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YEAR 29, NUMBER 4

APRIL 2019

The East Shore Mainstreet

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Photo by Bohdan Doval

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Mainstreet Meanderings by Editor Ingrid Baetzel Old Lady Mainstreet

This is a hard article to write. It involves a degree of swallowing some inherent shame and also facing some realities. It is a plea to the community. Old Lady *Mainstreet* is struggling a bit. Over the years, it's become more and more apparent that the age of newsprint is dwindling. Not dead, not gone yet, but fading. Fewer and fewer people read newspapers. There is endless information at the tip of our fingers. It's so much simpler to push on that screen than to pick up that 60-gram wad of paper at the store, remember the change to hand over to the cashier, and bring it home to sit in a weathered arm-chair (we are newspaper readers after all) and enjoy the information lovingly prepared and presented by our own community.

That's not to imply that this doesn't happen at all. In fact, I am indubitably preaching to *Mainstreet's* own beautiful choir right now, and in doing so, recognize that you are not the ones to whom to complain. You are her bread and butter, the honey in the milk. You are why she is still here. You pick up the pages, tenderly turn them, finding the gems in the black and white, troving out your monthly treasures, perhaps skipping an article or two, glazing over here and there, engaging profoundly every now and then. You are the lifeblood. So, perhaps you can help. Your care and ideas might just do the trick.

Sales are low. Very low. They have been dwindling and diminishing each year. That is a nation/world-wide issue. In Old Lady *Mainstreet's* case, the retail sales of the paper are what pay for the printing. Currently, the

cost of printing the paper is coming out of other places (partially out of the pockets of the editor). Advertising revenue is down. The advertisers who have stayed with the old lady for so long are like her children, and those children's children. She thanks you and tousles your hair. You are cellular. The advertisers who drop in for visits are refreshing breaths of air in a musty house. The hope – the wish. You advertisers and writers/contributors are invaluable and precious. She graciously dips her head to you.

So, despite having done surveys and mail outs in the past, the elderly lady is asking this... what do you need? What is missing? What would you like more or less of? What can she do to perk you up again or lift the heads of the screenskulls? (Has anyone used that word before, or did I just make it up?) Despite a bit of a flagging spirit at the moment, she wants to try. She wants to learn. There will be some courses in her pilot/captain/editor's future. There will be some outreach. This is the first step. What did you love in her past? What kind of vision do you have for her future? All feedback is welcome (keeping in mind that she's hard of hearing and a little forgetful). How about more youth representation? On-the-street interviews (Word on the *Mainstreet*), Proust Questionnaire, contests, photos, creative writing, harder news?...

Send it in, write her a note. Her days are quiet and she loves you and your beautiful voices. mainstreet@eshore.ca

Festa Italiana Dinner:

Sat, April 27 at 6pm. Hosted by the Crawford Bay Dinner Team. Tix at Boswell Post Office.



Thinking of hosting a meeting or event?
Having a wedding? Consider renting the...

BOSWELL MEMORIAL HALL

Booking/info: Karen Lee at 250.223.8686

LETTERS TO THE EDITOR

THIS IS AN EMERGENCY

Dear Editor:

To All Concerned Parties,

I have written many emails, collected signatures and have been forced to give up employment because the Balfour terminal is no longer a viable route for the Kootenay Lake Ferry. The battle between the Balfour/Queens Bay residents and the users of the Kootenay Lake Ferry needs to be halted and new solutions need to be explored. The government needs to come up with a feasible solution that focuses on safe, reliable transportation. Such as exploring the possibility of having the ferry travel between Riondel and Ainsworth. The infrastructure is there and it's the shortest route. Has this been considered?

We need a ferry that can run 24/7 if needed. This is a safety and health issue; the focus should not be on economic sustainability or development for a few businesses. The Kootenay Lake Ferry is a highway and when the Salmo-Creston closes which it frequently does, the KLF is the only route available. Picture being in a long line of traffic waiting upwards of eight hours for the KLF. No potable water, no bathrooms, no accommodations, and the existing businesses may be closed or inaccessible depending on where you are located in the traffic. Some of the people who are victims of this predicament include babies, youth, elderly, people with health conditions such as diabetes or limited mobility. This has happened and because nothing has changed it will probably happen again. This is an emergency.

The Balfour terminal is not a solution! No dredging means weight restrictions that equates to people are unable to get to work, doctor dentist appointments and even Chemotherapy appointments are missed. As a resident of the East Shore for 21 years, I know we are in trouble.

This situation needs to be addressed and a solution needs to be found. We need to prepare for the worst so we can meet the needs of travellers and residents. What if we need to evacuate because of a natural disas-

ter such as a forest fire? We need to learn from horrific past situations (Fort McMurray) so we can take all necessary steps to ensure the safety and wellbeing of all travellers.

Please hear our voices! Over 2000 signatures, countless letters! What will it take? Our Canadian Constitution states we have the right to travel and to work within a region. Our Constitutional Rights are being ignored.

To quote Churchill, "We will never surrender." Please help us find a solution.

Regards,
Danielle Rogers, Riondel



**RDCK
Recreation
Commission No. 9**

Call for Grant Applications

Non-profit groups can submit recreation grant-in-aid applications to the Rec 9 Commission (Box 208, Crawford Bay) by **no later than 12 (noon) Thursday, April 18th**. Late applications will not be considered.

Four (4) copies of the application are now required. Applications can be downloaded from the RDCK website or picked up in the foyer of the Credit Union East Shore branch. Please refer to website for evaluation criteria.

The Rec 9 meeting to review applications is scheduled for **Monday, April 29 at 10am at the Community Corner**. This meeting is open to the public and applicants are encouraged to attend.



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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.

Copies every issue: 700-1000

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 2019 issue items by:

Next Deadline: April 24, 2019

Temple of Light Design Wins Award

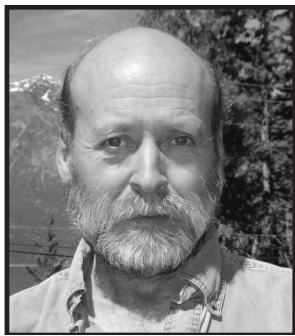
by Yasodhara Ashram Society

Patkau Architects of Vancouver recently earned the Wood Innovation Award for the Temple of Light design at the 15th annual Wood Design Awards presented by WoodWorks BC. The Wood Innovation Award recognizes creative and innovative approaches in the use of wood in building design, product design and/or processes. The jury noted it as an "experience out of wood," highlighting the project's complex, curvilinear geometry, and the diversity and flexibility of using wood. More than 400 architects, engineers and others attended the awards to honour 103 nominated projects in 14 different categories.

Ashram president Swami Lalitananda notes, "We are delighted that Patkau Architects is being honoured with the Wood Innovation Award for the Temple of Light. We were initially attracted to their work by their curved designs, which are unusual in architecture. Their talent, together with the expertise of our Kootenay neighbours, Spearhead, who fabricated the complex modules that comprise the Temple, has expanded cutting-edge architectural and construction knowledge.

"When the first Temple burned in 2014, we wanted to keep the important elements of Swami Radha's vision: the dome-like structure, the eight entries, the skylight at the centre, and the large windows overlooking Kootenay Lake. We envisioned the new Temple as being more organic and spiralling in form, though we did not know how that could happen. We are pleased that the architects were able to maintain the original vision, while innovating to create this lotus-like space."

In 2018, about 2000 visitors came to the East Shore to visit the new Temple and the Ashram. The Temple of Light is a symbol of hope, peace and unity, and it is open for everyone. You are invited to visit the Ashram 9 am - 5 pm to experience this award-winning, heart-felt place or attend 7:30 pm satsang.



RDCK Area "A" Update

by Garry Jackman,
Regional Director
- Area "A"

UPDATE ON REGIONAL ENERGY EFFICIENCY PROGRAM

Last month I gave a heads up on a new grant program to help residents improve their home energy efficiency. The most recent program the RDCK is helping to promote is the Regional Energy Efficiency Program which has two funding streams, one for new construction and the other for home retrofits. The RDCK has partnered with the Community Energy Association and Nelson Hydro to roll out this program. As I indicated last month, go to rdck.ca and look under the "services" tab then "sustainability" where at the bottom of the page you will see the link to "energy".

We have a meeting set for the East Shore now on Tuesday, June 11 at the Crawford Bay Hall starting at 6pm. Wynndel and some south arm residents may want to attend the meeting on Thursday, May 2 in Creston at the Creston & District Community Complex. At the meetings the partner reps will outline how the program works along with the benefits of investing in your home energy efficiency. There are subsidies available for existing home upgrades as well as for new construction. The program will be first come first serve. Another meeting where the same information will be provided is Tuesday, April 30 in Nelson at the Prestige Lakeside Resort. Both the Creston and Nelson meetings also start at 6pm and run until 8pm.

2019 RDCK BUDGET APPROVED MARCH 21

Both the East Shore and Creston budget presentations had a good turnout this year. The East Shore turn-

out was the second highest of all of the RDCK budget presentations which is encouraging as it helps justify having staff come to some of our smaller communities to discuss the budget rather than only holding meetings in larger urban centers.

The budget identifies taxation levels for numerous individual services delivered by the RDCK. Provincial legislation requires us to prepare a current year budget (2019) plus an additional 4-year projection. We are not allowed to project or run a deficit. In the budget the RDCK determines what amount it wants the province to collect from each community depending on the services provided in that community. The province adds this amount to the property taxes which they levy (rural tax, school tax) and prepares the tax notices to go out to each household. The province waits until all property assessment appeals are resolved prior to sending out notices at which time they also feedback the final assessment values to the regional district for our records. The final assessments do not affect the total taxation for each RDCK service, just how the province apportions that taxation between properties.

At the meetings, there were handouts available covering the range of services for each community. Staff also prepared pie charts to give residents an overview of how taxation varies from community to community depending on how many regional district services are provided. Some services are unique to one community while other services overlap several communities. There were requests to share the pie chart information, but the detailed amounts shown will not be final until the province completes its property assessment appeals process. Our chief financial officer has committed to updating all of the pie charts and making them available to the public once the province has completed its work. I will let you know how to find them once available.

Again, as previously reported, electoral Area A has seen growth through new construction, renovations and subdivisions but at a slower pace than our neigh-

bouring partners. In the past year Area A saw an overall increase in assessments of 3.29% which was lower than our neighbouring areas with which we share many RDCK services. We are also influenced by the assessment fluctuations in the rest of the RDCK. Of all of the RDCK services, 33 are supported in whole or in part by Area A. Of these, 18 are supported by all communities within Area A and the other 15 are only supported by defined portions of Area A. Of the 18 services which span across all of Area A, the combined tax increase in 2019 was 2.36%. The average of 14 of the 15 defined area services results in a 2.65% increase in average taxation. The unique service with a notable increase is the Riondel recreation facility which has seen a large tax increase to more aggressively build the reserve fund for the service. This amount of increase could also cover the costs to borrow a considerable sum in order to proceed with upgrades more quickly.

QUICK POINTS

- We still have space for additional community volunteers on the Area A Economic Development Commission, the Recreation 9 Commission and the Area A Advisory Planning Commission.
- The Rec 9 grant applications are due by noon on Thursday, April 18. The review meeting will be on April 29 and results will go to the May 16 Board meeting.
- The review of applications to the Columbia Basin Trust Community Initiatives Program will be on April 16 starting at 6:30pm at the Boswell Hall. Area A received 41 applications requesting a combined total of \$76.6K from us. Our 2019 funding available is just under \$35K. We typically see requests exceed funding by a factor of two or more which presents a challenge when trying to evaluate which requests will have the greatest benefit to Area A.

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
Water: Our Birthright

Spring is getting on in the Kootenays, and some rain is falling instead of snow. Lakes are melting, some roads are muddy, and the creeks and rivers will soon rise with spring runoff.

The Kootenay Lake Ferry is out of service for annual maintenance, and the old MV Balfour only has room for 28 car-equivalents instead of 80 on the Osprey. When the Osprey is back in service around the end of the first week in March, capacity may be reduced due to low lake levels which happen every year before spring runoff raises them.

I am not going to talk about dredging in the West Arm, or about moving the ferry terminal to Queens Bay, or the short-sightedness of building the replacement for the MV Balfour with diesel-electric propulsion instead of following Norway's lead with all-electric.

I am going to talk about water. Water covers about 70 percent of the earth's surface. Much of it is salt, however. Fresh water makes up only about three percent of all water on earth, with about two-thirds of that bound up as ice in glaciers and the ice caps of Antarctica and Greenland. Nearly 70 percent of all fresh water is used in agriculture. World-wide consumption of water has increased by about eight times in the last century. World population has increased by about four times in the same period. By 1804 it is estimated to have been around one billion. In 1927 it reached two billion. By 2024 it will almost certainly be eight billion. Theoretically then, world water consumption has increased faster than population has increased.

Water is necessary to all living beings. Although camels can go without water for seven days, we humans need water every day for good health. Our bodies con-

tain from 55 percent to 78 percent water, depending on body size. We need to drink between one and seven litres of water each day to avoid dehydration. For those who still think in imperial measure, that is from one quart to one and a half imperial gallons. If you drink juice, coffee, tea, and/or water every day you might consume around seven litres or in that old measure, one and a half imperial gallons a day of water.

Would it then surprise you to know that the actual per capita daily use of water in Canada is 6,400 litres, more or less? That is 1,000 times what you personally drink, but of course it includes all your daily uses of water plus all industrial and mining and agricultural water use in Canada.

Total water use in Canada is around 72 billion cubic metres of water per year. According to Statistics Canada's report on World Water Day, 22 March 2017, those 72 billion cubic metres per year break down as follows: 5.1 billion potable or drinking water, 34.7 billion industries, 30.2 billion thermal-electric power producers and mines, 1.7 billion agricultural irrigation.

Potable water use in Canada in 2013 was 466 litres per person per day, down from 485 in 2011. Compare Canadian gross consumption of water with nine other countries in litres per person per day from UN figures as follows:

China---2,900; India---3,000; South Africa---3,400; New Zealand---4,400; Russia---5,100; Brazil---5,600; Australia---6,300; Canada---6,400; USA---7,800; and Bolivia, a surprising 9,500 litres per person per day.

Given that there will certainly be population growth in China and India, not to mention several African countries, we can expect to see drinking water shortages in some parts of the world in the near future. Shortages will become worse if parts of the Antarctic and Greenland ice caps continue melting.

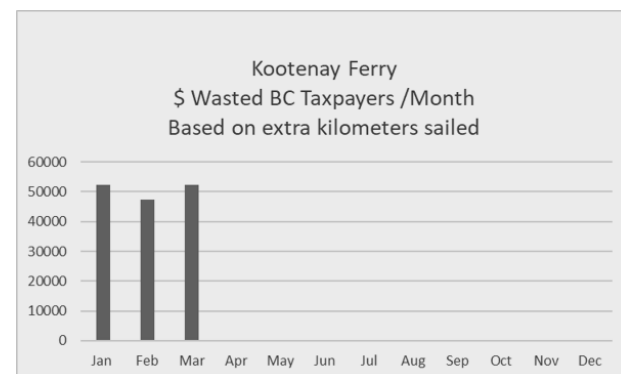
The United Nations says that access to clean water is a basic human right. That said, it is likely that conflicts will develop in the near future over access to clean water. One of the countries continuing to use

more water than it sees replenished annually is China, which has about 10 percent of the world's water, but 20 percent of the world's population.

China has begun several initiatives to divert water within the country but is also looking at buying water abroad. This water would be sold within China as expensive drinking water in single use plastic bottles which are inherently unfriendly to our planetary environment. China, which is already taking good groundwater from Tibet, and bottling it for sale at very high prices to the newly rich, would also like to buy water from Canada.

Looking at water prices, oil, now priced at around \$60 a barrel, can hardly compare to exported water, which can bring up to \$200 a barrel. A Chinese company has reportedly bought a water source in Chilliwack for \$17 million. Whistler Water branded products are soon to be sold in China. It must be asked how long are we prepared to let China cheaply buy and export water from our country, especially when China has in a political move stopped buying our canola oil and seeds, which are themselves an indirect export of water. We must be careful when we sell parts of our birth right too cheaply.

Some of this column was researched in a recent book by Robert William Sandford, *Quenching the Dragon: The Canada-China Water Crisis* ISBN 978-177-160-2938 available in the Eastshore Community Library under NF 363.6, SAN.





April Horoscope

by Michael O'Connor

Tip of the Month:

Although off to a slow start due to a strong Pisces influence, things will begin to accelerate progressively as April unfolds. Venus in Pisces will prove to perpetuate this tempo and Uranus in Taurus is more about torque and gravity than sparks and smoke, as it was while in Aries. Fortunately, Aries ruled Mars in Gemini saves the day by activating an energetic and playfully social pace. This will serve to burn off the lingering fog of an apparently late start.

Aries (Mar 21- Apr 19)

You are slow out of the gates of spring. Yet, suddenly your spirits have lifted. You may feel like you just woke-up after a long sleep and an even longer party. Yet, you may enjoy the pace too, like a slow morning leading to an active afternoon.

Taurus (Apr 20-May 20)

While others have been slumbering, you have been industrious even amidst the mysty Pisces mood. Uranus in Taurus has at least pushed you to prepare the ground. Now you are ready the next set of actions.

Gemini (May 21-Jun 20)

Mars in your sign is a welcome perk after such a long winter. It is helping you to engage a fuller measure of your imagination. Acquiring the needed tools, supplies and inspiration to respond creatively is the simple answer.

Cancer (Jun 21 – Jul 22)

The misty air of the Pisces influence, or is foggy the right term, cleared more slowly for you than others and it continues. It may have felt, even still feel, like entering another dimension. Positively, you gained spiritual wisdom you can now share.

Leo (Jul 23 - Aug 22)

Sun in Aries and Mars in Gemini are helping to break through the clouds as you ascend to new heights. Yet, it is a process that will take the better part of the month. Out of it is the rebirth of a whole new level of creative power.

Virgo (Aug 23 - Sep 22)

Sometimes it is out of the water and into the fire. This is true for you in some respects. Interestingly, the lingering effects of Pisces are buffering you. Mars is helping you also with a renewed drive.

Libra (Sep 23 - Oct 22)

New relationship opportunities have begun to appear out of the mists. You may be wondering if you should wait or pursue. A little of both is ever ideal. Yet, do not hesitate. In other words, be willing to make the first move.

Scorpio (Oct 23 – Nov 21)

While others have been swamped, some drowning and still others lost in the Pisces waters, you have been bathing in creativity. Now it is time to act on it. Practical objectives will inspire yet be patient with your followthrough process.

Sagittarius (Nov 22 - Dec 21)

Lingering longer close to home has felt good and right for you. Yet, the spring air is calling you out. It may take a while yet to kick into high gear. Yet the process of doing so and building a steady momentum will begin early.

Capricorn (Dec 22 - Jan 19)

New insights, realizations and epiphanies supported by an active imagination continue to enchant your mind. You may feel somewhat reborn and are now ready to act on your new perceptions and interpretations.

Aquarius (Jan 20 - Feb 18)

Dreams of possibility continue to dance in your mind. Now these are taking more concrete form and expression. You are eager to explore new modes of expression. By month's end, it will be all you can think about.

Pisces (Feb 19 - Mar 20)

The Pisces influence is lingering longer for you, but then you know these waters. With this advantage, you are ready to dive into a new round of experience. Financial considerations may be helping your resolve.



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Crawford Bay Hall Board News

by Susan Hulland

Our plans for renovating our community hall and developing the property surrounding it are progressing well.

A meeting with the RDCK Building Inspector, Brandon Vine, went well. He was encouraging about the soundness of the building and the appropriateness of restoring an historical structure that's been the center of community activities for so long.

Area A RDCK director, Garry Jackman, has drafted 'as-built' plans of the building for us to work from, which will be invaluable when it comes to estimating costs and materials.

Our outreach for Expressions of Interest for a Project Manager resulted in five responses from local residents. We are encouraged by the 'talent' we anticipate having to choose from when we post a formal job description.

We are launching a new Facebook Page, which we will use along with the Mainstreet and posters on local bulletin boards, to keep everyone informed about events such as volunteer work parties. (And, special thanks to everyone who responded 'yes' to our Hall Board Survey question regarding becoming a volunteer!)

Another big thanks goes out to Rand Kellock for joining our board of directors. This brings the board back up to eight members after the resignation of Palma Wedman.

Speaking of 'thank you's', we are thrilled to have received a generous donation of \$1,000 from Peggy Tugwell! As a former hall board director and longtime resident of Crawford Bay Peggy said, "I am happy to be able to help with this wonderful project because I think community meeting places are critical to the health of communities and the people who live in them."

Here is a way YOU might be able to help us right
4 Mainstreet April 2019

now. We are looking for photographs of events that took place in the hall or on the hall grounds over the past 81 years to post on Facebook. Did you hold your wedding reception there? Win a Boy Scout award there? Play in a badminton or soccer tourney there? Think: photos from Silent Auctions, Christmas pot-lucks, ballet lessons, Fall Fairs, drama productions, parties and more. Please provide names of the people in the pictures (if you feel comfortable doing so), dates and information about the event. Submissions can be made by mail to Susan Hulland Box 42, Crawford Bay or via the Internet at susanrhulland@gmail.com. All original material will be returned to donors.

New Supervisor, Hours & Equipment at The Fitness Place

Julia Kinder has taken over the manager position at the East Shore Fitness Place. Welcome Julia!

New Hours as of April 1, 2019:

Mon-Sat, 8-10am & Mon-Fri: 6-8pm

For more info or to sign up for the key card program, please contact Julia Kinder at eastshorefacilities@gmail.com or 250.777.2497 (email is preferred)

Featured New Equipment:
The Versa Climber now has a seat attachment to make it more accessible to users.



Transit Possibilities

submitted by Laverne Booth

If you were to design a transportation system for the East Shore, where would you begin? Research is underway, and we encourage people to get involved.

So far we found out that we are not alone; several communities are in this process. The GERTIE bus system on Gabriola Island is hosting a community bus forum on April 6 and 7 and we are invited. We hope to send at least one East Shore resident to find out what other communities are doing successfully.

There are interesting opportunities close to home-Salmo village council is looking at a cooperative model and a regional network to meet local transportation needs. The Creston Kootenay Community Foundation could be a way to continue to raise funds locally and offer tax receipts. We have at least two qualified drivers who live locally and would like to drive the bus.

Thanks to twenty local residents, we have purchased the TAPS bus which is parked in Crawford Bay. The future is ours to imagine.

Please consider getting involved- would you sit on the organizing committee? Are you interested in promoting an East Shore Fund which could funnel donations to transportation? Are you interested in driving the bus? Helping to name the bus?

Please contact Laverne at eslearningplace@gmail.com or call 250-551-6020 to get involved.

east shore facilities society 2019 AGM

April 16, 2019, 2:30pm
@ The Learning Place
(corner office at Crawford Bay School)



Hacker's Desk
by Gef Tremblay

Momo and the Blue Whale

The internet is so vast and complex that there are many hidden and unknown places. This unknown is attractive but can also be scary for the outsiders. As a kid, I spent hours exploring all these hidden places. I was sometimes excited about what I've found, and other times I would rather not have seen what I've seen.

Of course, my parents didn't know anything about what I was doing online. They liked the idea of the internet, but there wasn't much media coverage in the late '90s. Even back then there was a lot of scary stuff online, from gore images to self-harming and worse. I mostly hung out with the online hackers' community and the cyber pagan, who view the internet as a sort of demi-god. I did my fair share of stupid, dangerous and illegal stuff.

Today with a more global adoption of the internet, parents have more hands-on experience of the internet, but these hidden places still exist, and there will always be dark alleys of the internet which only savvy users will know the existence of.

So what to do as parents when our kids know more than we do about the internet?

In the wake of an event like the Momo challenge and, more importantly, the Blue Whale Challenge, many people have come to realize that bad stuff can happen on the internet.

The Momo Challenge ended up just being a hoax. The image used for this trend was a Yōkai (demon) statue created by artist Keisuke Aisawa. I thought it

was an interesting link to Japanese myth and folklore, as there has been much Japanese animation that used the internet as a foundation of a mythical space where everything could happen. In Demon Girl, for instance, you could send a curse to other people by writing their phone number on a page that would appear right after midnight, other Japanese animation would merely use the internet as a mystical background to a sci-fi story like in Serial Experimental Lain.

In contrast, the Blue Whale Challenge happened in 2016, where people participated in a social network game made of many dangerous challenges such as jumping off a building, and it ended up with a suicide challenge. It was scary to think that kids around the world participated in such a dangerous game, and no one would like their kid to get into these. However, how can we prevent that?

Unfortunately, to be aware of this social network phenomenon you have to spend a lot of time on the social network. By the time the media catches on, it's generally when one of these trends is already fading out. Take bitcoin and how long it took the media to catch on. Some people think they can monitor what their kids do online, but that's even worse as it gives them the false impression that they are in control. The younger generation will always be more knowledgeable about technology.

So, if you can't know about what is going on or monitor your kid's internet usage, what can be done?

What is most important from my experience is to make sure the new generation is empowered to do what they need to do to learn to be part of this reality.

What I see often develops is the schism between generations which leads to misunderstanding and miscommunication. As a parent it's hard to know what is scary for our kids, and how they see reality.

As I kid, I thought that going to school to get a degree, then buy a house, marry, get a dog and install a pool in my backyard to work and make money until retirement was the craziest scary thing I could do with

my life. If there were a challenge online that asked me to jump off a building, I would probably consider that challenge more exciting than what the social norm was offering me. Luckily enough, my parents didn't force me into a social 'norm' as I didn't fit that story.

I find today's media is quite scary and is not helping to welcome the new generation to be an active part of our society. In short, what keeps playing on repeat is:

- It's the end of the world; we're all going to die
- It's all our fault
- Everywhere is dangerous
- Other people/races/religions are more dangerous

Listening to Quebec's mass shooter talking about his actions after the tragic event, I realized that he wasn't fuelled by anger. He didn't really have anything against Jews or Muslim; he was mostly afraid for his family and his safety and he put every 'other' in the same boat, from immigrants to religious groups. The words that he used echoed what you can hear on the media every day.

Although he was mentally unstable, it created for me the understanding that this is a scary world and young people have a hard time fitting in. If you feel like you're not fitting, you'll be more attracted to actions that might harm yourself or others.

What is most important is to try to understand how the kids see reality and not to impose too much of a pre-selected future for them. We don't know how reality will be, and we can't shame a kid for thinking that playing a video game is a decent job, for example. This will also teach them about self-respect and awareness, two essential tools when kids are faced with choices when breaking the law or getting into a dangerous situation.

It's also important to talk about what is happening on the news, to put it in context and to see what can be done about some scary facts. Learning about other religions, about other countries and other races as well as understanding our role as humans on this planet can give an excellent foundation to dissolve some of the fear-based media.

It's not how much time you spend online, or how much you keep an eye on everything your kid does online that will help them not get in trouble, rather the tools that you give them to navigate our every changing reality.

Sound Healing Goddess QZ Heidi
New Business Introduction

As we all know, music can change our mood. It can get us pumped up for a competitive sports event, or soothe our busy minds and weary bodies at the end of a work day. We can choose our own music to get the desired result.

QZ Heidi, aka the Sound Healing Goddess, moved to the East Shore in 2011 to work at Yasodhara Ashram as a chef. She became fascinated with the concept of sound and its effect on people when she met Theresa Lee at a workshop in 2012. She made an appointment for a vibrational sound treatment and was extremely happy with the results.

Vibrational sound therapy affects each person in a unique way.

At the end of OZ's first treatment with Theresa, she wanted to share this experience with others. She began training for the next five years in order to expose people to sound as a healing modality. This has become her mission; to enrich all of our lives through sound healing.

As the Sound Healing Goddess, QZ uses tuning forks and singing bowls as well as other sound vibration tools to treat her clients. Each session is tailored to suit the needs of each individual, each time they are treated. Subsequent treatments are planned according to the response of the client to the previous treatment. Different tools may be used according to the changing needs of the individual.

You can book an appointment with the Sound Healing Goddess by phone at 250-227-2264 or on her Facebook page- Sound Healing Goddess. Appointments are available from 10 am to 3pm, 7 days a week. This service is also mobile, so she can come to you.

Let the Alleluias Ring!

by Deberah Shears

Everyone is invited to a traditional Easter Sunday service at Harrison Memorial church (Anglican) on Crawford Creek Rd. Easter Sunday this year is on April 21 and the service is at 2 pm.

This beautiful historic church only has a few church services during the year but every effort is made to make them meaningful. Coming from Creston is our Anglican priest, Rev. Leon Rogers. The service music is enhanced by a choir made up of members of the Many Bays Singers; a brass group made up of members of the Many Bays Community Band; and organ played by Deberah Shears. Please join us to celebrate this blessed event called Easter.



New Logo, Lost Connection?
by Geoffroy Tremblay

As we welcome a new design for the Crawford Bay school, we can also see that the school logo has been updated.

From a beautiful hand drawn logo created by one of the students of the school for the new school nearly ten years ago, we move toward a generic logo more akin of a hockey team than a school.

The original logo was describing the three phases of living on the East Shore, where kids are born here, then leave to acquire more experience, perhaps to return as mature osprey.

Maybe the new logo is simply there to symbolise people leaving the East Shore for good? Updates and refreshes are generally a good thing, but it's important to take in consideration the history and the visual identity of an institution if you want the update/refresh to still be connected to the community it serves.

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Local Cheetah Owner Responds to Appeal Board Decision to Deny Permit

submitted by Earl Pfeifer

I would like to preface my remarks with a brief reality check.

If you read any of the news stories regarding what happened you will realise that only one person wrote a story. The other media sources “cut/pasted” that story for their newspapers. No one talked to me. Regardless, I wouldn’t have talked to them. When they did try it was very obvious they would only ask what they wanted for their story. You can shape any question to get the result you want. No one asked me why I was doing this. Every story you read about me was written without anyone speaking to me except the *Valley Voice* and *The East Shore Mainstreet*.

Yes, my application to bring Robin and Annie here was declined. I am a bad man for wanting to take cheetahs (legally purchased from a licenced breeder in Africa) to schools so children can see them before they are extinct in the wild in 2024. The good news is the legally licensed Panda bears sitting in a cage at the Calgary Zoo are making millions in tourism money for the Alberta economy according to recent news.

No, I was not surprised at the decision by the Appeal Board. I was surprised Linda Michaluk used thirty-seven pages when all she had to do was say no. Thirty. Seven. Pages. She could have said the world was flat and she was afraid the cheetahs might fall off and there would be no way to argue. But I was surprised at her use of imagination. As I said previously, it was a forgone conclusion. The Ministry of Environment Appeal Board does not overturn environmental decisions if they want to keep their jobs. The appeal board exists to give the illusion of fairness. The people in that room do not bite the hand that feeds them without consequence, as Jody Wilson-Raybould is learning, much to her distress. My lawyer pointed out to the appeal chairman that all the people involved in fighting my appeal even work together, many in the same building. They all flew back to Victoria on the same flight. Every objection my lawyer made in four and a half days was overruled.

I have also been fighting another battle for three years now to find out how I was charged with a crime concerning Robin and Annie in the first place. The conservation officers that raided our houses collected evidence illegally using warrants which were proven to be fraudulently obtained by lying to judges. That evidence sat unused for eleven months until one month before my final application decision and I was charged with a crime at that point. The Director of Wildlife sent me an email three days after I was charged saying she now knew I had been charged and she used this in her decision to decline my application. It took me twelve months to get the charges dropped. There was no basis for the charges and in fact, Crown did not bother to call the primary investigator of the incident as a witness to testify making the entire case indefensible. One document I have obtained from FOI (Freedom of Information) is an email from the investigator to the Ministry of Environment expressing surprise as he had learned from the news that I had been charged. I have received to date over 400 pages of documents regarding all this but the Freedom of Information Act is still withholding two pages which have been deemed “client privilege”. This by itself would not be alarming except that I have received a letter from a senior legal advisor for the Freedom of Information Act saying she is “concerned” over the contents of these two pages. They are still debating whether to give me this document.

The Ministry of Environment sent a six-page letter to FOI defending this document and the right to keep it confidential. If you ask me what I am going to do next, I am asking a judge to review the document should FOI decide not to give it to me. The fact that this was a document between the Ministry of Environment and Crown Prosecution is very disturbing. I believe it is much more than a simple notification that I am being charged with a crime. A further reason for me to sympathise with Jody I suppose.

Information Update: on March 26/19, the MOE was ordered by court to give me the two pages of documents. There may not be anything damning in them, but MOE fought in court for a year to withhold them and now they have lost.

The last witness to testify at my appeal was the Director of Wildlife. Imagine if you would someone who has been convicted of drunk driving and has appealed that decision. Having Jennifer Psyllakis testify on the last day was like asking the judge who made the original drunk driving decision testify at the appeal as to whether they made the right decision. Over further objections from my lawyer, Crown was even allowed to ask Jennifer whether she would make the same decision again.

I started each morning of the hearing by throwing up. My poor lawyer had to suffer a client who smelled strongly of vomit because I spent four and a half days locked in a room with the very people destroying our environment. I did not want to be there. From the moment the appeal started there was a carnival like atmosphere and everyone was smiling. They could and did say anything and taxpayers were paying hundreds of thousands of dollars for this. There would be no repercussions. I would turn my head and catch people smiling at me as though I was a child being chastised. I was criticised in the final decision for every aspect of what I have done and what I wanted to do, even my ability to care for Annie and Robin. Yet, to this day, no one from the BC Government has EVER asked me a personal question about Annie or Robin and no one from the BC Government has ever seen Annie or Robin and I have owned these animals for seven years and they are in great health. That particular accusation hurt me deeply. They walk and run every day and are very attached to us. That is better than any cheetah in captivity anywhere. It was repeatedly noted Annie and Robin would not prosper in my care. I wonder if the 1700 cheetahs sitting in various cages around the world are prospering. I wonder if the 1000 cheetahs per year that are dying because of humanity could be considered prospering.

I started out with the idea of using Annie and Robin as Ambassador Animals to talk to children about the need for conservation. There are less than 6000 cheetahs left in the world and they will be extinct in the wild sometime in the next six years. The only thing I thought I could do about that was talk to children. After that there will be a population of roughly 1700 cheetahs held in captivity to shoulder the responsibility of halting complete extinction. People who think these animals should be left in the wild are the very people responsible for the destruction of our world. This is both apathy and arrogance. There is no wild and not a single animal on this planet we as humans do not care for is going to survive extinction - it is just happening at a different speed for different animals.

I was massively condemned for allowing a dangerous predator to get loose in Crawford Bay even though in 4000 years no wild cheetah has ever attacked or killed a human. There was some good news on that

front from my appeal. After expert testimony from two cheetah experts regarding the safety of these animals, the BC government was forced to reclassify Annie and Robin from being a “dangerous species” to being “nippers”.

And yes, laws were put in place in 2008 after one person died. A person who worked with large cats and knew the risk. Consider the 25 to 50 people killed each year in snowmobile accidents and why there are no laws or restrictions considering the amount of deaths.

It was a pivotal moment in my hearing when the Crown asked me how I recaptured Annie after she chased after a deer. As I looked around the room at the SCPA, the Provincial Vet, the biologist chairing the meeting and the Director of Wildlife (who I assume has some sort of professional animal training) I realised I was in a room full of people who knew nothing about animals. I did not recapture Annie. She has a home she loves and where she is loved. I simply banged her dinner bowl and she came home. I gave her a hug and put her in my jeep. I was criticised by the appeal board for not putting emergency recapture procedures in place when I knew Annie was gone. The fact was that day five Conservation Officers with guns and dogs and a helicopter couldn’t find her. I found her with a dinner bowl. My emergency plan worked fine.

Linda Michaluk, the biologist who chaired the appeal wrote 37 pages condemning every aspect of

what I wanted to do and even added a few new negative comments. Even I think I am a bad person now. It has long been my experience that people who work with animals on a professional level generally have no empathy or understanding of them and see them only as a commodity or a number- especially zoos. I had a long discussion with my father after the first day of

the hearing about continuing since it was obviously a farce. He said I had to try.

The last thing the government wants is someone like me going around telling people the main reason our environment is collapsing is because our government is selling our children’s future to the highest bidder.

Jennifer Psyllakis gives permits to trap 24,000 fur bearing animals a year. Conservation Officers kill on average over 500 black bears each year in BC. That is more black bears than the entire US Fish and Wildlife Service kills each year. Conservation Officers will kill over 100 cougars, over 100 brown bears this year. Once again, there will be a helicopter wolf cull. This is before I even mention hunting season. The Ghost Caribou are gone, the Mountain Caribou are gone. Big horn sheep and mountain goats have very little time left. Jennifer sells thousands of hunting licenses each year. Fisherman complain the seals are destroying salmon stocks. How is it then that salmon and seals survived for hundreds of thousands of years before man came along?

Being an animal lover was very hard when I had to endure testimony from Sara Dubois of the SPCA. I have spent many years investigating the SPCA, the Humane Society, and groups like PETA. If everyone knew what I knew, no one would ever give them another penny. In fact just before the wolf cull began several years ago, Sara Dubois wrote a paper for the BC government determining that the public perception to a mass helicopter wolf cull in BC would be acceptable because 150 university students in Holland were found to be afraid of wolves. You can download this paper from her LinkedIn website. Do you know what happens when you shoot a wolf from a helicopter? Cubs die if it is a mother. Packs disband if it is an alpha female or



male. Wounded animals lie in agony because helicopters don't land to see if they have killed each animal. As I have said previously, until one year ago, SPCA international had the only 0 star rating on Charity Navigator out of hundreds of animal welfare charities. SPCA International has a nearly 400% debt to asset ratio due to the millions of dollars they owe for criminal fines. 50% of every dollar given to an animal charity is used to (wait for it) advertise to ask you for more money. The SPCA is constantly in court battles on the coast where donation money is not used to rescue animals but to pay consultants, lawyers and experts to push the SPCA agendas. As Sara Dubois was part of the PAC committee that had to give an opinion on all permit applications, she very proudly said under oath, in the appeal room: "We do not approve any applications." Sara condemned me by saying Annie and Robin were unhappy based on two holiday photos my wife had taken of Annie and Robin wearing Christmas hats.

The provincial vet has also never approved any applications. She also stated she doubted I was about to look after Annie and Robin's medical needs. I asked her once how she achieved her conclusions and she sent me an email saying she was under no obligation to do research.

When the CAZAPAC official was removed from his job after vetting our previous application his replacement suggested I needed a 16-foot fence around my entire property on top of the eight-foot fence and the three-foot fence that were already in place. This was to stop my nippers.

The Conservation Service of BC thought Annie and Robin were going to chase the school bus down the road in front of our house or chase golfers around Kokanee Springs Golf Course. I am sure they would be happy to know our animals have been officially classified as nippers now and are relatively safe for children and golfers alike. Ricky, our dog, however, continues to run out onto the golf course and steal balls from golfers.

When Jennifer was finally asked if she had ever approved any applications, she said: "no."

I was literally sick to my stomach every minute I was in that room. I threw up dozens of times. I had to spend four days with the very body of people killing not only our environment in BC but every animal in it.

The last thing Jennifer said in her testimony was: "I conclude that by defining cheetahs as prohibited species individuals Government has determined that cheetahs are one of the most dangerous species of wildlife."

But now thanks to Linda Michaluk's written decision Annie and Robin are now officially nippers.

As I said before, when I was leaving the room on the final day, the Director of Wildlife stopped me and said: "I know you love Robin and Annie."

All I have accomplished in six years and hundreds of thousands of spent dollars is that the chair of the appeal recognized Annie and Robin as dangerous "nippers" instead of a "dangerous species". My lawyer asked me what that was supposed to mean and I said I didn't know.

The last of a thousand tiny razor cuts was yet to come. I was asked by the Crawford Bay School to give a presentation on Annie and Robin, which I did, complete with live Skype video of them from Ontario. I thought my presentation went very well so I sent emails to every school in School District 8 offering to do a presentation complete with live Skype at no cost. I did not receive a single reply.

As I have said before, our current age has been declared the Anthropocene. That is, man controls every aspect of this planet. I truly believe that in the future, men will look back and call our current generation the "age of the selfie".

Animals ask from us only one thing – the right to exist.



Thoughts from the Frog Pot

by John Rayson

FROGS

I have often considered the concept of the frog in the pot with the heat slow rising. The theory is that the frog will not leap out of the pot if the heat is raised slowly and will slowly perish. It would appear that this issue was scientifically examined in the 1800's and found not to be true. Many experiments were conducted and it was found that the frog would leave the pot as the heat was raised. Also, it was demonstrated that the frog would immediately leap out of the pot if the water was too hot. Further studies in the 20th century confirmed these findings. What are we to make of these findings?

It would thus appear that the boiling frog is a modern metaphor for a lack of reaction to change. Jarad Diamond in his book *Collapse* refers to this phenomenon, as "creeping normalcy".

Jarad Diamond is a professor of Geography at UCLA and has written a number of books including *Collapse* and *Guns, Germs and Steel*. In his book *Collapse*, he explores the disappearance of such ancient societies as Easter Island. On a more recent history he uses the changes that have occurred in Montana: is that close to us? 100 years ago, Montana had a thriving economy based on mining, timber and agriculture. Today all three sectors are no longer factors in the economy of the state. There are 22,000 abandoned mines in Montana, the largest is a huge crater, visible from space and 1800 feet deep filling with acidic water: if not pumped constantly this water will invade the Clarke Fork River. The forest sector has virtually vanished and the farms in the Bitterroot Valley are now small "hobby farms"; existing so that wealthy individuals may fly in from New York and Los Angeles for weekends.

Even those of us in the isolated Kootenays are subject to this phenomenon as we don't respond to that which is occurring around us. Why don't we respond?

Riondel Art Club

by Sharman Horwood

March has been a quiet month for the art club. The display we held in Cowan Office Supplies has finished. Apparently, the staff enjoyed our exhibit, and look forward to it whenever we have that opportunity. We would like to thank Cowan's for their help and support. It is appreciated.

At the moment, members of the art club are preparing work to be shown in Bob's Bar & Grill. Bob's is scheduled to re-open again at the beginning of May, and we're looking forward to that as well as showing our art work there throughout the summer. (Thank you, Bob and Wendy!)

Gerald Panio will continue his art lecture series during April. He plans to start with Jan van Eyck on April 2, with a follow-up on Sister Wendy's take on the origins of modern art on April 9. After that, Gerald will talk about Art Nouveau, through Charles Rennie Mackintosh and his wife Margaret Macdonald. These are all interesting subjects, and everyone is welcome. The discussions are in the Riondel Community Centre on Tuesday afternoons, starting at 1pm.

At the moment I'm enjoying the new sound of a song sparrow near my house. It's a lovely environment for being creative, as it is for you as well. Have a terrific April.

Often the changes appear to be so slow that we do not notice the change. How many mines are functioning in the Kootenays? Is our forest industry as viable as the past? As for agriculture, it would appear that what was once a thriving industry in our area has now been legalized by the government; will it grow or shrink and what are the long-term effects? We do not need to mention the farms and orchards that have disappeared along Kootenay Lake.

Thomas Friedman in his book, *Thank you for Being Late*, states that three things are changing at such a rate that individuals cannot fathom the amount of change happening around them. The three processes that he identifies are: globalization, climate change and information technology.

Globalization: do you buy goods from other countries: Do you watch T.V.? Are you influenced by advertising? Of course not... Want to bet? Why is so much spent on advertising if we are not influenced? It's everyone else who reacts and buys 'that stuff', right?

Climate Change: have things changed in the Kootenays? Are our memories so sure of what occurred 40 years ago? Is the water warmer? Are the days hotter? Are there more fires and smoke? I leave you to consider the answers to those questions

Internet Technology: Do we use the internet and assume that it is our right to have high speed access? Do any of us use Facebook, Facetime, Instagram, Snapchat? How many of us have smart phones? What is the "Internet of Things"?

How many of us are aware of the hazards of the use of these tools and the amount that our registration data is potentially used? Do we understand the effect, ubiquitous nature of and the hazards of social media?

I am only touching on a few of the issues that I perceive we do not fully understand and are unaware of the consequences of our lack of perception. We often have some knowledge of the issue but do not see the consequences of our own actions

It is my intention in the next few columns, to bring to the fore some of these issues for your consideration. I do not have the answers but do think that these issues require greater thought as they will have profound implications for future generations.



To See Or Not To See

Homecoming

A one-woman theatrical production by Ruth Bieber, originally written and produced for a 14-actor ensemble. It is a memoir that takes the audience on a journey through the life of a blind woman.

- ◆ Gray Creek Hall
- ◆ Saturday April 6 at 7pm
- ◆ Sunday April 7 at 2pm

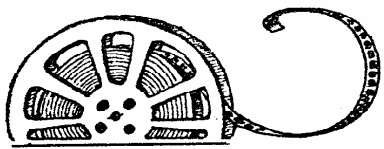
Audiences will be encouraged, but not required, to wear blindfolds so they can be fully immersed into Bieber's sightless world.

Tickets: \$15 for adults & \$10 for students (16 and over only - material is unsuitable for children under 16). Tickets will be available at the door. For interested audience members, who wish to see (or not to see) the show a second time, tickets are \$5 during the Sunday matinee. Post-show discussion to follow.

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Seldom Scene

by Gerald Panio



[Author's Embarrassed Note: I knew this was bound to happen sometime. As I was looking for photos for this month's article, after I'd finished writing it, I discovered that I'd actually reviewed *The Circus* in the Sept. 2009 *Mainstreet*. Gosh dang it. I could have sworn it was *The Gold Rush*. All I can say in my defense is that there's new material here, and that a recent showing of *The Circus* in Riondel proved that it's still worth writing about. My apologies to anyone with a better memory than mine. If I ever get my *SeldomScene.ca* website up to date, this will never happen again, I promise. I just have 21 years to go.]

"What other man on earth has been loved, respected and admired, at the same time, by French intellectuals, isolated Esquimaux, Iowa Babbitts, jazz-maddened New Yorkers, Bulgarian peasants, Scotch Presbyterians, New Guinea cannibals, German scientists, English statesmen, real estate brokers, dentists, kindergarten teachers and the entire race of artists?" --Ralph Barton, "Picking on Charlie Chaplin," *New Yorker* magazine, Jan. 23, 1927

Charlie Chaplin's *The Circus* (1928), made on the cusp of the sound-film era, is the most underrated of all his feature films. To my mind, only *The Gold Rush* (1925) comes as close to perfection in showing the Tramp at his most chaos-prone, mock-heroic, vulnerable, and indomitable. Given the events that happened during the shooting of *The Circus*, it's a bit of a miracle that the film was made at all. Forty years later, when he published his 500-page autobiography, the memories were still so raw that *The Circus* goes unmentioned and the two years that encompassed its making and release are reduced to a single sentence.

The storm was already gathering head late in 1925, when Chaplin sat down with his new assistant (and soon-to-be leading man of *The Circus*), Harry Crocker, to brainstorm ideas for a film whose take-off point was clowns. The brainstorming session lasted ten days. As David Robinson writes in his biography of Chaplin, "The notes which they brought back from their scenario trip still exist and clearly illustrate Chaplin's method of starting the construction of a film by assembling a disparate mass of potential gags, scenes or hazy notions. He collected together a mass of fabrics; only later did he settle upon the pattern of the material and cut of the garment."

Once a place was found for individual gags in the overall story line, shooting would start. Through a combination of inspired improv and endless takes of key scenes, Chaplin and his crew would exhaust the creative possibilities of each initial gag idea. This approach went back to Chaplin's vaudeville days, was at the heart of Mack Sennett's Keystone Cops films, and was the *modus operandi* of the great cinema clowns like Buster Keaton and Harold Lloyd. To get a sense of how breathtakingly far one can stretch a gag, watch Chaplin's 24-minute *One A.M.* solo short from 1916.

As the routines for *The Circus* clicked into place, Charlie Chaplin's private life went up in flames. His two-year marriage to teen bride Lita McMurray had run its course. By the time Chaplin's second son was born, on March 30, 1926, the household was rife with

tension, an emotional powder keg. Charlie's blatant infidelities didn't help. Merna Kennedy, the erstwhile friend that Lita had recommended to her husband as a possible lead actress for *The Circus*, was now his newest lover.

In a classic case of nature mimicking life, in December 1925 a violent storm wrecked the main circus tent that had just been set up for filming. Once shooting began, the crew lost three weeks of intensive work when the film negative was scratched in processing. In the autumn of 1926, a large fire broke out on the set, destroying both the tent and most of the props. The Internal Revenue Service chose this time to come after Chaplin for \$1.35 in underpaid taxes, with hints of possible criminal fraud.

That was just the beginning. In December, 1926, Lita took her two children and moved out of the Chaplin home. She filed for divorce in January, 1927, attaching a 52-page brief with enough salacious material to push every other major news story at the time off the front pages. The brief was pirated, mimeographed, and sold as *The Complaint of Lita* on the street corners of Los Angeles. Ratcheting up the pressure for a settlement, Lita and her lawyers threatened to release a list of the names of five popular actresses with whom Chaplin had affairs while he was married. At a time when the ugly scandals around Fatty Arbuckle and William Desmond Taylor were still in everyone's memory, the publication of that list of names would have destroyed those women's careers.

Chaplin was still trying to make his movie while all this was going on. It was impossible. He shut down the production and sent everyone except for a handful of crew members home on indefinite leave. He hid copies of the finished reels of film so that they couldn't be held hostage by his wife's lawyers. His doctor

issued a statement that his patient was "suffering from a serious nervous breakdown." There were rumors of a suicide attempt. His light-grey hair turned white.

There can be no greater testimony to the esteem in which Chaplin was held across the globe than the fact that the divorce trial didn't result in the boycott of his films and the abrupt end of his career. Here's a taste of what filled the newspapers, as presented by a recent biographer who leans heavily on Lita McMurray's account of her ordeal: "Chaplin's near-insane abuses of Lita, taking the form in his maddest moments of revolver brandishing and threatening remarks about an arranged killing, are translated in *The Circus* into the cruelties of the ringmaster." No other public figure could have weathered that level of public shaming.

The divorce action ended in an \$850,000 settlement, the largest divorce settlement in American history at the time. Chaplin's legal expenses approached one million dollars. This is the one-sentence summary of the debacle that Chaplin included in *My Autobiography*: "For two years we were married and tried to make a go of it, but it was hopeless and ended in a great deal of bitterness."

Chaplin went back to work on his film. His mother died during the course of production, as did his friend, Rudolph Valentino. The work was probably the only thing that kept him sane. Ironic, considering that the discipline he demonstrated by doing hundreds of takes of scenes in a search for comedic perfection was something he'd once described as "sheer perseverance to the edge of madness."

In telling his story of the Tramp's stumbling into stardom in a traveling circus, falling in love with a bareback rider, defending her against her brutal, abusive father (Andy Garcia), and losing her to the new tightrope walker, Chaplin came up with some of his cleverest scenes: the theft of a hot dog from a baby, the pursuit through the fun house & mirror maze, the wreaking of chaos in the big top, the close encounter

with a dubiously-tempered lion cage (200 takes), the high wire act (700 takes) that came straight out of one of Chaplin's own nightmares.

And that perfect, perfect ending. The most poetically beautiful ending of any of his films. A few minutes, shot in the early light of dawn, when the Tramp sheds every trace of cloying sentiment, captured flawlessly on film by Rollie Totheroh, Chaplin's cameraman for more than 30 years.

To add insult to a long list of injuries, the circus wagons needed for the final scene were stolen by pranksters the night before shooting. The wagons were quickly recovered, but the director must have wondered what other indignities the universe could heap on him. (He'd find out 14 years later, but that's another story.)

For me, the only thing that could have made *The Circus* any finer would have been having Edna Purviance and Eric Campbell in the cast. They grounded some of Charlie Chaplin's best short films. Edna's last starring role or Chaplin was in 1923's *A Woman of Paris*. Eric Campbell's short, tragic career ended in a head-on car crash on LA's Wilshire Blvd., Dec. 20, 1917. Chaplin did manage to find roles in *The Circus* for two other of his long-time stalwarts, Henry Bergman and Albert Austin. Both were in the troupe of sad clowns berated by the ringmaster.

The Tramp had the last laugh. At a time when the world was going gaga over sound, *The Circus* made \$2 million by 1931. It's the 7th highest-grossing silent film in cinema history. Decades later, Chaplin would add his own musical score and an opening song to the film that, because of its painful association, he kept out of circulation for 40 years after its initial release.

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African Children's Choir at Crawford Bay Hall in May

submitted by Wes Brooks

Come join the African Children's Choir as they perform in our community during their Canadian Tour! The Choir will be performing at Crawford Bay Community Hall on Friday, May 3 at 7pm. Come and experience a performance that shows the beauty, dignity and potential of each African child! Admission will be free for all ages; a free-will offering will follow the Choir's concert.

The African Children's Choir melts the hearts of audiences with their charming smiles, beautiful voices and lively African songs and dances. The "Just As I Am" tour combines traditional hymns with African cultural sounds and a stunning visual story of God's faithfulness. Nearly every performance is concluded with a thunderous standing ovation! In spite of the tragedy that has marred their young lives, the children are radiant with hope, musically gifted and always wonderfully entertaining.

The free-will offering will help support the Music for Life Institute. The African Children's Choir has been Music for Life's major international program during its 34-year history. Music for Life (MFL) has relief and development programs in seven African countries. MFL has currently educated over 52,000 children and hundreds of thousands of lives have been impacted by their international relief and development programs.

Don't miss out on this uniquely immersive worship experience through song, dance & video story-telling!

Small Cast, Big Drama in Footlighters Play

by Footlighters Theatre Society

Modern Dysfunction may not have the smallest cast of any Footlighters Theatre Society production — that distinction belongs to the one-man *Coffee's On* from 2014 — but it is unique in another way: Its three cast members are also its directors.

Devan Coward, Brian Lawrence and Simone Wiebe took on the challenge of both acting in and directing the play, a late addition to the 24th Footlighters season. *Modern Dysfunction*, which runs April 19 and 20, replaces a postponed production of the previously announced *Two Wrong Don't Make A Play Right*, which is planned to hit the stage later this spring.

"It's been a great opportunity to push our limits," says Wiebe. "Each of us has taken an active role in every part of the play, even scenes we're not in, which is rarely the case for an actor."

The plot follows an evening in the lives of Sara (played by Wiebe), her husband Darren (Coward) and her brother James (Lawrence), as unresolved issues, some recent and some years old, bubble to the surface. Bringing some deeply personal topics — such as pregnancy, fidelity and unrequited love — to life was a challenge, and each performer relied on the others to guide their progress.

"It was really a collaborative effort," says Coward. "We were all willing to be pushed outside of our comfort zone, which made it easier to develop our own characters, while also encouraging the others to explore theirs."

Modern Dysfunction is also a collaboration between Creston writers Jason Smith and Suzanne Chubb, who accepted the challenge of custom-writing a play for the trio of actor-directors, who wanted a piece that allowed each of them significant offstage time in order to direct the others.



Brian Lawrence and Simone Wiebe in a rehearsal for the upcoming Footlighters Theatre Society production of Modern Dysfunction. Dan Caverly photo

"Basically, they asked us to give them some ideas," says Wiebe. "We did, and they took those and came up with a really dramatic play, with some very dynamic characters."

With the characters firmly established before rehearsals even began, the rehearsal process was a smooth one — even with three directors always in the room.

"It really came together as a cohesive whole — you won't look at it and see a specific moment that identifies a specific director," says Lawrence. "We've all learned a lot through the process, and we brought out the best in each other's performances."

**Next Deadline:
April 24/2019**

To See Or Not To See - Homecoming

submitted by Ruth Bieber

Ruth Bieber is the mother of two adult sons, has a Master's degree in education, has a long history in the theatre, is an enthusiastic traveler and paints pictures, one of which was recently on display at the Chamber of Commerce in Creston. She is also blind.

In April Bieber will be presenting a one-woman theatrical production, *To See or Not to See; Homecoming*, which she wrote and produced originally as a 14-actor ensemble. Audiences will be encouraged, but not required, to wear blindfolds so they can be fully immersed into Bieber's sightless world. As an option, she offers people who attend the first performance a \$5 ticket to the second show if they want the blindfold (or sighted) experience as a follow-up. Post-show discussions will follow both performances, "The multiple layers of the show lend well to rich and thought-provoking post-show discussions. Love it and I highly recommend attending both shows if possible and to take advantage of the post show discussions." says Creston resident Maureen Cameron, third time audience viewer of the performance. "The experience continues to resonate with me on many levels with ongoing thoughts and revelations."

Bieber toured Alberta with *To See or Not to See* last year, doing 15 performances—primarily in private homes to small audiences—in 17 days.

"In the dead of winter!" she said last week. "I came home to Creston and just collapsed for a while. It took an incredible amount of energy."

To See or Not to See is a memoir that takes its audience on a journey through Bieber's life. The multimedia solo is a soul-searching journey of adventure, discovery and ultimate forgiveness. She describes the play as "intensely personal, but universal in its dramatic and historic appeal."

Much of Bieber's adult life has provided the basis for her one-woman show. Her Master's degree included a specialization in rehabilitation and theatre, and she worked for many years at the University of Calgary. In the 1990s she founded InsideOut Theatre and served as its artistic director for 17 years.

During that time, she spoke and performed at conferences and festivals, both nationally and internationally, including the Learned Conference in Newfoundland (1998), the High Beam Festival in Adelaide, Australia (2000) and the Come To Your Senses Conference in Toronto (2009). Her publications also reflect the evolutionary nature of this process. Her most recent publication, *Disability Theatre from the InsideOut* is available as an E-book, or in paperback.

After a two-year stint in New York City, Bieber moved to Kelowna, where she took up painting, curated "Just Imagine", an exhibition of works by blind artists, and developed art gallery appreciation programs for people with vision impairments. She is also a freelance writer and active with the Creston chapter of the Canadian Council of the Blind.

The East Shore performances are part of a larger tour that Bieber has been making through Southern BC. *To See or Not to See* will be presented at Gray Creek Hall on Saturday, April 6 at 7 pm and Sunday, April 7 at 2 pm. Musician and friend Shirley Cameron will provide technical and sound support.

Tickets are \$15 for adults and \$10 for students 16 and over only (Bieber said the material is unsuitable for children under 16). Tickets will be available at the door. For interested audience members, who wish to see (or not to see) the show a second time, tickets are \$5 during the Sunday matinee. Post-show discussion to follow.

Welcoming Indigenous Inspiration

submitted by Kalibri Wetsch for Yasodhara Ashram Society

The Ashram is celebrating the signs of spring that are upon us as winter snow melts away and the first melodies of awakened songbirds serenade the walkways. These welcomed songs of spring are not the only music celebrated at the Ashram.

On February 22, one of the Ashram's long-term residents, Charles Kieth McNab (Chuck), had the opportunity to attend the Indspire Awards in Calgary. This is a special awards event that celebrates Indigenous achievement. Indspire is an Indigenous-led registered charity that invests in the education of Indigenous people. Chuck's sister and bass player, Shakti Hayes, closed the Inspired awards evening with a talented group of indigenous musicians, Joey Stylez and the Soaring Six, who performed his single, "Victory Dance".



Photo of Pahan Pte San Win and Wanbdi Wakita

Chuck returned to the Ashram completely moved and inspired by the award show. We are grateful he shared this inspiration with a presentation of his experience. You can learn more about this awards celebration by visiting <https://indspire.ca/indspire-awards>. The awards ceremony, will be broadcast on CBC, CBC Radio and the free CBC Gemstreaming service on June 23, 2019 at 8 pm.

On April 26-28, the Ashram further welcomes Indigenous education with the return of Pahan Pte San Win and Wanbdi Wakita, indigenous spiritual leaders and healers from Manitoba. Wanbdi is Grandfather in Residence at the University of Manitoba; Pahan is an Indigenous Spiritual Caregiver at the Manitoba Youth Centre. This is their third trip to Kootenay Bay with an offering focused on Indigenous wisdom, reconciliation and how to be an ally. They have spent a lifetime exploring sacredness and healing, and want to share what they have discovered with you.


The weekend will be a time for connecting with an important force for change at this time on Mother Earth: learning how to foster an unfolding of women's power through exploring women's strengths, sacrifices and loving hearts. It is a weekend for learning of women in leadership and an honouring of the spirits of missing and murdered women.

There will be workshops, activities, ceremony and satsang. All workshops and satsang are by contribution. Net proceeds support the Sundance of Women to be held in Manitoba in 2019 (the third of four annual Sundances to honour the spirits of missing and murdered women.) Visit www.yasodhara.org/event/reconciliation-with-indigenous-grandparents or email registrations@yasodhara.org to learn how you can participate.



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To See Or Not To See Homecoming

A one-woman theatrical production by Ruth Bieber, originally written and produced for a 14-actor ensemble. It is a memoir that takes the audience on a journey through the life of a blind woman.

- ◆ Gray Creek Hall
- ◆ Saturday April 6 at 7pm
- ◆ Sunday April 7 at 2pm

Audiences will be encouraged, but not required, to wear blindfolds so they can be fully immersed into Bieber's sightless world.

Tickets: \$15 for adults & \$10 for students (16 and over only - material is unsuitable for children under 16). Tickets will be available at the door. For interested audience members, who wish to see (or not to see) the show a second time, tickets are \$5 during the Sunday matinee. Post-show discussion to follow.

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**Next Deadline:
April 24**

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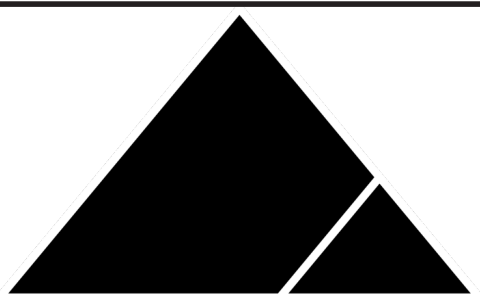
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Riondel Library News

by Muriel Crowe

We hope that all of you will come to the Library Open House from 6 to 9 PM on April 11 in the Community Centre. We are pleased to introduce two "new to our events" authors. Deryn Collier is the author of the Bernie Fortin mysteries set in the Kootenays. Paul Saso is the author of *Kootenay Inspired* and will lead a discussion to help us all be inspired. The Art Club will be open, refreshments will be available and the historical display and the library contest will create further diversion.

Are you planning a garden or a hiking holiday? Are you learning how to fish or fly a kite? Whatever your plans are we probably have a book or more to help you. If we don't have what you need we can probably get it through inter-library loan. Your tax dollars pay for much of this service, please utilize it.



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Next Deadline:
April 24

Riondel Library Open House

Readings
 Art Club display
 Historical displays
 Refreshments & Door Prizes

Thursday 11 April 2019 • 6-9 pm
 Readings 7-8:00 pm
 Community Centre • Riondel BC

2019 Readers:

Deryn Collier

Author of the Bern Fortin mystery novels, set in the Kootenays

Paul Saso

Author of *Kootenay Inspired - Stories and Photos of Extraordinary Kootenay Lives*

FREE ADMISSION (DONATIONS ACCEPTED)

Sponsored by the Riondel Community Library

FURTHER INFORMATION: 250-225-3381

East Shore Reading Centre

submitted by Cathy Poch

We all know that the many groups that work on the East Shore and other places rely on a lot of help from their volunteers. The East Shore Reading Centre is no exception.

They are the people you see behind the desk receiving your books and signing them out, and answering questions, if possible. You may not see those who enter the items into the computer or the others who get them ready for the shelves, but they are always there.

On February 21 we had a work crew, Cam and Taym Stokes, Kathy and Bernd Rave, Dave Hough, David George, Bonnie Millard, Beverly Anderson and Brenda Panio joined forces to move the DVD section from the back of the library to the front, and yes, it's true, many hands make light work. Thank you so much for your donated time and effort in keeping the Reading Centre the viable place it is.

It is, finally, spring and we have new items appearing. One that I'm particularly interested in is about utilizing water better. Hotter, drier summers means growing different shrubs, perennials, annuals and even vegetables. Now is the time to start planning for a root cellar, inside or outside, to keep all the produce you harvest, and we have a book for that. Of course, we have lots of new light reading in as well. Come on down and have a look.

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pebbles by Wendy Scott PODS POPPING

First day of spring and I'm sitting in the sun, watching it happen all over my garden; dry pods rattling, dangle from the two nut trees; the weeping mulberry, a delicate and diminutive version of its big cousin in the back garden that grew from a spring planting 20 years ago to tower into two stout trunks needing a severe pruning last fall. It is however, the last tree to produce its tart fruit.

Spring Equinox, a gentle time of year; snow melt, and the first bloom appear lily of the valley, crocus, aconite, birth; in the Monashies, the Purcells, Selkirks, The Rockies, and everything in between, you'll see the deer with their fawns following dutifully in tow, and soon you'll catch sight of elk, and if you're lucky the moose, the cariboo, all with their various calves in tow, and of course the water birds, ducks, plenty of Canada Geese, and even some Snow Geese dropping by and to hang out with the Canada – not too close. Even the gulls and terns sail overhead, it's exciting to see them.

Twenty years ago I had a cat who loved summer, but didn't like summer storms. We named her, Mumblieps, because she took the staircases at a stiff legged trot and mumbled. She was some sort of a cross between a silver-tipped chinchilla and distant cousin of siamese. At the first hint of a rumble she'd disappear under our bed and stay there until the storm is past. She also liked opera music and put up with my singing (not opera). There was another cat who lived in Powell's Book Store in Oregon, her name was, Fup. The Book Store newsletter printed stories about Fup's comings and goings and I used to read them to my cat

– and anyone else who would listen.

One Year Fup took a holiday and went into the woods to visit her extended family. This prompted a letter from Mumblieps, who unlike Fup, resisted the mere thought of a trip of any kind.

**Fup,
Somewhere In the Stacks
Powell's Book Store
Dear Fup;**

I have waited until your safe return before borrowing the keyboard to contact you. I can't tell you how much I enjoy your stories but, frankly, reading about you trip terrified me. My world consists of a well fenced, good sized yard. I occasionally venture across the street to the creek, but it is embarrassing to have to be fetched back. I do go down the lane to check on my neighbours. It is vital to keep the community in order. A rather fat, lazy, black and white fellow right next door, and an irresponsible young calico two doors away – she insists on coming over to visit. I'm afraid I can't put up with her. She seems oblivious to my need for privacy.

But, oh my dear Fup, I must tell you. I'm looking at a map of your amazing store and I can't imagine why you would ever want to leave such a glorious place. All those stairs, and shelves, and spaces! I reside in a three story home and I can't get enough of the stairs, particularly at night. I keep breaking my own records from basement to attic. Newly waxed floors tend to crimp my style a bit, but they do add different sound effects.

I have trained the folks here quite well. Meals are not always on schedule, but they don't seem to mind when I can't decide which door or window I prefer. The man rises early, which I appreciate. When he opens the curtains, we watch the morning begin, then he lets me sit with him until my feet are warm.

Do you like music, Fup? In my house, in the room with the comfy chairs, tunes come from different boxes. Sometimes the woman sings along. I watch her carefully to see how she does it, but I can't get it right. I'm much better at the big keyboard. I always help with that. I'm gifted I suppose, when it comes to music.

Speaking of keyboards, this little one is getting a bit hairy. I'll have to be asked to be brushed again. It is important to keep up one's appearance. I'm sure you would agree.

I haven't mastered the internet thing so I will get the woman to send this for me, she doesn't complain too much about the fur, except when she has to take the mouse apart. (have you any idea why its called a mouse – it doesn't resemble any live thing that I've seen.)

Well I must bid good bye, and get my day together. Look forward to my stories of your adventures in your wonderful bookstore.

**Your friend, Mumblieps
xxxxxxxxxxxxxxxxxxxx**

I have another cat now and his name is Loki and he's calling me for supper, and he's not to be denied. Happy Equinox.

**Next Deadline:
April 24/2019
The East Shore Mainstreet
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Smarter Than Jack or Jill

by Sharman Horwood

Animals are amazing, smart creatures. This column is about exactly that, and I am willing to write up any of your animal stories that show animal intelligence (not to mention cuteness). If you have a story that you wish me to write, please contact me at shhorwood@gmail.com. I won't use your name if you don't want me to, and the story has to be a true story or anecdote. Please include your phone number so I can contact you if I have any questions.

Badgers and Burials

Grief is one of those overpowering emotions that animals seem to experience, especially the social animals, like chimpanzees, corvids (ravens), and elephants. As in the case of the Orca in Puget Sound, who carried her dead calf around with her for a couple of weeks, some animals recognize the loss and experience intense grief for some time. And some honour it in their own way. This can be the case with certain animals that try to bury their dead and hold a ritual of some kind. In saying this, I want to add, that though it is rare, there have been a number of reports from a variety of sources that suggest that animal funerals do take place.

One of the first is among ravens, particularly the ones at the Tower of London. They are a stationary group that is observed daily. I think I mentioned in a previous column that they seemed to sense when someone close to them has died. In 1990, a chaplain in the Tower passed away. The ravens gathered, called out, and then became quiet for a time. Assistant Ravenmaster Tom Trent claimed it was as if they had gathered "to pay their respects." In general when one of their group dies, corvids—the name for this group of birds—often gather around the dead bird, and give it their attention. Some will then fly off only to return with a small shiny

object that they place next to the body, acknowledging both its passing and their relationship to it.

Chimpanzees also recognize the imminent death of one of their group. They will often gather about the ailing animal, and groom it to pass on some comfort in its passing. Chimpanzee mothers also—like the Orca—often carry a dead child around with them for days, unwilling to let it go. In a few cases, they will cover the bodies of a dead companion with leaves, a kind of burial.

Elephants recognize the bones of a dead companion. They've also been known to stay with the dead body of a member of their social group for days, or in some cases even weeks. They've been seen to try to spread grass and leaves over the bones, or the recently dead body. The behavior may be an attempt to hide the carcass, or to keep other animals from scavenging meat from the dead body. However, the fact that they sometimes do this with just the bones suggests that there is more of an emotional element to this behaviour.

Badgers are remarkable creatures. They keep their tunnels clean, removing old grass and replacing it with clean grass and leaves. They dig a latrine for themselves away from their homes, and even maintain clean "day" nests outside the tunnels, removing old grass and replacing it with new, fresh grass. They are also known to share their homes with other creatures, like mice, rabbits, or even foxes, although that is a shaky relationship. (When it goes bad, foxes will kill badger cubs, and badgers will also kill fox cubs. However, in general their relationship can be described as "a wary armed neutrality," says Ernest Neal and in one case a female badger—a sow—patiently waited for a vixen who had been raising her cubs in the same sett to leave; as soon as they were gone, she cleaned up the space, removing the fox detritus, and moved into it herself.)

There have been many reports of badger burials, particularly in the United Kingdom and Europe. There have been enough claims of badger burials to prompt

Ernest Neal to note them in his book on badgers. He says that despite many reports of badgers burying their dead, "if they do occur, they are very rare events" (The Natural History of Badgers). In other words, most observations have been anecdotal and secondhand, but that because there are a significant number of them, they can't be discounted. Monica Edwards, in her book, The Valley and the Farm, was one of these, and badger burials have become a staple in country stories. In March, 2012, Dick Warner wrote about this in The Irish Examiner. He overheard a group of farmers talking about badgers carrying away the dead body of a badger. They reported the badger had been run over and they took it from the road to bury it.

Assessing the burial itself is a problem. There are a number of animals that bury carcasses in order to dig them up and eat the flesh later. Badgers are not scavengers, however. They don't eat carrion, so moving the body of a dead companion doesn't mean that they're burying it to use for food in the future. Foxes do bury their dead sometimes, but then they will also dig up and eat other dead foxes. Caching by burying serves to keep the carcass cool, and delay the onset of maggots within the flesh.

Researchers have found dead badgers buried even within the sett. The tunnel where it has passed away has been shored up, entombing the dead member of the family group. The surprising side of this is that the family remains. Setts can be very large, with a variety of side passages, where the badgers raise their young. However, moving a body to a different location requires coordination within the group, a certain knowledge of what more than one individual badger intends to do, and communication with at least one other badger.

All of this may be the result of habit, or behavior that is learned from the parents. However, it is information conveyed between one badger to another. And that takes intelligence, finding a way to deal with the complex, overwhelming emotions that are grief. We do so by burial and ritual, by honouring our dead. Sometimes certain animals do so as well.

For the Love of Genre

by Sharman Horwood

The two novels I am writing about this month are vastly different in scope and subject, and yet by the same author, Sheri S. Tepper. The first novel is *Grass*, a science fiction novel that was nominated for the Hugo award in 1989. While it didn't win, it has remained a popular novel among science fiction fans because of Tepper's distinctive voice and the wealth of its subject matter. The other novel is a murder mystery, *Death and the Dogwalker*, published in 1990.

Grass takes place on a planet that is in fact covered in grass: all different colours, textures and heights. At one point some of it is likened to Earth's bamboo because it has that flexibility and growth potential. Inhabitants of this planet use it for fabric as well as construction material. It has a religious connotation as well, one that Tepper points out at the beginning of the novel.

Of course, the planet has other inhabitants, called the Hippae and the Hounds. The Hippae, as mounts, and the Hounds, which are not really hounds at all, are much larger than Earth's species. What they chase is very different as well. The aristocratic boms of *Grass* live in large estancias with estate grounds surrounding them. They hunt, and doing so they ride the Hippae, and follow the Hounds to chase what they call "foxen" to the death. It is a strange hunt, however. It lasts for as long as fourteen hours, and the riders are not able to control their mounts. Most of the riders actually don't remember much of the ride, nor do they remember a great deal of the kill either, except a certain pleasure in it. Nor can any of them describe in any detail what the foxen look like. But the hunt follows the seasons, and they mount the Hippae when the animals arrive to carry them off into the deep grasses.

The main character of the novel is Marjorie Westriding Yrarier, married to Roderigo Yrarier, descended from an Old Catholic family on Earth. Her husband is asked to act as ambassador to Grass on behalf of Earth's government. The problem is that on Earth and all other settled planets there is plague. However, there is none on Grass. She and her husband are asked to find out why, or if there have been unexplained illnesses and deaths that might be due to this plague. They are asked to do so in confidence.

In the process, Marjorie and Rigo take their horses with them to Grass, thinking they, too, can join the hunt, only to learn that this hunt is unlike anything they've ever known. Also, as they conduct their surreptitious investigation, and learn about the planet, they must confront their own beliefs, particularly religious ones, as well as social stance. Grass is a demanding planet.

Tepper is noted for her striking style and her ability at world-building. The religious and biological structures of this novel are particularly unique, as are the characterizations of the families and people inhabiting this world. I've read the novel several times, and still enjoy it.

Tepper wrote two series of mystery novels under the pseudonyms A.J. Orde, and B.J. Oliphant. (She claimed she made up these names after visiting a bookstore and noting that there were few authors whose surnames began with the letter O.) The A.J. Orde novels are about an antique specialist, Jason Lynx, who has a love for puzzles and interior decorating, not to mention his girlfriend, Grace—a policewoman. The B.J. Oliphant novels are about Shirley McClintock, the owner of a guest ranch in southern Colorado. I enjoyed both series, but I preferred the A.J. Orde books. Neither series caught much popular attention, although



they were well received. They are "cozy" mysteries, excellent ones.

In *Death and the Dogwalker*, Jason Lynx discovers a body when he takes his dog and Grace's Maine Coon cat for a walk in the park. He knew the man, and in fact passed the body without disturbing it when he enters the park. It looks like the man is sleeping, or meditating, under a tree, and Jason doesn't want to talk to him. The man is what you might describe as a "crashing bore": someone who could take up hours of Jason's time without talking about anything more stimulating than himself. Only when Jason returns, heading out of the park, he realizes that something is wrong. The man is dead.

Later, he also learns that a few months previously a woman had been killed and the body arranged to look relaxed, reclining on a park bench, similar to the way Jason's acquaintance was made to look naturally positioned. He also discovers that both people—Melody Maudlin and Fred Foret (Tepper has a way with names)—were known as talkers. Melody, too, liked to talk about herself and her rather odd life as an up and coming artist, though no one else thought she

had talent. Jason believes the two murders are linked, that the two victims knew too much about someone, and he is asked by a family member to find out why. The novel progresses as he speaks to the victims' colleagues and friends, and of course their families. Like the police, he knows that most murders are committed by someone who is known to the victim.

The novel is a fun, light read, but outstanding in Tepper's acute observations of human nature. Unfortunately, Tepper quit writing murder mysteries after finishing these twelve. She did continue with two sequels to *Grass*, and several other noteworthy science fiction, fantasy novels that placed her among the top authors of speculative fiction.

The East Shore Writers Group

submitted by Wendy Leger

The East Shore Writers Group gathered once again at the Crawford Bay School meeting room on Wednesday, March 13, 2019 for another inspiring afternoon of writing. We had a couple of new members, which was great to see.

As presenter, I decided to do something a little different and probably outside our comfort zone. My topic was writing Haiku. What's that you say? Well, a Haiku is a Japanese verse form which consists of three lines, with the first and last lines having five "moras," and the middle line having seven (referred to as the 5-7-5 structure). A mora is a sound unit, much like a syllable, but is not identical to it. Since the moras do not translate well into English, the haiku has been adapted to where syllables are used as moras.

Haiku poems started out as a popular activity in the 9th-12th centuries in Japan called "tanka." A tanka was a progressive poem, where one person would write the first three lines with a 5-7-5 structure, and the next person would add a section with a 7-7 structure. The first three lines, called the hokku, were considered the most important part of the poem because they set the tone. Eventually, hokkus evolved into what we call haikus.

Haiku poetry traditionally discusses subjects from the natural world, including seasons, months and animals. A Haiku is a mood poem and it doesn't use any metaphors or similes. The lines usually don't rhyme. A Haiku is considered to be more than a type of poem; it is a way of looking at the physical world and seeing something deeper, like the very nature of existence.

Each haiku "must contain a kigo. A word that indicates the season in which the poem is set, The word that indicates season can be obvious, like "ice" to indicate winter, or "fragrant blossom" to indicate spring. Haikus focus on a brief moment in time, a moment of beauty, or poignant experience; use provocative, colorful images; have the ability to be read in one breath and

a sense of sudden enlightenment and illumination. The words and expressions in the poem are usually simple and deal with everyday situations and feelings. Haiku is not designed to read like a sentence and therefore aren't bound by normal punctuation, capitalization and structure rules.

So to recap, a traditional Haiku has three lines, the first and last line has five syllables and the second line has seven syllables. A good Haiku will have an ending line that is intriguing and leaves the reader hanging. It may leave the reader with a surprising last image or reflect on the previous two lines in a surprising way.

Here are some examples of our group's attempt at writing Haiku. It was interesting watching the group counting on their fingers, trying to get the syllable count right. I think we did really well for our first attempt.

*The natural world
Surrounds the East Shore
It works to soothe us*

*We hear ravens call
In the distance or nearby
It enters our hearts*

*Flames bursting upwards
An orange shower of sparks
Heat scorches the night*

Part of our meeting is devoted to mentoring a member of the group. A member will bring an example of something they have written and read it to the group. The writer can then ask the group questions about what he or she have written and the group comments in a non-critical way and provides feedback as to how the writing made them feel. It was my turn and this is what I wrote.

*Once I was a snow white birch
But now a special gift
A remembrance of happy times gone by*

*I came from a special place
A place where time stands still if you want it to
Where the spirit can be free
Released from its burden for a short time
A place that soothes and rekindles the soul*

*Listen to the wind whispering through the trees
The gentle lap of the lake on the shore
Early in the morning the eerie call of the loon
And as night falls the soft chirping of crickets*

*Recall the silent beauty of this special place
White fluffy clouds rolling across the sky
The osprey soaring on the gentle breezes
Mountains changing from velvet green to deep shades of blue
Finally silhouetted against the evening sky
Sunssets vibrant and subtle*

*Some nights when a storm moves in
Sitting on the porch waiting for the lightning
Trying to guess where it will hit
Gasps of exhilaration when it finally strikes
Waiting for the impending thunder*

*Sitting around the campfire
The smell of roasting marshmallows on the air
Feeling the heat of the fire on your face
While your back absorbs the chill of the night*

*Looking up at the star-filled sky
In awe of the magnitude it represents
Suddenly a falling star streaks across the sky
A reminder of our mortality*

*May this gift always remind you of this special place
A haven whenever the burdens become too great
A reminder of our friendship and all the times we've shared
Just close your eyes and remember.*

Our meetings in April will be on Wednesday, April 10, 2019, 1:00 to 3:00 p.m. and again on Thursday, April 25, 2019, 6:00 to 8:00 p.m. at the Crawford Bay School meeting room. We have a lot of fun. Hope to see you there!

Building East Shore Tourism (BEST)

by Farley Cursons,
BEST Project Manager

Over time, all rural areas experience changes that affect the industries, population and land use patterns which formed the foundation of their local economies. Many resilient communities, towns, and regions have managed to adapt to changing conditions and even reinvent their economic base when necessary. Even if a community has lost its original or primary economic driver, there are often other assets that it can use to re-invigorate its local economy.

Asset-based community development (ABCD) offers a different way forward for our rural communities. ABCD proposes that new developments should not be based primarily on a community's deficiencies, but on its strengths – or assets – and offers tools to mobilize local residents and leaders to maximize those assets. Community assets are “what we want to keep, build upon, and sustain for future generations”; in other words, they are the good things in our communities. An asset can be anything from an individual to an organization or local institution, as well as buildings, natural features, or more intangible things like stories, traditions, or values.

For rural communities to thrive, they must be places that people want to live. Making rural communities desirable places to live, however, is not the whole answer. If there is no economic opportunity in an area, young families can't live there no matter how much they might want to. Young people and families must be involved in our communities if we want the community to remain sustainable. If we want to attract and retain this important demographic, then we need to allow them some influence in making the community a place that they want to live and raise their families.

Young people and families want quality education, parks, summer camps, and other programs to enrich the lives of their children. It is likely that they would have ideas for making the community more inclusive

and accessible. New residents enhance the capacity of rural communities in many ways, such as bringing new skills and talents to the community, increasing the local tax base, fostering new business growth, and reducing demographic decline.

Sometimes in small communities there are concerns that more tourists will lead to the area being “discovered” which will lead to big development, increased land values and cost of living as well as the loss of the small-town way of life. This is an understandable position if residents are completely self-sufficient with independent means of income and desire to be completely away from it all. To keep our school and community culture vibrant, new residents looking for community need to be welcomed with open arms. There are also many young people that grew up on the East Shore who would like to return and raise their families. Most of these people will rely on a business to support themselves or be part of the local work force building the houses and plowing the roads. These returning residents will also bring skills and experience back home. For our communities to endure we all have a part to play in support of this process and together we can find a balance.

Times have never been better for adding tourism to a community's economic mix and for the first time ever, rural communities can become successful for being exactly who they are. Rural tourism is vastly different from urban tourism. Rural tourism is about small locally owned businesses that support families while urban tourism is mostly about big businesses creating low wage service industry jobs. Rural tourism is about community and economic development.

As Building East Shore Tourism reviews and evaluates provincial and national tourism trends we know this; the tourists are coming whether we like it or not. Well-funded DMO's like Destination BC and Kootenay Rockies Tourism are pushing the limits of their capacity to attract visitors to the province and the region. These organizations are very good at what they do. What's happening is that the East Shore is either being presented in a homogenized fashion or not at all. Either way, in the shadow of these big budget destination marketing initiatives we are not being adequately or accurately represented.

Although Building East Shore Tourism is a provincially funded project, its core steering committee consists of non-profits and business that have been part of the community for decades. In addition, we are building many local partnerships that together can represent the East Shore and proactively manage how we promote ourselves. With these actions we can ensure visitors are able to see that this isn't the wild west where anything goes but that our community assets are visibly managed by invested local who love their community.

Building East Shore Tourism has great interest in supporting the development of a sustainable tourism industry that serves the communities of Area A and honors local traditions and lifestyle as well as preserve the environment. As we continue to welcome regional tour groups to the East Shore, BEST would like to support job creation by offering resources to interested locals wanting to be part of the visitor experience. Through our Enhanced Tourism Education Program, we have identified a number of new or revived tourism related activities that could be offered as formal guided tours. By cross promoting these tours with other existing amenities, accommodations and services we can create single package experiences that cannot be found anywhere else.

Increasingly, travelers worldwide are seeking experiential, life-enriching vacations that involve culture, nature, the outdoors and learning. These consumers want authentic experiences that focus on local culture and foods, allowing them to engage all of their senses. They want to get behind the scenes and be enriched by the people and places they visit. This trend provides the tourism industry with a new type of visitor who is seeking more than just a view from a car or a bus. These visitors want to get inside a destination by meeting the local people and learning about the community and its cultures. They seek a greater understanding of nature and the world we live in. Let's welcome them.

If you would like more information about BEST and the Enhanced Tourism Education Program please contact me: farleyc@buildingeastshoretourism.org .

We gratefully acknowledge the financial support of the RDCK's Economic Development Commission and the Province of British Columbia.

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FACTS

Lindero News & World Report

~ News and Views from a Fictional East
Kootenay Town ~ April 2019

The breaking news in Lindero on the cusp of April is that, upon catching sight of bare earth for the first time in half a year, many of our fine citizens are behaving erratically. Is it overexcitement? Is it poisoning from poor indoor air quality due to too much legalization? Is it some sort of horticulturalist's complaint - caused either by too much or too little gardening? [like how my Care of Houseplants books diagnose the death of my African violets from too much or too little water]

Whatever the cause, the symptoms are startling. Local green-thumb sufferer Mrs. Twitchel was observed to shriek, “Snowdrop!” before actually dropping to her knees in the snow in front of a dinner-plate sized plot of soil. Several other Linderians were spotted shovelling heavy, wet snow off their lawns onto the street, in an apparent race to physically shift the tonnage of igloo construction material before it melted and flowed away all on its own. Still other citizens took the opposite approach, flinging their snowscoops into the nearest drift and trudging indoors, muttering, “That's it. I've had it,” or words to that effect. Further snowfalls went uncleared.

In an effort to understand what motivates the spring hearts of my fellow Linderians, I made my

way to the only available watering hole, a friendly brush lean-to near the ferry landing called the Cute Knee Café (known locally as the Cutie). I settled in for the very best - in fact, the only - decent latté between Cresstown and Schmelson, albeit without central heating. But hey, priorities. I was immediately joined at the crackling campfire by a couple of similarly inclined Linderians.

“Have you heard the news?” chirped Rowena Gardener, local authority on everything photosynthetic - and pretty much everything else too.

“Do tell,” I invited, pulling up a stump alongside fellow caffeine-addict and deputy dog groomer Dmitri Dalziel.

Rowena's twinkling eyes belied her sombre tone, “They're going to scrap the Owl's Prey!” I was aghast! The death-knell of our beloved ferry? “No!” I gasped.

“No worries though,” soothed Dmitri, “They're putting in a bridge. Not for a few years, mind.”

My head spun. Rowena clucked sadly, “Yep, it'll be hard going with just the Koot-Tiki in service for the duration.” The ancient little papyrus ferry Koot-Tiki, at one time a celebrated Kootenay innovation, was in startling decline due to the shortage of papyrus in British Columbia and could now carry only four cars, or two medium sized trucks, or a team of oxen and a dozen pelicans.

I attempted to boost my spirits with a second latté just as local history know-it-all and cappuccino guy Theo Tuxedo (currently on leave from the Lindero Hysterical Society) appeared. “You heard the news?” I wailed. He was surprisingly chipper, “You mean about the bridge-naming contest?” Rowena and Dmitri giggled gleefully, evidently loving a contest even more than the next person.

Theo vacuumed the foam from his beverage. “This is a historic moment!” he proclaimed, not for the first time. “A chance to name the longest bridge in ... British Columbia,” he calculated nimbly, thinking perhaps of the rather long Confederation Bridge joining PEI to the continent. “There's already been some great entries. My current favourite is the Confabulation Bridge. Captures the mood.” We frowned and nodded.

There was a flurry of suggestions. “For Whom the Bridge Tolls,” Dmitri suggested darkly. “Suspension of Disbelief,” I went with simple yet classic. Theo came up with, “The Faerieless Queene” and Dmitri opted for “Bridgey McBridgeface.” Rowena brought down the house with Bobber. “Huh?” we huffed. “The Bigger Orange Bridge,” she bested us all.

As our snickers slowly subsided, Theo intoned, “Have you heard the other news?” We hadn't. “Daylight Savings Time.” “Yes? Is the rest of the province coming to their senses?” Theo shook his head waggily, “Alas, no. We're joining them next spring.” “Nooooo!” I wailed. “And that ain't all,” Rowena piled on, “there's been a recall.” “Of what?” I despaired. “The local cell phone towers. There's something wrong with the armatures. They could frisbee apart in a high wind.” I couldn't believe it. Armaturegeddon.

I'd like to say that in the head-spinning aftermath of these space-time consternations, a penny dropped. But no. It was barista Beryl Lister who tipped me off, “Will there be anything else this first day of April?” she chuckled conspiratorially. My companions sported smarmy smirks.

But they bought my coffee.

[Filed by Lindero correspondent H. Porpoise]



Tom's Corner

by Tom Lymbery

PCMR – Pacific Coast Militia Rangers

On December 7, 1941, the Japanese attack on Pearl Harbour brought an immediate escalation to the Second World War, and triggered events which would reach into the BC interior. The US declared war both on Japan and Germany. The urgency increased enormously when Japan invaded the Aleutian chain of islands off the northwestern tip of North America, and the Estevan Point lighthouse on Vancouver Island was shelled by a Japanese submarine.

These events raised the question - could we have an actual invasion of the BC mainland?

With no land access to Alaska, the US began talking to Canada about building the Alaska Highway, following the route of airports already underway between Edmonton and Whitehorse, and on to Fairbanks. BC's coastal defence was most inadequate but soon there were gun emplacements at UBC and other points that jutted out into shipping channels.

But with virtually all our Canadian forces committed to the war in Europe, and our navy to protecting the vital convoys crossing the North Atlantic, who was there to look after our homeland?

England had formed a home guard when the German invasion was expected, so Canada came up with something somewhat similar. The Pacific Coast Militia Rangers -PCMR for short - was formed as a kind of guerilla organization across BC, using men who were too old or too young to serve in the military. All were unpaid volunteers.

Creston formed Company No 50 which included Boswell, Gray Creek, and Crawford Bay. Bill Fraser was in charge of the Crawford Bay troop. My father, Arthur Lymbery, who had been a sergeant in the 16th Canadian Scottish Bn. in the first war, was asked if he could assemble ten or so men in Gray Creek. Len Clark, Norman Anderson, Fred Smith and even I at the age of 14 were signed up, along with a few others.

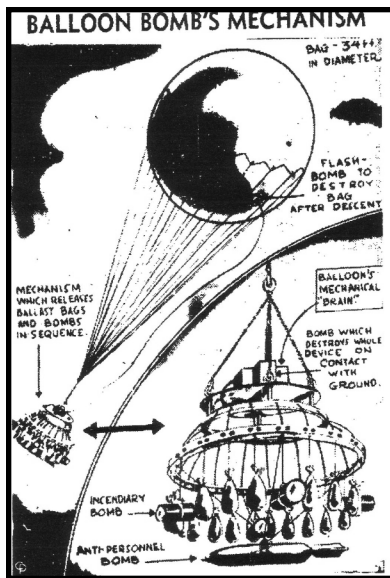
My dad and most of the others had hunting rifles but I had only a .22, so I was issued a brand new .30 - .30 Winchester. We were promised uniforms, and in time we received army-style jackets and eventually some trousers - as our army were issued new uniforms, some of the old were passed on to the PCMR. Eventually PCMR armbands, dog tags, and Bone Dry shooting hats with PCMR cap badges trickled in to our group, followed by the most exciting of all - a STEN GUN AUTOMATIC. So we were somewhat ready for what might be a type of guerilla warfare.

The Sten was a very basic firearm that could be disassembled to put into pockets and used 9 mm. ammunition. It was actually designed to be dropped to Resistance forces in Europe who could use ammunition captured from the Germans. It had a 32 round magazine and could be fired either single shot, or automatic, when the entire clip went off in what seemed like two seconds.

We practised by firing at pieces of driftwood we had thrown in the lake for a target. My sister Alice did as well, but she couldn't sign up as the PCMR was only for males. The Sten was apparently prone to jamming, but as our 9 mm. ammunition was limited we

really only tried it out once. The first Sten guns had a wooden stock and were extremely basic, but those made in Canada had a detachable metal skeleton-type stock and were much better machined. At least 2 million Sten guns were produced in nearly every country worldwide. Perhaps you can still buy one in a US gun shop!

The most important duty we had was to watch for Japanese incendiary balloon bombs known as "Fu-Go." Between November 1944 and April 1945, Japan launched a mass attack of 9,300 balloon bombs - essentially unguided missiles - on western North America. These were ingenious and sophisticated hydrogen-filled balloons, each over 30 feet in diameter, carrying anti-personnel and incendiary bombs designed to set our forests on fire, and to inflict casualties on civilians unlucky enough to find them.



Sketch of a Japanese Fu-Go incendiary balloon bomb which landed in North America during World War II, from Nevada State Journal (June 13, 1945)

Japan had investigated the high altitude jet stream and decided that in winter the jet stream was strong enough to send these hydrogen-filled balloons aloft, cross the Pacific Ocean, and land in western North America - a distance of over 5000 miles - in just three to four days. Each balloon had an altimeter which could drop a sandbag or so if it dropped too low, and a valve to release some gas if it rose too high. The first balloons were made of rubberized silk, but "washi" - mulberry paper - retained the hydrogen better. Teenage girls glued these together using "konnyaku" (devil's tongue) paste, but hungry workers had to be watched in case they ate the edible paste.

At least 300 of these incendiary balloon bombs landed in BC, Washington, Oregon, California and points east, north to Alaska, Yukon and NWT, south as far as Mexico and as far east as Manitoba and Michigan. At least 57 landed in BC, including Salmo, Yahk and Kitchener, and more turned up just south of the border. We didn't know about the jet stream in those years, but the Japanese certainly did.

All PCMR units were alerted to watch the skies for these balloon bombs. Because they moved fast in the winter jet stream we can find no record of any actually starting forest fires.

With millions of acres of trees in unpopulated areas, these were hard to find. We never did see any, but had instructions to report them any sightings in code. Everyone was sworn to secrecy to avoid alarming the public, and to prevent word getting back to Japan on the effects of their mass attack. My dad kept his instructions pinned to the wall of the Post Office sorting room with "Secret" marked on it - "WHITE" meant balloon sighted; "RED" meant fire started by balloon. But secrecy came at a cost - there were fatalities. Near Bly, Oregon, a minister and his wife had brought five children from their Sunday school class for a picnic. His wife and all five children were killed by a balloon bomb which was lying on the ground and set off by accident.

Bill Fraser reported seeing several drifting high over Kootenay Bay. He had no way to know where they might land, but phoned ahead to alert other PCMR units in their path. One he had spotted was brought down in Idaho, and as a reward, Bill and his unit were given souvenir pieces of the balloon covering.

Some 15,000 volunteers had served with the PCMR. Japan set their last balloons aloft in April 1945, and the PCMR was finally stood down on September 30th, 1945. I received a letter that I could purchase my 30 - 30 Winchester for \$5. I was pleased to send a money order for that brand new gun that I had hardly used.



WWII era Sten gun Mark II, from www.thoughtco.com

TOM SEZ

by Tom Lymbery

The early flowering cherry by the store has sometimes been out in flower as early as April 15 - but this year?

If you have never visited Gerrard, north of Kaslo on Highway 31 in early May to see the largest Rainbow Trout spawning this is a trip you should plan on. See 20-pound males jumping out of the water as they jockey for females. Trout Lake serves as a settling basin - providing the clear water that is necessary for the spawners. There is a viewing platform and usually brochures.

Brazilian aircraft manufacturer Embraer has a new jet out that they call the Profit Hunter so they have painted the nose of the demo plane as a snow leopard. Competition for Canada's Bombardier.

There is never any more frost once the bracken has fully leafed out. Watch out if you pull bracken without a glove as it has very sharp fibres.

Hector Allan Richmond (rated as Canada's Foremost Forester) spent a lifetime researching bark beetles. He found that water is the best deterrent for fall beetles that lay eggs in piles of logs - that explains those sprinklers at Kalesnikoff's yard.

Coyotes seem to be more numerous than ever. Their fur is worth more - up to \$100 for a pelt, it's used for the fur around parkas. Perhaps the wily coyote is smart enough that the Save the Animals people aren't out there trying to protect them.

Our lake is lowered to zero every March 31 in order to leave room for the spring runoff as the snow melts at higher elevations. While this happens every year, now weight restrictions on the Osprey and the substitution of the MV Balfour are demonstrating that it's really not feasible to keep using the west arm instead of the faster and much more economic Queens Bay terminal.

If you look before the cottonwood leaves open you can see the bald eagle nest at the mouth of Croasdaille Creek, north of the store. See how the nest gets bigger each year as the birds bring even more sticks. Once the leaves are out the nest will be hidden, just the way the birds want it.

Alex Trebec of the game show Jeopardy has been diagnosed with stage 4 pancreatic cancer but vows to fight it and continue with his program that I hate to miss. He was born in Canada so sometimes has Canadian contestants and often has Canadian questions.

I have a friend from Ontario who winters in Mexico. He told me that he had a back problem for years and after faithfully following the program advised by his physiotherapist his problem was solved.

Kalesnikoff who have the timber rights north of Kokli Creek have announced a 35 million dollar project near the Slocan junction that will produce specialty timber such as glulam beams. Kalesnikoff is a family owned business so are more stable than the big companies that close operations if there is a downturn in forest products.

Want whiter teeth? Just darken your face!

With many reports of pedestrians being hit by cars we need to think of more florescent stripes on things you carry - a walking stick, and how about shopping bags? - now that the plastics are on their way out.

GRAY CREEK PASS REPORT

Since we are already getting that question "Is the pass open yet?" it's not too soon to speculate as to this year's opening. With a substantially lower snow-pack than 2018 and predicted warming trends it's possible that we may see a mid June opening. Certainly in time for the Epic 1000 cycle race whose leaders we may expect to see June 30 on their way to the finish line in Fernie.



Holistic Health Tips

by Kim Young

Does Your Body Need A Detox?

Help your Body Detox With These Snacks

Eating well is a form of self-respect - Unknown

If you want to help your body's natural detox system, adding high quality, nutrient dense foods to your daily diet is the best way to start. Fresh fruit and vegetables are the cornerstone for any food detox. The following snack ideas are delicious ways to begin your healthy detox journey.

Fruit: Many types of fruit are "superfoods", meaning they are packed with vitamins, minerals and antioxidants. Fruits that are natural superfoods include apples, blueberries, strawberries, and cherries. Adding some fruit to your daily meals will add some sweetness along with vitamins and minerals to your healthy food detox. Fruit is also an easily portable snack. You can grab an apple or make a quick smoothie with berries and almond milk and put it in a travel cup.

Veggies: Vegetables are chock full of nutrients that help to detox your body. Many vegetables also act as natural diuretics, further helping to cleanse your system. Some good veggies for a detox are spinach, broccoli, cauliflower, asparagus, celery, carrots and kale.

Nuts and Seeds: Nuts and seeds are a good option because not only are they full of nutrients and healthy fats, but they are easy to pack when you're on the go. AND if you need a quick snack, you can always stop in any convenience store and grab a little bag of unsalted or lightly salted nuts or seeds. Add a bottle of spring water for a detox bonus.

Green Smoothie: Green smoothies are the standard smoothie when on a detox diet. A green smoothie is essentially one that has both fruits and veggies. The fruit makes it taste sweeter and less like you are drinking liquid lettuce, while the veggies skyrocket the nutritional benefits. Together, they make a tasty, detox drink.

You can choose any combination of fruit and vegetables you like, my favorites are spinach with blueberries and a bit of almond milk. With a smoothie, the general rule of thumb is to add just enough liquid to help it blend up.

Berry Smoothie: You can also make a delicious and healthy detox smoothie by using your favorite combination of berries. Most berries, including strawberries, blueberries, and raspberries, are filled with antioxidants and many other nutrients, making them superfoods, and perfect for a detox smoothie.

Using frozen berries will give you a refreshing drink, and adding almond milk will keep it dairy-free, and add a bit of creaminess. Berry smoothies are a great detox option, but, I would still recommend adding at least a handful of spinach – you won't taste it, I promise!

Try these ideas as a base for your snacks and smoothies, then add in some of your own favorite ingredients. Just remember to keep the fruits and veggies fresh or frozen and organic, if possible.

For more detox information, visit my website at www.kimyong.ca and "Like" my Facebook page @ [hhtwithkim](https://www.facebook.com/hhtwithkim). Kim Young is a Precision Nutrition certified Holistic Health and Wellness Coach, Functional Aging Specialist and Reiki Master who lives in Kootenay Bay with her husband Jim and their dog Buster.

Focus on Health

submitted by Shannon Mulhall

Lowering your sodium intake is easier than you think it was great to see some new faces attend the March, Focus on Health presentation, Blood Pressure & Heart Health. Thank you to our local Paramedic Sharon Webster for sharing her knowledge on this topic and for providing complimentary blood pressure checks for those in attendance. Sharon can be contacted at 250-551-6096.

According to Health Canada, Canadians from all age groups are eating too much sodium. The daily Adequate Intake (AI) for adults aged 14 to 50, is 1500 mg with an Upper Limit (UL) of 2300 mg. The AI for people outside this age group ranges from 120 mg to 1300 mg. Most of us however, are consuming approximately 3400 mg/day, more than double the daily AI.

Too much sodium in our diets can lead to high blood pressure, which is a major risk factor for developing stroke, heart disease and kidney disease, regardless of your age. Creating healthy eating and lifestyle habits early on in life can prevent or reduce the risk of developing a serious health concern but it's never too late to take action and manage your health.

What is sodium and why are Canadians eating too much of it?

Sodium is an essential mineral found in all salts. Our bodies need sodium to maintain fluid balance as well as, muscle and nerve function. Table salt, kosher salt, sea salt and other salts all contain sodium; one salt is not healthier than another.

Nowadays, the convenience of prepared foods has made it easy to squeeze eating into our busy lives but made it more difficult to understand exactly what it is, that we're eating. Have you read the food label on your favorite prepared food lately? The ingredients often include items that many people are unfamiliar with because they are additives that help the food product last longer or improve their taste.

The ingredients listed below are all sources of sodium:

-Baking powder	-Baking soda
-Brine	-Disodium phosphate
-Salt	-Sodium benzoate
-Sodium bisulfate	-Sodium chloride
-Monosodium glutamate	

More than 75% of the sodium we consume comes from processed foods such as cheese slices, deli meats, pizza, sauces and soups. Packaged and ready-to-eat foods, fast foods and restaurant meals are often high in sodium, as well. Although they may not taste salty, breads, breakfast cereals and bakery products also contain sodium. Read the food label!

Tips to reduce your sodium when grocery shopping, cooking and dining out

When grocery shopping, choose whole foods that are minimally processed. Fresh vegetables, whole grains and lean cuts of meats and protein alternatives that are prepared with little to no sodium, should top your grocery list.

Convenience foods like frozen dinners, soup and sauce mixes should be chosen in moderation along with salty snacks like potato chips. Look for low sodium or "no-salt added" versions of foods like unsalted nuts and home-popped popcorn, to satisfy your snacking.

Preparing homemade meals from scratch develops a connection with our food. We know what ingredients have gone into the meal and there's a greater sense of appreciation knowing that we took the time and care to fuel our bodies with healthy foods.

When using spices, avoid using those labeled as a salt such as, garlic salt, celery salt or onion salt and choose garlic powder or onion powder as an alternative. Fresh herbs and vegetables can add loads of flavor to a meal without the added salt. Homemade vegetable, chicken or beef broth are great alternatives to store bought varieties.

Inevitably, we all eat-out. Restaurants can provide nutritional information about their menu making it easier to make better food choices. Nutritional information is often available on a restaurant's website, allowing you to review it prior to visiting the restaurant and choose the best foods for your dietary goals. What a great way to avoid temptation in the moment!

Many restaurants today will accommodate reason-

able dietary requests, so ask your server about substitutions that may be available.

On the East Shore, we are fortunate to live in an area where many folks grow their own fruits and vegetables or support locally produced foods. Cooking meals with our friends and neighbors can be an enjoyable way to keep our dietary goals on track. What a great opportunity to get to know your food and your neighbors!

10 Ways to Lower Blood Pressure Without Medication

Along with choosing whole foods, preparing your own meals and making informed food choices, there are other ways to lower your blood pressure.

- 1- Lose extra pounds and watch your waistline
- 2- Exercise regularly
- 3- Eat a healthy diet
- 4- Reduce sodium in your diet
- 5- Limit the amount of alcohol you drink
- 6- Quit smoking
- 7- Cut back on caffeine
- 8- Reduce your stress
- 9- Monitor your blood pressure at home and see your doctor regularly
- 10- Get support

Always speak to your doctor about what approach is best for managing your specific health concerns. A combination of medication and changes to your eating and lifestyle habits, may lead to your best health!

Focus on Health is a monthly gathering to share community spirit through food and talk about current health topics. Our next presentation will Thursday, April 25, at the Crawford Bay Hall and will be our last one until October. Our guest speaker will be Pharmacist Nicole Keating. Nicole has a special interest in women's health and diabetes and will also talk about the services your pharmacist can provide, to help you maintain your best health. Join us for soup making from 10-12; volunteers are always welcome! Contact Cathy White 250-227-9095.

Soup will be served from 12-12:30 for \$5, followed by our health presentation at 12:30. Complimentary blood pressure check by Sharon Webster is available before and after each presentation.

IHA Seeks Physician for East Shore

Press release by IHA

Effective immediately, physician services are currently available two days per week at the East Shore Community Health Centre with the recent departure of Dr. Lauren Galbraith.

Interior Health is working with the Kootenay-Boundary Division of Family Practice to recruit a primary care provider to join the existing two physicians at the clinic who currently serve the community. We regret the interruption of services to patients who formerly saw Dr. Lee until her retirement in the fall and then Dr. Galbraith.

To make an appointment, patients may call the East Shore Medical Clinic, Crawford Bay at 250-227-9006.

MAINSTREET NOTICE: *There will be only two doctor days per week at the East Shore Health Clinic, effective immediately.*

A third doctor day was published in the March paper due to miscommunication, but please know that there will only be doctor days on Tuesdays and Wednesdays, indefinitely, unless another doctor takes the third day.

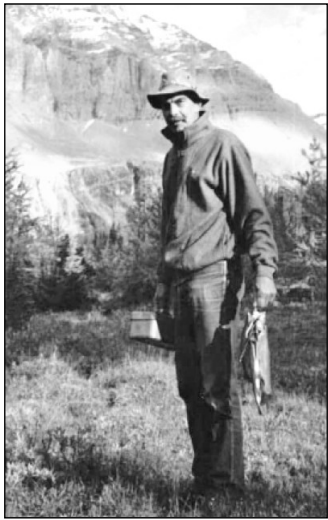
Dr Piver will be covering Tuesdays and Dr Moulson will be covering Wednesdays as normal.

Call the clinic (250-227-9006) to check for changes and be aware that there may be longer waits to see a doctor than normal.

Notice of Passing

Henry Christopher Newcomen

July 1, 1940 – Feb 17, 2019



Henry was born on July 1st, 1940 in Kaslo, B.C. to Henry Anderson Newcomen and Margaret Irene Olson. He passed away peacefully on February 17, 2019 in Invermere B.C. surrounded by his children.

He was predeceased by Susan Engelbracht, his partner of 25 years. He is survived by his sons Warren (Nan) and Marty (Elena), his daughters

Cali (Blaine) and Contessa, his sister Louise, and his brother Gerry.

Henry was an electrician by trade, taking over his father's business Hank's Electric in his early days, and later founding Newco Electrical Contracting. Henry was an accomplished athlete, competing at a national level in pole vault in his younger days. He was an avid curler, and participated in many bonspiels, one of his favourites being the Butterfly Bonspiel in Creston. He liked to golf, fish, ski and play the piano. He loved the outdoors, taking his children on many trips into the mountains around Invermere. In his later years he enjoyed spending time with his grandsons, Brandon, Taylor, Leigham, Caden, Westin and Finn.

Condolences may be left for the family at www.markmemorial@shaw.ca

A Celebration of Life was held for Henry in Invermere on March 30 at the Copper Point Resort. Henry's friends attended for a drink and some snacks, to share some stories of their adventures, and reminisce about the good times they had with him.

**Next Deadline:
April 24/2019**

NO MSP PREMIUMS BY 2020:

NDP introduces legislation years after campaign promise press release by bc.ctvnews.ca

Two years after winning the election on a campaign that included the complete elimination of medical services plan premiums, the provincial government introduced legislation to make good on its promise.

The NDP government made the announcement Thursday, though most of the details released were already known. British Columbians will no longer pay the MSP premiums as of Jan. 1, 2020.

The MSP program will continue to provide health benefits, and residents of the province are still expected to enrol.

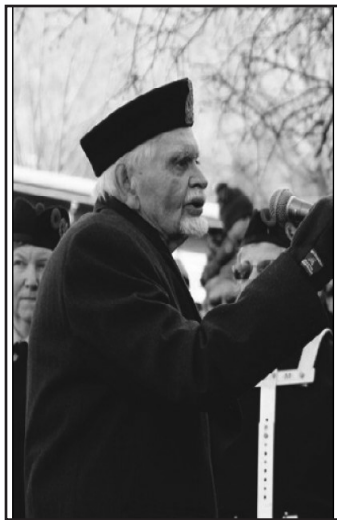
The government estimates the move will save about \$900 a year for individuals and up to \$1,800 a year for families.

Under the title "Medicare Protection Amendment Act 2019," the NDP would take out sections of the previous act related to the premiums.

Notice of Passing

Lionel H.L. Binette

Nov 24, 1919 – March 12, 2019



Passed away in Nelson, BC with family. Lionel was born in Retlaw, Alberta in 1919 to Joseph Binette and Eleanore Binette (Therien). Lionel and family lived in the area of Saint Paul, Alberta for many years. Lionel met Irene Guertin in Vancouver, BC, a girl from back home. They were married for 68 years until Irene passed away in 2010. Louis their eldest also passed away in 2011. Lionel and Irene

lived all over Canada. Over 65 postings and moves and when they got to the Kootenays. Irene said 'That's it! I'm not leaving!' They settled in Kootenay Bay and were well known and respected. They loved it. Living in Nelson, as Irene's health impacted life, Lionel really enjoyed the Legion, and playing crib at the Seniors Lodge downtown. He is known for reciting, "Flanders Field" on Remembrance Day at the Cenotaph.

During his long life he worked very hard to do right by his family. A good practical, frugal and determined man. His career in the Royal Canadian Air Force as a Search and Rescue Pararescue / Survival Trainer sent him to many dangerous and remote places, just before retirement he wrote the Canadian Forces Survival Book, "Down but not out" for the military. Lionel's siblings: Cyril, Lawrence and Blanche predeceased him. His brother Real lives in St. Albert, Alberta. Lionel and Irene had three children Louis, Eleanore and David and six grandchildren; Jennifer, Nichole, Alyza, Ross, Laura and Katherine, seven great grandchildren; Zackaria, London, Emily, Rebecca, Bryden, Margaret and Jase. Lindsay Evans, Gloria Binette, Douglas Allen and Ojan Cromie held a very special place in his heart, as did Caroline, Ryan and Iris.

Lionel loved to party, play harmonica and dance. He could stay up till the wee hours on New Years Eve, even at the age of 98 years old! He had many friends.

New Supervisor, Hours & Equipment at The Fitness Place

Julia Kinder has taken over the manager position at the East Shore Fitness Place. Welcome Julia!

New Hours as of April 1, 2019:

Mon-Sat, 8-10am & Mon-Fri: 6-8pm

For more info or to sign up for the key card program, please contact Julia Kinder at eastshorefacilities@gmail.com or 250.777.2497 (email is preferred)

Featured New Equipment:
The Versa Climber now has a seat attachment to make it more accessible to users.



Hospice News

submitted by Susan Dill

Sound can be soothing to the dying person. It can be delivered in the form of a treatment with tuning forks or singing bowls, or, in the absence of tools, the human voice.

As a nurse, I worked in a small rural Nursing facility attached to a hospital in Montana. One day I came to work and one of my patients had been moved from his usual room. I was told that he was in the emergency room next door and he was dying. I took care of my other patients and had someone watch them for me when I went to visit with him for the last time.

He was alone in a room near the nurse's station. He was anxious and restless. I spoke quietly to him and held his hand. He had his eyes open and he recognized me, but he was unable to speak, spending most of his energy in his breathing. I started to hum, and then I started singing. I still don't know where it came from, it was totally spontaneous. His breathing slowed, his eyes closed and his anxiety level was reduced. Within a very short time he was sleeping.

The nurse at the desk thanked me before I left. I have since learned about others who started singing, also spontaneously, to patients who were dying. One woman by the name of Kate Munger, from Inverness, California, started the Threshold Choir. This choir consists of 2 to 4 people who sing at the bedside of a person in the process of dying. They are simple melodies, sung in harmony, that comfort the person as they take their last breaths.

There are now many chapters of the Threshold Choir worldwide. The service is free, but the chapters all accept donations to keep being able to do this. There is a chapter of the Threshold Choir in Nelson. For more information, please contact the Nelson End of Life Society at 250-509-1617.

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 Centre in Crawford Bay at 250 227 9006. Hospice related books on palliative care, self-care, grief and mourning as well as some articles and brochures and DVD's are available through the Hospice office. The library is best accessed at the Hospice office on Tuesdays between 10 am and 2pm. Call for different arrangement.

Remembrance Garden

submitted by Muriel Crowe

Winter has ceded the garden to spring once again and memories are wafting on every little breeze. A glance at the benches and all of the names bring reminders of family and friends. This little haven is so much more than a reminder of those who have passed. It is a place of reprieve from inclement weather, a place to enjoy visiting with the living as well as those gone ahead, a store for two industrious little girls with a big bag of cones and last but not least a scent trail of a multitude of dogs.

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.

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/REPAIRS/GENERAL HELP

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: alexandralianephillips@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 - volunteer training offered once a year. 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 and Acutonics® classes. Theresa Lee, certified Acutonics® teacher and practitioner, 250-225-3518 kootenaysoundhealing.com

LISA SKOREYKO R.A.C. - Registered Acupuncturist. 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: Harre-son Tanner - Over 40 years clinical experience. Treatment of Lumbo/Sacral Strain, Whip Lash, Frozen Shoulder, Migranes/Headaches, TMJ problems, & Stress. No doct refl req'd. 227-6877/cell: 505-6166.

SUSAN SNEAD - MASSAGE: Certificates/training in Ayurvedic massages, Reflexology, Polarity Therapy, Acutonics Practitioner, Fibonacci tuning fork alignment, Astrological Counselling. 250- 225-3520

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 10 am 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

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, 250.227.9448 for Notary Public.

*Contact Mainstreet
mainstreet@eshore.ca
Deadline: April 24/19
www.eshore.ca*

East Shore Reading Centre:

Tues & Sat: 12-3 Thurs: 7-9 pm

Riondel Library:

Mon: 2-4 pm, Weds: 6-8 pm

Tues, Thurs, Sat: 10am-12:30pm

Transfer Station Hours

CBAY: Sun and Tues 10am-4pm

BOSWELL: Weds/Sat 11-3

YOUR HALL IS AVAILABLE!

For community events, wedding receptions, workshops... you name it!
Booking: Kathy Donnison - 250.227.9205

CRAWFORD BAY HALL

Your community hall

A non-smoking facility

Kootenay Lake Ferry Schedule

April/May 2018

Vessel	Departs Balfour	Departs Koot. Bay
Osprey	6:30 am	7:10 am
Osprey	8:10 am	9:00 am
Osprey	9:50 am	10:40 am
Osprey	11:30 am	12:20 pm
Osprey	1:10 pm	2:00 pm
Osprey	2:50 pm	3:40 pm
Osprey	4:30 pm	5:20 pm
Osprey	6:10 pm	7:00 pm
Osprey	7:50 pm	8:40 pm
Osprey	9:40 pm	10:20 pm

From...

A - Zed

Need insurance? Remember 3 things:


- a) It doesn't matter what letter of the alphabet it begins with.
- b) A lot of things can be insured.
- c) We insure a lot of things.

Our Hours:

Tuesday - Friday 9 am - 5 pm
Closed from 1 - 2 pm
Saturday 8:30 - 12:30

Kootenay Insurance Services Ltd.

#16030 Hwy 3A, Crawford Bay
Phone: 227-9698



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.

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.

PHYSICIAN COVERAGE FOR April 2019

**Note: Call to cancel if you can not make your
appointment. We always have a wait list for
patients needing to get an appointment.**

April 2 - Tues: Dr. Piver
April 3 - Weds: No Doctor
April 4 - Thurs: No Doctor
April 9 - Tues: Dr. Piver
April 10 - Weds: Dr. Moulson
April 11 - Thurs: No Doctor
April 16 - Tues: Dr. Piver
April 17 - Weds: Dr. Moulson
April 18 - Thurs: No Doctor
April 23 - Tues: Dr. Piver
April 24 - Weds: Dr. Moulson
April 25 - Thurs: No Doctor
April 30 - Tues: Dr. Piver

**Call to make appointments at 227-9006
on doctor days and Thursday morning.
Tues, Weds & Thurs (8:30 to 12:30)**

Not a walk-in clinic - appointments to see doctors are required.

**LAB HOURS AT THE CLINIC ARE EVERY
WEDNESDAY FROM 7:30-10:30am.**

**No appointments for lab visits, they are on a
numbered, first come, first served system.**

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

Boswell Hall Happenings

- **Board of Directors:** Meetings held on needs basis. Contact is Gary Hill: g.dhill@telus.net
- **Area A EDC:** 1st Tues each month 2pm.
- **Book Club:** Meets 2nd Thursday of each month @ 2pm. Contact is Melody Farmer: melodick.farmer@gmail.com
- **Farmers Institute:** Meetings held on needs basis. Contact is Bob Arms: armsrl44@gmail.com
- **Tone and Trim Fitness:** Every Mon/Thurs from 9-10am. Contact is Darlene Knudson: dar-lean@telus.net
- **First Responders:** First Mon of month at 10am. Contact is Rod Stewart: rod.jean@telus.net
- **East Shore Health Society:** Meetings held on needs basis. Contact is Margaret Crossley: margaret.crossley@usask.ca
- **Focus on Health Meetings:** Mon, Apr 22, 10am. Contact is Margaret Crossley: margaret.crossley@usask.ca
- **Nifty Needlers Quilt Guild:** 3rd Tues of each month - Contact is Marilyn Arms: armsmh46@gmail.com
- **Rural Crime Watch:** Meetings held on needs basis - Contact is Herve Blezy: hblezy@gmail.com
- **Yoga:** Every Weds from 1:30-3pm - Contact is Marilyn Arms: armsmh46@gmail.com
- **Vintners:** April 14 at 2pm - Contact is Allan Mayder: maydera@shaw.ca
- **Earth Day Cleanup:** Weds, April 17, 10:30am.
- **Festa Italiana:** Sat, April 27, 6pm

BULLETIN BOARD

THANK YOU!

A BIG Thanks to Pete Cullinane and JK Excavation LTD. for donating their time and equipment to keep the wetlands parking lot plowed all winter!
Yay for Crawford Bay Regional Park!

FIFTY-FIVE PLUS CLUB (55+)

Mondays, 2-4 PM, at the Community Corner in Crawford Bay, except for holidays. Everyone in the older but wiser age group is welcome. Cost is \$2 per week, refreshments provided.
Refreshments, good company, activities.

GENTLE YOGA W/ DANIELLE

Community Yoga at the Crawford Bay Gym is being offered during the school calendar. Two classes on Tuesdays 4:15-5:30 and 6-7:15 Everybody is welcome, all levels and all ages (children must be accompanied by an adult). Focus on the breath, alignment and self massage. Bring a blanket and cost is by donation. Need more information please call or text Danielle Rogers
250-509-0421

FOCUS ON HEALTH

East Shore Kootenay Health Society Invites You to a Presentation on The Pharmacist: A Vital Role in our Health. April 25, 2019 12:00-2pm, Crawford Bay Hall. Homemade Soup 12-12:30 pm. \$5/bowl. Presentation by Nicole Keating, B.Sc (Pharm) from Nelson Pharmasave. 12:30-1:30 pm. Complimentary Blood Pressure Monitoring by Sharon Webster. Volunteers for soup making welcome at 10am to 12pm. Call Cathy White @ (250) 227-9095. ALL AGES WELCOME!

A HUGE THANK YOU

To Susan Dill who called the doctor of the day and Alice, our health Care councillor, and informed them of the ferry over load in late March. They walked on and she was there to courier them to the clinic and back to the ferry at the end of the day. Thanks Susan, you are appreciated.

Riondel Seniors Goings On

- **Walk-a-Mile/Strength Training** - M/W/F, 10am
- **Dancercize** (ballet/jazz) w/ Simon - Wed 11am & Sat at 10am.
- **Pool** - M/Th at 1pm
- **Sports Night with Buzz** (pool, darts, ping pong) - Tue at 7pm.
- **Bridge** - 1st and 3rd Wed at 1:30pm
- **Knitting Group** - Sat at 10am
- **Yoga** - Thur at 10am
- **Art History with Gerald** - every Tuesday at 1pm (except for 3rd Tuesday of the month).
*The foregoing are free to members;
non-members are welcome for a drop in fee of \$5.*
- **Whist** - 1st Fri at 7pm
- **Games Night** (cards, board games, dice, etc) - all other Fri's at 7pm.
*Whist and Games Night have an entry fee:
bring a treat to share plus \$3 for members,
\$4 for non-members.*
- **Movie Night with Gerald** (and Popcorn!) - Mon at 7pm ... by donation.
- **Bingo** - Wed at 6:30pm
- **Seniors Executive Meetings** - 2nd Tuesday at 2:30pm
- **Potluck Lunch** - 3rd Tuesday at 12:30pm

*All activities take place in the Seniors Room,
Riondel Community Centre.*
Membership Fees for 2019: \$50/year & are due now.
Questions? Email Sherrie at <sfulton@sfu.ca>.

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH April 2019 SCHEDULE 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. Sylvester Ibekwe 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

LIONS CLUB - meets at the Kootenay Lake Community Church - 16190 Highway 3A, Crawford Bay.
Meeting Times: 7 pm. Second and Fourth 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 every Thursday morning at 8:30 am in the Kootenay Lake Community Church basement. Call Myrna for more info: 227-9420

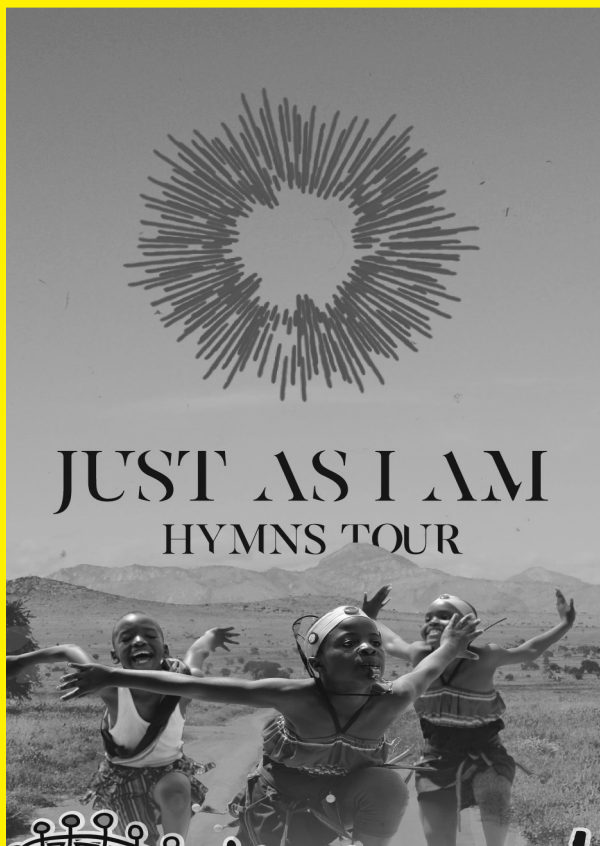
PARENT ADVISORY COMMITTEE
(PAC) Meetings usually held at 5:30 pm at the Crawford Bay School on the first or second Monday of the month.
Email cless.pac@gmail.com for info or to add to the agenda

Marquee Mondays

Movies every Monday at 7:00 p.m.
**Riondel Community Centre
Seniors Room**
April 8: First Man (2018)
April 15: Hair (1979)
April 22: The Favourite (2018)
April 29: King Kong (1933)
May 6: A Star is Born (2018)
May 13: Green Book (2018)
May 20: Bohemian Rhapsody (2018)
May 27: Back to the Future (1985)
June 3: The Greatest Showman (1928)
June 10: How to Train Your Dragon (2010)
June 17: Cyrano de Bergerac (1990)
Everyone Welcome (membership not required). Admission by Donation

APRIL 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Shotokan Karate, CB School, 6-8pm Seniors Social Group, Community Corner, 2-4pm Improv, Comm Corner, 7pm	2 Creston Vet in CB Yoga w/ Danielle, CBESS, 4:15 & 6pm Art Lecture w/Gerald Lions Meeting 7pm DR. Piver	3 Yoga w/ Melina, Bos Hall, 1:30-3pm Shotokan Karate, CB School, 5-7pm No Doctor	4 No Doctor	5 Shotokan Karate, CB School, 6:30-8pm	6 To See or Not to See, GC Hall, 7pm
7 To See or Not to See, GC Hall, 2pm	8 Shotokan Karate, CB School, 6-8pm Seniors Social Group, Community Corner, 2-4pm Improv, Comm Corner, 7pm	9 CB Hall Meeting, 7pm, Community Corner Yoga w/ Danielle, CBESS, 4:15 & 6pm Art Lecture w/Gerald Lions Meeting 7pm DR. Piver	10 Yoga w/ Melina, Bos Hall, 1:30-3pm Shotokan Karate, East Shore Writers Group, 1-3pm, CBESS CB School, 5-7pm DR. MOULSON	11 Riondel Library Open House, Rio CC, 6pm No Doctor	12 Shotokan Karate, CB School, 6:30-8pm	13 Taste of the Ashram
14	15 Improv, Comm Corner, 7pm Seniors Social Group, Community Corner, 2-4pm Shotokan Karate, CB School, 6-8pm	16 ESFS AGM, CBESS, 2:30pm Yoga w/ Danielle, CBESS, 4:15 & 6pm Art Lecture w/Gerald DR. Piver	17 Yoga w/ Melina, Bos Hall, 1:30-3pm Shotokan Karate, CB School, 5-7pm DR. MOULSON	18 Rec 9 Deadline No Doctor	19 Full Moon Modern Dysfunction, PCSS Shotokan Karate, CB School, 6:30-8pm	20 Modern Dysfunction, PCSS
21 Easter Sunday Service, Harrison Church	22 Improv, Comm Corner, 7pm Seniors Social Group, Focus on Health, CB Hall Shotokan Karate, CB School, 6-8pm	23 Yoga w/ Danielle, CBESS, 4:15 & 6pm Art Lecture w/Gerald Lions Meeting 7pm DR. Piver	24 DEADLINE Yoga w/ Melina, Bos Hall, 1:30-3pm Shotokan Karate, CB School, 5-7pm DR. MOULSON	25 Focus on Health, 12noon East Shore Writers Group, 6-8pm, CBESS No Doctor	26 Reconciliation w/ Indigenous Granparents, Ashram Shotokan Karate, CB School, 6:30-8pm	27 Reconciliation w/ Indigenous Granparents, Ashram Festa Italiana, Bos Hall
28 Reconciliation w/ Indigenous Granparents, Ashram	29 Improv, Comm Corner, 7pm Seniors Social Group, Community Corner, 2-4pm Shotokan Karate, CB School, 6-8pm	30 NDCU AGM, Adventure Hotel, Nelson, 7pm Karma Yoga Intake, Ashram Yoga w/ Danielle, CBESS, 4:15 & 6pm Art Lecture w/Gerald DR. Piver				



JUST AS I AM
HYMNS TOUR

Live in concert

AFRICANCHILDRENSCHOIR™

JOIN US FOR AN IMMERSIVE WORSHIP EXPERIENCE THROUGH SONG, DANCE & VIDEO STORY TELLING!

The Just As I Am tour combines traditional hymns with African cultural sounds and a stunning visual story of God's faithfulness. Don't miss out on this uniquely immersive experience through song, dance and video story telling.

Friday, May 3, 2019 | 7:00 pm
Central Kootenay A, British Columbia

Crawford Bay Community Hall
Wadd's Rd
Hosted by: Kootenay Lake Community Church
(250) 505-8286
AFRICANCHILDRENSCHOIR.COM



FOOTLIGHTERS THEATRE SOCIETY Presents

modern DYSFUNCTION

starring & directed by
devan COWARD
brian LAWRENCE
simone WIEBE

the new play by
jason SMITH &
suzanne CHUBB

April 19 & 20 • 7:30 PM
Prince Charles Theatre • Creston, BC

\$12 Adults • \$10 Seniors, Students
Tickets available at Black Bear Books, Kingfisher Used Books, Fly in the Fibre

Show ticket at Real Food Cafe for free dessert on show nights (with meal purchase). Reservations: 250-428-8882

FOOTLIGHTERS THEATRE SOCIETY

Kootenay Lake Ferry Schedule

All times listed in East Shore time.

Vessel	Departs Balfour	Departs Koot. Bay
Osprey	7:30 am	8:10 am
Osprey	9:10 am	10:00 am
Osprey	10:50 am	11:40 am
Osprey	12:30 am	1:20 pm
Osprey	2:10 pm	3:00 pm
Osprey	3:50 pm	4:40 pm
Osprey	5:30 pm	6:20 pm
Osprey	7:10 pm	8:00 pm
Osprey	8:50 pm	9:40 pm
Osprey	10:40 pm	11:20 pm

Transfer Station Hours

CBAY:
Sun & Tues 10am-4pm

BOSWELL:
Weds/Sat 11-3