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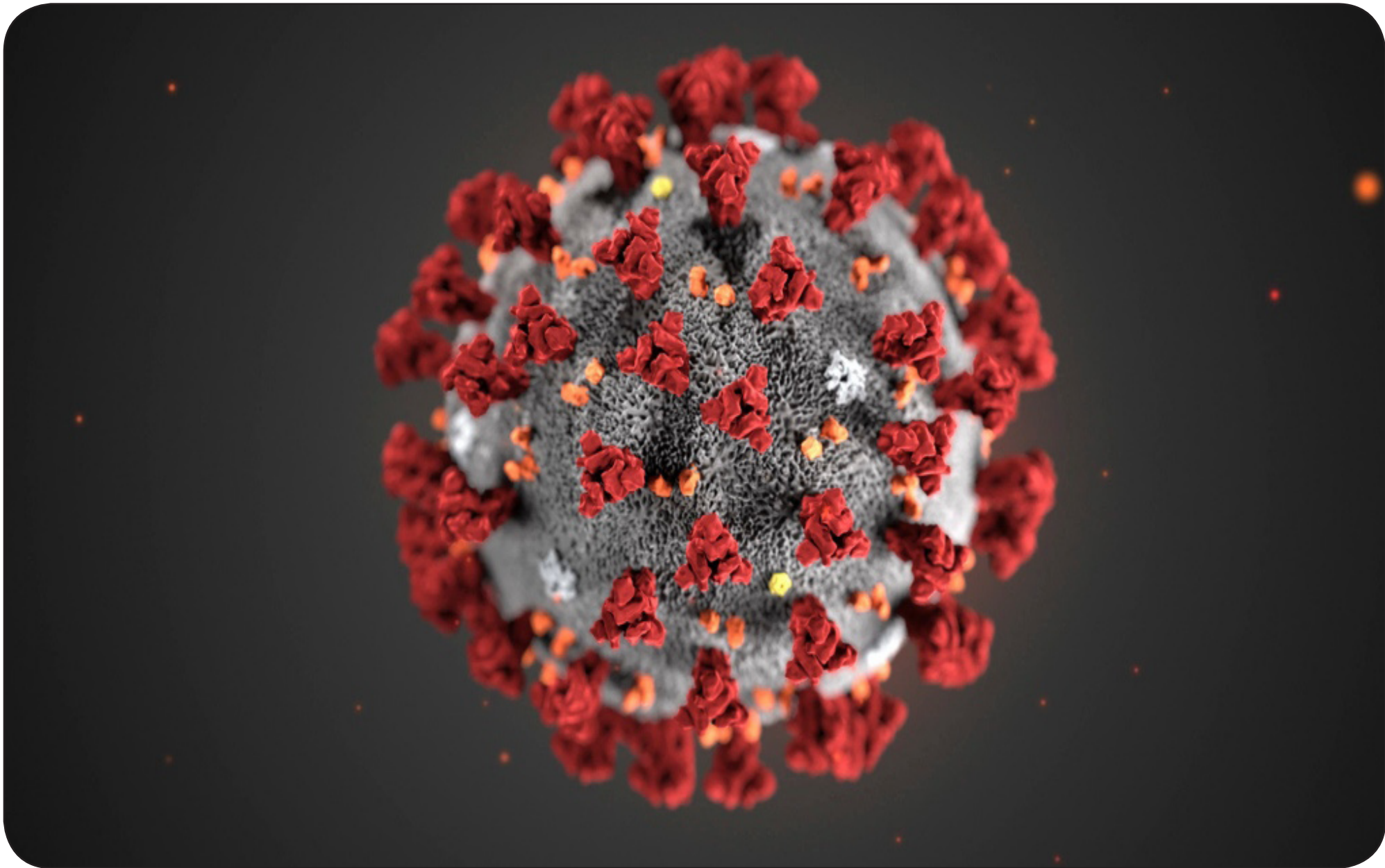
YEAR 30, NUMBER 4

APRIL 2020



*Digital Only
Version for April 2020.
Thank you for your
support as we navigate
Covid19 complexities.*

Serving the East Shore Communities of Boswell, Gray Creek, Crawford Bay, Kootenay/Pilot Bay and Riondel



What can be said? These are unprecedented times for the vast majority of people alive on this planet today. Covid19 has shut the world down and forced humanity's hand. We must isolate ourselves. We must care for ourselves. In doing so, will our beautiful earth flounder or flourish? Will this bring us down or raise us up? So much is left to be discovered and we here at Mainstreet have faith in our region's ability to pull together, unite and learn to live and grow in this new reality. We will do what we can to keep the community informed and ask for you to watch www.eshore.ca for updates and information pertinent to our area. Stay healthy, East Shore. Stay healthy, beautiful readers.

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Mainstreet Meanderings

by Editor
Ingrid Baetzel

This has been the strangest time in my life. I think many of us can say that these days. Strange

days, indeed. On March 16, my mom passed away. I'm adjusting to that. I've spent the past 14 months caring for her, accompanying her to every doctor appointment, figuring out the crooked path through cancer, making appointments and implementing supports, juggling the emotional turmoil that comes with losing a parent along with trying to help her path be as clear as possible.

This experience with mom showed me just how beautiful death can be. Death can be awful and tragic - emptyingly sad for those left behind. But, if the person dying does so with a full heart and happy mind, her process is imbued with intention and peacefulness. Mom painted her death day. We didn't know exactly when it would be, but once she called the final shot and asked to be released, it took a couple of days or coordination and it happened like in a daydream. One thing to note for readers, and something we didn't know at the time... you can't pass with the medical assistance of a licensed doctor on the weekend. The pharmacists don't come to work on the weekend and MAID (medical assistance in dying) is not considered



an emergency service, so you'll have to wait until a weekday. We would have been grateful to have known that, but we also don't begrudge anything because that last weekend with mom was so precious and I'll hold it forever.

She was able to ask for the music, the people, the atmosphere and the tone of the experience she hoped to have. We gathered them up and we sat and laughed and told stories and sang with her. She got to say the things she wanted to say. She got to open her eyes over and over to the beautiful painting she had created of people, place, belonging and energy, right up until she closed them forever.

Our son was able to be there with her, witnessing a death with intention. There was no trauma or horror to this death. There was, and continues to be, infinite sadness, but that is a partner to those left behind in any situation.. and we will move through it. The rest of her grandkids were able to come and say goodbye to her in the weeks before her passing. She chose it all. She knew what was coming, and she knew to experience it with her whole heart and without fear. I will continue to sit with this grief, these gorgeous memories, the endless gifts that my mom gave me through choice of place and a life with intention. She was such a force and such a friend.

As we deal now with this new world (and for us, it came hot and heavy on the heels of mom's passing), I can't hazard how things are going to look in a week, a month, or a year, but I can sit with endless gratitude and reflection for the community that surrounds me, the friends that stand tall beside me and a family to whom I owe everything. Be kind to each other. Raise a glass to Doreen with me, would you?

FROM THE CREW

@

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OFFICE DESK

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or Best Yet, Email to: mainstreet@eshore.ca

The opinions expressed in this paper are not necessarily the opinions of staff or advertisers. We reserve the right to edit for clarity or brevity and acceptance of submissions is completely at the discretion of the editor.

The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake, written by community volunteers.

Send in May 2020 issue items by:

Next Deadline: April 25, 2020

LETTERS TO THE EDITOR

URGENT HEALTH HAZARD CONCERN OVER PROPOSED LOCATION OF TELUS CELL TOWER IN RIONDEL, BC

Dear Editor:

We, numerous Riondel and area residents, are highly concerned about the location of the proposed TELUS cell tower in the village of Riondel on Kootenay Lake and its unacceptably close proximity to homes, restaurant and seniors housing (25-300 feet), and its' adverse health impacts from the electromagnetic radiation. Situated right inside a quaint remote rural community, it would also be an eyesore, right next to the pub/restaurant, in this beautiful country setting and definitely would diminish property values.

There is plenty of empty mountainside far from the village where cell tower coverage would be far superior and safer.

Electromagnetic radiation (EMR) from modern cell towers is largely comprised of high-frequency radio waves. The adverse biological effects of EMR from cell towers have been observed in birds, bees, and humans, and have been linked to cancer, neurological disorders, and infertility, among other health issues.

We feel TELUS should provide this upgraded service in the safest and most responsible manner possible, which means the tower site needs to be further away from the village. Distance is the main issue here!

There are plenty of other communities in BC who have refused to have a cell tower placed within their vicinity. In fact, in a few countries there are policies on limiting the presence of towers and antennas in residential areas and near schools, hospitals and playgrounds.

We feel there was inadequate notification given to Riondel residents for the meeting with TELUS in June 2 **Mainstreet April 2020**

2019, and that the supposed green light to proceed was not fairly established.

TELUS has already started some preliminary work on the TELUS site where their shack is situated in Riondel, and they plan on accelerating the prep April 1st, with plans to have the 100 foot monopole tower active May 1.

We strongly protest the imminent instillation of this cell tower in the proposed Riondel location, in light of the long-term hazards and threats to our health and well-being, including to our children and to other life forms.

We are not opposed to improved cell service, just move the tower out of the village to a safe distance.

There is a petition on this at change.org at this link: <http://chnng.it/DvLxYFFC>. As well, letters from local citizens to the TELUS representative, Cheryl Bilyk, and to our government representatives, expressing your concerns would be most helpful. Cell towers fall under federal jurisdiction, including any disputes.

Here are the names and email addresses:

- Cheryl Bilyk, Senior Real Estate Manager
TELUS cheryl.bilyk@telus.com
- Garry Jackman, Director Area A, RDCK
gjackman@rdck.bc.ca
- Stuart J. Horn, CAO, RDCK SHorn@rdck.bc.ca
- Nelson Wight, Planning Manager, RDCK
nwight@rdck.bc.ca
- Rob Morrison, MP Kootenay-Columbia Rob.
Morrison@parl.gc.ca
- Navdeep Bains, Minister of Innovation, Science and Economic Development navdeep.bains@parl.gc.ca

**Mary Donald,
Riondel Road**

WARNING GLOBAL WARMING IS INEVITABLE

Dear Editor:

Attention: now should be the time for preparation. We are now at the end of an ice age; geology has given us evidence of surface changes over 100,000 years throughout the Pleistocene epoch. What triggers an ice age to advance or recede is a subject of much speculation.

It is assumed our present ice age extended from the Gulf of Mexico and has receded North over the past 10,000 years, a change in solar activity, volcanic eruption or core temperatures were of unknown causes and set off the warming trend. A cycle of gradual warming has its own curve, equatorial regions will heat first and become uninhabitable for animal, human and plant life.

For survival, people will have to move North and homestead areas of Canada, Siberia or Alaska, these areas have vast boreal forests with grey wooded soils lacking in sulfur but have potassium and nitrogen of which are readily available, photoperiodism will increase yields.

Alvin Jackman, Crawford Bay

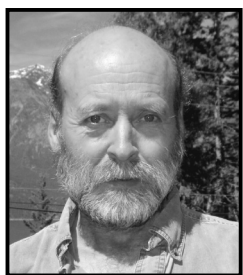
Deadline:

April 25/2020

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RDCK Area "A" Update

by Garry Jackman,
Regional Director

COMMUNITY WORKING TOGETHER:

Many things have changed over the past weeks but what has not changed is how our neighbours and communities work together to help one another. Respecting the need for social distancing, volunteers continue to support others through organizations such as Better at Home, neighbours are looking out for one another and our local chamber of commerce is sharing information on how to assist employees and business owners as we try to confirm who qualifies for the emerging provincial and federal programs. I have been on conference calls and zoom meetings where organizations from Creston to Nelson are also reaching out with supports for the coming weeks plus planning for recovery in the medium to long term.

At the RDCK we have managed to hold our major committee and Board meetings including passing our 2020 budget through electronic participation. We also held the West Kootenay Boundary Regional Hospital District meeting by teleconference and passed that budget. Unfortunately we have deferred almost all of our local committee meetings until we can work out how to host them while also providing public access. This is the time of year when we would normally hold our Columbia Basin Trust Community Initiatives Program (CBT-CIP) meetings. Our area uses a community committee to review the applica-

tions, listen to input from applicants and come up with a list of recommendations at a public meeting. We will be able to meet electronically to review the applications but RDCK staff are still working on options to allow for public input. We want to move ahead with these grant recommendations in the coming weeks to get the funds into community, recognizing that while some requests were for social functions which will now not be held other requests are for programs and projects which take place throughout the year. Rec 9 is undergoing a similar review on how to best engage the public. The province has recently indicated they will suspend the requirement for our meetings to be open to the public so if necessary we may use that option.

Almost all RDCK office staff are working from home now, allowing building permit and land use applications along with many projects to move forward. Some staff are in the closed offices to manage phone calls. For the past several years we have been digitizing our historical data base while new applications and files are in digital format on our internal servers so operating remotely with almost full access to local government files is possible. Building inspectors are still in the field as are our bylaw officers when required. Landfills and transfer stations remain open and our contractors who support these essential sites are still active. Emergency services are preparing for the anticipated flood and fire seasons while also coordinating closely with the BC emergency program on COVID updates. RDCK recreation centers and playgrounds have been closed although regional parks are not closed since social distancing is possible in these more open spaces. You can go to the RDCK home page at rdck.bc.ca to see a link to COVID-19 updates on a wide variety of services.

RDCK HOUSING NEEDS ASSESSMENT

This study is still underway. I see a few of our community champions have been promoting the links (thank you) through their contact lists. For the online survey go to www.rdck.ca/housing.

As I stated last month, in 2018 the provincial government amended the statutes which govern us to require all regional districts (along with cities, towns and villages) to develop a housing needs report every 5 years. To begin the process for rural areas the province made funding available to bring in consultants who have been doing this work for urban areas for many years. The process also requires regional district staff time (from our planning department) and volunteer time which is a local burden not reimbursed by the province. Even though these are trying times, I am hoping many of you will complete the survey and provide input so we can get the best value out of the provincial funding to create this housing needs baseline.

COMMUNITY HERITAGE REGISTER

Good work! Many community groups provided suggestions for sites to be placed on the local heritage register as a result we have two sites, the Harrison Memorial Church and the Pilot Point Lighthouse, on the first cut of the list. Again, as I noted last month, this project was undertaken by a consulting team across the whole of the RDCK. A request to identify local assets or sites of historical significance went out a few months ago and several hundred suggestions were received. More sites can be added over time based on statements of significance.

BUDGET 2020

During the weeks between the public budget presentations and the March RDCK Board meeting several budget items were examined for possible deferral to 2021 knowing many project time lines will be significantly impacted by COVID-19 plus recognizing the need to minimize costs to residents during the next few months while the incomes of so many are being impacted.

At the March meeting we trimmed approximately \$1.25M from the 2020 budget (most of which will reappear in 2021) so across the board the actual local government portion of your 2020 property taxes will be lower than those projected at the public meetings. I understand the provincial government is also considering making some changes to their portions of the property tax bill for businesses.

Since we made substantial changes to the budget during the late March meeting I do not have an adjusted copy to share at this time. I expect to receive it in electronic form in a few days so I will be able to forward it on request. I can also discuss items by phone for those who wish more detail.

If you have questions or comments on any topic please drop a note to gjackman@rdck.bc.ca or call me at 250-223-8463.



Hidden Taxes

by David George

Over the Top? Or Life in a Time of Pandemic

Your parents or grandparents likely lived with the feeling of the world gone awry during the Second World War, the Cold War, or the later undeclared war in Vietnam. A state of almost constant tension prevailed as the news sources delivered the latest move of the enemy. I recall that tension during the Cold War when many of us were children and were made to "duck and cover" under our classroom desks.

Going back more than 100 years to the war to end wars, we find the source of the expression "over the top". The Urban Dictionary online says: "over the top"—Shortened as 'OTT', it pertains to anyone that has crossed the limits of sanity or anger in a conversation, relationship, or situation, or gone crazy to the point of danger. Its roots come from the trenches of WWI, where anyone who had lost their mind from war trauma and battle would disobey orders and climb over the top of the protective trenches, leading to immediate death.

So the situation here in Canada, in our province of British Columbia, in our area of the Kootenays, and on our own local mainstreet could be described as over the top. Not that the information we are receiving daily is inaccurate, or unbelievable; no, it is just so far from our usual daily experiences as to be comparable to living in a world engaged in military conflict.

So are we being given accurate information about the present pandemic? I believe we are. Are we being given complete information about the situation in the central Kootenay area? I think we are not.

Interior Health will only tell us that there are more

than 60 cases of Covid19 in the region for which it has responsibility. It has declined to state which communities those cases are located in. It has fallen to news media and some doctors to give that detailed news.

I believe we are entitled to know, for example, that a case occurred Revelstoke, and another in Castlegar, and ones in Golden and Canal Flats without having to depend on the news media.

Our own Member of Parliament, Rob Morrison, thinks that Interior Health should give us the detailed information. I emailed him, and received the following reply: "We completely agree with you and your concerns. We agree that Interior Health should be releasing the locations of where covid-19 is located. I am urging Interior Health to release this information so we can all be informed as to where the cases are located." I phoned his Cranbrook office on Friday 27 March, and learned that he has been in contact with Interior Health and they have refused to release the locations of cases in the region.

I am asking MP Morrison to file a Freedom of Information request. We shall see...Our MP may be reached by email as follows: Rob.Morrison@parl.gc.ca and his office in Cranbrook may be reached at 250-417-2250.

Our MLA, Michelle Mungall appears not to think we are entitled to more information than Interior Health wishes to give us. Her own website does have links to a large number of information sites dealing with the present provincial state of emergency. Look for this information at this site: <http://michellemungall.ca/news/covid-19/> It looks very complete.

What can we do in these unusual times? We can practise social distancing, frequent hand washing, and avoiding unnecessary travel. We can keep in touch with our friends and neighbours using social media, various internet talk and video applications, and even the telephone. We are well placed to keep in touch with each other in the information age.

Keep well, enjoy this digital edition of *Mainstreet*, and look forward to the possibility that the current pandemic may have eased substantially by the end of April.



"The way to get started is to quit talking and begin doing." - Walt Disney

Have you ever thought about turning your passion into a business? Do you think you have what it takes to be an entrepreneur? Contact Community Futures for more information on Programs & Workshops available to you!

Call Amanda Murray at 403-678-7044 or amurray@futures.bc.ca to book a free appointment in Creston.
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April Horoscope

by Michael O'Connor

Tip of the Month: Spring 2020 has begun. The season began with a heavy influence from Capricorn. This implies a weighted and sober perspective. Saturn at the critical 29th degree indicates themes of overcoming. These may especially be experienced by governments and other governing bodies. The result may be one of reaction and heavy-handed measures to preserve the status quo. Yet, by March 23, Saturn entered revolutionary Aquarius and by the 31st Mars followed suit and formed exact conjunction with Saturn just as April begins. Dramatic times!

Aries (Mar 21- Apr 19)

Last months call to R&R has been replaced with a revolutionary impulse. It will activate your charge to push for what you feel you are truly worth and/or what you truly value. Time to make things right!

Taurus (Apr 20-May 20)

Involvement with innovative technologies is giving you a taste of the future. It includes training and instruction, whether you are giving or receiving it. It may all seem a bit over your head but you are determined to get it.

Gemini (May 21-Jun 20)

As if suddenly, the clouds have cleared and you are seeing what has been obscured. It is activating your revolutionary instincts as well. This is stimulating action which comes with a significant learning curve.

Cancer (Jun 21 – Jul 22)

‘All systems are go’. This is a go for some rather significant changes, the process of which will actually continue for the next few years. Positively, these will lead to creative and inventive collaborations.

Leo (Jul 23 - Aug 22)

The fires of Aries are igniting your own. The result is the dawning of new commitments. These could come with an edgy element, at least initially. They will also have a strong impact on your social status and/or career.

Virgo (Aug 23 - Sep 22)

A cycle of change has begun. It includes knowledge and possibly training which will cause you to dig deep. While it could cost money it probably also includes investments to increase your earning power.

Libra (Sep 23 - Oct 22)

Things are shaking on relationship fronts. Yes, these may be just the changes you have been wanting. Not that they will come about quickly or all at once. Yet, employment and income or ROI is indicated.

Scorpio (Oct 23 – Nov 21)

Something big is brewing close to home. It includes measurable changes and renovations are likely. These will also affect your relationships... probably for the better. Build for the future!

Sagittarius (Nov 22 - Dec 21)

An exciting month is in-store and the momentum is already building. It includes new knowledge, some of which might prove quite eye-opening. Positively, it is a source of energy and adrenaline flow.

Capricorn (Dec 22 - Jan 19)

Returns for past efforts will come to your awareness this month. Hopefully, these are the kind you want. They are serving to launch you into creative projects at home and which will involve your whole family.

Aquarius (Jan 20 - Feb 18)

Saturn closely followed by Mars in your sign signifies new beginnings. These could manifest as something or a threshold struggle for the remainder of the year. Moves of one kind or another are indicated.

Pisces (Feb 19 - Mar 20)

An impulse to stimulate your income flow should already be evident and probably includes new streams. The process may require you to confront some of your fears and could involve some measure of training.

Crawford Bay Hall Board News

Submitted by Vice President,
Susan Hulland

Good News and Not Such Good News Too

We are pleased to be able to tell you that we are getting a wonderful response to our outreach for financial support for our plans to rejuvenate and preserve the Crawford Bay Hall.

We are happy and grateful that recently Louise Prest, Roy and Viki Hawkins as well as Crawford Bay Market and the Stocker family have all generously contributed to this fund bringing our new total to \$6235!

Local history books tell little about past epidemics and their effects on East Shore residents. I am sure there were some infections that spread quickly but there was nothing like the situation we are facing at present with a disease that can kill vulnerable members of our community. Because of this our association has officially closed all our public facilities including the Enchanted Playground at the park. It's just the right thing to do.

Due to the uncertainty surrounding the Novel Coronavirus outbreak the seniors' 55+ Group has postponed the Silent Auction they planned for May 2 to raise funds for improvements to the Hall. Donations already submitted will be retained until the event is rescheduled in the fall. For information about the auction call Lorna Robin at 250 551 4441

In the midst of this pandemic we realize that some of you may be wondering why fundraising for the hall renovation project is relevant. Our thoughts are that when we get through this extraordinary time and are able to gather once again, our community Hall will be important to our well being. We also see value in having a focus, enjoying today as much as possible and not allowing tomorrow's unknowns to take control of our thoughts. Remember, you can keep tabs on us by following us on Facebook!



Cliff and Carol Hawkins of Crawford Bay



Crawford Bay Hall Memories and Musings

Submitted by Leona Keraiff

Our association has been asking for financial support for the rejuvenation of Crawford Bay's Community Hall but equally important to us is your positive response to our request for memories and photographs.

I recently enjoyed a two hour chat with Cliff and Carol Hawkins who have been married and living in their Crawford Bay home since 1962. Most of Cliff's 84 years have been spent in Crawford Bay. He has, in fact, lived here longer than anyone else.

Some recollections:

The Fall Fair about 60 years ago: Cliff entered a cake baking competition. Alice Pratt coaxed him and his buddies into entering. He said he "built" a cake which "sunk in the middle so I levelled her out with icin". His pals: Beanie Johnson, Ray Draper and a fourth fella whose name Cliff could not recall also used cake mixes and salvaged their entries with icing.

The judge, Bert Jones, cut the cakes, luckily cutting Cliff's where it was properly baked netting him first prize! Please see the photo of Cliff and Carol with the oversized teacup and saucer that he has kept all these years. A five dollar bill was also attached.

Carol's only entry, perhaps 15 years later, was a loaf of bread because Dorothy O'Brian said, "Your bread is better than anyone's else's." Carol only had a frozen loaf to enter; however, it also claimed first prize.

The hall's construction: No power saws, of course, just cross-cut ones which were called "fiddles." "You knew when you'd been on the end of one all day." Cliff's Dad, Alfred was one of the 56 volunteers who built the Hall back in '38.

Mom Agnes was a concert pianist. She played at many hoedowns and Christmas concerts in the hall and at the hotel. Occasionally, she accompanied Canadian cowboy singer Wilf Carter when he performed on the Nasookin. Agnes was a skilled nurse who delivered many babies and performed lots of first aid in the bay.

Free movies were shown in the hall with the projector being upstairs in the Ladies' Dressing Room.

The hall was the school's gymnasium where Cliff played badminton, gratefully coached by George Harris and later Ed Hedley. "We were 12 to 13 years old playin' 16 year olds and winnin'," he gleefully stated.

I received a frown when asking if Cliff performed in any Christmas concerts. There was one school play about the Great White North but he didn't enjoy it much. Cliff's childhood buddies were his brother Clary, Percy MacGregor, Beanie Johnson and Gordon Reilly.

There are some family photos that Cliff and Carol might be able to track down along the family tree. Hopefully in the very near future, some of them may be seen in our new hall entryway.



Hacker's Desk

by Gef Tremblay

Listening

My violin teacher had three old teachers. They would not look at her play but listen to the sound that she made. For this reason, her technique wasn't that great, but the sound she was able to produce was good enough for her to be playing for the Montreal Symphony Orchestra, the most prestigious orchestra in Montreal.

It wasn't long before she realized that I wasn't really good at reading music. I still am not very good at it. As long as I can't whistle a tune, the reading of the notes isn't really helping me. She decided that I should simply listen to the music and that once my brain had recorded all the fine tonality of the song, I would be able to play the song and the reading part would become secondary. Listening to the music was for me the best way to learn, and to this day I still can't read music very well.

Joan Ruvinsky taught me a very unique type of yoga - body sensing yoga. In this type of yoga, the posture and the alignment aren't really important. The focus is gently placed on sensing the body. Through that process, not only awareness and presence are developed, but an unknown sensation is invited. An empty field of sensation is opened and a deep listening of the unknown simply happens.

Joan was teaching in a non dualistic Kashmir Shivanism lineage. In that system of thought, liberation is attained by your self dissolving into ItsSelf. You are already That; you simply have to be able to sense it, or listen to it. Following any of the senses would lead you back to your own liberation.

While doing my teacher training at the Ashram, the workshops had all a similar foundation. The plan or the rules of the workshop didn't matter. It was only space and personal exploration. Personal stories and reflection were guiding the workshop to a resolution. We didn't have to follow a certain process, it was unfolding in different direction depending on who was participating.

Swami Radhananda was teaching us to listen to the thread in other people's story. The solution was always there, very clear for the aware observer. If you could listen without judging, reacting or associating with the stories that were shared, the solution to the tension would always be present within these words. Finding resolution to a tension by avidly listening to others showed me the way to do that with my own stories and problems. I know the solution, I'm often just too busy telling my other stories.

While directing other people in a creative endeavour there is no way to make a plan prior to observing what others have to offer. While learning the ropes of tether, Doreen Zaiss showed me a very powerful yet gentle way to directing. She would watch actors and listen to them, listen to what they have to offer. She wouldn't listen too much about what they have to say, but she was able to understand what each of us could offer, and from that understanding she could create a vision and direct us into it.

This gentle power seems to point us in a direction that we knew was the right one. By simply listening, she knew about us more than we knew about ourselves. Different types of clay is used for different project. We were that clay that Doreen would be able to massage into a beautifully creative performance.

There is something really powerful about listening, quietly, without judgment or fear, just being there and

listening. A lot is happening while listening, and it's a lot more powerful than I can imagine. From learning music, to liberation, from resolving personal tension to giving direction for a creative project - everything starts with listening.

While we have more time for ourselves, it could be a good moment to just listen without action or reaction, and maybe a solution will present itself.

From...

A - Zed

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Riondel Fire and Rescue Blotter

by Fire Chief Cory Medhurst

Well, what to report on as the world deals with everything that is happening. March certainly came in as a Lion, and I'm pretty sure it's leaving like one too. I'm hoping April brings health and wellness to all.

A quick mention about COVID-19 in our department. We have currently suspended all training, practices, and gatherings amongst ourselves to help curve the spread of the virus, and to keep our members on the front line. We are also following very strict guidelines when it comes to responding to calls using personal protective equipment (PPE) and First Responder distancing. With that being said, we **ARE STILL RESPONDING to all emergency calls**; we may look a little different in our new attire but we will be there. We are also continually updated through our Regional Fire Chief and her crew who are working hard to keep us informed and stocked with the required PPE.

Any other info on COVID-19 is available through many sources online such as www.covid-19.bccdc.ca/ or www.bccdc.ca/health-info/diseases-conditions/covid-19 as well as others. Please get informed and stay safe.

Our call volume was about average for this time of year, perhaps a little lower than normal due to the pandemic, with less people traveling and more people playing safe indoors. The following are the calls we've attended:

February 29 – One responder attended to a medical FR call in Riondel. This responder assessed and waited with the patient until paramedics arrived.

March 3 – Three members attended to a “code 3” (emergent) lift assist in Crawford Bay. These calls are generated when the paramedics have already arrived on scene and assessed the patient and the situation. The Paramedics have either found the patient to be more serious than originally thought, or the terrain to be too challenging for two to move the patient. This call was a combination of both, requiring a timely response for assistance. We responded in our personal vehicles to reduce response time.

March 13 – At 4:35am, five members responded to a medical FR call in Gray Creek. Three members responded in personal vehicles, while two others were on route in the rescue truck. The rescue truck was stood down on their way as the situation did not require a full complement of responders. Remaining members waited on scene until they were cleared by the attending Paramedics.

March 24 – At 2:50am, two members were responding to a medical FR call in Crawford Bay but were stood down before leaving the fire hall; it was decided through dispatch that the Paramedics did not require assistance.

March 24 – Ten firefighters responded to a possible structure fire in Riondel. Reports of black smoke, billowing from an attic came in to dispatch. Three members who live in Riondel quickly responded to the scene, one member to the hall and prepared the trucks for deployment, and the remaining six were responding from various locations in personal vehicles. When the first members determined that there was no actual fire, all responding firefighters were stood down. The smoke witnessed by neighbors seemed to be the result of a pellet stove venting issue. The home owner was contacted and assured us that it would be resolved.

On a side note, when I mention First Responders attending in personal vehicles I'd like to point out that each FR has their own “jump” kit with essential life-saving equipment, giving us the flexibility to respond to most medical calls without the extra time it can take to retrieve the rescue truck. Most times there is a member available to bring the rescue as well but when time is important these bags are beneficial. Responding in our personal vehicles does not however permit us to speed, or disobey any rules of the road. We are cautious and do practice safe responding while going to all calls.

A quick reminder to all who are still burning stoves on these cooler spring evenings, please check your chimneys and have them cleaned after the winter use. Also, if you are burning in the yard PLEASE be careful and pay attention to any information on open burning, including wind and air quality advisories at www2.gov.bc.ca/gov/content/safety/wildfire-status/fire-bans-and-restrictions.

Not to lessen the current situation with COVID-19, but I would also like to remind everyone that the flooding season is upon us. Sand is being delivered to the Riondel Fire Hall soon, as are sand bags. These are available to all residents in RDCK area 'A' to self-fill and use as needed for protection against possible floods. If you require sand bags, please call ahead for access to the bags at 250-551-1352.

Once again we urge any and all of you who ever thought, “I should join that team...” Please think about joining us now, or once we can meet again...

We are in desperate need for more members and are currently seeking a minimum of 10 individuals to join the ranks.

Usually practices are held every Thursday night from 7 – 9pm. Stop by and hang out for a night. Or call myself at 250-551-1352, Robert Boker at 250-225-3305, or approach any of our members next time you see one.



Thoughts from the Frog Pot

by John Rayson

Rise of the Smartphone

For those of you who have followed this column for a few months, the name comes from the idea of a frog being put in a pot of boiling water and not leaving as the temperature is gradually raised. This theory has been disproven but serves as a modern metaphor for issues that change our society and we may not pay much attention to the change. In this column, I wish to raise the issue of smartphones and the impact they are now having on our society.

Firstly, I must confess to being somewhat of a luddite as I do not own a smartphone. I have a flip phone but do use a computer to communicate via email and search the web. In fact, I recently consulted two independent and keen salespeople who both advised me that I did not need to purchase a smartphone due to the way I use technology. Who wants instant communication at all times?

In the early 1970's, I was in medical practice in the Kootenays and was the recipient of one of the first pagers available in our area. What a revolution! My wife, while dealing with dinner for three children, did not have to answer the clinic phone or track me down when on call. Was I glad when not on call and did not have to carry the pager. I also learned, when in my office, "a ringing phone is an invitation, not a command". Is anyone other than me, annoyed when in a store, ready to purchase an item, you then wait while the salesperson answers a phone? Rude, to say the least.

However, the phone and in particular the smartphone, has taken over our society. World-wide there

are 4.8 billion mobile phones; 3.5 billion of which are smartphones. That means approximately fifty percent of the world's population has a smartphone. The percentage in Canada is even higher as it is estimated that by 2020 there will be 27.5 million smartphones in Canada: 77% of the population, one of the highest levels in the world.. The incidence is even higher in millennials as 95% of those aged eighteen through thirty-four own a smartphone.

The average user checks their phone 47 times a day and spends two hours per day on their phone exclusive of voice activity. In addition, 85% of users will check their phone while speaking to friend or family; 80% check within one hour of sleeping and 69% check within five minutes of waking. There is no question that the smartphone has changed our society. In some aspects for the better and in other for the worse.

The smartphone has provided society with the ability to access information at any point, anytime. In Africa for example, the smartphone, with Whatsapp added, allows illiterate individuals to bank, transfer monies, leave messages and sell crops. Landlines are bypassed.

The smartphone also has many disadvantages. We have all heard of cell phone addiction and are aware of the danger of driving while using a phone for texting, browsing etc. Distracted driving is now as dangerous as drunk driving. Only now are authorities getting a handle on the extent of the problem.

I have recently read an article which extolls the virtue of the flip phone and that many celebrities are now going to such devices, as smartphones are much easier to hack. Imagine, a device that allows one to communicate via voice or messaging and nothing else. It would seem that I am ahead of my time.

When I began this article the Coronavirus epidemic had not been identified as a significant threat. What will our future look like and will we still be obsessed with instant communication regardless of cost or will we be more focused on the usefulness of our devices?



The Mainstreet is a community-written monthly newspaper that serves the communities of Wynnndel through Riondel and Balfour. It's available at the following stores for retail: Wynnndel Foods - Wynnndel, Destiny Bay Grocers - Boswell, The Lakeview - Gray Creek, The Gray Creek Store - Gray Creek, The Crawford Bay Store - Crawford Bay, Riondel Market - Riondel, The Osprey 2000, and the Gill and Gift in Balfour.

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Young and Dumb

by Arlo Linn

Return to Classics

I recently had the pleasure of reading Mary Shelly's famous novel, *Frankenstein*.

I had put off reading this book for some time as I have had mixed experiences with novels from this era of literature. However, after reading *The Portrait of Dorian Gray* by Oscar Wilde, I found myself inspired anew.

Culturally, the stories outlined in novels such as *Dracula* and *Frankenstein* seem like tales as old as those of trolls and dragons. These stories are so thoroughly ingrained in the collective consciousness, that each year multiple movies come out with vampires as either protagonists or antagonists, and every few years a different director tries their hand in the making of a *Frankenstein* movie. These books created a great many characters that everyone knows and recognizes, such as *Frankenstein's* Monster and Count *Dracula*. It is quite interesting to see that stories put down in definitive writing roughly 200 years ago (*Frankenstein* was written in 1817, *Dracula* in 1897) have evolved, very quickly, far past the original authors' scope, and quite possibly, intentions.

Now stories of vampires do date prior to Bram Stoker's novel, and stories of resurrection are some of the oldest stories that we know of, so why do these stories stick with us and survive the ravages of time when so many books from that era have not stayed culturally relevant? The premise of Shelly's book was quite different from what the public perception of resurrection as outlined by other popular stories. The stories most familiar to the people in the 19th century about resurrection would have been biblical or religious in nature. Stories of Lazarus and Jesus would have been the forefront knowledge that the common

man would have had about resurrection, and in the bible, the stories of resurrection are always a miracle. No one would consider the resurrection story outlined in *Frankenstein* a miracle. Even stories of resurrection pre-dating Christianity seem to be largely positive. The notion of zombies did not appear in the western world until 1929, so this concept of ill-gone resurrection would have been wholly unheard of by a western populace. Perhaps it is Shelly's twisting of the outcome of the story of resurrection which has kept this story so alive in popular culture today.

Vampires have even changed drastically over these last 100 years as well. The character of Count *Dracula* in Stoker's novel seems to be a very distant cousin of the vampires we have nowadays. Now, Stoker did not invent the idea of vampires, nor was his book the first on the subject matter. Others had written stories of vampires before him, and unlike *Frankenstein's* Monster, vampires were a familiar concept in many cultures. Bloodsucking demons that fed on living people had been a believed in phenomena for over a millennia. So why did Stoker's novel have the staying power that it did? I believe that it is due to two reasons; one, the quality of the literature, and secondly, the tumultuous relationship between the fantastical and the scientific at that point of time in Europe.

The book is very well written, it tells the story in a very popular style at the time (the whole story is told by letters and journal entries the characters made), while I found this style of writing somewhat jarring as a modern reader, I do believe that the book still holds up well. The information that it conveys is quite in-depth, there had been vampire books prior to this one, but none of them came close to the level of detail that Stoker laid out. It makes it quite interesting to compare modern vampires with the original, the pale skin of *Dracula* seems to have been passed down to future generations, but his hairy palms from the book have not seemed to be duplicated in any modern depictions, barring Gary Oldman's representation in Francis Ford Coppola's 1992 film *Bram Stoker's Dracula*.

Now, on to my second point. The 19th century was

a strange time for Europe, the world was rapidly moving forward in a more scientific direction, but all the while belief in folklore still persisted heavily. A hundred years prior saw some of the most extreme cases of vampire hunts in Eastern Europe. There were even records of people digging up graves of suspected vampires to stake them. With the public focus on both the future of science, and of the demons of the past, it is no wonder that Stoker's book, a book that expresses itself as if it were a real-life scientific account of a group's interaction with a mythical creature, would draw such large appeal.

So why is it important to revert to the classics when in these two examples I am using there are numerous reinterpretations of the story adapted to the sensibilities of the modern person? I would answer in saying "No adaptation has ever done the original books justice enough to replace them". The characters have been changed wildly over the years, in the original novel, *Frankenstein's* Monster is an incredibly intelligent creature, who crafts a sophisticated, albeit misguided, personal philosophy from his interactions with people. He is even most likely better read than most of us. Being able to quote Milton, Plutarch, and Goethe in casual conversation. *Dracula* has perhaps changed less over the years, but with the sheer amount of movies released each year in the vampire genre, the idea of vampires has been over saturated to the point of caricature. The original *Dracula* novel conveys real terror and horror, something that modern adaptations cannot seem to convey (However, I will preach total ignorance of any modern vampire novels, as I have not explored recent titles in that genre).

We now live in a time where remakes of classic films and TV shows come out multiple times a year, ultimately watering down the original work of art. Let us in this time of remaked and reinterpretation, return to the classics, the originals, because no matter how familiar we think we are with the stories, there may be something we all overlooked.



Tom's Corner

by Tom Lymbery

Carnegie Libraries

A library outranks any other one thing a community can do to benefit its people. It is a never failing spring in the desert. – Andrew Carnegie (1835 – 1919)

When I was attending St George's boarding school in Vancouver, we often visited the city library at Hastings and Main which had been built by the Andrew Carnegie foundation around 1901-3. It was not just a library, for it had the Vancouver Museum on the upper floor – free and interesting. This had been the pride of Major JS Matthews who spent his life collecting and chronicling Vancouver history.

Miss Pennington, my last teacher at the Gray Creek School/Hall, had taught at a residential school and often mentioned native items she had collected and loaned to Matthews (not that I had ever approached him about these as I had little information.)

Today the Vancouver Carnegie Library, now Carnegie Centre, is a branch library and community centre in the Downtown Eastside. It provides social, educational, cultural, and recreational activities on site and at Oppenheimer Park nearby. It is a crucial social hub in a neighbourhood so rough you may not want to go near it. But in the 1940s this Carnegie Library was a safe and viable place to spend time, only short blocks from the Hastings street movie theatres. The stone building remains a handsome feature in what used to be the centre of Vancouver.

ties paid the cost to operate them. By around 1920, over 2,500 libraries had been built and \$56 million had been donated. In Canada, Carnegie built 125 libraries, mostly in Ontario, but there was even one in Dawson City, Yukon – the northernmost Carnegie library ever built.

Dawson City had declined after the gold rush boom, and by 1932 their Carnegie Library was in poor shape after two fires, so the building was for sale. Dawson's Masonic Lodge was able to purchase the building for \$200 around 1935. With some repairs they used it for their meetings, and posted their Masonic emblem of the Square and Compasses on the building exterior. Sharon and I had a tour of the building when we first visited Dawson in 1983 and could see that it needed much work.

The Air North – "Yukon North of Ordinary" in-flight magazine ran a feature article on the building



Dawson City Masonic Lodge interior, 2017. Photo: <http://explorenorth.com/wordpress/yukon-quest-dawson-city-checkpoint/>



The former Carnegie Library, now Masonic Lodge, in Dawson City, YT, 2017. Photo: Wikipedia (Diego Delso, delso.photo, License CC-BY-SA)



Andrew Carnegie was a Scottish – American industrialist, self-made multi-millionaire, and philanthropist in the US, who so generously built important libraries between 1893 and 1929 all over the US and Canada. He used a win-win funding formula – he put up the money to build the libraries while municipali-

ties paid the cost to operate them. By around 1920, over 2,500 libraries had been built and \$56 million had been donated. In Canada, Carnegie built 125 libraries, mostly in Ontario, but there was even one in Dawson City, Yukon – the northernmost Carnegie library ever built.

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The Vancouver Carnegie Library (now Carnegie Centre) then and now: Carnegie Library in 1932 (photo: City of Vancouver Archives); Carnegie Centre today (photo: Bohanny via Wikimedia Commons)

Tom Sez

by Tom Lymbery

Please email gcs@graycreekstore.com if you have items you need us to set out so you don't have to enter our store. Staff will have these ready for you and make sure that they keep the most important distances from everyone. Or please phone 250 227 9315 instead.

Perhaps its easier to avoid touching your face if you wear a mask – perhaps not.

The ornamental flowering cherry by the store can bloom as early as April 15. What's your guess for this year?

How do they measure the snow electronically at 5100 feet elevation up Gray Creek that George Oliver and Vaughn Mosher of the Water Rights Branch established in 1947? With 73 years of recording both depth and water content this is a very important station.

Wash your hands just as thoroughly as if you had just shaken hands with Donald Trump.

It's well worth the drive north of Kaslo and Meadow Creek to the Gerrard spawning site at the south end of Trout Lake on Highway 31. You will be amazed to see 20 pound rainbows jumping out of the water as they jockey to fertilize the females. This has to be before May 10 or your trip will be too late.

Once the bracken leaves out fully there will be no more frost. Bracken is that single stemmed fern that grows on wasteland almost everywhere.

Some years ago a university professor offered \$100 cash to anyone of his 50 students if they could go one hour without touching their face. The longest one was 43 minutes, even though many had sat on their hands in an effort to win.

Our tractor trailer load of insulated stainless steel chimney has arrived from Montreal. Almost all of the heating products and stoves that we sell are made in Canada, except the Jotul stoves from Norway.

We make every effort to stock Canadian made products.

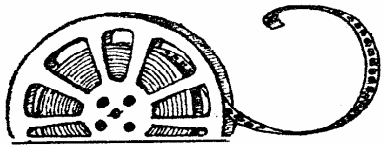
Please wash all tin cans and peanut butter containers in your dishwasher before you put them in the recycle bin.

Spanish is the second most spoken language in the world with over 450 million native speakers.

FROM THE CREW

@

BLACKSALTCAFE
LOVE LOVE LOVE
KEEP WELL



Seldom Scene

by Gerald Panio



“Cria cuervos y te sacarán los ojos”.

“Raise ravens, and they’ll gouge your eyes out”—Spanish proverb

For this month, I’m switching media and languages. TV series instead of films; Spanish instead of English. With everyone more or less house-bound because of COVID-19, it’s not a bad time to suggest some ways of combining Netflix binge-watching with improving your foreign language skills (or savoring your mother tongue, if it happens to be Spanish). Over the past few months, I’ve been following half a dozen streaming TV shows in Spanish and one in German (*Babylon Berlin*). Netflix makes it easy to watch foreign television in the original languages, with several subtitling options. Let’s dive right in. ¡Adelante!

It all started when I stumbled upon *El ministerio del tiempo* (*The Ministry of Time*) about a year ago. That discovery coincided with my realization that my Spanish was rapidly fading away from lack of practice. Watching the show reminded me of how much I loved the language and the culture. The only bummer is that Netflix has dropped the series, and it’s not readily available on either DVD or another streaming service. That may hopefully soon change. *El ministerio del tiempo* is my favorite history-based program, on par with BBC’s recent *The Musketeers*.

The premise of the Spain-based show is that there’s a secret government agency in Madrid that controls doorways into the past. The agency’s mission is to stop certain nefarious meddlers from changing history to suit their whims. To accomplish this, an eclectic team of bureaucrats works with an equally eclectic team of field agents. These agents include a swashbuckling soldier from the 16th century (modeled on novelist Arturo Pérez-Reverte’s Captain Alatriste), the first female university student from the 19th century, a New York-styled cop, and a paramedic from the 21st century.

Their adventures embrace all of Spanish history, including that history’s links to other Spanish-speaking countries around the world. Over four seasons, we meet characters like Lope de Vega, Cervantes, Lázaro de Tormes, Luis Buñuel, Salvador Dalí, Simón Bolívar, Federico García Lorca, and Pablo Picasso. Added into the mix are figures like Harry Houdini, Alfred Hitchcock, Shakespeare, and Ernest Hemingway as their stories tie into Spanish ones. I desperately want to get this series on DVD because watching it the first time ‘round I know I missed as much history as I caught. I want to know more. Me extraño mucho. The series picked up 25 major Spanish TV awards since it came on the air, so I’m not the only one who was hooked.

The Spanish proverb I quoted at the top of this column, the first two words of which form the title of one of the best of the great Spanish director Carlos Saura’s films, is well-suited to pretty much every

series I’m describing here—where love, betrayal, jealousy, murder, and familial conflicts are omnipresent and involuted. Take my second-favorite show, for example. *Las chicas del cable* (*Cable Girls*) revolves around the dramas of a group of telephone operators and their bosses in a cutting-edge telecommunications company in late 1920s Madrid. The casting is perfect: a woman with a dubious past, the poor boy who makes good, the young provincial girl who’s thrown into big-city life, the wife with the slimeball husband, the bisexual sophisticate, the prodigal son, the Machiavellian mother. Intersecting lives that ensure that no one will ever be happy for long. *Cable Girls* is now into its fifth season. Only one caveat: the choice of music on the soundtrack (English rap & hip-hop) is cringe-inducing. It may be meant to be cool, but it isn’t. ¡Qué bobo!



two sisters, a classic Hitchcock blonde and a brunette, but we’ve also got a playboy, a sinister uncle, a cad, a suave ship’s officer, an attractive young maid, and a sexy torch singer with a dubious past. The set designers have created a lushly atmospheric environment, and this time the music’s not embarrassing. *High Seas* will be going into its fourth season.

Siempre Bruja (*Always a Witch*) plays along the lines of *Charmed*, but this time the main character is a young black woman from 17th-century Cartagena, Colombia, who time travels to contemporary Cartagena and befriends a young university crowd while also trying to track down an evil warlock. In part, it’s a classic fish-out-of-water story, with Carmen evolving her identity from that of an enslaved and persecuted woman of her original time to the liberated, educated, media-savvy woman of Colombia today. Things get even more complicated when she returns to her own time and her white, aristocratic fiancé has to cope with both his family’s ire at his daring to court a servant and his incomprehension of Carmen’s 21st-century liberation. This Colombian series, which has been picked up by Netflix, is just the right mix of the supernatural, the historical, and the contemporary. Now going into its third season.

There’s nothing historical about *Elite*. Another Spanish series, this time we’re in Las Encimas, the most expensive high school in the country. As the result of the destruction of their own school in an earthquake, three working class students—a macho class clown with a chip on his shoulder, the daughter of Muslim corner store owners, a handsome salt-of-the-earth straight-arrow—are tossed into a snake-pit of upper-class intolerance and condescension. Gradually, however, the lives of all three become intricately linked with those of their peers—in both positive and negative ways. This being high-octane high school drama, there’s no shortage of peer pressure, bullying, prejudice, backstabbing, parent-spiting, and sexual shenanigans. And a murder. *Elite* is going into its fifth season. I was a bit thrown off by the beginning of season 2, and went on to other shows. I’ll probably go back.

Unseen by me, but looking like *Alta Mar* set in a luxury hotel in the fictional coastal Spanish town of Cantaloya in 1905, is *Gran Hotel* (*Grand Hotel*). It ran for three seasons between 2011 and 2013. I’m putting it next on my list.

My last choice is actually based on a Spanish textbook by University of Illinois professor Bill VanPatten. He decided to do his 1992 *Destinos* beginning Spanish textbook as a 52-episode telenovela. While taking the viewer on a tour of the Spanish-speaking world, *Destinos* develops vocabulary and grammar through a story about a search for broken family roots that traces back to the tragedy of the Spanish Civil War. The video story stands on its own just fine, but in conjunction with the textbook and two associated workbooks this is one of the best introductions to Spanish language and culture I’ve come across. There was also a more advanced sequel called *Nuevos Destinos*, but I don’t have the book and have been unable to track down the videos online. You’ll find the original 52 *Destinos* videos here: <https://www.learner.org/series/destinos-an-introduction-to-spanish/>

There you have it—from steamy ménages-à-trois to the use of the preterite tense. Enough Spanish to sink your teeth into con gusto. ¡Disfrúteselos!

Riondel Arts Club

by Sharman Horwood

I’m afraid that at the moment there is not much happening with the art club. As you may know, the Riondel Community Centre is closed for the duration of this pandemic. As much as he would like to, Gerald Panio isn’t able to continue his lectures on art works, and the artists of the club can’t access the art room. However, this doesn’t mean they aren’t being creative, and perhaps you can be as well.

I don’t know where your interest in art lies, but you can pursue it while you’re self-isolating at home. As one friend told me, once she sorted through her cupboards, cleaning them and tossing out the cans that were long past their sell-by date, she was at a loss. She did some drawing, and found that with each attempt, the image improved. I think during this time, creativity is a blessing, and that can take many forms: baking bread, woodcarving, knitting or crocheting, felting, quilting, writing, and gardening. Whatever you do, I’m sure you will find it so as well.

Stay healthy, and we will chat again come May.

69th Annual General Meeting
PLEASE JOIN US



NDCU 69th AGM

Thursday, April 30, 2020

Call to order at 7:00 PM

The Adventure Hotel

Nelson, BC

Please join us at our AGM for the review of 2019 and a conversation regarding the proposed merger.

Nelson & District

CREDIT UNION  Logically. Locally.

Yasodhara Ashram MARCH 25, 2020 COVID-19 UPDATE

Yasodhara Ashram has been following the news updates in BC and globally, and we have made the difficult but essential decision to close the Ashram to day visitors, retreat guests and new karma yogis until June 1, 2020. Further closures will be announced at least one month in advance.

- We are closed to day visitors touring the Ashram, the Temple of Light or visiting the Gift Store.
- Programs scheduled during this time period - March 15 to June 1 - are cancelled.
- We are also closed for drop-in guests for lunch, dinner and satsangs.
- Physical distancing, sanitizing measures, hand-washing reminders and awareness of supply usage continue to be emphasized for those who are currently in residence.

The message right now is clear: stay close to home if you can for the greater good of all. Let's do our part in flattening the curve of the spread of the virus. Now is not the time to travel or to gather together physically.

But we can gather together spiritually from wherever we are—using the yogic practices of mantra, Light and visualization. Let's stay calm, act wisely and care for each other. Let's wash our hands thoroughly and not touch our face—a great practice of awareness.

The pandemic is so revealing of our interdependence, highlighting that we each make a difference and can affect many others. At the Ashram we will be sending out love and Light from the Temple of Light each evening at 7:30 PST. Please let us know if you or someone you know would like to be on our prayer list. Online options are coming. Stay tuned!

Life is full. Let's use this time to slow down and appreciate it. Let's see what Divine Mother has in mind.

CONTACT US

We will continue to update our protocols and actions in keeping with the most healthful and beneficial course of action as things develop.

For inquiries contact Registration at 250-227-9224 or by email: registrations@yasodhara.org



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Creative Writing Corner: A Mainstreet Feature

Take a topic - write it - submit it. "Shortcuts"

by Ali George

I grew up in the suburbs in the late 60's/early 70's. I ran on groomed lawns, learned to ride my bike on pavement, played on metallic playgrounds set in sharp gravel. I longed for the wild, and could often be found up in our cherry tree or crouched behind the cedar hedge, pretending that I was living in the forest, communicating with wild animals, and living off the abundance that I knew nature could provide. I wanted what Laura Ingalls had: a little house in the big woods.

Because my mom couldn't drive, we had to walk the mile and a half to our local mall to do our shopping. I loved the walk because instead of travelling along the busy highway, we got to take two shortcuts which took us through the only wilderness in our neighbourhood. The first was a gravel lane that connected my street to the street behind us. It was shaded by a block-long archway of deciduous trees, and provided me a quiet, unkempt shelter from my tidy urban reality. My friend Nicole and I played in that lane for hours, cutting branches of broom flowers for our mothers, carefully pulling delicate thimbleberries off the bushes and tasting their mushy sweetness, tunnelling into the tangle of brush to make a den that we called our 'nature clubhouse'. We collected bugs, identified birds, reached over the neighbours' fence to tentatively pat their dog Max (the wildest animal that we could find). Then our moms would call us for supper, and we'd have to leave our wooded haven, running home on the unforgiving asphalt, returning to the sounds of traffic, lawns being mowed, hedges being clipped, nature being held at bay, or eradicated all together.

The second shortcut was at the end of a cul-de-sac, a block or so past the lane. Here, we entered the realm known to the neighbourhood children as 'the bush'. My mom, afraid of all things wild and untamed, didn't want us to play there, and quickly walked my brother and I along the shortest route through it. I, however, loved the bush. It was wild indeed, complete with a steep ravine to scramble down, a sleepy creek flowing with brownish water alive with water skeeters, blackberry bushes to keep our bellies full in August, skunk cabbages that the boys used to make stink bomb juice, and the occasional derelict pile of scrap wood covered in branches that might be a kid's hideout, or, better yet, the secret lair of the individual that the neighbourhood moms referred to as 'the man with the machete'. This character was obviously invented to keep us from playing in the bush, but, of course, it had the opposite effect.

The absolute pinnacle of bush adventure was an impossibly high rope swing that someone had tied to a tree branch on one side of the ravine. One day, after watching a few kids try it, and listening closely to their expert advice, I decided to give it a go. I remember my heart pounding as I climbed up onto a tree stump, took the rough rope tightly in both hands, and to the chant of "...jump, jump, jump...", took the leap, rope clenched between my knees, eyes closed at first, then opening to see the creek and the brambles on the other side of the ravine pass under me, then the sky through the poplar

leaves above me, then all of it again in reverse order, as I sailed back up to the stump, snagged it with my foot and managed a tenuous landing. I had never felt so free and happy, so wild and untamed. This was where I belonged.

Twenty-two years ago, my husband Al and I left the city, bought a small chunk of forest, and built ourselves a home in the woods of Crawford Bay. Through every window, I see trees. A creek runs past my yard, complete with a cliff to scramble down. Birds and critters are abundant, and I can walk into the bush at any time to watch them. We even had a rope swing for a few years when the kids were younger (but not over the creek; that would be crazy dangerous!!).

There was no shortcut to getting here. I had to live my way here. This is where I belong.

Book Review

by Tom Lymbery

Giant Trees of Western America and the World, by Al Carder, Harbour Publishing, \$26.95, 152pages.

This book reveals outstanding examples from each of the most noteworthy tree species that Dr. Carder has found – including some that are thousands of years old and over 400 feet high. Featuring more than 40 scale drawings, this collection of giant trees outlines the intriguing characteristics of each species as well as the histories of famous trees, including the stump of a BC Western Red Cedar so wide that eight men and women danced a quadrille on it in 1887.

Carder's enthusiasm and expertise informs and entertains even as he urges us to appreciate and protect what is left of these fascinating "monsters of the past".

Since trees are protected in our provincial and national parks, we hope that in 500 years time, there will continue to be more giant trees. We are so fortunate that we live in the southern interior rain forest where almost every tree grows four feet taller each year.

Can more trees be planted across the Kootenays? Look for possible sites and let's see what can be done, as



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An important reminder from West Vancouver Fire & Rescue



Smarter Than Jack or Jill

by Sharman Horwood

Animals are smart, amazing creatures. If you have an animal story you'd like to share, please contact me at shhorwood@gmail.com.

Swift and Smart: Foxes of All Kinds

I have only ever seen a fox twice: once crossing the highway in the dark in front of my car, a swift vision of grey in the dark, cat-like eyes glancing over me; and one other time with the brush of its tail held above the snow bank, scurrying down my street. However, they are very present in most parts of the world. Recently a female arctic fox--wearing a GPS collar--was found to have traveled across land and sea ice for 3,500 kilometres, from Norway to Canada, in just 76 days. She was a coastal, or blue fox, and left Spitsbergen in Norway's Svalbard archipelago on March 26, 2018, and arrived on Ellesmere Island on July 1, 2018. According to researcher Eva Fuglei, "The sea ice plays a key role in the fact that mountain foxes will migrate between areas, meet other populations and find food." However, this was the first time they have been able to document a species' migration actually between continents.

Foxes are part of the canidae, or dog, family that includes wolves as well as jackals. They are also one of the smartest members of the group, and some researchers claim that they are smarter than most dog breeds. They are generally solitary animals, not a pack animal, and have a very short life span (in the wild, approximately two to four years). Yet they are one of the most adaptable and successful of the

canidae family, and they are not dangerous. According to Welcome Wildlife, "thirty thousand foxes live without incident among the densely crowded population of London, and have done so since the 1930s." However, unlike dogs, they don't make good pets. One fox caught in a wire trap in England was so desperate to get away, it broke its jaw laterally in half trying to get out of the cage.

Foxes hunt alone. They are able to use the Earth's magnetic field to help them catch their prey. They can see the magnetic field in what is described as a "ring of shadow." This darkens when the fox faces magnetic north. The fox is able to detect when this shadow along with the sound its prey is making come together. Then they pounce, more like a cat than other canidae.

Like other smart predators, they are friendly and curious, playing with other animals as well as their siblings. In fact, a dead fox was found in a 16,500 year-old cemetery along with the remains of a man, 4,000 years before a domestic dog that was found buried with another human. They're also known to steal balls from golf courses, one of the urban areas where foxes frequently establish dens.

Foxes are very adaptable, not just with habitat, but in their behaviour. They can be found in many parts of the globe, including Australia where they were introduced with some devastating consequences to Australian wildlife. The animal's natural habitat is both scrub and woodland areas, and it is a nocturnal hunter. However, it eats a wide variety of foods, from insects, mice, to birds and bird eggs. (If you dig up buried food items in your yard, a fox has probably cached them there.) Arctic foxes follow polar bears and scavenge from the dead seal carcasses, quickly enough to avoid the bear, and sneaky enough to do so when the bear has moved well away.

They can be very good parents, although in the extremes of the north, arctic fox mothers have been

known to abandon their pups if there is no food in the area; rather than starve themselves, they will leave their young. They are animals of extremes, however. If there is plenty of food, they are devoted parents. The pups--sometimes called kits--stay with the mother in the den while the father brings them food for about nine days. The pups stay with the parents until they're approximately seven months old. Vixens can be ferocious mothers as well. One British story tells of a fox pup caught in a trap for two weeks. During that time, the mother brought it food every day so that it survived.

Foxes also communicate. They bark, scream, and howl, as well as cry, all with different meanings and purpose. (You can hear a short recording of the different calls on YouTube. Some of them are rather haunting sounds.) The scream is frequently used during mating season, or when one fox calls its mate, males using the call as well as females. A crying sound is often used by pups when they need help, and foxes of all ages sound a gekkering when they play, or fight.

Folklore hasn't exactly been kind to foxes. They are seen as sly tricksters, such as the fox in Native American tales. There is also the Asian belief in the nine-tailed fox, the kitsune, a shape shifter of questionable repute. Able to disguise themselves as beautiful women, they use this ability to trick others, particularly men. In feng shui, however, the fox has great power over evil, and just the image of one will drive away any lingering evil energy. My favourite, however, is the Finnish belief that the Northern Lights were made by a fox running in the snow. Its tail created sparks and the animal swept them up to hang up across the night sky.

Foxes are indeed remarkable creatures. They have adapted to most urban environments, successfully living in cities, learning to scavenge from human garbage for food. Scientists don't know why that arctic fox journeyed so far, and so fast, but you can be sure she had good reasons. They are very smart animals.

For the Love of Genre

by Sharman Horwood

Two Types of History

One of the things I like about murder mysteries is actually the mystery. I don't enjoy thrillers. In thrillers, the story is often obvious, the villain openly on the wrong side, with some simplistic psychology to explain his or her behaviour, and the reader's interest is created by the author's inventiveness in a succession of dangerous surprises throughout the tale. When I get to the end of one, I frequently feel deflated rather than enthused. However, real "whodunnits" are more interesting, and becoming harder to find, possibly because they're harder to write. They also might not be as popular in stores because they're not always as exciting. To me, though, "whodunnits" are a better pleasure.

Stephen Booth usually delivers a good mystery, what I call an enjoyable "puzzle palace." In *Dead in the Dark* (2017) he continues this trend. Booth's mysteries take place primarily to the north of Sheffield in the U.K. He usually uses the landscape in one form or another as part of the mystery rather than simply as the setting. This area has a long history, particularly of mining. In Booth's novels, the remains of past mining--the shafts, the village growth around the business of mining--are frequently an important part of the story.

The two police officers Booth has used in his novels are Ben Cooper, a slightly withdrawn son of a murdered police officer, and Diane Fry, a suspicious woman brought up in the U.K.'s foster care system. She has little knowledge of the country, of its farm life and culture, and has no desire to learn it either. She and Cooper have an uneasy alliance as police officers.

In this novel, Reece Bower has gone missing. He is a man in his forties with a teenage daughter who has refused to live with him, and a common law wife. His absence wouldn't be particularly note worthy to Cooper except that ten years prior to this, Bower's wife Annette also went missing. She was never found, and her father believes she is still alive. Cooper, however, has always believed Reece murdered her but no body was ever found. At the same time, in a nearby town that falls under Fry's purview, a Polish man has been found murdered in his small apartment, in a community that intensely dislikes the Polish immigrants working in their small town. In fact, many of them voted for Brexit because of the influx of eastern Europeans within the village. Right wing extremist groups flourish in the area for that reason.

Though Fry and Cooper work separately throughout this novel, there is a strong connection between them--an uneasy connection because of their past service together on the police force. Surprisingly, their working life, though they are no longer partners, means that their paths cross, not always happily. This novel continues their mutual stories. Finding the missing man, or his body, proves harder than usual for Ben Cooper, and as Diane Fry learns in her parts of the story: no one has seen her murdered Pole and no one knows what happened to him. An interesting puzzle for anyone who enjoys a good mystery.

The other "history" is more for fun. It is *A Natural History of Dragons* by Marie Brennan (2013). This novel begins a series of five books, all related to Isabella Camherst's quest to identify dragons of all kinds and learn their natural history, starting with the sparkling, a dragon species not much larger than a dragonfly that she captures as a child. Unfortunately, dragon bodies disintegrate quickly after they die, complicating Isabella's quest for knowledge of them.

In this first novel, Isabella isn't yet a member of the Camherst family, but soon meets Jacob Camherst and marries him, mostly because he identifies with and supports her passion for all things dragon. She hopes one day to be a natural historian and consid-

ered a scientist by the Philosophers' Colloquium. So far, no woman has been accepted into this male-only bastion. First, however, she must find dragons and categorize them, examine them, and draw them so that she can understand their many different attributes and behaviour. Then, with the support of her husband, she can publish her findings under both of their names, since scientific publications don't accept papers from female-only authors.

Isabella's story isn't a diatribe against the inequalities of her rather Victorian society. Instead, it is more about her pursuit of dragons, and about the dragons themselves. In order to find them, she has to participate in expeditions to other countries. In a way, she is the David Attenborough of her time, one who specializes in dragons.

Aside from the challenges Isabella faces, the dragons are the other theme of the tale. There are swamp-wyrms, enormous sea serpents in the oceans, the sparklings she loved as a child, wolf-drakes in the woods near her home, Akhian desert drakes, as well as a dozen other dragon species, and she is sure they are interrelated. In short, Isabella wants to learn as much as she can about dragons, and inform others about them. This novel details her first expedition, very much an adventure, with many dangers accompanying it.

Slightly humorously, Isabella relates her voyage to Vystrana, a country similar to Eastern Europe, close to a country like our Russia. The story is interesting, and an easy read, and like me, I'm sure you'll become a fan of Isabella Camherst, as well as her dragons.

In these two novels, history is used differently. In Booth's, the history of mining in the area is an element of the story, Cooper having to return to it again and again throughout the novel. In Brennan's tale, the history is of dragon nature, as well as Camherst's own development as a scientist. Both novels are solid good reads, one humorous and the other thoughtful, and while you're self-isolating through this pandemic, I'm sure they will entertain you.

Blast from the Stacks

Riondel Library News

by Muriel Crowe & Shirleen Smith

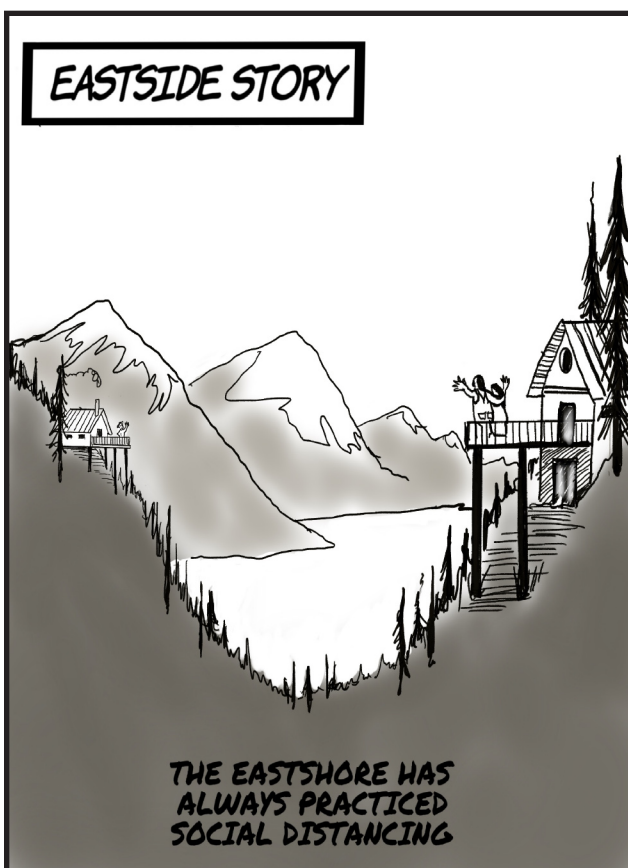
Hello from your virtual Riondel Library. We're all keeping safe in our homes in order to keep you safe in yours. Ironically, this would be a great time to stock up on books and DVDs at your local library, wouldn't it? Alas, your favourite library is shut down, along with pretty much anything else that goes on in RDCK community centre or other facility.

But don't despair! Relief is at hand in the form of eBooks and other online-based reading and viewing resources. And unlike the big video-streaming services, these materials are free. Speaking of free, Riondel Library has suspended overdue fines, meaning you get to keep your books and DVDs and actually finish them all or, better yet, read/watch them twice. For free!

Many of you took advantage of Riondel Library's relationship with Creston Library and acquired a Creston Library card so that you can access eBooks and read them on your 'devices'. Hooray! Visit www.crestonlibrary.com for more information.

Some of you may be entertaining young folks at home and are desperate to distract them before they start peeling off the wallpaper. Help is at hand through Knowbuddy, an online resource for young kids through young adults, through the young at heart (seriously, who doesn't love a picture book?). They have made their collections free to use for the duration. Their books include fiction, non-fiction and Spanish language - maybe you can convince the youngsters to learn another language and impress their friends, in the indeterminate future when they finally get to see them again. You can select from Knowbuddy's collections such as: *Explore the Art Scene*, *Global Viewpoints*, *Awesome Dogs*, *Birds of Prey*, and many more. Find them at: www.virtualknowbuddyresources.com If you're asked for a username, type: info@knowbuddyresources.ca with the password: KNOWBUDDY

Finally, in the spirit of libraries and knowledge-purveyers everywhere, a tidbit of info to cheer your day. What, you are likely asking, is the background of the word quarantine? The Oxford Dictionary tells us it comes from the Italian quarantina in the 17th century, and means 40 days. Yes, 40 days was the isolation period at that time. So we've got it relatively easy - so far. Let's all embrace our good fortune and stay home, keep our distance, and wash our hands until this thing passes. Be well, library patrons.



by Al George, Crawford Bay

Boost Your Immune System Naturally

By Maya Skalinska M.H.,
R.H.T. Master Herbalist,
Registered Herbal Therapist



I'm sure by now, we are all aware of the steps outlined by Canada's Public Health Agencies for preventing contraction of Covid-19, and I think we all realize the importance of following these methods.

Also, please keep in mind that there are no known, clinically proven treatments that specifically target this virus. On the other hand, we know it is up to our immune system to identify, and destroy or neutralize any harmful pathogens, Covid-19 included. Therefore, keeping your immune system healthy is key. Here are some proven holistic, preventative measures you can implement to build resilience and a strong immune system:

1. Avoid refined sugar consumption – Sugar is an immunosuppressant. Since the 70's, studies have shown sugar consumption inhibits the ability of our White Blood Cells (WBC) to destroy pathogens, viruses included. For example, 65g of sugar completely suppress B & T lymphocytes for 4-8 hours after consumption. Most recent studies show that 1 tsp of sugar decreases immune function by 50%, and if taken with a fat, the immune strength stays at 50% for at least four hours. Sugar also creates an imbalance in our gut microbiome, which also plays a large role in our immune function. I don't think I need to say more.

2. Get some sleep - It is well documented that immune cell activity peaks during nocturnal sleep. Lack of sleep results in low-grade inflammation, which produces immunodeficiency. One study showed that only one night of 4-5 hrs of sleep reduced our natural killer cells (part of WBC) by 70%!

3. Manage stress – We all have stress, it is how we deal with it that makes a difference in our immune function. The science of psychoimmunoendocrinology demonstrates how stress impacts our immune and endocrine (hormonal) systems. In a nutshell, stress results in a series of biochemical reactions that directly suppresses the normal activity of all our WBC. Exercise, meditation, yoga, Qi Gong, Tai Chi as well as harnessing a positive outlook with gratitude, forgiveness love and compassion are all wonderful ways to cope with stress.

4. Eat a clean, whole food diet – Proper nutrition is the most important aspect of good health, and that includes keeping your immune system strong. Include all colors of fruit and vegetables including all allium family (onions, garlic, leeks...), whole grains, healthy fats and proteins into your daily diet. For a healthy microbiome, try to eat something lacto-fermented everyday. Lacto-fermented foods are fermented with salt, not vinegar, so check your labels. Try to include Vitamin C (red/green peppers, brussel sprouts, broccoli, kale, cauliflower), Selenium (brazil nuts) and Zinc (pumpkin seeds, spinach, oysters) rich foods. Avoid all fast and highly processed foods. As mentioned before, the immune system's role is to identify and destroy invaders – pathogens, toxins and anything else that does not belong in our bodies, including food additives present in highly processed foods. It's not a good idea to deplete your immune

system with these unnecessary, harmful chemicals at this time. So read your labels. Avoid high-fructose corn syrups, MSG, synthetic food colorings, "flavour", any chemicals with names you cannot pronounce, and of course, refined sugar.

5. Consider herbs and medicinal mushrooms – Along with proper nutrition; you can also add some herbs and medicinal mushrooms to your daily diet. The following recommendations are general, safe, but only for those that are not taking any pharmaceutical drugs. None of the recommendations below have been clinically proven to work against Covid-19. Having said that, we have thousands of years of empirical data as well as hundreds of in vitro clinical studies that continue to show the efficacy of the following herbs and mushrooms in supporting the immune system. Medicinal mushrooms like reishi, chaga, cordyceps, turkey tail and lion's mane support healthy activity of the immune system by increasing the activity of immune cells like macrophages and natural killer cells. Their strong immune-boosting properties and ability to fight pathogens such as viruses (Covid-19 not studied) have enabled them to be effective in preventing and treating all kinds of viral respiratory illnesses(1).

If you have elevated stress, herbs like rhodiola, eleuthero (or any other ginsengs), holy basil or licorice root (do not take licorice root if you have high blood pressure) will help you adapt to stress and support your immune system. We call them adaptogens, and the medicinal mushrooms mentioned above also fall in that category. And of course there's Echinacea or astragalus, traditionally used for anti microbial and immune protecting activity. I do not suggest anyone taking all of the above. Choose one to three of the above that best resonates with you, and stick with that. The herbs and mushrooms are only additional measures, especially for those who are immune compromised. All herbs mentioned above are safe for the elderly.

6. Make sure to get fresh air daily

Keep in mind that if you do get the virus, it will be up to your immune system to fight it off. Let's continue to support each other, help those in need and build resilience by keeping our immune systems strong and healthy.

(1) www.ncbi.nlm.nih.gov/pmc/articles/PMC1193547

DISCLAIMER: All recommendations, medicinal mushrooms and herbs mentioned above do not treat or prevent Covid-19. The recommendations above are only to support the immune system. Do not take any of the herbs above if you are suffering from any type of autoimmune disorder or chronic inflammation. Maya is a registered Herbal Therapist with CHA of BC. She offers Iridology, Herbal Medicine, Nutritional Consultations and Flower Essences at Crawford Bay, Nelson and Vital Health in Creston. For more information please email: mayaskalinska@yahoo.com

The Fitness Place

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Please be supervised during supervised hours if you are a key card or are just dropping in.

Valid membership with a key card hours are 7 days/week from 5:30am to 10:30pm.

Questions? Call, text or email Julia Kinder at eastshorefacilities@gmail.com or 250.777.2497

Basic Protective Measures Against The New Coronavirus

by the World Health Organization

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. Most people who become infected experience mild illness and recover, but it can be more severe for others. Take care of your health and protect others by doing the following:

Wash your hands frequently. Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

Maintain social distancing: Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing. Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person

coughing has the disease.

Avoid touching eyes, nose and mouth Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Practice respiratory hygiene. Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately. Why? Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

If you have fever, cough and difficulty breathing, seek medical care early.

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority. Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

Stay informed and follow advice given by your healthcare provider

Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19. Why? National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They

are best placed to advise on what people in your area should be doing to protect themselves.

Protection measures for persons who are in or have recently visited (past 14 days) areas where COVID-19 is spreading

- Follow the guidance outlined above.
- Stay at home if you begin to feel unwell, even with mild symptoms such as headache and slight runny nose, until you recover. Why? Avoiding contact with others and visits to medical facilities will allow these facilities to operate more effectively and help protect you and others from possible COVID-19 and other viruses.
- If you develop fever, cough and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. Call in advance and tell your provider of any recent travel or contact with travelers. Why? Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also help to prevent possible spread of COVID-19 and other viruses.



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A Message from the East Shore Kootenay Lake Community Health Society (ESKLCHS)

Submitted by Margaret Crossley

The East Shore Kootenay Lake Community Health Society (ESKLCHS) advocates for services to improve the health of East Shore residents, supports the functions of the East Shore Community Health Centre, provides information about available health care resources, and cooperates with community groups with similar goals (e.g., Emergency Services, Primary Care Community Paramedic Program, East Shore Better at Home Program). Focus on Health, an initiative sponsored by ESKLCHS since 2015, is open to all residents of the East Shore and beyond.

Focus on Health in Boswell Memorial Hall cancelled due to CoVID-19. Focus on Health workshops can no longer be held in the typical way since the Boswell Memorial Hall has been closed to meet CoVID-19 social distancing requirements. Our Selkirk College/Univ of Victoria nursing students (Kelly Young and Emmett Deuling), who have been preparing since January to lead the March Focus on Health workshop, adapted beautifully to the required changes. With their characteristic enthusiasm, they decided to post a YouTube video of their scheduled March presentation and to make their PowerPoint slides available to all who have attended Focus on Health workshops and to any others who are interested in receiving them. The students have been researching the importance of social connectedness in maintaining both good physical and mental health.

Their presentation provides information that is highly relevant at this time of CoVID-related social distancing. Social isolation and loneliness are serious health concerns for many, and can be greatly exacerbated by the restrictions made necessary by the current pandemic. Please enjoy Kelly and Emmett's YouTube presentation <https://youtu.be/0EpdU1T2kM0> and contact any member of the Board if you would like a copy of their PowerPoint slides. In the coming months, we hope to continue Focus on Health using a virtual format (e.g., email distribution of PowerPoint slide presentations) and with soup delivery to community members on the morning of the scheduled workshop.

We encourage all residents to watch for and carefully attend to updates on CoVID-19 as provided by Dr. Elizabeth Barbour on behalf of our frontline health professionals and staff at the East Shore Community Health Centre. Kim Young, Director of the ESKLCHS and Clinic liaison, will continue to provide support and assistance through regular communication with staff at the Clinic and Interior Health and community-focused postings to a range of social media pages. East Shore Better at Home is continuing to provide important transportation services to seniors as well as grocery delivery to any resident in need of assistance due to CoVID-19 requirements for social distancing and self quarantine. To schedule, call the Better at Home phone 250-505-6717 or email betterathomeeastshore@valley.services.

The Board is very grateful to Gary Sly and the South Kootenay Lake Community Services Society for securing a CBT Social Initiatives Grant that has generously supported our Focus on Health and East Shore Better at Home programs during the past year.

The Board of Directors of the ESKLCHS would like to publicly and most sincerely thank our physicians, nurses, and all other health care providers and staff for their obvious dedication, calm and reassuring professionalism, and enduring service to the com-

munity during what is now acknowledged to be a global pandemic. The functions of the Board would be impossible without the many East Shore volunteers who share their skills and their time to support all members of this community. Thank you to our volunteers. Finally, thank you to the members of our East Shore community who continue to work in essential services - in grocery stores, postal offices, media outlets, transportation and communication services, refuse and recycling stations, and in agriculture and food production, etc. - so that we can continue to buy food and other necessary supplies, send and receive mail, stay informed about all regions of our country and other parts of the world, and maintain strong and healthy relationships with those we love. Although it is critically important that we all abide by the WHO guidelines for social distancing and self isolation, in the words of our Selkirk College/University of Victoria nursing students, Emmett and Kelly, "CoVID-19 must not break our important connections with one another".

Did You Know?

Would you like to help
The East Shore Better at Home Program:

Donations are always appreciated!

Cheques can be made out and sent to
Valley Community Services

Re: Better at Home

P.O. Box 187

Creston B.C., V0B 1G0

(tax receipts are issued for donations over \$20)

For more information about the program

please contact: Rebecca Fuzzen

Tel: 250-505-6717

E-mail: betterathomeeastshore@valley.services

Online: www.valley.services

East Shore Hospice News

by Barb Kuhn

These are strange and trying times for all of us. The world is rapidly changing in ways we never expected.

Being asked to spend time at home, especially if we or one of our family members are ill, leaves us with fewer distractions from the outside world. While many things have changed, we have to hold on to what has and will always be true.

We can be grateful for the friends and family that can be reached through the miracle of technology. Never in human history has it been easier to stay connected to those we love.

These relationships with each other and the community we live in, will be what sustain us in the coming weeks and months.

Thank you all for taking care of each other by social distancing and quarantining. A special thank you to all the healthcare personnel on the front lines of this pandemic. Healthcare is challenging at the best of times. These times require a special courage to do what you do.

If you or someone you know is in need of Hospice Care or you would like more information, please contact Susan Dill East Shore Hospice Coordinator at the East Shore Community Health Center Hospice Office at 250 227-9006. In addition there is a free Library with hospice related books and some DVD's on care, grief and mourning. The Library is best accessed at the Hospice Office on Tuesdays between 10am-2pm.

Watch for more articles and information on Hospice care that will be posted regularly in The East Shore Mainstreet by Maggie Kavanagh and/or Barb Kuhn or any one of our other volunteers.

Memorial Wall

Whether your loved one has scattered ashes, was buried elsewhere or was 'beamed up', the **Memorial Wall in Gray Creek Cemetery** can mark their time here.

Visit the unique woodland cemetery on Oliver Road South and contact **Tom at lymbery@netidea.com** for a handsome brass plaque.

East Shore Community Health Centre Update - Covid19 -

COVID 19 continues to affect the province, and it is our priority to ensure our patients receive the care they need without further exposing them to this virus.

As such, the doctors at the East Shore Community Health Centre will be available for phone (possibly video) consultations around COVID-19 issues. People who are concerned should phone Kathy at the clinic (250-227-9006) to schedule a call.

Coming to the clinic risks contacting the infection, and phone consult first is intended to minimize risk. Patients who are ill and need to be seen can then be scheduled appropriately and seen with necessary precautions.

We also want to remind everyone that if you have recently returned from traveling abroad, the United States or other destinations where you may have come into contact with the COVID 19 virus, it is advisable to self-isolate for 14 days to ensure your safety & the safety of your family, friends, & neighbors.

Thank you!

Notice of Passing

Doreen Henra Coulter Zaiss

April 14, 1945- March 16, 2020



On March 16, 2020, Doreen Zaiss died by MAID (Medical Assistance in Dying) procedure, in her own home, surrounded by friends and family, and on her own terms after living with incurable gastric cancer for just over one year. She left this earth in song and laughter, held up and embraced and we celebrate her choice

and her voice in this passing. Doreen was born April 14, 1945 in San Mateo California to John and Joyce Coulter and grew up in Redwood City. She is survived by her three sisters, Karen, Jackie and Becky, who she dearly loved and stayed in regular contact with until the day of her death.

Doreen attended Chico State University where she began her journey down the path of words and language. She was a hungry reader, a clinically accurate grammarian and a decidedly creative force in language and literature.

Doreen met David Zaiss in 1965 at Chico State University in a creative writing class. She finished her junior year at Chico, and then, as if called to her Scandinavian roots with the force of a Viking wind, chose to complete her senior year abroad at Uppsala University in Sweden in 1966/67. David followed her there and the two were married on January 13, 1967.

When they returned to the US, Doreen went to Purdue University for a couple of years, getting her M.A. After some deliberation and considering the current (at the time) climate of the United States, the couple moved to British Columbia in 1969 after graduation. Their daughter Ingrid was born in March 1972 in White Rock, BC and they moved with her to Gray Creek in 1973. Two years later, their son Jakob was born in March 1975.

The family settled a four-acre plot of land up "Hippy Hill" in Gray Creek, surrounded by only a small handful of other back-to-the-landers. They farmed, gardened, raised some livestock and made the best living they could as tree-planters in the middle of somewhere-special/not-yet-defined Kootenay Lake culture.

Doreen got her teaching certificate in 1986/87 at Simon Fraser University and began teaching English and Drama at Crawford Bay School right away. Her career as a teacher defined her, although she came later to it than many have. She was 42 years old when she became a teacher and brought with her a spark that translated to hundreds of young minds. Her strict expectations of her students sent ripples through the lives of all those she taught. The ones who may have fallen through the cracks were seen by her, held up and taught to push harder, try more. The ones who questioned themselves did so with her beside them, showing them their right and privilege through language and expression. She impacted so many lives and that effect continued outside of the classroom. She helped to form a local theatre group in 2010 and continued to bring that spark of inspiration and higher calling to adults in the community who sought to play and entertain. She walloped them into shape and had the same expectations as she did of any students, while forging some unbreakable and powerful friendships.

Her creativity was boundless. Just before she passed

and much to her relief, she finished the first draft of her novel. She was a potter and most East Shore homes boast a piece or twenty of Doreen's. She was a kayaker, a gardener, a poet, a painter, a potter, a writer, a volunteer. She was a mother and a grandmother who loved fiercely and still with parameters (her independence was always maintained).

Both of her parents predecease her, but she is achingly and completely missed by a community that loved her, friends who will celebrate her forever and a family who will hold her up forever. Her children Ingrid (Juergen), Jakob (Jennifer) and grandchildren Halle, Robin, Mowat, Zoe and Luka are all pieces of this unforgettable woman and we honour that gift with all of our hearts.

In this absolutely unexpected time in the world, and with so many unknowns, we know Doreen is free. She will always be with us. We would like to thank so, so many people, but will be as brief as possible. Thank you to Dr. Mieske and nurse Lia for being there with so much grace and confidence at the end. Bottomless thanks to Dr. Malpass and the nurses and staff at Kootenay Lake Hospital (specifically those in the ER and the infusion/chemo lab, Dr. Piver and Dr. Barbour (and Kathy) at the East Shore Health Centre, the oncology team in Kelowna (Dr. Khoo and Atchian and staff), the Cancer Society and Rotary Lodges, Hope Air and all the good people who make this walk through cancer a little easier. Enormous thanks to the Home Support and Home Care team (all the workers and nurses with whom we created such wonderful relationships), East Shore Hospice, the wonderful Benni walkers, the friends and supports who helped lighten the load. There are too many to name, but we know that you know that we know that you are everything. Thank you.

Finally, as far as a celebration of life, we will hold off for a while. We hope to have a gathering in a month or two. Please watch for further information.



Holistic Health Tips

by Kim Young

Boost Your Immune System Smoothie

Here is a recipe for a delicious smoothie to help boost your immune system and brighten your day.

Immune Boosting Peach Pineapple Green Smoothie

Makes 1 serving

Ingredients:

- 1 cup spinach, raw
- ½ cup coconut milk, unsweetened
- ½ cup cold water
- 1 cup peach
- 1 cup pineapple
- 1 tsp ground flax seeds
- ice (optional)

Directions:

1. Place spinach in blender first, then cover with the coconut milk and water and process at high speed until there are no large pieces of spinach left – this should only take 10 to 15 seconds.

2. Add in the rest of the ingredients and process at high speed until well combined and smooth.

3. You may want to use frozen fruit or add ice or more cold water, depending on how cold and thick you like your smoothie. Enjoy!

April 2020 Mainstreet 13

SERVICES DIRECTORY/CLASSIFIEDS

The Service Directory is a great way to have your business listed as a reference for those shopping for a particular professional service. Keep your phone number handy and your message clear.

AUTOMOTIVE/MARINE

EASTSHORE AUTOMOTIVE - Service & Repair 250-227-9370

NORTHSTAR CRESTON - 1-800-551-9351 Full service 8-bay shop featuring Certified Service lube, oil and filter starting at \$24.95 plus parts & eco fees. Full line of major tire brands, GM & AC Delco parts and batteries.

BUSINESS SERVICES

MUTUAL FIRE INSURANCE of B.C. Quotes on Homes, Mobiles, Farms & Tenants. Seniors discounts at 55. Home Protection; No Claim; New Home. ph/fax 250-428-7937, broker Virginia Harder.

CONSTRUCTION/CONTRACTORS/TRADES/GENERAL HELP/SERVICES

HULLAND AND LARSEN CONSTRUCTION - experienced residential construction & custom finish work. 250.551.2915 or 250.505.3570. (see ad in contractor section)

SAMURAI HARDWOOD FLOORING: Sales, Installations, Tile, Stairs and Millwork www.samurai-hardwood.com 2505513764.

STEEL WHEELS - Septic systems planned & installed. We dig too, mini hoes for you. Dave/Donovan. 250.354.8498

THE GREEN MACHINE - Excavation, Landscaping, Installation of Waterlines. Ph.: 250.225.3485

TURLOCK ELECTRICAL CONTRACTING LTD. (See colour ad in this issue for more information.) 250-227-9688 or 250-551-4671

PERSONAL CARE/HEALTH

ALEXIS PHILLIPS, M.A., R.C.C. - Registered Clinical Counsellor specializing in complex trauma, relationship issues, grief & loss, anxiety & depression. Apptmnt/consultation, call 250-509-0368. Email: alexandra.phillips@gmail.com

BLANCHE TANNER - Breath Practitioner, (Family Constellation) Heart-Centred Therapy (Meditation), Healing Emotional, Physical & Sexual Abuse, Addictions, Relationships, Anxiety, Depression. 227-6877

COUNSELLING & SUPPORT SERVICES: Free and Confidential for children, adults and families. Services include: Adult Mental Health and Addictions; Child Youth Mental Health; & Family Support. Call 1-866-774-5324 (toll-free) or 250-353-7691. North Kootenay Lake Community Services Society.

EAST SHORE HOSPICE - Palliative care for anyone facing life threatening illness. Confidential support for individuals and their loved ones. Hospice can also provide grief and bereavement support. 250 227 9006 ext 29 - eastshorehospice@gmail.com. Volunteers needed. Please contact for more info

FIRST CONTACT EAST SHORE MIDWIFERY - Sylke Plaumann, registered midwife. 250-227-6846.

KOOTENAY SOUND HEALING CENTRE on Riondel Road, offering Sound Healing treatments, Gong meditations, Astrology consultations, Workshop/Event space, Acutonics® classes, and products. www.kootenaysoundhealing.com, 250-225-3518, theresa@kootenaysoundhealing.com

REGISTERED ACUPUNCTURIST, LISA SKOREYKO R.A.C. Treatment for pain, emotional disturbances, gastrointestinal issues and much more. 250.777.2855. Unit #9 Crawford Bay Inn. 16210 Hwy 3A, Crawford Bay.

REGISTERED HERBAL THERAPIST, MASTER HERBALIST - Maya Skalinska, M.H., R.H.T. Iridology, Tongue & Pulse analysis, Nutritional consultations, individual herbal remedies, Flower Essence consultations & remedies. For appointments, please call 250-225-3493.

REGISTERED MASSAGE THERAPIST: Harreson Tanner - Over 40 years clinical experience. Treatment of Lumbo/Sacral Strain, Whip Lash, Frozen Shoulder, Migraines/Headaches, TMJ problems, & Stress. No doct refl req'd. 227-6877/cell: 505-6166.

SUSAN SNEAD ACUTONICS PRACTITIONER (TUNING FORK THERAPY): With certificates in Ayurvedic massages, Foot Reflexology, Fibonacci tuning fork alignment. Bach Flower Remedies and Astrological consultations. 250.225.3520.

14 Mainstreet April 2020

THERESA LEE MORRIS, SOUND HEALING TREATMENTS with planetary gongs, singing bowls, tuning forks and chimes. Certified Acutonics Practitioner and Instructor, theresa@kootenaysoundhealing.com, 250-225-3518

WILLIAM MORRIS, PhD, DAOM, offering astrological consultations combining 40 years of clinical practice weaving Chinese medicine, Astrology and Sound Healing. wmmorris33@gmail.com 250-225-3518

RENTALS/ACCOMODATION

YEAR ROUND SHORT TERM ACCOMMODATION. Bluebell Cottage in Riondel. Can sleep up to 10 people. Newly renovated, warm and cozy. 250-551-7953. Openings still available for the holidays.

RESTAURANTS

CRAWFORD BAY HALL & COMMUNITY CORNER BUILDING - available for community events, wedding receptions, workshops etc. Non-smoking facilities. Call Kathy, 227-9205.

NEWKEY'S PLACE - Hwy 3A in Crawford Bay, licensed area. Open noon til close Monday to Sunday. Food Specials all day. 227-6911.

ROCKWOOD CAFÉ - Authentic Chinese food, and perfect burgers. Open Tues - Sun. Hwy 3A Gray Creek. 227-6840.

YARD/LANDSCAPING/SITE PREP

TREE SERVICE, RESIDENTIAL - Fully insured Limbing, Pruning, Topping, Falling. Danger Tree Assessments, Free Estimates. Call James Linn at 250 225 3388



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East Shore Reading Centre: (CURRENTLY CLOSED)

Riondel Library: (CURRENTLY CLOSED)

Massage Therapy
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Over 40 years clinical experience



* Knowledgeable * Skilled * Experienced
For appointments, call 227-6877/505-6166

CLASSIFIED ADS

BUSINESS ANNOUNCEMENTS

Insurance Certification requires professional chimney installation - we are the pros - Gray Creek Store, 250.227.9315

BUSINESS SERVICES

Fax service, photocopies, (with no PST/GST) Tom Lymbery - Notary Public, 250- 227-9315, fax 227-9449, 250 551 0423 for Notary Public.

• Planning a wedding?

• Holding a party?

Closed for now! Please check back.

Consider renting the **BOSWELL MEMORIAL HALL**

Bookings: Karen Lee at 250.223.8686

The Fitness Place

Fitness Place Supervised Hours:

Mon-Fri, 8am-8pm

Mon-Thursday 8pm-10pm

Please be supervised during supervised hours if you are a key card or are just dropping in. Valid membership with a key card hours are 7 days/week from 5:30am to 10:30pm.

Questions? Call, text or email Julia Kinder at eastshorefacilities@gmail.com or 250.777.2497

YOUR HALL IS AVAILABLE!

For community events, wedding receptions, workshops, and more!

Booking: K. Dennison - 250-227-9205

CRAWFORD BAY HALL

A community hall

A non-smoking facility



NOT YOUR AVERAGE VOLUNTEER GIG

Serving the East Shore.

Join us. Be a volunteer responder. | RIONDEL FIRE/RESCUE SERVICES

Call 250.551.1352

BULLETIN BOARD

Community Notices, Thank You's, Not-For-Profit Announcements (all not related to business), Church Calendar & Meeting Places - free on the Bulletin Board.

* BULLETIN BOARD * BULLETIN BOARD *

CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE
Will be at the East Shore Health Centre monthly.
For information, call Creston Health Unit at 250-428-3873.
EAST SHORE HEALTH CENTRE Call 227-9006
See calendar for doctor days - Doctor hours are from 9:30am to 4:30 pm. Please call 227-9006.
Interior Health Authority, Community Care Nursing and Home Support Services - 250-352-1433.

HEALTH CLINIC MESSAGE
We are practicing social distancing at the clinic and are only allowing 2 patients in at a time, and require washing hands with hand sanitizer when you come and when you leave,
Lab and Doctor apts.
Our doctors are doing telephone appointments when possible.
If you are experiencing any symptoms such as fever, cough, shortness of breath,
“Please do Not Come INTO CLINIC “ Call 811 or Nelson Testing Site Phone 250-551-7500
We do not have the testing kits here at the clinic.

PLEASE CHECK BACK PAGE CALENDAR FOR DOCTOR DAYS

HEALTH PHONE NUMBERS
ES Health Centre: 227-9006
Drug & Alcohol: 353-7691
Child & Youth: 353-7691
Community Nursing: 352-1433
Public Health Dental Screening/Counseling: 428-3876
Hospice: 227-9006
Baby Clinics: 428-3873
Mammography Screening: 354-6721
Physiotherapy: 227-9155
Massage Therapy: 227-6877
Mental Health Crisis line - 1-888-353-CARE (2273)

DOCTOR DAYS IN APRIL (SEE ABOVE ABOUT COVID 19 PROTOCOL)
Every Tues: Dr. Piver
Every Weds: Dr. Moulson
Every Thurs: Dr. Barbour

The East Shore Transportation Society board has taken the community bus out of service at this time until further notice. If we all stay home and stay healthy, this situation will pass more quickly, and we can get on the road again. Stay well!

The Riondel Community Centre is closed due to COVID 19; we have no reported cases in the area, but it's best to be safe. Reopening of the Centre is entirely dependant on the future status of the health situation. All programs of the Seniors Association, the Art Club, and the Library/Museum are suspended until the building reopens. In the interim, take a walk in the sunshine, work in your garden, clean up your golf clubs, keep in touch with friends and family ... from a distance! Stay well!

All functions at the Boswell Memorial Hall have been cancelled until further notice due to COVID -19.

For any regular meetings/or- ganizational gatherings or events, please check with the organizer. Nearly everything has been cancelled for the time being due to Covid19 and physical distancing. In April, it's possible that some things will start up again, but with restrictions. Mainstreet will do it's best to inform you of these changes. Watch www.eshore.ca for updates.

Deadline: April 25/20

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CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH
Everyone welcome.

CHRIST CHURCH & EAST SHORE CONGREGATIONS ST. ANSELM'S CHURCH BOSWELL (Anglican)
No services at the present time. Contact Christ Church Creston for info - 250.428.4248

HARRISON MEM CHURCH, ANGLICAN
Crawford Creek Rd., Crawford Bay Everyone Welcome!
For info, please contact Deberah Shears at 250.225.3336 or Rev. Leon Rogers: 250.428.4248

KOOTENAY LAKE COMMUNITY CHURCH
A Lighthouse on the East Shore
Come & join us Sundays at 10 am.
Coffee fellowship after the service.
Pastors Richard and Ramona Dannhauer
16190 Hwy 3A, Crawford Bay: 250 505 8286

YASODHARA ASHRAM
Satsang (non-denominational, "in the company of the wise"), each evening 7:30pm. Everyone welcome, 250.227.9224

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL
Fr. Lawrence Phone: 428-2300 Fax: 428-4811
Sun Mass at 2pm. 1st Sunday of month, Fellowship Sunday.

CHRISTIAN SCIENCE CHURCH SERVICES
Held in the Anglican Church, 8151 Busk Rd, Balfour
Sundays, 9:30 am All welcome! 250.229.5237

MEETING PLACES

ALCOHOLICS ANONYMOUS:
Meets every Sunday at the Community Corner in Crawford Bay at 7:15. (1 hour meeting)

LIONS CLUB - meets at the Kootenay Lake Community Church - 16190 Highway 3A, Crawford Bay. Meeting Times: 7 pm. 2nd and 4th Tuesday of the Month. For More info call Lion Mike Jeffery – 250-227-6807 or Lion David George at 250-227-9550 or Lion Fraser Robb at 250-227-9636.

TOPS - Take Off Pounds Sensibly: meets Thursdays at 8:30am, Kootenay Lake Community Church basement. Info: Myrna at 227-9420

PARENT ADVISORY COMMITTEE (PAC) Meetings usually held at 5:30 pm at the Crawford Bay School on the first or second Monday of the month. Email cbess.pac@gmail.com for info.

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE				
Vessel Name	Balfour	Terminal	Kootenay Bay	Terminal
	Summer	Winter	Summer	Winter
Osprey 2000		7:30 am		8:10 am
Osprey 2000		9:10 am		10:00 am
Osprey 2000		10:50 am		11:40 am
MV Balfour				
Osprey 2000		12:30 am		1:20 pm
MV Balfour				
Osprey 2000	N/A	2:10 pm	N/A	3:00 pm
MV Balfour				
Osprey 2000		3:50 pm		4:40 pm
MV Balfour				
Osprey 2000		5:30 pm		6:20 pm
MV Balfour				
Osprey 2000		7:10 pm		8:00 pm
Osprey 2000		8:50 pm		9:40 pm
Osprey 2000		10:40 pm		11:20 pm

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Mon-Sat: 9-6:30

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Fax: (250) 227-9417
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The RDCK provides many important services to the residents, businesses and visitors of this region, and we will continue to serve you during these challenging times.

Your health and safety is our top priority, so the way we deliver some services may be affected.

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www.rdck.ca or call us toll free at 1-800-268-7325.

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Mon-Sat 9-5:30 & Sun 10-5

Hey all - we're still open as usual and being extremely careful so we can continue serving the community!
We're stocked up on essentials and a little more food than usual and we're happy to do your shopping for you and bring it to the door or delivery can also be arranged.

Call 250-227-9315 or email gcs@graycreekstore.com to shop from home!

We're working hard to ensure we support our community as much as possible. The situation is constantly evolving and we're keeping a close eye on it!
Stay safe and healthy.

Ladybug On Wheels



Bringing homemade, delicious food to East Shore homes. Offering weekly menus for pick-up and delivery options; contact us today!

This is for those in need or with compromised health as well as for those who just want a break from cooking. Meals are precooked & frozen (just heat & serve) & sold on a sliding scale.

Have your orders in by Monday nights for delivery the following week.

meganrt@live.com

Ladybug Coffee on Facebook