beside a man in a parka coat, and a girl carrying skis asks directions from a boy with a scuba gear bag, where no two watches show the same time, and today and tomorrow and yesterday are undefined: The theory of relativity solved, Einstein.

Even after a handful of Roofies, in Heathrow, not everyone proceeds any deeper than the first stage of sleep. After three cups of double espresso, not everyone stays up for more than 24 hours. This is the best topic for a senior thesis on the science of circadian rhythms.

Heathrow, demands belts and necklaces and hats and boots and scarves and jackets to be removed, confiscates tweezers and moisturizers and sodas, and constantly reminds that, so post-9/11-ly, “All personal belongings left unattended will be destroyed.”

It’s Heathrow, not Madison Avenue, but still, let’s try a pair of Burberry jeans, inhale Clive Christian perfumes, look for a Rolex Submariner, examine a yellow diamond at Tiffany’s, at the end, just buy a Guylian chocolate bar, and pick a free Kate and William sticker from Glorious Britain.

A gray-mustached grill bar server in Terminal 4, Heathrow, greets customers upon checking their boarding cards. St. Petersburg! “Pree vee et!” Jakarta! “Selamat!” Khartoum! “Asalamo Alaykomm!” Ciudad Juarez! “Hola!” Montreal! “Bonjour!” It’s Heathrow. Where is a better place to hold a crash course on linguistics?

(Where the heck are Podgorica, Cartagena and Aqaba, anyway?) Heathrow, the second home to businessmen and international lawyers, to ESL teachers, professional athletes and field-service engineers, a sanctuary to all those who are lost in time, in place, and in translation. Heathrow, surrounded by London, England, United Kingdom of Great Britain and Northern Ireland, Heathrow, with a 190,000 passengers flying to 193 different cities every day where the concept of movement achieves perfection, Heathrow, knows better than Heraclitus, that everything changes and nothing remains still, that you cannot step twice into the same stream.
AN HONEST EXISTENCE

ZOE MARTIN/KIMBERLEY

We never dreamt of confession
Wrapped in the poise of beauty,
The motions caught between us,
All we saw were the stains created,
Not just the sadness.

A tree has fallen across the street
The sinew of its rough sleeve tearing down
I feel the intimidating shake of change behind
my back
As it breathes through my hair
Down my neck
And gripped against the tired crowd
Is the same ragged lust we see on TV,
The impossible rotation of our mistakes, moving

Recurring,
As though to take a step forward would actually
Trip us

So now, we lay silently
Delayed from the threat of red flags
Predictions, soon tragedy

Where’s the motivation?
Where’s the fear?

The promise of infinity
Buried in the roots torn from soft soil

I run in these thin shadows,
Steal a wonder at the way
We’ve been living.

---

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Ode in Poem
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---
Steam rises from your coffee cup, as we sit on the deserted swings on the playground behind Petro Can. The unnatural October snow.

The moment frozen in my mind, the numb dampness of dreaming. You grip the awkwardness around us.

Why can’t we do what we long to? Instead we focus on our cell phones: Brangelina are still planning their wedding, we look at some random person’s profile on Facebook, who collects electric toothbrushes.

All the romances I’ve seen, the bite in the poisonous apple. The illusion of “Happily ever after.”

My mum thinks you’re some depressive psycho. You should be, after all the rocks on your way through life. But you’re not, not for me.

Ich liebe dich means I love you in German, but we haven’t said it either way.
SCRATCH is distributed to these locations:

**Castlegar**
Bagels & Brew
Castlegar & District Community Services Centre
Castlegar & District Public Library
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
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 Company
Ktunaxa Nation Council Child & Family Services
Lotus Books Inc.
Mount Baker Secondary School
Pages Book Emporium
Summit Community Services Society
The Choice Skateboards and Snowboards

**Crawford Bay**
Crawford Bay Secondary School

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

**Edgewater**
The Edge

**Elkford**
Elkford Public Library
Elkford Secondary School

**Fernie**
Fernie Arts Station
Fernie Heritage Library
Fernie Secondary School
Fernie Women’s Centre

**Golden**
Bacchus Books
Bean Bag Coffee Roasters and Internet Cafe
Columbia Basin Trust Office
Darkside Snow Skate BMX
Dreamcatcher Hostel
East Kootenay Addiction Services Society

**Golden (cont.)**
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 Café
Quality Bakery
Summit Youth Centre

**Kaslo**
Blue Belle Bistro
JV Humphries Secondary School
Kaslo & Area Youth Council
Kaslo & District Public Library
Langham Cultural Centre
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 Café
Earth Matters
Freedom Quest
Grounded Organic Coffee House
Jigsaws Coffee Co.
LV Rogers Secondary School
Nelson & District Youth Centre
Nelson CARES
Nelson Municipal Library
Nelson Waldorf School
Oso Negro
Otter Books
Packrat Annie’s
Self Design High
Selkirk College – Silver King Campus
Selkirk College – Tenth Street Campus
Shambhala Music Festival

**Nelson (cont.)**
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
The Modern Bakeshop & Cafe
Revelstoke Secondary School

**Rossland**
Alpine Grind
Café Books
Kootenay Assoc. for Science and Technology
Rossland Public Library
Rossland Secondary School
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
Columbia YCDC
Greater Trail Community Skills Centre
JL Crowe Secondary
Rebelato’s Morning Perk
Sanctuary
Trail & District Public Library
Trail Coffee & Tea
Trail FAIR Society

**Valemount**
Valemount Secondary School
The Gathering Tree

**Warfield**
Cornerstone Café & Deli

**Windermere**
Askisqnuk Learning Centre

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