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# The East Shore Mainstreet

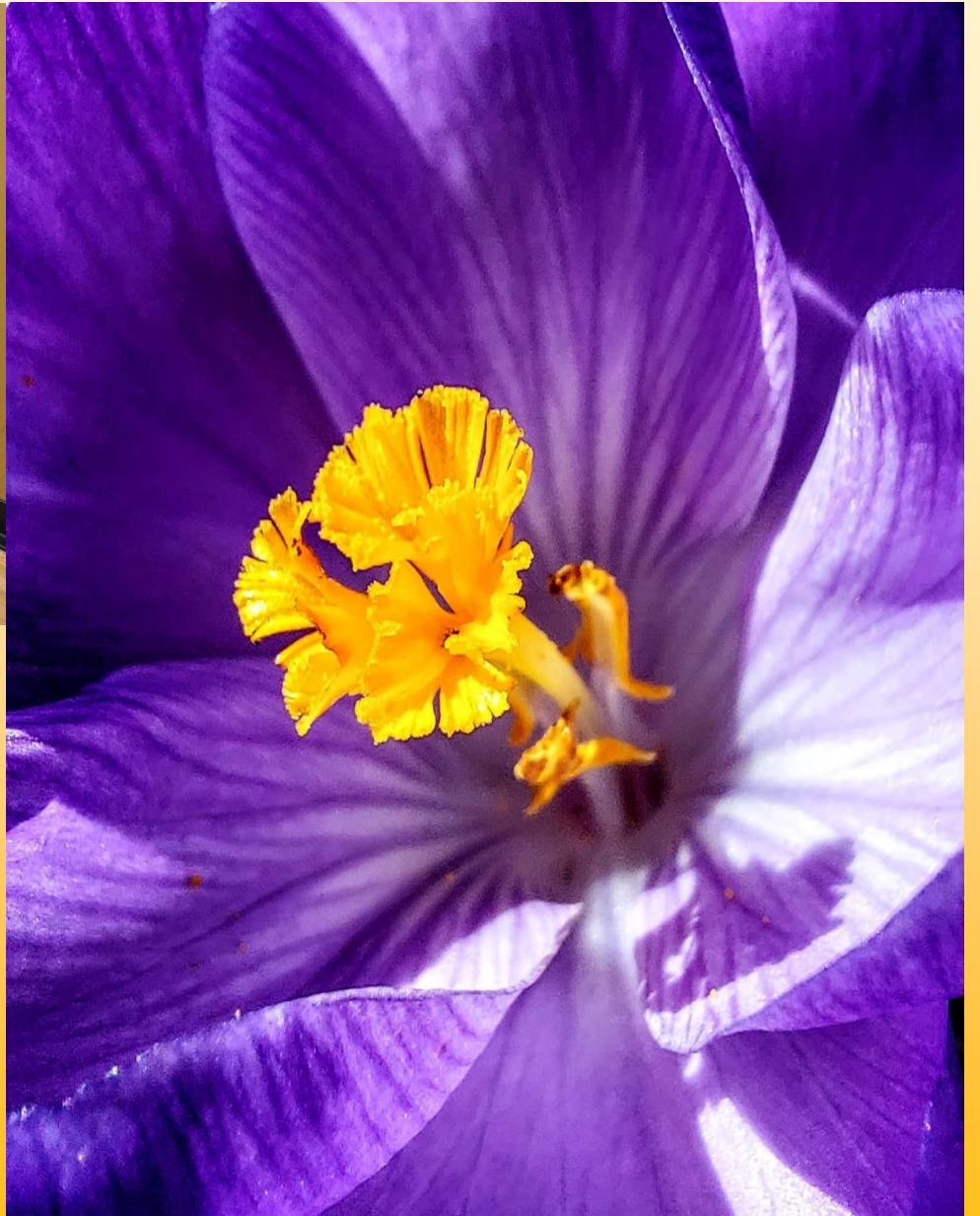
## KOOTENAY LAKE BC

~Locally-owned, community-supported independent news serving the East Shore of Kootenay Lake~



**Pictured:** Riondel's Shirley and John Wyngaard showing off their "guns" after getting the Pfizer vaccine on March 24, 2021 in Crawford Bay. According to some quick number crunching with a health society volunteer, it is estimated that over half of East Shore residents will be vaccinated by the time the clinic is over. Others choose not to vaccinate and *Mainstreet* asked one person who was making that choice to comment, as they represent a substantial swath of the community. Michelle Moss of Gray Creek says: "There are multiple reasons why many of us choose not to vaccinate, such as existing auto immune issues, or a lack of faith in testing of the vaccine (and consequent fear of side effects), to name just two. My reason for not vaccinating, is that I feel it is not actually a "vaccine", which puts a weakened or inactivated germ into our bodies. This mRNA "vaccine" teaches our cells how to make a protein, that triggers an immune response. I see this as toying with genetics, which I cannot support."

(Crocus on right, courtesy Bob Carter - @bob.cgfx on Instagram)



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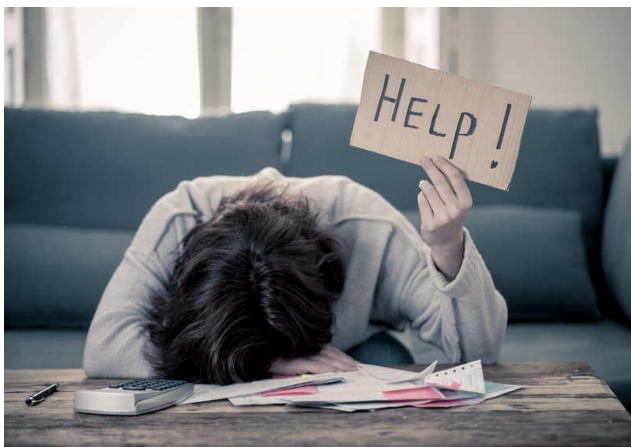
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## Mainstreet Meanderings

by Editor Ingrid Baetzel

People, there is a lot going on. I struggled this month about what to write about: the heat of “cancel culture” arguments, race and gender relations, the conundrum and discussion as to whether

to vaccinate or not, the ramifications of holding and attending events in a pandemic, the ways we communicate as a community and how we heal or deepen our rifts, the upcoming visitor season and how we can manage it safely and effectively, wars abroad, federal politics, unusual weather patterns... Oh, the list does go on. In the end, I got deeply stuck in a stupid vortex of writer’s block and unease and threw myself down a rabbit hole of weird facts. So, that’s what you get – no apologies. *Tom Sez*-style, here’s what I’ve been distracting myself with in the absence of wanting to think about more.

The KFC Twitter account only follows 11 people. The 5 Spice Girls and 6 guys named Herb. This is because of their “secret blend of 11 herbs and spices”. The first person to notice and point this out was sent a painting of himself holding a drumstick while riding piggyback on the Colonel.

Dogs prefer to align themselves along the North-South axis under calm magnetic field conditions when they have to poop. Researchers studied 70 dogs over two years and this was the first time that magnetic sensitivity was proven in dogs.

The ampersand (&) is a ligature for the word “et” (French for “and”).

The division symbol is just a blank fraction with dots replacing the numerator and the denominator.

*Green Eggs and Ham* by Dr. Seuss started as a bet when the author accepted a bet from his editor that he couldn’t create a book using fewer than 50 words.

Tree rings, which tell the age of tree, get wider during wet years. Drought years create thinner rings.

As dandelions, weeds and flowers begin to grow and people consider how much of their greenspace to leave to our beloved bee population (leave lots!), it seems important to inform you that the French word for dandelion, pissenlit, means “wet the bed” as dandelions have diuretic properties.

The blob of toothpaste on your brush has a name – meet the “nurdle”.

Hippo milk is pink, but doesn’t taste like strawberries and contains over 500 calories per cup.

Before 1913, people could mail their children off via the postal service. According to National Postal Museum historian Nancy Pope, the first known case of a mailed baby was in 1913 when Mr. and Mrs. Jesse Beauge of Glen Este, Ohio, shipped their 10-pound infant son to his grandmother’s home about a mile away, paying 15 cents in postage and springing for \$50 in insurance (because they were worriers). Records do not indicate whether Grandmother Beauge received her mail in a mailbox or through a letter slot.

Some people can’t spell Gray Creek or Wynndel properly, but they’re much easier to work out than pronouncing or spelling “Llanfair Pwllgwyngyll” in the Isle of Anglesey, county of Gwynedd, in the country of Wales.



### OFFICE DESK

Box 140, Crawford Bay, BC, V0B 1E0

Editor: Ingrid Zaiß Baetzel (since 2002)

Phone: 250.505.7697

Email: [mainstreet@eshore.ca](mailto:mainstreet@eshore.ca)

Writers: Community

Article? Letter? Etc? Drop off at Gray Creek Store

drop box, mail to Box 140, Crawford Bay, V0B 1E0

or Best Yet, Email to: [mainstreet@eshore.ca](mailto:mainstreet@eshore.ca)

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

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

Send in May 2021 issue items by:

**Next Deadline: April 28, 2021**

## Letters to the Editor

### GRATITUDE

Dear Editor:

It has been quite a journey for the last couple of months. I had a lot of pain on my right side on about January 26, so I went to Nelson in the ambulance and spent the day there. They thought I had a kidney infection, sent me home with antibiotics and that night I had very severe pain, so we called the ambulance again. This time we rode in the middle of a snow storm to Creston.

I want to thank and share my gratitude for our amazing ambulance crew that saved my life. Two nights in a row we had to call the ambulance at the end of January. Both times they were at our house in Riondel within 15 minutes. Both nights Susan Tesoriere and James Linn came with so much kindness and caring. On the second night when I was very seriously sick we picked my nephew, Cory Medhurst (Paramedic), on the way to Creston in a snowstorm. I cannot thank them enough for their loving care. They saved my life as well as the doctor who was on duty in Creston. By a miracle he saw what was happening. I had three ruptured hepatic artery aneurysms.

They sent me to Cranbrook in an ambulance where a plane was waiting to take me to Calgary. To make a long story shorter, I had three blood transfusions, four surgeries to close the aneurysms and then twice had tubes inserted in around lungs to drain out four litres of blood from this area. Every doctor that I saw said that they had never heard of this happening and the only reason they came up with was that it’s an inherited weakness.

Leave it to me to have something totally different. They told me it will take some time to heal. I still get a quite a bit of pain and am on pretty heavy pain meds. I am getting stronger and healthier every day with the loving care of Harreson, my nurse, house cleaner, cook and husband.

2 Mainstreet April 2021

My gratitude well is overflowing I am so grateful to be alive, for all the amazingly good care and love I have received from all the doctors, nurses, ambulance attendants, air ambulances, hospital staff, dear friends who sent love and healing prayers.

The night it all happened my inner higher self or inner guide said very clearly, “You are not going to die. It’s not your time yet. This is happening not only for you.” This knowingness helped to carry me through the whole experience. I am so blessed to live in a community where so many dear loving friends have sent me flowers, love and healing prayers. Looking forward to lots of hugs this summer

Blanche Tanner, Riondel

### CENSUS ACCURACY

Dear Editor:

As the 2021 Census is likely to be taken this May, Garry Jackman has emphasized how important that we get a true count of our East Shore residents from Riondel to Wynndel.

Could we ask those working on the Census to try and get on board those who opt out with “We haven’t got BC plates yet” or perhaps “We still have property in Alberta”?

If we can’t produce an accurate figure, we will likely be losing out on wildfire protection and many others as so many things are based on the Census.

Tom Lymbery, Gray Creek

### THE TERM SOCIAL DISTANCING NEEDS TO GO!

Dear Editor:

A little more than a year ago in March 2020, when Health Organizations across the world set out to slow the spread of a new virus that scared half the pants off some of us, the term social distancing was applied. Social distancing meant for me that for the time being

licking and hugging my friends and family wasn’t recommended; and it was advisable to keep a yoga mat’s distance between all but my closest relations.

Distance: a numerical measurement of how far apart objects or points or people are.

What does the word “social” have to do with distance? Is the distance we are referring to in the term “social distancing” not the physical length of a yoga mat? So why in the name of fuzzy holey sweaters (picture fuzzy, itchy wool sweaters full of baseball size holes) are we not using the term physical distancing?

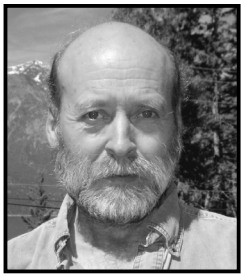
Difficult times call for difficult measures...and I don’t mean in measures lengths.

And...when the going gets tough the tough get going.

It’s been tough going for all of us over the last year. But the strength we all have for soldiering on through the mud (metaphorically speaking) is brilliant. Can you see your strength? As we continue to adjust to the ever changing and challenging world of health measures, has it been social distancing or physical distancing that kept us apart? Have our social connections weakened as a result of distancing? In some cases, the distance, physical separation, and not holding our love ones was heartbreaking...don’t you think? And in other cases, (as of those with difficult in-law relations) the distance was a welcome visitor.

Through these tough times remaining socially connected at a physical distance is the desirable outcome. The fact that loneliness can be more detrimental to a person’s health than smoking a pack of cigarettes per day is not new. Our innovative and fast changing world of technology has contributed some wonderful, helpful tools which enable us to remain socially connected over a physical distance. These platforms included Zoom, various video call apps such as Messenger, Skype, WhatsApp and Signal. And then of course there





## RDCK Area "A" Update

by Garry Jackman,

### Emergency Services:

When it comes to emergency planning, mitigation and response, our area is served by Jon Jackson, RDCK Emergency Program Coordinator, who took over for Alanna Garret more than a year ago. Due to COVID restrictions Jon has not had the opportunity to meet many of us in our community halls or other gathering places which also serve as our emergency reception centers. Jon asked me to pass along the following message:

*"As we approach the traditional emergency season (which in our area typically starts with the spring freshet followed by wildfires), we'd like to remind residents to be prepared to be self-sufficient for a minimum of 72 hours after an emergency, and possibly up to a week, depending on the situation. A few minutes spent getting ready now can save a lot of headaches in the event of an emergency. There are guides, tips and suggestions at our website: [www.rdck.ca/emergency](http://www.rdck.ca/emergency)"*

Important things to consider include having sufficient medications, medical equipment (spectacles, hearing aids, mobility devices, dentures etc.), and vital information such as copies of insurance policies, personal identification, contact info for friends and family etc. ready in a kit. Jon and his colleagues have been working to create a new Neighbourhood Preparedness Program designed to guide groups of residents to collaborate with each other for mutual support in the event of an emergency: "Neighbours helping neighbours". Again, the information is available on the website.

## Letters to the Editor

is Alexander Graham Bell's not so new invention: the telephone, which for most of us in no longer connected to the wall except when charging.

There are lots of ways remain socially connected and to prevent feeling isolated while observing a "physical distance". For example; Pick up the telephone and call your grandmother. Hearing from you will probably make her day. And remember it's not social distancing we are practising (except in the case of certain in-laws) but rather physical distancing, and hence I repeat: "The term social distancing needs to go!"

*Rebecca Fuzzen, (currently in Germany)*

### CRAWFORD BAY COMMUNITY PROPERTY ROBBED AGAIN!

Dear Editor:

For the second time in less than a year thieves have helped themselves to something from the eight-acre property surrounding our community hall. Recently a 106-year-old Douglas Fir tree was cut down and removed via the road at the east end of the old soccer field after the security gate was breached.

Last year, at about this same time when the hall was first closed due to Covid restrictions, 300 feet of tech electrical cable was stolen from our water system rendering it inoperable. Both these thefts occurred out of sight of Wadds Road down near Crawford Creek.

Later last year there were also several break-ins at buildings in the Crawford Bay Community Park.

Remediating this recent theft didn't cost much financially but as directors of the association we can assure you that the intangible cost of actions like these are considerable. At the same time when we are asking the community for support for the plan to rejuvenate and preserve our 83-year-old hall others are robbing our association!

**Crawford Creek Park and Wetlands:** As expected, concerns continue to flow in around use of the site ranging from a person who may need to raise their general level of social awareness (driving and then rolling their truck on the beach) to dog owners not picking up to concerns about camping on crown land.

As I indicated last month, I would like to hold a web based town hall meeting to provide an update on some of the activity on the site, listen to local input and answer questions where possible. March has not worked out so far, so to give adequate notice the tentative date for web based town hall meeting is Tuesday, 20 April 2021 from 6pm to 8pm. I will open the meeting with a recap of some of the objectives the community voiced prior to the land being acquired, including:

- maintain trails, open space and beach access for local and regional recreation
- support local tourism economy with controlled access to waterfront & trails
- protect riparian areas along Crawford Bay and Crawford Creek
- protect existing wetlands
- expand protection to and restoration of sensitive areas previously impacted
- support other compatible land uses, such as ongoing haying operations and potential community farm

As a community we also discussed previously how to form partnerships (through stewardship groups) to manage areas of the park. We will cover those options more formally through the summer and fall with more broad based discussions with all Area A residents since the park purchase plus operations and maintenance budget is being supported by residents from Wynndel through to Riodel.

Please help us watch out for suspicious or illegal activities taking place around our community hall and park. After all these important community resources belong to ALL of us!

*David Wells, Helene Carter, Gina Medhurst, Leona Keraiff, Nicole Schreiber, Vienna Doenni, Susan Hulland (for) The Crawford Bay & District Hall & Parks Association.*

### To Our Valued Customers,

Just a reminder that the Crawford Bay Market is offering curb side pickup for your grocery needs.

If you are in quarantine following Covid protocol or are unable to come into the market for any reason, please send us an email at [cbm@crawfordbaymarket.ca](mailto:cbm@crawfordbaymarket.ca) or call 250-227-9322 with an order and we will be happy to serve you.

Thank you,  
Crawford Bay Market

- Items in the current workplan include:
- Signage and partial fencing/berms - "no motorized vehicles beyond this point", "restricted access nature reserve beyond this point"
  - Main driveway/vehicle access completion in spring 2021
  - Beach access trail (pedestrian and cycling) beyond access road parking area
  - Restrooms (grant funding not successful so far, but we are reviewing options)
  - Possible contract to monitor use of site
  - Contract for haying the open field - updated as land use decisions evolve
  - First Nations Cultural Values Process - work with First Nations to discuss potential opportunities such as interpretive signage, historical use of site
  - Park Management Plan Public Engagement
  - Full park management plan project funding anticipated for 2022

I still invite anyone to send me questions directly in advance (email info below) so I can summarize them and be sure to have answers on hand.

### Reminders

- Rec 9 applications need to be submitted in electronic format by noon, April 26th and the meeting to review applications will be 2pm on May 4th (webex)
- April is the month when the tipping fee for yard and garden waste is waived for the east shore transfer stations and at the Creston landfill site
- We are still looking for volunteers for the Economic Development, Area A Advisory Planning and Recreation 9 commissions. Send me an email if you want to learn more about any of these volunteer positions.
- Now that the 2021 RDCK budget has been finalized I can forward electronic copies to anyone who is interested and try to answer any follow up questions.

### Federal census and how the data may be used:

As I have stated many times, our demographics are far different from urban areas, in particular along the northerly half of our electoral area. A clear example of the importance of accurate data is what happened with the COVID vaccination rollout for the east shore. It is largely due to our demographics, along with relative remoteness, that Interior Health was able to make the decision to offer vaccinations to a wider demographic than is typically offered across BC thereby creating a better level of protection for our relatively high number of vulnerable community members.

Responding to a census, fully and honestly, matters. It is just that simple. Coming to a household near you in May 2021.

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



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## Hidden Taxes

by David George

Hidden Taxes - 95  
by David George

Special Vaccine Edition

When this issue of *Mainstreet* is in print, many of us on our beloved East Shore will have been vaccinated against Covid-19, with the Pfizer-BioNTech mRNA type. A big shout-out to Kim Young, of the East Shore Kootenay Lake Community Health Society for organising this. If you were not able to get vaccinated at one of the first three clinics, don't worry. There will be more clinics scheduled very soon. It is worth repeating that this type of vaccine does not contain any of the actual virus. Instead, it primes our own immune system to be ready to defeat Covid-19 if we are exposed.

Online research finds the following: mRNA vaccines teach our cells how to make a protein that will trigger an immune response without using the live virus that causes COVID-19. Once triggered, our body then makes antibodies. These antibodies help us fight the infection if the real virus does enter our body in the future.

The Moderna vaccine is also an mRNA type and is very similar to the Pfizer-BioNTech. Astra-Zeneca and Janssen are different and use a virus similar to the common cold to prepare the immune system to fight Covid-19. Astra-Zeneca has been linked to blood clots in some people, and although Health Canada has approved it for use here, there is still research ongoing in Europe about the clotting reports. My own take on this controversy is that more research is needed about Astra-Zeneca.

While the Pfizer vaccine initially came with a recommendation that the second dose be given in 21 days

after the first, it appears that delaying the second dose for three months is equally effective. After the second dose, Pfizer is said to be 95 percent effective in preventing Covid-19.

What about those people who refuse the vaccine? It may well be that those who cannot present a valid vaccine certificate may be refused travel by air, or entry into some countries. If you plan on travelling, it would be a good idea to keep the certificate in your passport. In any event, we are all likely to have to wear masks in public places for several more months this year.

It remains to see if we will have our regular Canada Day celebrations this year, even though our federal government hopes all Canadians will have had at least the first vaccine shot by then. It is little short of miraculous that in less than a year, there have been developed at least four effective vaccines against the present plague.

Many of us older people remember the restrictions on summer activities before the Salk Polio vaccine was developed. Even after 65 years since Polio was nearly wiped out by vaccines, it still exists, mainly in third world countries. Smallpox is the only disease which has actually been defeated worldwide.

Here are a few more words about where and how this Covid-19 virus was released to the world. It started in China, in a place we have heard called Wuhan. It may have started in one of the horrid and unsanitary animal markets there, but any evidence of that was wiped out when the Chinese government closed and completely disinfected the market, destroying any evidence of whether the virus came from bats there. Bats are known to carry viruses which can infect humans.

Now before I get accused of anti-Asian prejudice, let me make it clear that I dislike the present government of China, not Chinese people. That communist government is presently playing stupid games with the lives of two Canadian citizens, known as the Two Michaels. There is new hope for their release, in that

ing. We are starting to see drawings from the architect of ways that this entryway can be added to the hall in a way that compliments the building's character and keeps the wheelchair ramp covered to preclude costly snow clearing. We soon hope to have preliminary conceptual drawings of this addition to share with the community.

Our Community Donations Fund grew last month thanks to Debbie Turner who turned unwanted household items into another \$100 for us. Money donated by community groups and individuals is critical to our success because while most of the costs of this work will come from grants, our association must contribute a certain amount of money with each application we make.

**A big thank you to Carol Boyd and Steve Brunton for pruning the huge Hawthorn tree in our Park. Donating time to maintenance projects that need to be done on our properties is another way you can support our association.**

Sadly, we do have some discouraging news to report. For the second time in a year thieves have stolen from the property of the Crawford Bay Hall. This time a 106 year old fir tree was cut down and removed using the access road at the end of the old soccer field. This theft and the one last spring when 300 feet of tech cable was stolen from the hall's water system both took place away from Wadds Road down by Crawford Creek. We have now installed a much sturdier gate. Thanks to Roswitha Strom for donating a metal post for the rebuild of the gate and to Dave Hough for helping with the excavation.

When people steal from community property they steal from all of us. Please help us protect our jointly owned resources. If you see suspicious activity going on at our hall, park or at the Kootenay Bay boat launch site please contact one of our directors: Gina Medhurst, Nicole Schreiber, Helene Carter, Vienna Doenni, David Wells, Leona Keraiff, Susan Hulland.

US President Biden has stated that his government will negotiate for them as if they were US citizens. What can we do to speed the release of the two Michaels? We can phone our MP, who although he is Conservative, will no doubt run for re-election soon. Rob Morrison, 1.800.668.5522, or email Rob.Morrison@parl.gc.ca. We can refrain from buying goods made in China, as much as possible. We can let companies who have most of their products made in China know that we will not buy from them until they bring jobs back to Canada, or at least the Western Hemisphere.

Besides the plight of the two Michaels, and the shoddy quality of many goods made in China, remember that that country has forced at least two, possibly three million of its citizens into concentration camps, because the present rulers of China do not like their religion. Sound familiar to how the Nazis treated people they considered inferior? Well, China may not be engaged in mass killings now, but it certainly is attempting to 're-educate' millions of people, including Tibetans, who it considers backward or politically incorrect. The time to resist is now. We must not stand silently by.

## Forest Restoration at Yasodhara Ashram

Submitted by Shakti Karin Scarth

Forest covers most of the 110 acre property at Yasodhara Ashram, from the shore of Kootenay Lake up the mountain to just beyond the power line. Along with our neighbours on the East Shore and everyone else in BC, we have been increasingly concerned about the threat of wildfire in recent years, and we have been reaching out to local experts to learn how we can help our forest become healthier and more resilient to climate change and wildfire.

We have been working with the RDCK's local FireSmart program for many years now, removing fire hazards and fuel around our buildings, but we wanted to expand our work to include the whole forested landscape here. In 2019, we hired John Cathro and his team from Kaslo to create a wildfire risk reduction plan for us, mapping and providing an inventory of the forest areas. Our neighbour and longtime friend Anthony Arnold from Riondel encouraged us to take the next step and connect with Ian Kerr from Creston, who had done some innovative forestry work on Anthony's property.

Ian's company, AcreShakerr Contracting, uses highly specialized small scale Scandinavian equipment, which has much less impact on the landscape than the conventional harvesters and forwarders typically used in North America. The forest thinning he does mimics the natural fire cycle, creating natural breaks in the canopy, which contributes to forest diversity and species preservation. The aim is to give the forest a reset after decades of fire suppression and commercial logging practices, and allow it to create the ecosystem it needs.

On the Ashram property, Ian has been mostly taking out the small unthrifty cedars that are choking the forest, and leaving large healthy fir, larch, pine and cedar to parent the regrowth of the forest. To finance the project, we are harvesting carefully selected merchantable fir, larch and cedar from areas where density is too high, leaving all healthy trees over 35 - 45cm diameter. Essentially, it is the opposite of what logging has typically been, where the largest and most profitable trees are taken out, leaving the forest to struggle without the elder trees to sustain it.

After a few years of learning and planning, we are excited to see this work beginning. We are looking forward to watching the forest grow into a wildfire-resilient and healthy ecosystem over the next decades, creating a sustainable forest for the next generations.

## Crawford Bay Hall UPDATE

Submitted by Susan Hulland



The Crawford Bay Hall Rejuvenation & Preservation Project recently received a \$12,000 grant from Columbia Basin Trust. The money was awarded for renovation design and cost estimates which we are working on with our architect, Nelson Rocha of Studio 9. This marks an exciting new phase of our project.

The 2019 Community Survey showed that many respondents thought we should not make the hall larger. However building codes and safety regulations have changed a lot since the last renovation was done in the 1980's and we need to find room for several things including more toilets! Because of this and the fact that the wheelchair ramp must enter the building at or near the main door, we foresee adding an entryway to the hall where the main doors are located.

This additional space will allow for much-needed storage of coats and boots, act as a buffer between the inside of the hall and the great outdoors and include room for a small historical display and signage honouring those who donated to improvements to the build-  
**4 Mainstreet April 2021**





## Hacker's Desk

by Gef Tremblay

### Is it Accelerating?

A friend who is studying disaster management (what a fitting field of study!) and I were chatting over the weekend at Joe LeBlanc's beautiful powerful and touching funeral. He mentioned how things seems to be accelerating. A pandemic is raging, with new strands coming out on a weekly basis, price of land and houses raising to an all-time high, while the climate crisis, seemingly forgotten by the North American media narrative, is worsening. Space exploration is booming, and with hundreds of shuttles going into space, we'll see space tourism starting this year, while AI (artificial intelligence) is being introduced to all new technologies. It seems like the current carrying us humans is getting faster, indeed. It's not all bad news, but there is a definite feeling of contraction and acceleration.

When my grandmother passed away at the commendable age of 97, my mother at her side, and felt saddened by the lack of rituals and depth to the event. This weekend's funeral was what my mother would have like to experience. A wild gathering of soul, without a trace of religion but with a solid spiritual ritualistic foundation, very human and very potent, going back to the core of what it is to lose a loved one. This celebration of life was an inspiring step in a direction we could take as a tribe. While the world is changing around us, I'm wondering how we can get back to a more 'tribal' way of life, celebrating different phases in life as we used to do.

With so much happening around me, I often question my self and my role in all this. An old precept of

mine is that if I am questioning something about reality, it's probably because I should somehow take part in it. In other words, the level at which I am questioning reality is probably equivalent to the level at which I should take part in it. If I'm asking the question, it means that I am aware enough to know what is going on. I should then have to take action in that realm.

The problem is that I question everything. I try to explore and clarify for myself (and the world maybe?) where we could all go together. Even as a kid, I questioned the very foundation of my world; I didn't want to believe that the world was only what we see about it, I knew there was more.

Visiting a friend with stage four cancer yesterday, I left him with the question as to whether he had support, not only mentally, or with a nutritionist, but with his relationship with himself, with his soul. It seems like cancer is not only a biological process but could be rooted in a deeper layer of consciousness. I had to leave to catch our ferr - what a weird feeling, to leave a friend behind in a hurry to catch a ferry. His last words to me that day were to thank for the huge books (*The Hundred Thousand Songs of Millarepa*) I offered him, wondering if he be around to be able to read it all. I laughed uncomfortably, waved my hand to him. He might not have the time to read it all... Why do I have to run? Am I too busy to care?

Sitting in a meditation this morning, I see resistance, an old friend of mine. This resistance is quite clever this time. I want to step out of the meditation, I want to go on with my life, I want to live and experience every moment, I want my life to be the meditation. Why would I sit and explore my reality, when I can live and be present in this reality? It feels too pressing to take time to meditate; how can I bring activism to meditation?

I started reading *A Year With Swollen Appendices: Brian Eno's Diary* and it was inspiring how he was simply noting what was happening in his life, without

Cliff proudly recalls the protest march starting at hall/school area with 300 strong in attendance in defence of the school possibly closing. He remembers the "firewall" which was installed to stop the passage through double doors (after going up four or five steps) between the school and the hall. He volunteered to coach boy's basketball in the hall although they never got beyond practises as the boys preferred to "laugh, joke, elbow, kick and generally not take seriously anything I tried to tell them! It was brutal." The Van Ruyskenveldes, Hawkins, Drapers and Stockers were some boys that Cliff remembered.

There was quite a rivalry between the Crawford Bay loggers and the Riondel miners which frequently revealed itself at community dances in the hall. Gerry Schiavon's band would play but Ginny told me, "Once the clock struck midnight, the fights would start."

Cliff and Ginny's son Chris won a prize at the Fall Fair one year for his "tee time" creation aptly named by judge, Myrna Strom. He assembled golf tees, moss and sand eventually winning first place.

Ginny also fondly remembers Mrs. Berg's ballet class which Pam and Deb attended.

Ginny called me recently to relay her memory of "vet" clinics that she arranged with Dr. David Perrin from Creston. He and his team made multiple trips up the lake to use our small hall.

Cliff and Ginny's daughter Deb remembers being in Alanda Greene's class when Alanda introduced them to other cultures. They prepped some meals in the hall kitchen representing international fare. "Mrs. Greene was way before her time," Deb said.

Eldest daughter Pam was not overly fond of school; however, she did love the day she dressed as a member of the rock band KISS for her initiation to eighth grade.

Cliff's parting words: "Crawford Bay is a great place to raise kids!"

much censorship, and it gave a very potent pulse of what he was going through, of his own creative processes. Going back to my own diary and reflection book, I realized that if anyone ended up reading them, it would be really boring. I am not really writing about anything, nor did I bring the context in which these reflections arose. Of course, the process of reflecting is still a good tool for my own evolution and sanity, but I felt inspired to root all these reflections in my daily life, so I changed the way I reflect, the way I write. I feel this article follows a bit of this process, keeping it real, keeping it closer to my human experience, making it more relatable and maybe more actionable for the readers. Taking the time to reflect about what is going on now also helps slow down the whirling reality.

It is accelerating and it's important for me to reaffirm what I am doing on this planet, connecting with my tribe, bringing people I love closer so we can enjoy the ride together. It's also important to enjoy it all, while it lasts. I cannot wait for this or that to be done, or wait until I'm here or there to then to start. Every moment counts and it's my choice to make the most of it. All that pain, sadness and suffering stands as a reminder to appreciate every moment of this reality.



## Crawford Bay Hall Memories & Musings

by Leona Keraiff

Almost 50 years ago, the Romano family arrived in Crawford Bay, taking up residence on the old Haverstock property, where Don and Donna Sussums presently live. Cliff, Ginny, Pam, Debbie, Chris and their horses quickly settled into their life here on the Best Shore.

Because of their love of horses, Cliff became involved with the Kokanee Karnival of Sports which held regular meetings in the Crawford Bay Community Hall. Tom Lymbery organized the logger sports while Cliff was involved with the gymkana and dreamt of having a riding ring at the local park.

In order to make the ring a reality, Cliff joined the parks board (separate from the hall board back then) eventually becoming the president, taking over from Irv Green. AGMs were in existence in the seventies too with the same small number of folks attending, therefore Cliff decided to "drum up business" by spreading the word while reading meters for West Kootenay Power. Controversial topics like the riding ring and a land swap with Kokanee Springs (park land for the parcel where the new school sits) brought folks in droves to meetings. Needless to say, the ring existed for a few years but the park land stayed in its present location (originally donated by Lloyd Johnson, Cliff thinks). Cliff's term as president ended when "city folks" wanted the park for dog walks, benches, walking trails and streetlights. Cliff stated, "People won't participate but will beak off AND won't step up to the plate when someone has ideas they don't like."

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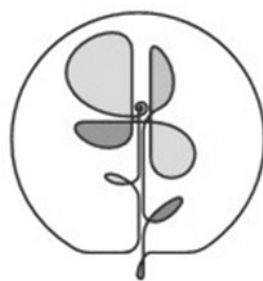
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# Riondel Fire and Rescue Blotter

by Fire Chief Cory Medhurst

April is upon us, and with it brings spring clean up in our homes and yards. An urgent reminder to all residents who are planning on burning leaves, grass, and yard debris this spring to follow proper burning procedures. This includes ensuring compliance with the BC venting index (found at [www.env.gov.bc.ca/epd/epdpa/venting/](http://www.env.gov.bc.ca/epd/epdpa/venting/)) and following provincial burn guidelines (found at [www2.gov.bc.ca/gov/content/safety/wildfire-status/fire-bans-and-restrictions](http://www2.gov.bc.ca/gov/content/safety/wildfire-status/fire-bans-and-restrictions)) as well as having the recommended water, tools, and supervision available for any size fire. There have been numerous reports from multiple Fire Departments in and around the Regional District of wildfires starting from a little burn pile that “got away”. Fortunately, all fires were contained quickly with no reports of loses. A good, early reminder for us all.

The members of Riondel VFD are proud to announce the arrival of our much-anticipated new rescue truck. The 2021 Ford 550 cab and chassis were purchased earlier this year after our former rescue truck unexpectedly ran its last mission while returning from a call, middle of last year. With thanks to Regional Deputy Fire Chief Kynan O'Rourke for his time sourcing and securing an affordable, compliant truck; arranging to have our original rescue box transferred and mounted by Comfort Welding of Creston; and having it wired for emergency readiness (fancy talk for the lights and sirens) by SK Electronics of Nelson. After receiving the decals from SpeedPro of Nelson the truck was delivered to the ferry on Thursday March 17, just in time for fire practice. The crew spent 2 and a half hours prepping and restocking the truck in readiness for emergencies. Riondel Rescue601 was put back into

service at 21:30. I must admit, this sounds more like an advertisement than an announcement, but we like to give credit where it is due.

## Calls to date are as follows:

**March 6** - A motor vehicle incident in Gray Creek had 5 members attend; 1 member arriving on scene prior to the crew reported that a vehicle traveling southbound had lost control, crossed over the highway ending up 10' down an embankment. As the vehicle was traveling at a slow speed, damage to the vehicle appeared to be minimal. The patient was unharmed and waited with the Paramedics until the RCMP and the tow truck arrived. Drugs or alcohol were ruled out as cause by means of a roadside test performed by the RCMP on scene.

**March 8** - A medical emergency in Riondel had one member attend to assist the Paramedics with retrieving equipment and patient movement to the ambulance.

**March 18** - Another medical emergency that occurred in Crawford Bay was attended by 3 members. One member attended to the patient as the others waited outside for the ambulance to arrive. Members assisted with equipment retrieval and patient movement to the ambulance.

Last month saw another day of retirement within our department. Sharon Webster, a long-time member, and First Responder gave notice of her plans to dedicate more time to other ventures. Sharon has been a dedicated instructor and responder with the department since 2014 and has contributed greatly to our success as a FR team during her time here. She will be missed in the department but has agreed to continue to make highway number signs for those “yet to be identified” driveways, don't forget to order yours today. We thank you for your service Sharon.

In my last article I mentioned tax bases and rescue boundaries as a discussion. I only have time for

a quick reminder to all, and info for new residents on where our boundaries are. Our fire boundary, which is the area that we protect structures and properties with fire services begins at the Riondel road and Highway 3A and continues through Riondel north to Tam O' Shanter Creek (Dutch Harbour included). Our medical First Responder boundary extends north to Garland Bay recreation site and south to 13911 Highway 3A between Boswell and Gray Creek, where the Boswell First Responders take over. The FR and Road Rescue boundaries also cover Pilot Bay road, with the Road Rescue boundary extending further south to the Akokli Creek bridge where Creston Fire takes over for road rescue. Road rescue refers to auto extrication using the JAWS of life, as well as road safety during incidents and low angle rope rescue. The residents of Riondel are taxed modestly for fire services, while our other services are funded through a substantial road rescue grant from Creston Fire with minimal taxation to East Shore residents. Our calls are currently proportionally disproportionate with FR and road rescue calls far out numbering the amount of fire calls that we attend. Although we have been incredibly careful to keep the budgets separate, our increasing number of calls coupled with a new rescue truck are making that task harder every year. We are in ongoing discussions with our area director and Regional Fire Services to find a solution to funding these especially important FR and road rescue services that we provide, without affecting the Riondel tax base. More to come soon.

To end this month's short article, I'd like to urge any new residents looking for a way to help our community or are looking for something exciting to do, and a great way to meet new people to join us today, we practice every Thursday night from 19:00 to 21:00 at the Fire Hall in Riondel. Call 250-551-1352 for more information or show up Thursday night ready to learn.

## Next Deadline: April 28, 2021

### Osprey Ferry Maintenance

submitted by Western Pacific Marine

Western Pacific Marine is getting prepared for our spring refit and summer service, the system is still under Covid-19 protocols until the Marine Branch allows the vessels to once again open our lounges and washrooms to the public. Students will continue to have access to the lounge on the MV Osprey and NV Balfour.

Starting on April 6, 2021 and continuing until May 7, 2021 the MV Balfour will be replacing the MV Osprey 2000 for the spring refit. This lengthy refit is required to replace deck hatches on the vessel and also to allow for sand blasting of the car deck surfaces.

The MV Osprey is now 20 years old and this maintenance is necessary as weather and winter exposure to sand and salt have taken a toll on the deck plating.

Summer season will start on June 18, 2021 until September 12, 2021 with the traditional 2 vessel service schedule.

Terminal construction is starting the end of March and continuing through the summer. It is anticipated that the period of time for the construction will be very challenging for the Balfour community and the traveling public. Western Pacific Marine has a minimal role with the terminal project and the highway traffic control which is provided by the project contractor.

The replacement vessel for the MV Balfour is not yet under construction however building site preparations are starting this month and I have been assured the finished vessel will be in place in time for the 2023 summer service.

6 Mainstreet April 2021

### EAST SHORE KOOTENAY LAKE COMMUNITY HEALTH SOCIETY COVID VACCINATION ROLLOUT UPDATE (as at March 20/21)

Submitted by East Shore Kootenay Lake Community Health Society

Local resident Kim Young, a Director on the Board of the East Shore Kootenay Lake Community Health Society and the Society's liaison with the Crawford Bay Community Health Centre, has been in frequent contact with Interior Health regarding Covid vaccinations in our area.

Following the decision to provide Covid vaccine to all East Shore residents, IH arranged for three clinics to be held on March 24, March 27 and April 3. Unfortunately, the number of people calling for appointments exceeds the number of possible injections to be given in the 3 clinics. Creston Public Health will be booking more dates with the Crawford Bay School as soon as possible.

Kim has been contacted by senior management of Interior Health who advise:

“I want to assure you and the community that we are receiving and tracking all the phone calls that are received. As there are currently three dates for Crawford Bay immunizations, we have found that the amount of calls has exceeded the amount of appointments that are currently available for vaccinations on these days. As a result, we continue to collect people's information while we coordinate a plan for additional appointments and vaccination times. Once we have vaccination appointments available, we will be calling individuals to schedule them in. Due to the limited

hours of operation and staffing availability, we have not been able to contact people to relay this information to date, though we are working diligently to secure support required to allow us to return everyone's phone call and deliver this messaging.”

This pandemic and mass vaccination program are new to all of us, and the Creston Public Health nursing staff are doing their best under difficult circumstances. Please be patient.

Through these arrangements all East Shore residents who want to be vaccinated will likely receive their “shot in the arm” before the vast majority of BC residents get their opportunity.

Further announcements about clinic dates and other public health information can be found at <https://www.facebook.com/ESHealthSociety>

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## Thoughts from the Frog Pot

by John Rayson

### DEMOCRACY

*Democracy is the worst form of government, except for all the others. - Churchill*

It will take more than one column to express my thoughts on this subject, thus it will be continued next month.

During the past year the world had concentrated on the pandemic by the coronavirus and attempts to control the spread of the pandemic. Focus on other major issues such as the economy, climate change, world wars and the amount of extreme poverty faded. We did, however, see the rise of the phenomena of “the strong-man leader” with a marked shift, in many countries, to authoritarian rule. Note: Turkey, Recep Ergodan; Hungary Orban, appointment for life of the leader; China, Xi Jinping and the consolidation of rule by a single individual in Russia, Valdimir Putin.

Much closer to home has been the rise of a strong man in our immediate neighbour to the south. During his first run for election [2016], he would not publicly commit to abiding by the results of the election: forgotten, when he won. During the most recent campaign, Trump repeatedly stated that the system was rigged and he could only lose if the system was crooked. Since losing the election, plus numerous court challenges, he has continued to propagate the myth that the election was rigged and he in actual fact won. Unfortunately,

many individuals continue to believe this “big lie”.

We now see the election of a new president in the U.S. and hope for the future. However, much has not changed in our neighbour, as Republicans are proposing changes in voting rules, resulting in voter suppression in many states and continue the ability to “gerrymander” congressional elections. The voters in the U.S. are more polarized than ever.

These events are a direct challenge to the spread of democracy in the world and in particular North America. Do we honestly believe that things cannot change in our world and we accept the inevitability of the political process?

Closer to home, one of the worlds strongest politicians, within his own country is the Prime Minister of Canada. The P.M. recommends the name of the Governor General to the Queen [recently ignoring an all-party committee], appoints the members of cabinet, recommends the appointment of the members of the Supreme Court to the Governor General [again ignoring outside assistance for such appointments], appoints the members of the Privy Council, controls the appointment of many of the senior civil servants and controls the appointment of members of the Senate. Most importantly, the leader of the party must sign the nomination papers for all individuals, representing his party, running for election. Thus, do you really think that those dependent on the leader to run would vote to remove him as party leader once elected as Prime Minister. Not likely. Do we have “one-man rule”?

Recently there has been a series of scandals: WE charity [employing members of the Prime Ministers family] including awarding a large government contract without competitive bidding, lack of preparation for the pandemic, resignation of the Governor General plus questions as to the knowledge by the government of allegations of sexual harassment at senior levels in the Defense command. The biggest scandal by far, is

the failure of the government to deliver a budget to the people of Canada since 2019 [two years in not acceptable]. We are on track to add 1 trillion dollars to our debt by the year 2024 without a plan as to how it will be paid. All of this occurring with a minority government and parliament only meeting for 108 days in the past two years.

In case you are thinking this is conspiracy theory; all recent Prime Ministers in Canada have acted in a similar manner: Stephen Harper, prorogued parliament in 2008 to avoid a vote and failed to provide for succession.

Democracy is a fragile state and requires the participation of all citizens. We should not be complacent as our Canadian system is in much trouble. I hear many raise issues such as; “my vote won’t count anyhow”, “it doesn’t matter” and claim that all politicians are only “in it” for their own gain. My question; who elected them? We all have a responsibility to inform ourselves and be a part of the political process. As was stated by Rutger Bregman in Humankind, a book I recently read, we all have a responsibility to leave things better for the next generation; the same as we have all benefited from those who have gone before us.

More next month.

## Barefoot Handweaving



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## Young and Dumb

by Arlo Linn

### Setbacks Setting You Back?

How do you deal with setbacks? I should clarify exactly what I mean. The type of setbacks I am referring to are not minor inconveniences that a simple evaluation of the problem and then implementation of a plan of action would solve, but true adversity. The type of setback I am referring to is of the magnitude that it requires major re-evaluation of not only your life going forward, but your life to date. Something that keeps you up late at night, examining and then re-examining major decisions in your life and imagining the fantastical outcomes if you had only made the other decision. Now what if this setback was caused by someone you knew? Or to muddy the water further, someone you loved deeply.

Now I am aware that each setback is unique, and not only is each setback unique, they are also totally unique to the person they are affecting, and to the time at which they are occurring in that person’s life. The unfair loss of a job may convince one person to merely accept their losses and move on, while it may cause another to spiral into the depths of themselves, asking questions like, “Do I ever want to work in this field again”, or perhaps worse, “Has my entire career thus far been a mistake”? We can get lost in these types of questions because they have no obvious answers, especially when one is in a depressed state of mind as that makes rational thinking nearly impossible. Different people and cultures have dealt with setbacks and adversity in various ways, but for a robust theory of

dealing with setbacks I like to look to the philosophy and mindset of the Ancient Jews.

Few groups in history have undergone the adversity that the Jewish people have undergone and lived to not only tell the tale, but have become very successful in spite of their suffering. Even the Bible focuses greatly on the adversity they faced, from their entrapment and slavery by Pharaoh, to their continued wars with the people around during and well after the time of Moses. Their story is one of immense setbacks, and so their religion is an interesting one to look to for advice on how to deal with your own. Just to clarify, I know that the Judaeo-Christian culture is not wholly unique for this outlook on life, but as I am more familiar with this culture I thought it would be best to draw from the well of what I know, rather than risking misrepresenting another culture.

When the Ancient Jews were faced with overwhelming adversity and confrontation, they generally came to the same conclusion each time, that they had done something to anger God through their own misdeeds and sins. This allowed them to repent, stop whatever misstep they were committing, sometimes follow a new spiritual leader, and re-establish their covenant with God, and move on. In the Bible, God sees that his chosen people have repented and destroyed their idols as it were, and he then delivers them from whatever plague or enemy he had sent in their midst.

Obviously these tales should be taken with a grain of salt, but I think there is something true to them. I believe that by taking responsibility for the setbacks in your own life you can then more easily move forward. When you are faced with a sea of troubles is it better to bemoan your circumstance, or instead examine what mistakes you may have made to cause such a mess? If a person acting as your friend cheats you out of money, obviously they’re at fault for cheating you, but perhaps that’s a good lesson to learn about distinguishing people’s motives. Is it possible that you are too trusting? What about you makes you the type of person that

somebody would think they could cheat? If you don’t take at least a modicum of blame in a situation such as that, then what’s to stop it from happening again? If you are truly a victim, then what’s to stop the next person from coming along and robbing you? If you refuse to accept responsibility for the troubles plaguing you, then these horrible things which we all go through in our life are no longer the valuable lessons that they could be, and instead you are a blameless victim, who life happens too, not someone who can influence their own future.

Sometimes it’s much easier to blame our problems on someone else; it may even be undoubtedly someone else’s fault, but where does that get you? All that does is have your anger and animosity directed towards a person or people who have hurt you, but it does not stop you from getting hurt again in the same way. Now I know that sometimes people are purely victims of circumstance, a child born in Syria should not be looking around wondering what they did to land themselves in such a conundrum. But that child would not be helped if they were told they were merely a victim, that there was nothing they could do because powers out of their control have turned their country into a warzone. A child growing up in that environment who did decide to take responsibility for their life, no matter how unfair it was, is in a much better position to make a positive impact than someone else who wallows in their suffering.

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## Tom's Corner

by Tom Lymbery

### Phone Connections Along the Eastern Shore

Telephones came to our side of the lake early in 1915, when the Dominion government laid an underwater cable to Pilot Bay from Procter. (Procter had a phone line from Nelson along the CPR telegraph lines.) Cmdr. Matthew Harrison and my father Arthur Lymbery, realizing how vitally important telephone connections were to Kootenay Lake, had been writing many letters asking for telephone service. Cmdr. Harrison had two sons in the war, and my father was preparing to go to war himself. It is a sad irony that Cmdr. Harrison heard the news of his son Basil's death over the phone line he had campaigned for so long.

Our new system was a single ca. 3/16" galvanized wire strung on insulators on trees along the lakeshore, so that it could be serviced by boat where there were no roads. From Kootenay Bay to Gray Creek there was a road of sorts, so the line followed that. Colin Haddon's published diary *Fishes and Wishes and Fruit* mentions poles were put up in early December 1914, and the telephone wire was being strung by his house in January 1915.

East Shore telephones rang the bell all along the line as far south as Sanca. There was little road connection with Creston for many years, so Sanca was as far as the line went. Telephones were battery-operated, hand-cranked magneto instruments, and each had a ground wire to a metal stake driven 24" into the soil. Cranking one long ring would get you an operator in Nelson who would connect you to your requested number. If asked, the operator would call you back to advise how much the call cost, as this was a toll system - 10 cents for local calls and 35 cents for three minutes to Nelson. We answered to a ring of one long and two shorts for many years. Our store's wall phone was on the customer's side of the counter, as it was for the public to use. A three-cent letter was so much more reasonable. Since phone charges were based on direct distance, it cost the same to call Kimberley as Creston.

My father was serving in the Canadian army in Europe when phone service started up here. Nevertheless, as a founding subscriber Arthur's basic rate was \$1.00 monthly, plus the charges for all calls. Phone calls were almost all reserved for emergencies or for travelling as they were so expensive. Colin Haddon wrote of the convenience of being able to phone Crawford Bay after he took over the store and post office once my uncle Aubrey, wife Gladys, and three-year-old Audrey returned to England in 1918. Colin kept the phone at his house as he was only at the store for brief periods to sort the mail.

The store had the only phone in Gray Creek until 1920, when the Burge family arrived in Gray Creek. James Burge Sr. had become an assistant forest ranger

and so he needed to be in communication for forest fires. In 1929-30, while building their 30 miles of rail on the west shore between Kootenay Landing and Procter, the CPR moved all their telegraph lines to the East Shore - otherwise the extensive blasting would have blown up lines too often. These lines were on cross-arms nailed to trees above the lake, again to allow servicing by a small boat from the water. The telegraph wires were returned to the west side as soon as the rail line opened on January 1, 1931. We found one remaining pole south of Gents Beach where likely there were no convenient trees.

From 1931 to 1950 our store telephone number was "Ferry Gray Creek". My sister Alice and I had no desire to actually answer the phone, so we stayed away from it. But we were often sent to ask the Greyhound driver to call 800, the dispatcher in Nelson. There were possibly 25 phones on a single party line, but virtually no one listened in - all you might hear would be someone arguing with the operator in Nelson. Sometimes I would bicycle a phone message down to Tom Peters, but these were usually calls no one wanted - a mining stock salesman who hopes to find a customer.

After I returned from boarding school in Vancouver in 1946, I worked in our store and post office so

I looked after the phone as well. I made sure everyone asked for "charges," so that the operator would call after it was completed and we could collect the fee. Mother told me I had developed a "telephone voice", trying to penetrate through the indistinct calls. At one point they added the Outlet Hotel in Procter as just one more toll station. Its ring was one long and three shorts. Sometimes the last short was indistinct so we would wait for a clear ring before taking the receiver down. Camp Koolaree on the West Arm was also added in summers.

The longest power span across the lake in the world was built, power was turned on for the first time in

May 1952 - and all the telephones were immediately rendered useless. All we were left with was a buzzing sound like an electric razor. When we wrote to the BC Telephone office in Nelson, they replied that they didn't know we now had power on our side. They immediately set about taking down the single galvanized wire and replacing it with two copper wires. These worked - but needed crossing over at every second pole as there was much interference from the power system. We still got our usual bill for that month and had to explain by letter that we weren't going to pay for no service. Along the highway they abandoned much old telephone wire down the bank. Where there were driveways and homes, they left it curled up in heavy rolls. I salvaged quite a few of these to use to brace our campground power system and also to tie up the stray logs I salvaged in the lake to sell to Kootenay Forest Products.

Now that there were two wires that allowed two circuits as far as Sanca, we now had a phone number - "Gray Creek 2Y". Our telephone remained the same hand-cranked magneto set. I rounded up two more

of those wooden wall-mounted magneto phones, and secretly set one downstairs and one in the Auto Camp office. Now that both Gray Creek Forest Products and the Bluebell mine were operating, phones were needed all the more. In 1955 the MV Balfour certainly had need of a phone when she could only turn in circles, and drifted far south of her ferry route, down as far as the Wirsig sawmill in Gray Creek. With no ship-to-shore or radio on board, the mate had to row ashore and called for a tug on Oscar Wirsig's phone.

In 1957 Denny Davis was sent from Vancouver by his employer BC Telephone to set up our area for dial phones. He established an exchange system with sites in Boswell (223), Crawford Bay (227) and Riondel (225), where the small automated offices would be located. At long last we had numeric phone numbers. Once those were installed we had resident telephone serviceman Barrie Simpson in Riondel to look after the new set up. Those copper wires would break if only a heavy branch fell on them - fragile compared to the earlier steel wire. The original steel wire was so sturdy that if I cut a tree down and took the line and pole down with it, all I had to do was prop up the pole and see that the wire was unobstructed. No need to report anything - it would still all work with no problems.

Soon the concept of toll-free dialing to town appeared, and we knew this was something we should have. Our Kootenay Lake Chamber of Commerce, incorporated in 1979, took this up. But we ran into problems with a BC Tel supervisor in Cranbrook, who claimed we only wanted toll-free dialing for gossip. So Ron Turner and I spent hours on Ron's first basic computer, listing all possible local businesses and finding reasons why someone in Boswell, for example, would call Riondel about a tree-planting job. This led to our producing a Kootenay Lake directory of all the local businesses and organizations in 1986. But Riondel was left in the lurch as too many with phones were seasonal, and this left Dr. Savory with enormous phone bills from calls to the Nelson hospital and drugstores.

Phone calls were very expensive for years. If you exceeded the three minutes allowed on a call to Calgary, you could be billed about \$31.54. You had the option to call at cheaper times of the day - from 11 pm to 7 am - IF you could find someone to call in the middle of the night. When I was running an insurance business I had to use the phone frequently. When fax came in I bought a fax machine for \$1250.00, and then had to find businesses which had installed fax lines. When I asked, "Could I please have your fax number?", it all too often brought the response, "What is a fax?" Early faxes and photocopiers also used special thermal paper which faded with time, so they couldn't be used for records or documents you needed to preserve.

When the ICBC took over all car insurance in 1974 and we were issuing license plates, all the records were in Victoria, so I often had to try to penetrate the bureaucracy from the government agents who didn't want to lose that. This sometimes made it extremely difficult to complete a customer's transaction. The most help I got came from Tom McKinnon, the government agent in Kaslo, who knew he needed extra transactions to keep his small town office open.

Thankfully we have mostly forgotten those years of extremely costly phone calls - and who could ever have predicted the age of the cellphone with such a world of information and contacts in your pocket?



*The Lymbery family's battery-powered magneto phone. All calls went through a central operator in Nelson until 1963, when BC Tel finally introduced dial phones to our area. Photo: Frances Roback, 2010*

**Next Deadline:**  
**April 28, 2021**  
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# Building Infrastructure with Poor Data?

Submitted by Herve Blezy, Director Regional Affairs, Kootenay Lake Chamber of Commerce

In the March *Mainstreet* article “When Data Gives the Wrong Solution” it was mentioned that whenever a government or company hires a third party for a study, a clear terms of reference should be written that defines the purpose of the study. The scope of work should be checked internally to confirm that the work scope covers the intent and if there is a gap, it should be identified. The following information was obtained from the Highway 3 Corridor Economic Impact Study Oct 2011.

Interestingly enough in 2011, the BC Ministry of Transportation and Infrastructure commissioned an Economic Impact Study of Highway 3, and portions of HWY 3A and 3B. The Highway 3 Corridor study included approx. 840 km of highway between Hope and the Alberta border and approximately 320 km of Highway 3A and 3B between Trail and Castlegar. Excluded from the study was the economic impact of Hwy 3A along the East Shore of Kootenay Lake and the along the West Arm to Nelson. Also, there has been changes to the Creston routing of the bypass.

The purpose of the study was twofold:

- Assessment of the economic impacts of the proposed packages of highway corridor investments based on anticipated travel time savings estimates developed by the Ministry
- Assessment of current and future economic opportunities within the economic catchment area of Highway 3, 3A and 3B.

For these assessments the consultant uses a method

that is consistent with the BC MOTI microBENCOST methodology.

There were approximately four main opportunities that were identified from Hope to the Alberta Border; Sunday Pass, Cranbrook-Alberta Passing lanes, Creston Realignment and Elko Chicane. The travel times savings were identified and ranged from 0.2 min to 8.3 min.

Among the major economic sectors, the study identified the tourism sector had the highest economic potential for an increase in activity due to travel time savings. Interestingly enough the estimate was based from the Alberta Border to Creston and from Hope to Nelson. I am not sure of the economic potential between Creston and Nelson. It should be noted that the greatest benefit from the east will be near Fernie and Cranbrook and from the west, the Okanagan Val-

ley. It was assumed there would a 10% increase in traffic with the reduction in travel time for both the East and West corridors. These benefits for the East Shore and whether the benefits would occur in the short or medium term should be left to a consultant to figure out. I have listed a table with the time saved, the direct travel time saved benefits and the economic benefits from the East and West Corridor. It should be noted that travel time benefits are based ½ of the province’s average wage. One must also take into account the negative impact for some businesses and residents as well. All information is based on 2011 data. One must wonder what the economic benefits would be in 2021?

A study would provide the regional economic data and at the very least, the decision makers will now have data to work with for the future.

2011 Highway 3 Corridor Study Results				
Project		Time saved in minutes	Direct User Time Travel Benefits \$Millions 2011 (over 25 years)	User Benefits and Tourism Income Benefits \$Millions 2011 (over 25 years)
West	Sunday Pass	8.3	36.1	208
East	Alberta Cranbrook Passing Lanes	2.0	12.4	207
	Creston Realignment	0.8	6.0	
	Elko Chicane	0.8	5.4	
	Kootenay Lake Ferry*	17-18	20.0	Unknown
<b>Total</b>			80	

\*Never studied in depth on the economic benefits



## Chamber News

by Ron Mondor, President

As Spring has now arrived we are all busy preparing for what we all hope will be an amazing year on the East Shore. Your Chamber has been very engaged and we have submitted several grant applications for various important projects that will benefit everyone in Area A and will have a significant impact on our regional participation as well.

One of the grant applications went to the RDCK Board Meeting on March 18 but the results have not yet been made public. In anticipation of that grant being approved we are now circulating a job posting advertisement which you can find in this edition, and ask for your assistance to print and post at your place of business, share with your friends or colleagues and hopefully we can find the perfect fit right here on the east shore.

As mentioned above, your Chamber which now consists of nine volunteer directors, has been very engaged and busy working behind the scenes on many projects, issues and regional matters all for the betterment of our economic well-being. One item which we have failed to press forward is our annual member renewal and membership drive. We know that many of you may be struggling a little and are just too busy dealing with keeping your businesses adapting to the ever-changing pandemic and the issues it is causing. To those of you who have submitted your renewal, THANK YOU! For those of you who have not, please help us by sending us a quick note just so we know that you are still interested in maintaining your membership and that we can expect your participation in the future. The renewal form is available on [www.kootenaylake.bc.ca](http://www.kootenaylake.bc.ca)

We are confident that the job posting will establish a new and exciting figure within our business community. We are hoping that the recruitment process will be quick and look forward to welcoming this long-anticipated individual onto our team to support your business.

Please also note that our next general meeting will be held Monday April 19 at 7PM (location to be determined or via Zoom).



### Executive Director Area A Chamber

We are seeking an enthusiastic Executive Director for the Kootenay Lake Chamber of Commerce. Responsibilities include developing and implementing a strategic business plan, membership growth and retention, managing projects and resources. Reports to a volunteer Board of Directors and supported by project Steering Committees.

**Location:** East Shore of Kootenay Lake, Area A - some region travel required.

**Compensation:** 20 hours/week, competitive wage based on qualifications and experience

**More details:** [www.kootenaylake.bc.ca](http://www.kootenaylake.bc.ca)

**Submit applications to:**  
[info@kootenaylake.bc.ca](mailto:info@kootenaylake.bc.ca) by April 6

*Next Deadline:*  
*April 28, 2021*



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# Affordable Housing Conversation

submitted by Laverne Booth

The first of six community conversations was held by zoom and call in on March 22. The Age Friendly assessment project: Moving Forward in Area A is organizing these conversations on affordable housing, food abundance, transportation options, We are all aging! Services needed, networking our networks and charitable giving over the next few months. Improvements in these areas can help our aging residents stay longer in their homes and in our communities and attract young families to live and work in the area.

Twenty people attended the Affordable Housing conversation bringing together local residents and regional resource people to raise our awareness of the current state of housing in Area A and identify possibilities. A second housing conversation to be held later in the spring will hone in on potential solutions and options.

As Frances Roback remarked at the end of the call, there was broad representation from diverse voices including business owners, young families needing housing, seniors and school staff needing affordable options, to programs offered by RDCK for energy efficiency and renovations and retro-fit programs, see below for more information. We heard from Bluebell Manor, KLEECA, and other social housing projects such as from Village of Slokan councillor Joel Pelletier who addressed a wide-spread lack of rental, affordable housing in the whole region. The 90 minute conversation is recorded on <https://eastshore.life/conversations> and all are invited to listen in.

Garry Jackman began the presentations noting that this housing conversation is "timely" as RDCK has just completed their first housing assessment and is looking to support affordable (less than 30% of income), adequate, and suitable housing in the region. COVID is bringing younger people into the area, as many can now work from home. Lee Johnson, Realtor with Fair Realty noted the high number of sales of lake side properties has meant lifelong residents leaving the area and more part-time residents owning housing. Sales have been steady and there are almost no homes for sale now, rental housing is impossible to find, the demand is high for affordable rentals and ownership. From our construction companies, and other businesses such as the Kokanee Chalets, we know that local workers are needed but they can't find housing for their families.

Bluebell Manor in Riondel has provided 5 units

of affordable housing for aging residents for around 30 years, and is soon to pay off the mortgage with BC Housing. Board member Shirleen Smith offered that the original construction was a community based project and the Lions Club contributed greatly. Recently the Bluebell Manor board has been upgrading the one bedroom suites with renovations and retro-fits. Residents will rely on SAFER and other income assistance for housing. There is room for expansion, perhaps to suites for couples, but resources and people are needed. Issy Snelgrove mentioned that Bluebell Manor and Riondel have many benefits for aging residents, as you can walk to the store, on the trails, to the restaurant.

Alanda Greene spoke for the Kootenay Lake Elder Care Coop Association (KLEECA) which was a well planned and well supported community project between 2003 and 2012. KLEECA worked hard to provide housing for aging residents that would build in health services and contribute to a VIBRANT community where elders and all ages thrive together.

Community Connections (SKLCSS) board member Mike Barradel-Smith recognized the need to house younger families and workers in affordable rental accommodations as paramount in our current situation. Community Connections would like to sponsor and support an affordable housing project in the area.

Innovative affordable housing solutions suitable for our area is suggested by Aaron Gregory economic developer with Factor 5, contractor with the Economic Action Partnership (Creston and Areas A, B, C) In a recent business survey in Creston and Area A, 30 business owners identified that lack of affordable housing negatively impacts business owners and employees. Steve White suggested using locally available materials such as hemp crete, light weight concrete, cord wood masonry as ways to reduce building costs, improve insulation and provide effective fire protection. Robert Agnew of Crawford Bay Commons described an alternative for some families when private land is put into cooperative ownership and land speculation is taken out of the equation.

RDCK planner Dana Hawkins spoke to the recent RDCK Housing Survey, and the Area A results are in the [rdck/housing](https://rdck.ca/housing) link below. She notes that our 65 years plus cohort is growing, families that previously wanted to own are now more interested in renting, and single and low income people can't afford to either rent or own in the region. High energy costs are included in the price of housing, and RDCK is working to improve energy efficiency. There is a need for more housing and tenure types in area. Garry Jackman will be taking our concerns to an RDCK strategy meeting in April. Paul Faulkner Senior Energy Advisor was on the call talking about making homes more efficient to lower energy costs. The

Regional Energy Efficiency Program (REEP) is available for existing housing, new builds and larger Affordable housing and other types of building projects (such as the new health centre). Carmen Proctor is with Nelson Hydro but works in a partnership with RDCK to give on the ground support to help people, especially seniors to navigate the forms involved in setting up an energy audit or taking advantage of free Fortis programs. We are advised to sign up on the website or just call in to get help in making our homes more energy efficient and thus less costly to maintain.

Garry Jackman reports that of the 2000 land parcels in Area A, approximately 1400 structures and 900 houses are identified in the census. Older cabins built in the 50,60,70 are no longer considered adequate or suitable housing, but perhaps can, through incentives perhaps, receive energy and housing upgrades to meet some of the need for rental housing. CMHC had a federal government program for people to build independent suites and coach or garden houses where most of the costs were recuperated by home owners, and affordable rental costs were built into the program. Many people took advantage of this program, and residents are advised to speak to the member of Parliament about bringing this program back. Stay tuned for the next community conversation on Affordable Housing.

Resources for home owners, renters and new builds and construction companies .

1. BC Housing has a Rebate for Accessible Home Adaptations (BC RAHA)
2. RDCK Housing Study Area A is at: [www.rdck.ca/housing](http://www.rdck.ca/housing), and direct contact Dana [dhawkins@rdck.bc.ca](mailto:dhawkins@rdck.bc.ca) 250-352-8153
3. [www.RDCK.ca/reep](http://www.RDCK.ca/reep) or contact Carmen Proctor at 250-352-8278



## RDCK Recreation Commission No. 9 CALL FOR GRANT APPLICATIONS

Non-profit groups can submit recreation grant-in-aid applications to the Rec 9 Commission by **no later than noon (12pm MST), April 26, 2021**. Late applications will not be considered for Spring Grants.

Online submissions only will be accepted this year. Please visit the RDCK website for Recreation grants to apply.

<https://rdck.ca/EN/main/administration/grants/recreation-grants.html>

The Rec 9 meeting to review applications is scheduled for **Tuesday May 4 at 2pm on WebEx teleconference**. The login details will be posted on the RDCK meetings page.



## RESOURCE RECOVERY FACILITIES HOURS OF OPERATION

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### Boswell Transfer Station

Year Round  
11:00 am – 3:00 pm  
Wednesday & Saturday

How to reach us: Toll Free: 1-800-268-7325  
Website: [www.rdck.ca](http://www.rdck.ca)  
Facebook: [@rdcentralkootenay](https://www.facebook.com/rdcentralkootenay)

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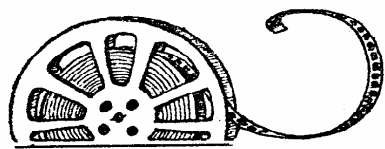
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## Seldom Scene

by Gerald Panio



"It's not Gone with the Wind, but there's probably a moral in there somewhere."

"I used to encourage everyone I knew to make art; I don't do that so much anymore."

—Banksy, *Exit Through the Gift Shop*

*Exit Through the Gift Shop* (2010) may not be *The Agony and the Ecstasy* or *Surviving Picasso*, but it is one of the most astonishing art documentaries you will ever see. *Exit*, directed by Banksy, perhaps the world's most well-known street artist, divides up into two acts. The first is about a man obsessed with his movie camera, and is somewhat baffling while remaining on this side of the Twilight Zone. The second act is about the same man, with a new identity, and is jaw-droppingly beyond anything that should be expected to happen in the so-called real world.

For Act One, the man in question is Thierry Guetta, born in France but resident in Los Angeles with his wife Debora and their young children. Guetta runs a profitable business buying up bales of used clothing and reselling that clothing for a hefty profit—a one-man Value Village.

By labeling select items as "designer" clothing, a \$50 bale translates into \$5000 retail. It's a good gig, but not Guetta's passion. His passion is relentlessly filming everything that happens around him with his little video camera. The recorded tapes, unwatched, are filed away in plastic boxes. One explanation for his obsession, proffered by the film, is that he is trying to make up for lost memories of his mother, who died when he was only 11, and whom he felt he'd never really gotten to know. With a massive personal video archive of his own family and friends, that loss would never be repeated.

Guetta's life takes an unexpected turn when, during the course of a visit with a cousin in France in 1999, he's introduced to pioneering street artist Invader. Invader is plastering his small Space Invader game mosaics across Paris, and lets Guetta tag along with his camera. All of a sudden, Thierry is in the middle of a burgeoning new art movement that some dismiss/attack as sheer vandalism and others laud as the next wave. He meets other street artists and shadows them with his camera, getting high on the risk & danger of being immersed in an underground movement that's at best just one step ahead of the police and the city's clean-up crews. And street art, ephemeral by nature, is gifted with a fearless, relentless biographer. It's a marriage made in heaven.

Back in LA, Guetta is introduced—in a Kinko's photocopy store, no less—to Shepard Fairey, one of the world's most successful street artists. He becomes not only Fairey's videographer, but also his accomplice. He ends up traveling the world with Fairey, scaling buildings in the dead of night, on a never-ending adventure that an LA used clothing retailer would never have dreamed of having. Shepard Fairey himself isn't sure if his sidekick is just passionate or downright crazy.

Through Fairey, Guetta meets and videotapes all of street art's rising stars: Seizer, Neckface, Dotmasters, Swoon, Borf. No one says no to this odd man who is, somehow, now an accepted part of an outlaw art movement. Everyone assumes he's gathering all his video material for a documentary on street art. No one knows that Thierry himself has absolutely no plans for the hundreds of tapes

he's stockpiling, often not even bothering to label them.

Eight years go by. Guetta is missing only one star for his video collection. Banksy. One of the world's most secretive artists. Never filmed or photographed. Identity unknown. In 2006, Banksy arrives in LA to carry on his crusade. The man he'd counted on to help him on the streets pulls out at the last minute. Calls are made. A name pops up. Thierry Guetta. No one knows more about the LA street art scene. Guetta gets the phone call of his dreams. Can he bring his camera, he begs? Miraculously, the answer is yes—provided that he films only Banksy's hands at work, or from behind, and that he let the artist review every tape. As Banksy said, "Thierry was a release. I needed to trust somebody. It was the unlikeliness of him...." Ultimately, Banksy would let Guetta film even inside his studio, and accompany him on guerrilla expeditions to places like Disneyland (where Thierry was held and interrogated for four hours by security staff) and the Israeli West Bank Wall.

Like everyone else, Banksy assumed his companion was working on a documentary. He asked to see it when it was finished. Panicked, Thierry spent six months throwing together an unwatchable 90-minute maelstrom called *Life Remote Control* that Banksy likened to watching 900 TV channels. Whatever Thierry might have been, he turned out not to be a filmmaker.

Banksy was sure that, given the original tapes, he could do what Thierry couldn't. To give himself the space to work, he sent Guetta home with the advice that he should use his experience to take a shot at doing some street art himself. Put up some posters. Maybe have a small show. Dip his toes in the water, so to speak.

And so we come to Act Two in this modern art fairy tale. Or fantasy. Or hoax. Or whatever the hell it may ultimately turn out to be. If you haven't seen *Exit Through the Gift Shop*, I'm not going to cheat you of the chance to experience what Alice felt when she went down the rabbit hole. I'll just throw out a few tidbits:

Mr. Brainwash. Mortgaged to the hilt. Madonna's Greatest Hits. 15,000 square feet in old Hollywood. Batman's Grandfather. Broken leg. Sculptors, Prop builders, Promoters. Hype. One million dollars. 200 free signed originals. "I'm not sure what I'm here for, but I'm excited about it." The heir to Andy Warhol. "I think the joke is on... I don't know who the joke's on—really. I don't even know if there is a joke." "He didn't play by the rules—but then there aren't supposed to be rules."

Back in 2010, Thierry Guetta said that time would be his judge. He said that people were treating him like a rabbit, when he was actually a turtle. He would win the race for recognition. Now it's 2021 and Mr. Brainwash is still with us. Has the turtle won his race? He does currently have 800 works for sale on Artsy....

As for Banksy, he snagged an Oscar nomination for *Exit Through the Gift Shop*, and the film pulled in documentary awards around the world—including documentary wins from the Vancouver Film Critics Circle and the Toronto Film Critics Association. At the end of *Exit*, Banksy declares that he will never again help anyone make a documentary about art.

Some critics continue to insist that *Exit* is nothing more than an elaborate prank. The internet is not offering enlightenment. Guetta himself didn't help matters by declaring, in a 2011 interview, that he was Banksy's biggest work of art. What do I think? I think obsession can take a person a long way, if it doesn't kill them. Ask Alex Jordan Jr. As for street art itself, I know I've seen some memorable work on walls, bridges, and subway cars in New York, Montreal, and Paris. Banksy works for me. One of my all-time favorite documentaries is Agnès Varda's joyous *Mur Murs*, a 1981 film about murals in Los Angeles. No hoaxes here, just hard work and an artistic community. You'll find *Mur Murs* on the Criterion Channel, along with a fine selection of Ms. Varda's other remarkable films.

## East Shore Reading Centre

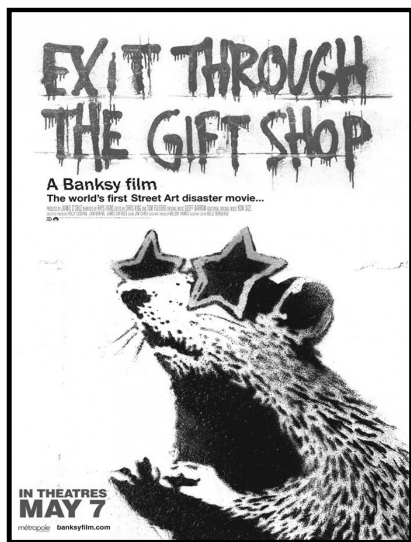
by Taryn Stokes

Another month has gone by with more fantastic books added to our shelves including *Win* by Harlan Coben, *The Paris Library* by Janet Skeslien Charles, *The Four Winds* by Kristin Hannah and Ashley Audrain's *The Push*. I am happy to report that the interlibrary loan system for reading centres has now reopened after nearly a year in hiatus. Books can be ordered into our library from other libraries across British Columbia. Please note that new releases (published in the last 18 months) are not eligible. To place an order, just ask for an interlibrary loan request form when you are visiting the library.

All of our library services, including interlibrary loans, would not be possible without the support and dedication of our volunteers - both in circulation and the library board. Our volunteers have a commitment of at least 3 hours a month, but this past year may have been more. Plus there is behind-the-scenes work of cataloguing, labelling and keeping our shelves tidy. With National Volunteer Week coming up the third week in April, I want to express gratitude to our small team of volunteers for their service!

While you are in the library, don't forget to check out our tables and racks of books for sale by donation. These are gently used items no longer designated for library circulation. Thanks to donors and volunteers, this is a fresh batch of gently used books to browse and add to your future reading shelves. Some of these books might be a great idea for those hot summer days down on the beach with your feet cooling in the lake.

The library is open Tuesday and Saturday from noon until 3PM. Hope to see you there!



**Next Deadline:**  
**April 28, 2021**  
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[mainstreet@eshore.ca](mailto:mainstreet@eshore.ca)



pebbles  
 by Wendy Scott  
**SPRINGTIME  
 2021**

The first day of spring arrived officially at 2:37 am on Saturday, March 20, But don't worry if you missed that exact moment, take a look outside, there's crocus blooming, children playing, and early spring pruning happening. Evidence of the pruning is in a pot on my table - twigs with tiny tight buds - almost ready to open.

We are still restricted to stay at home activity and our cafe's and restaurants' inside tables are not yet accessible to the public, but the birds don't seem to mind - chickadees have joined the siskins, wild turkeys display their red heads and come to the driveway seeking their little piles of seed and spreading their wings just to convince on-lookers that they're still capable of doing so.

Towards the end of April they will be assisted by a great big beautiful full moon - the Super Pink Moon of April - watch for it. I'll be back next month to watch buds open and more blossoms appear. Bye for now.



## First Breath, Last Breath

by Shelli Bothamley

A year ago our world was declared to be in a global pandemic. What a year this has been, I am sure we can all agree. I was in Calgary, Alberta when this occurred. I was there to be with my daughter Amanda and her husband Andrew and their family as our latest grandson came into this world. Milo was born March 10, 2020 on a full moon, in a pandemic, via last minute emergency caesarean delivery. Talk about coming into the physical realm in a crazy energy field. As I found myself reflecting on the memories of being witness to his coming into this world along with the ominous sense of all the death happening due to this rapidly moving virus ravaging the globe, I woke up one morning with this poem in me. I thought I would share it. This was written a year ago.

### First Breath Last Breath

*Oh, what a night,  
a full moon making the night scape bright.  
Long and enduring,  
he was making his way here.  
He put up quite the fight,  
his position got muddled causing a stir.  
Everyone gathered and things became a blur.*

*But alas, out he came.  
Not as intended but safely just the same.  
Time stood still momentarily,  
waiting for the cry that depicts his first breath.  
And there it was oh what a delight!*

*Oh, what a night,  
a full moon making the sky scape bright.  
Long and enduring,  
they were making their way home.  
They put up quite the fight,  
their lungs got congested causing a stir.  
Everyone gathered and things became a blur.*

*But alas, they drifted away.  
Not as intended and it caused another death toll sway.  
Time stood still momentarily,  
waiting for that rumble that depicts the last breath.  
And there it was oh what a fright.*

*Coming and going,  
what are we doing between the entrance and exit of life?  
These days of pandemic are shifting our world.  
Can we push past the hype and fear?  
Something is stirring and it is about to get clear.  
Uncertainty lingers like a storm about to brew,  
but here is the real question – can we come out of this brand new?*

*Whether we are taking our first breath or our last breath,  
or still breathing all the breaths between ...*

*Can we see that this is a chance for humanity to clean?*

## BOOK REVIEWS

by Tom Lymbery

**SURVEYING THE GREAT DIVIDE** -the Alberta BC Boundary Survey, 1913 – 1917, by Jay Sherwood. Caitlin Press, 176 pages, \$29.95. This large format book makes excellent use of its size to so accurately produce the photos of so many peaks and valleys of the Rockies taken for a phototopographic survey system that makes photos an integral part of the survey. Jay Sherwood includes some of his own photos taken more than 100 years later showing what receding glaciers and the abundant growth have changed the landscape.

Called the Continental Divide today, the Alberta-BC is the longest interprovincial boundary in Canada and it was very important to produce an accurate survey because of the many important mining and coal claims. So important that the survey continued through the 1914 – 1918 war years, Alberta and BC survey teams had to work separately but sew their works together. A major, major project to slash a clear line through timber, struggle up previously unclimbed and unnamed mountains to build accurate cairns on top, and to build many cement markers. In some cases horses could be used to pack the cement, gravel and forms needed but much had to be packed in bodily, then built so that a surveying transit could be placed over all to establish the next monument. Many of these cement pillars have survived intact but some have been destroyed by lightning.

R W Cautley was the head Alberta surveyor with 8 assistants. A O Wheeler headed up the BC contingent – Wheeler was also a most respected mountaineer and only served on condition that he could still conduct his traditional Mountain Camps, fitting them into his schedule. Conrad Kain, a Swiss mountain guide brought to Canada by the CPR to guide tourists in the Rockies, worked with the 1913 and 1914 surveyors and his diary expresses the admiration for mountains that he was new to. He also shot some mountain sheep and goats to supply needed fresh meat. They were also pestered by porcupines who chewed up harness and anything salty – why didn't they eat some porkys? For they have always been an available and popular meat for those in remote places.

Naming so many previously unidentified peaks was another project. Since this was in the middle of WWII they mostly chose generals of the allies with a few of the project workers names.. Since the generals included French Petain who later became a betrayer, there has been much criticism of the names chosen. Many lakes were named as well but these were not so controversial.

Jay Sherwood has compiled several interesting books on BC surveying but what makes this one stand out is the terrific Rockies pictures – amazing for everyone living in the mountains, plus the efforts to mark the boundary in the short seasons that are restricted by late snows and the returning falls in early Septembers.

**THE KISSING FENCE**, a story about resilience and resistance, a Historical Novel by B.A. Thomas-Peter, Caitlin Press, 283 pages, \$24.95. The title gives the first venue – a wire fence at New Denver where the incarcerated Doukhobor children were required to stay behind, so could only just manage to kiss their parents when they were allowed to come for their specified visits. Pavel is a boy who is a leader of the children at New Denver who have to stay there until they are released at the age of 15. Pavel goes on to be an active Sons of Freedom who served some years of imprisonment, but eventually was sent to the mental home at Riverview.

Pavel's son William is determined to become a successful businessman, leaving his Doukhobor heritage behind. He does, becoming a distributor of high end bicycles. This is where the story gets complicated as he becomes involved with a shady operator who is using imported cycles to cover up illegal movement of gold. William hides this, putting his business ahead of his wife and daughter.

After visiting his mother in Grand Forks, William takes a second at his life. He is also impelled by a murder of his warehouse foreman and a fire to abandon his business and return to a simpler life in Grand Forks.

Historical fiction with several twists makes a very readable book.

## Blast from the Stacks

Riondel Library News

by Muriel Crowe, Shirleen Smith & the Riondel Librarians

### Always Marry an April Girl

By Ogden Nash

*Praise the spells and bless the charms,  
I found April in my arms.  
April golden, April cloudy,  
Gracious, cruel, tender; rowdy;  
April soft in flowered languor,  
April cold with sudden anger,  
Ever changing, ever true --  
I love April, I love you.*

We can finally say with certainty: we're entering spring, the special quarter of the year where the names of the months double as suggestions for naming infant daughters. Whereas parents of little boy babies have to wait for inspiration until later in the year in the single month that offers a boy's name, if you're fond of Augie or Gus.

Such fascinating observations are common around the Riondel Library. This month we've upped our access to such charming information – and fiction and non-fiction in general – by welcoming home ILL. That's not a sickly friend, it's Interlibrary Loans (ILL for short). We're delighted to once again have access to books from anywhere in the BC public library system, provided they're older than 2018. Good to have you back, ILL!

Our other big library news this month is the **Around the World in 80 Books Contest**. In March we made the first draw and the lucky book prize winner is Branca Lewandowski who travelled to Boston, USA and Egyptian burial sites between the covers of *The Book of Two Ways* by Jodi Picoult. Branca's 'Trip Advisor' review was: "Two Egyptologists can't keep away from each other and although one becomes a Death Doula, she heads back to the burial site to continue the search for the first known map of the after-life." Good one, Branca! Congratulations!

After reading Branca's entry, like cats we succumbed to curiosity and dipped into the Entries Hat to see what other readers had to say about their literary travels. Here's a few choice examples:

- W.L. read *Dissolution* by C.J. Sanson (a series) and time travelled to 16th century England during the turbulent times of King Henry VIII after he proclaims himself the Supreme Head of the Church. The Trip Advisor review: "Under the orders of Thomas Cromwell, a team of commissioners are sent to investigate all monasteries. There can only be one outcome: dissolution. Matthew Shardlake is sent to Scarnsea Monastery to investigate a murder of one of commissioners."

- B.L. read *The Master Butchers Singing Club* and visited a German village and a North Dakota community. Their review was "Derelicts, acrobats, sausage makers, hobos, and bag ladies all come together in the ups and downs of human nature, spanning two to three decades (WWI-WWII and a bit more) in a small town."

And, one of our shorter but nonetheless helpful reviews:

- M.H. dipped into *Hot Springs of Western Canada* by G.J. Woodsworth and travelled, predictably, to Western Canada. Their pithy review: "Wish there was more information on the hot spring in Crawford Bay." Tell us more, M.H.!

So, avid readers, take a journey without leaving your armchair and enter our contest draw for a chance to win a prize and share your adventure! Get your entry in by Saturday April 10 for the April 12 draw.

Lastly, Riondel Library wishes you the joy and optimism of spring, accentuated this month by the arrival of hope in the form of a vaccine. We know we still need to keep safe but we've caught sight of the end of the tunnel, there among the snowdrops and daffodils. Be well, East Shore people!

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## Smarter Than Jack or Jill

by Sharman Horwood

*Animals are smart, amazing creatures. If you have an animal story you'd like to share, please contact me at [shhorwood@gmail.com](mailto:shhorwood@gmail.com).*

### Not So Dumb At All

Walrus are animals that you don't see very often in the news, or on nature programs, but they are very interesting. My first real exposure to them was on David Attenborough's series "Planet Earth".

The episode was primarily about the decline of polar bear habitat and the difficulties they have in hunting. One starving polar bear had been swimming for more than two hours, trying to locate seals. The bear came ashore and found a herd of several hundred walrus near the edge of the ocean. Walrus can be large, some as big as polar bears, and male Pacific walrus can grow to weigh as much as 2,000 kg (4,400 lbs). The polar bear tried repeatedly to grab one of the younger, smaller walrus, but the adults kept pushing the young ones into the centre of the herd, placing themselves at the outside edge where eventually the bear tried killing one of the adults. The bear was desperate. The walrus used their tusks on the bear, and after it ran out of energy, the bear left, bleeding from its wounds. It laid down on the beach and died from starvation and the damage from the walrus tusks. The episode was very sad. I couldn't watch it for more than a year. However, I was amazed by the walrus' reaction, how they cooperated to protect each other as well as their young. Once the polar bear gave up, they left it alone and so at least it died in peace.

There are two main species of walrus: the Atlantic and the Pacific. They all live in enormous herds in

the north above Canada and Russia. The Pacific walrus summers primarily around the Bering Strait and down the Kamchatka Peninsula. However, a 28,000 year-old fossil was found on the bottom of San Francisco Bay, so the Pacific walrus did migrate further south than Alaska during the last Ice Age (*Wikipedia*). The Atlantic walrus, with a much smaller population, makes its home in Greenland, Svalbard, and western areas of Arctic Russia. They once migrated as far south as Sable Island, Nova Scotia, and in the 18th century, could be found in large numbers in the Greater Gulf of the St. Lawrence. Both Pacific and Atlantic walrus belong to the family Odobenidae, "those that walk with their teeth."

These are generally peaceful creatures that live as long as twenty to thirty years in the wild. They prefer to feed primarily on mollusks, especially clams, but they will eat shrimp, crabs, tube worms, soft corals, as well as other mollusks. They will eat as many as 7,000 bivalves a day. They forage in shallow areas by sucking the meat out of the shelled creatures with their powerful mouths.

Ronald Schusterman of the University of California, Santa Cruz, says that walrus "are pussycats!" (*The New York Times*, May 20, 2008; I have posted this article on my Facebook timeline because it's so good). Natalie Angier was about to meet walrus for the first time, and Schusterman advised her to "push back on the snout with the palm of . . . [her] hand and blow in its face." Apparently, walrus really like that. When she was approached by a 2,200 pound male, Sivuqaq, she stood her ground, and put her palm on his snout. Then she "blew in his face, and he half-closed his eyes and . . . [she] huffed and puffed harder." He leaned forward, "all the while bleating and grunting and snorting for more."

Natalie, too, had found that walrus were left out of the public media. She says they "remain perversely, lumpishly obscure, known mostly for their sing-song linkage with a carpenter, an eggman and goo goo goo job."

Unlike other pinnipeds, walrus young live with their mothers for several years, and that, says Colleen Reichmuth of the Long Marine Laboratory at the University of California, Santa Cruz, "could very well provide an opportunity for learning." Pinnipeds other than walrus, are seals. They are all fin-footed, semiaquatic carnivores. Only walrus develop strong social bonds within their herd, however. They share food, come to each other's aid when they are attacked (their known predators are orca, polar bears, and of course humans), and nurse each other's young, "particularly noteworthy behavior given the cost in energy of synthesizing a pinniped's calorically rich, fatty milk." Walrus like to be with each other. They like to socialize. They are gregarious and will "clamber on top of each other and huddle together" even when it's hot. In fact, if there are no other walrus nearby, "they will make do with the next available large object." Sometimes they will even try to climb on boats, assuming they are icebergs.

Walrus also like to sing. Males woo females by using those fleshy, muscular lips, their tongues, along with muzzles and noses. Like gorillas, they will hit their chests with their flippers in order to strike "their pharyngeal pouches, balloon-like extensions of the trachea" that only walrus have. In captivity, they will use tools in order to sing. Reichmuth watched one walrus figure out just what it could do with a rubber toy in the pool. It pressed the instrument against a window. Then it blasted air through the toy, until it sounded "like a bugle." Two other walrus, watching the first, taught themselves how to do the same thing. "To use a tool to produce an innovative sound, and to learn about that behavior socially," according to Reichmuth, "now that is impressive."

Over their lifetimes this social acuity and behaviour generates intelligence. They have developed their abilities to sing love songs, in captivity as well as in the wild, and generally speaking, communicate with other walrus, which emphasizes their cooperative behaviour as a herd. Goo goo goo job indeed.

## For the Love of Genre Twists and Still Thrills

by Sharman Horwood

The plot of *The Silent Patient* (2019), by Alex Michaelides, has numerous twists and turns throughout. In the end, it is very reminiscent of a Hitchcock thriller, which may be its weakness, depending on your taste. This is Michaelides' first novel, but it made *The New York Times'* bestseller list in its first week. In the U.S. it was also one of the bestselling hardback novels of 2019. You will either love this book, or you'll hate it.

Michaelides is a screenwriter as well as a novelist. He said, "I was feeling very disillusioned as a screenwriter. I kept seeing scripts being mangled in the production and this sense of frustration made me decide to sit down and finally write a novel" (*Wikipedia*). Michaelides also studied psychotherapy for three years, and worked in a secure facility for young adults with mental health issues. He brings a certain authenticity to this story as a result. It is also well written. The language is clear, and the narrative has been carefully put together. In those respects, it is a good book.

The main character, Alicia Berenson, is a successful artist, married to eminent fashion photographer Gabriel Berenson. One day she shoots Gabriel in the face five times and kills him. Afterwards, she stops speaking. She refuses to talk to her lawyer or anyone who is left in her family (her mother died in what is presumed to be a suicidal car crash--Alicia was in the car but survived the accident). At the trial, she is found guilty, of course, but is shown to have "diminished responsibility." She is committed to a secure psychiatric facility called The Grove where psychotherapist Theo Faber decides to treat her. He is intrigued by her silence and believes he can get her to speak again, particularly to him.

14 *Mainstreet* April 2021

The inspiration for Michaelides' story is the Athenian tragedy *Alceste*, by Euripides, first produced in 438 B.C. *The Silent Patient*, however, doesn't follow or parody Euripides' story entirely. In *Alceste*, the character Alceste dies because her husband has given her life up to the gods: she has to die so that he will not. She does come back from the dead, however, but she cannot speak until she is fully restored to life. In general Michaelides uses this metaphor of silence for Alicia Berenson's behaviour, and by the end of the novel, you will find another important plot detail taken from the play but shaped instead for this story.

The events throughout the novel play out in an Agatha Christie manner: the person solving the crime interviews everyone associated with the presumed killer and the victim. Theo visits Alicia's relatives: the cousin and aunt who live a strange, interdependent life in the country, and the brother-in-law who claims he wants nothing to do with Alicia and her problems. As in a Christie novel, and Michaelides admits that this was intentional, clues are revealed by each of the people he interviews, including her own lawyer, who is the brother-in-law, as well as the gallery owner, an old friend, who represents and sells her art work. The cousin tells Theo about Alicia's father, who at his wife's funeral, claims he wished Alicia had died instead of his wife, a significant event in a developing girl's mind. The gallery owner, her friend, reveals his envy of her work since he has failed to achieve the same level in his own art. Theo learns, too, that Gabriel had not been a faithful husband, and he sympathizes because his own wife, Kathy, an actress, had had an affair as well.

Theo keeps speaking to Alicia, though she doesn't respond. He discovers that attempts to have her participate in the art therapy sessions at The Grove were not successful, surprisingly. Eventually he arranges for her own brushes, oil paints, and canvases to be brought to the facility, and sets up a room just for her use. She

quickly begins a new painting that reveals some of the turmoil she is going through. However, the piece doesn't disclose the reason why she killed her husband, though Theo had hoped it would tell him what he wants to know.

Seemingly out of gratitude, Alicia does respond to the art, to Theo's conversations with her. She doesn't speak but eventually she hands him a notebook that is her journal. Theo has to sort out the strange scribbles and diagrams in order to determine what she is trying to say. In it, Alicia describes how she was driven into a near psychotic state by a masked man who stalked her prior to Gabriel's death.

This novel has sold well, but it has had mixed reviews. The store clerk in Otter's Books in Nelson was very enthusiastic about it, but I'm not sure I enjoyed it as much as she did. The novel is well put together, and easy to read. The red herrings are usually well disguised, though sometimes clumsy. The twists, however, were worth reading until the end, and those did surprise me. However, I was never a big fan of Hitchcock, so I recommend the book mostly to those who are.

**Next Deadline:**

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# 2021 Wildfire Season Let's get ready!

by Farley Cursons, FireSmart Canada LFR - East Shore Kootenay Lake

While we all look forward to some kind of normalcy with regards to the COVID 19 pandemic, there is another new normal that will one way or another affect us this year. That new normal is of course the continued threat of forest fires.

With our changing climate, we can expect more extreme weather— high temperatures, extended heat warnings, droughts — and an increase in forest fire occurrences. These warmer temperatures that we have been experiencing over the last several years have resulted in drier fuels in the forests that do threaten our communities. Where the fires will start this year is anyone's guess. Similar to a roulette wheel we may avoid the effects of wildfire, be completely immersed in a very threatening fire situation and/or, as we have seen, our summers being cut short by smokey skies from wildfires burning anywhere in the southern interior, Idaho or Washington.

Regional and provincial governments in alignment with organizations like Columbia Basin Trust to a large extent have answered the call by dedicating significant funding to implement fuel modification projects throughout the region. This renewed effort to reduce wildfire threats and create new jobs is a proactive step forward, however, there is no realistic amount of funding that can fire proof our wildland landscapes and communities. Where there are fuels, ignition sources and hot, dry, windy weather, there will be fires.

As residents living at the edge of nature, we must strive to make those things we value more fire-resistant. The urgency is upon us as property owners and land managers to act, as the consequences of inaction will only grow larger as time passes.

Much of our province's identity lies in the rural experience. On the East Shore, we all live next to the forest or what's called the Wildland Urban Interface. By continuing to expand our housing, resource developments and recreational pursuits deeper into forested areas the potential for a forest fire increases. However, with proactive land management and coordination across local and provincial governments as well as with land managers, local leaders and property owners, it is possible to reduce the potential impacts of wildfire on our community, homes and properties.

One of FireSmart Canada's mandates is to encourage property owners and even whole neighborhoods to work together in an effort to make their combined properties a larger defensible space against wildland fires. Its grass roots approach offers tools and information for homeowners to assess and mitigate their own wildfire hazards.

If you have more than a few acres of land to manage it can be costly and time-consuming to clean things up all at once. FireSmart principals focus on what is realistic for you to achieve in order to limit the risk of wildfire to your home and property now. As good neighbours we can integrate FireSmart planning into our long-term home renovation plans and incorporate regular yard clean-ups to reduce forest fuel accumulations in the short term.

Once started, wildfire will spread rapidly through forests where there's woody debris accumulation and tree crowns in close proximity to each other. Fire spreads quickly from the ground via ladder fuels and directly from tree to tree. These fires can produce sparks and embers that fly well ahead of the flames. These embers may land on neighbouring dry forest floors, tree tops, in the eaves of rooftops or on wooden porches where they smoulder and can create multiple fire situations.

It is important to be aware of the dangers and behaviors of sparks and embers when creating a FireSmart

property. By modifying the forest fuels within 30 meters of your home you will be able to create a significant defensible space. Work with your neighbours if their homes are within the 30m distance. Fire embers may seem small, but they should not be underestimated — over 50% of home fires caused by wildfires are started by sparks, embers and spot fires, not by large conflagrations of flame. Regular maintenance cleaning the corners and crevices of your home and yard (where needles and debris build up) will leave nothing for embers to ignite. Consider removing windblown leaves or needles from under decks and then screening them in. Firewood should be kept 10m from your house in the summer.

There are three ways to dispose of the accumulated forest fuels on your property. It should be stated that one person with a chainsaw can create a lot of material very fast. It's the organization and disposal of the material that is the challenge that will be faced.

First, think about safety. Long sleeve shirts, gloves and safety lenses will go a long way to keep you from getting injured from sticks and branches. Even if you're not using a chainsaw it's advisable to get a helmet with a face screen. There is actually a lot you can do with a hand saw, loppers and a rake to create a defensible space around your home. After ensuring there are no overhead tree hazards, thinning small conifers, limbing larger trees to six feet and raking up the dry sticks will be your primary activities. Then what should we do with all that material? That depends on volume.

### Disposal method 1 - Wood Chipper

A tree chipper or wood chipper is a machine used for reducing wood (generally tree limbs or trunks) into smaller wood chips. They are often portable, being mounted on wheels on frames suitable for towing behind a vehicle.

### Disposal method 2 - Hauling

After successfully piloting the project for the past few years, the RDCK has made the 'Free Yard and Garden Waste' program permanent! Every year for the months of April and October residents in the East Waste Sub-region will be able to deposit reasonable amounts of yard and garden waste with no tipping fee at the following facilities:

- Creston Landfill
- Boswell Transfer Station
- Crawford Bay Transfer Station

It doesn't take much brush to fill a pickup truck or trailer. If you have more than an acre of forest materials you will be making a lot of trips.

### Disposal method 3 - Pile Burning

In British Columbia, the Wildfire Act and regulation specify your legal obligations when using fire in, or within, one km of forest land or grassland. A Category 2 open fire means an open fire, other than a campfire, that burns: material in one pile not exceeding 2m in height and 3m in width; or material concurrently in 2 piles each not exceeding 2m in height and 3m in width. A Category 3 open fire is defined as a fire that burns: material at the same time in three or more piles each not exceeding 2m in height and 3m in width; or material in one or more piles each exceeding 2m in height or 3m in width. Most property owners who choose to burn should stick with a category 2 fire. Category 3 fires should be left to professionals. A fuel break should be established around any category 2 or category 3 fire.

You need to register your Category 3 burn with the BC Wildfire Management Office at 1 888 797 1717. Check out their website [www.BCWildfire.ca](http://www.BCWildfire.ca) for up to date fire ban information or other restrictions.

Anyone who lights, fuels or makes use of a Category 2 or 3 open fire must comply with the Environmental

Management Act and Open Burning Smoke Control Regulation (OBSCR). In short you want to maintain a hot fire that burns clear smoke. Do not let your burn pile smoke or smolder for more than is necessary to get it going. Don't add too much material until the fire is good and hot or you will reduce the amount of oxygen needed and create a lot of smoke. Don't burn when it's windy. Ensure adequate fire fighting tools and water are on hand for the duration of the burn. If your fire is within the Riondel Fire Dept jurisdiction, let them know ahead of time about your burning activities.

Additionally, you should always check with provincial authorities before lighting a fire of any size. Failing to adhere to fire bans and restrictions can lead to serious fines and penalties. It's important to find out what prohibitions are in place and how they may affect fire use in your area.

For more information about FireSmart Canada they have a very informative website with lots of useful information. [www.firesmartcanada.ca](http://www.firesmartcanada.ca). You can also download your own FireSmart Homeowners Manual at [www.bcwildfire.ca/prevention/docs/homeowner-firesmart.pdf](http://www.bcwildfire.ca/prevention/docs/homeowner-firesmart.pdf).

Keeping up with the times, FireSmart Canada now has an app. The FireSmart® Begins at Home app's primary purpose is to engage homeowners in voluntary wildfire mitigation activities by offering a self-conducted home assessment. This app guides homeowners through a series of questions about their property to help identify specific actions you can take on your property to reduce wildfire risks.

If after studying all the information available you have more questions, you can email me at [interface.strategies@gmail.com](mailto:interface.strategies@gmail.com).



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

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

Box 140, Crawford Bay, B.C. V0B 1E0

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# The Other Pandemic

by Susan Snead

*"In the time of Universal deceit, telling the truth is a revolutionary act."* George Orwell

The world as we know it is divided. A threat has come between friends, neighbours, and families. Each person has their own perception of what is going on. Each has their own position to defend and uphold. There are people acting the same as in Nazi Germany at the beginning of WW2. Neighbors tattling on neighbors. Those who are enforcing the "rules" dictated by government even when the rules are not in themselves legally binding.

Recently I've been re-reading the book *When Society Becomes an Addict* by Anne Wilson Schaef. In it she talks about the many ways people become addicted. The addictive system, she says, is based on fear, often displaying denial and projection as defense mechanisms. In terms of the situation today (2020/21) the following paragraph spoke volumes. "When we think of what it means for an entire system to be oriented toward nonliving, it is almost too much to bear. When we realize that this attitude is the orientation of the system in which we live, it is truly terrifying." (p 132)

Right now, people are divided and held hostage at the hands of the "powers that be" worldwide. We are told that a deadly virus is the cause of this imprisonment and the only solution is a vaccination. We're also told that after the vaccination we will still be required to wear masks and must be fearful of our fellow humans unless they also get the vaccination.

We've seen that this virus affects people randomly. Some get it and die. Most who get it survive while some are not affected at all. The flu and pneumonia kills millions of people each year, yet, during Covid, this isn't even mentioned. Vaccinations also kill and can cause physical damage. Why don't we hear about this? We're told through the mainstream media what the "powers that be" want us to hear. A very small percentage of the population has died from the virus, under 3%. If you look to Statistics Canada you will see that the number of deaths in 2020 were no higher than the average amount of deaths each year since 2016. Yet the daily news continues to report otherwise, assaulting our senses with cases, cases, cases and fear fear.

People are "waking up" to the realization that something is not right with this picture. There are those who abide in the status quo and listen, with trembling, to the horrors of the day. Then there are the ones who delve beyond fear by listening to their intuition, seeking other sources of information. Well researched and brilliant minds all over the world: doctors, lawyers, researchers, nurses and scientists are saying the opposite of what public media is reporting. Yet these people are not being heard in the mainstream news. Most are either being censored or discredited immediately after speaking out. Why is there is no non-conflicted or independent voice on any media network speaking anything other than what the Center for Disease Control or World Health Organization tells the media to report? Who is responsible for selling our public media to large corporations in the first place? Why does Bill Gates have so much control over the WHO with the intent on promoting vaccinations as our salvation? This is not about public health. This is about control and division.

Our bodies are always filled with bacteria and viruses. The body is used to adapting to these invaders especially when we up our intake of Vitamins C, D and Zinc. We need to be outside in nature to maintain good health and balance. Zach Bush, a leading voice in the world today is educating people on the micro biome within our body and the earth. Connection with the earth is our salvation. Yet the powers dictating and

controlling our every move are telling people to hide indoors, mask our faces (even when working inside) don't breathe the air, remain inert, follow orders, don't mingle with anyone beyond our small bubble and take the "vaccine" which we are finding is not a vaccine but an experimental "synthetic pathogen designed to make us sicker. It is a chemical substance to induce illness." (Dr. David Martin) Why aren't we being told this and why are vaccines becoming mandatory in countries where people are threatened with their "rights" taken away if they don't get "vaccinated"? This is looking very much like World totalitarian control.

More people are dying from loneliness, despair, stress, drug over-dose, suicides, abuse, and myriad other diseases. People are being separated from loved ones, losing their incomes, homes, businesses, and families. Many are fearful of their neighbors and friends who may turn against them for not abiding with the recent "dictates".

Remember, the best way to brainwash a population is giving them the same message over and over until they believe it. Then watch as the people continue to defend what they think to be the truth. It's a psychological ploy used in history, time and time again to control a population, also known as divide and conquer.

This pandemic of fear is far more dangerous than the Covid itself. Not only do we need to look at our fears and face them, we need to listen to others in order to find healthy solutions to what's happening around us. Courage is needed to step up to the plate especially when the inner voice of reason is screaming to find a better way.

There are many perspectives in any situation and from what I have learned from perspectives is that they're not always true or at least half true. We need to ask ourselves and the "authorities" why we are creating a world where personal freedom and individual sovereignty are quickly becoming things of the past. Now is the time to send love into the world for our neighbors, humanity and the Earth. As Abraham Lincoln said "You can fool all the people some of the time, and some of the people all the time, but you cannot fool all the people all the time."

**For those who are interested in exploring healthy solutions I recommend listening to Dr Sherri Tenpenny, <https://www.bitchute.com/video/y7fmQPtpqIs/>, Dr. David Martin, Robert F. Kennedy Jr, Dr. Zach Bush, Dr. Vandana Shiva, Dr. Christiane Northrup, Dr. Dolores Cahill and Catherine Austin Fitts <https://vimeo.com/497277858>, Dr Simone Gold to name a few. All of these folks have helped me see with new eyes.**

*"Fear is created in the mind. Only love is real." - The Course in Miracles*

# TOM SEZ

by Tom Lymbery

With more and more vaccinations is it possible to have our traditional JULY 1<sup>ST</sup> with the Lions barbecue, Donnie Clarks orchestra and the fireworks? We have a grant toward the fireworks and we have had so little entertainment.

The other night on "Jeopardy", I was able to answer correctly all five questions in a category. Almost never have I done before – but this time it was on PLUMBING!

Skunk cabbage time. These are actually an exotic yellow type of lily. If you disregard the smell. How did the indigenous people eat them? Soup, or just eat them as they pulled them out of the swampy ground? An early season delicacy but should be boiled as raw they are somewhat poisonous. And with tenacious roots, so how did those hungry first nations get the roots.

On Facebook I found a photo of the Odeon Hastings movie theatre featuring in a large display Dan Duryea (Peter's father) in *Black Angel* as a headline film – not the B features we are told about that Dan usually made

We are troubled by the over population of Canada Geese who are here year round, those fouling beaches and soccer fields. Couldn't these birds have chips embedded that would make them infertile? Since the chips are the size of a grain of rice it should be possible to shoot these into those big birds

Here's the song for April – "Deep in the Heart of Taxes".


In re-reading *Fishes and Wishes and Fruit* I find its so interesting to compare current days weather with that of Colin Haddon's as he faithfully specifies what weather is happening each day in 1915.

Here's a story from a book on growing up in the depression years of the 1930s – two 16 year old girls were discussing what another girl had told them about how babies are born – and one said "I don't believe that at all – I believe what my mom told me – she went to the hospital and the babies were laid out in a row – and she chose me!"

I received an unusual obituary in the mail – a book marker about the passing of Tony Gajdosik who passed away in Calgary. His sister was Roxanne Ballard of Crawford Bay and he had a house at Mountain Shores.

Who remembers a local pick up truck that had carefully lettered on the tailgate FFORD? It looked as if the factory had done that branding.

When will the ornamental flowering cherry near the store bloom this year? It has been as early as April 21 but with a later spring it could be up to May 5.



**Western Pacific Marine Ltd  
Kootenay Lake Ferries  
Osprey 2000 Ferry**

**OUT OF SERVICE**  
**April 6th 2021 – May 7th 2021**  
**for semi-annual maintenance**

The smaller capacity MV Balfour ferry will be in service operating on the regular winter schedule. Potential for increased wait times during busy sailings. Please refer to [DriveBC.ca](http://DriveBC.ca) for updates in regards to COVID-19 restrictions.

**MV Balfour weight restriction:**  
**Only one 6-8 axle semi-trailer per sailing**  
Western Pacific Marine Ltd would like to thank you for your patience.



## East Shore Fitness Place Update

by Julia Kinder

The gym is open to members 19+. Memberships are available for \$30 a month, or buy 2 months, get the 3rd free for \$60, or \$200 for a year. Each member is required to have an electronic key card to scan upon entry to the gym which requires a \$20 refundable deposit. We accept e transfer or cheque for payment. Cash is accepted but not preferred at this time.

The gym has Covid restrictions in place and rely on the members to follow them at all times while being unsupervised. We also rely on members to always do the right thing when using the facilities such as putting all equipment away where it belongs, making sure you are using the equipment the way it's supposed to be used, cleaning up after yourself. Have respect for the space you share with the rest of the community.

The membership has grown over the past year and our cardio machines are showing their age. We currently have one of our two treadmills out of order with the control board being the piece that has broken. The task of finding a replacement piece or to repair it has proven to be hard to do or quite expensive. The current active members of the fitness place have shown interest in donating money to go towards the purchase of a new treadmill which has sparked the start of our Go Fund Me Campaign. The East Shore Facilities board members have decided on purchasing 3 treadmills with an approximate cost of \$20,000. That may seem expensive to some people, however we are looking to purchase high quality equipment that is meant for a commercial environment. We want them to last. Here is the link to our fundraising page with more information. <https://gofund.me/e17cb147>. Thank you for your support.

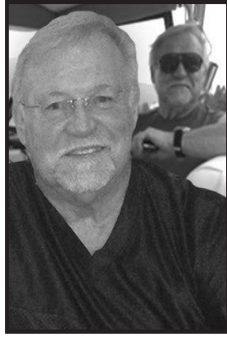
I, Julia Kinder, have decided to step down from my role as manager for the facilities. With that being said, East Shore Facilities will be hiring my replacement as soon as possible.

For more information or questions please email [eastshorefacilities@gmail.com](mailto:eastshorefacilities@gmail.com).

## Notice of Passing

TONY JOHN GAJDOSTIK

July 30, 1947 –  
October 19, 2020



Intro by Tom Lymbery:  
*Rosanne Ballard of Crawford Bay was Tony's brother. Tony had a house at Mountain Shores for many years.*

It is with great sadness that we announce the sudden passing of Tony John Gajdostik on Monday, October 19, 2020.

Tony was born in Lethbridge, AB, to Mary and Frank Gajdostik and was raised in the Coaldale Area. Upon graduation from the University of Lethbridge, he moved to Calgary and pursued a career in the insurance industry, first with London Life, and then with Allstate Insurance for twenty-nine years until his retirement in 2009.

He met and married his loving wife and partner of thirty-nine years, Vicki, and they were blessed with two sons, Jesse and Luke. Vicki joined Tony at Allstate and they worked together while raising their two boys into fine young men.

Tony loved to spend time at their cabin on Kootenay Lake in the summer, boating and fishing. In the fall he was an avid pheasant hunter in Alberta with his trusty German Short-Haired Pointer, Lucy. He shared his passion for hunting and fishing with his brother, sons, other family members and lifelong friends.

He was an excellent cook, and in retirement he took great pleasure in hosting family and friends, took up painting, and became an avid reader.

Besides his loving wife Vicki and sons, Jesse and Luke, Tony is survived by his siblings, Frank, Vera, and Marian; as well as numerous cousins, nieces, and nephews. He will be dearly missed by his family and friends, former colleagues, and clients. Tony was predeceased by his mother and father.

For Immediate Release | March 24, 2021

## Interior Health Coordinates Rural and Remote COVID-19 Vaccine Appointments

**IH-Wide** – The provincial COVID-19 vaccine rollout includes special coordination for rural and remote communities.

Interior Health has already completed targeted clinics for several rural and remote communities and has begun expanding plans more broadly.

Please review any special community clinics planned throughout the Interior here: <https://news.interiorhealth.ca/news/taking-a-community-approach/>

People may be expected to provide identification to prove they reside in the applicable region and should make an appointment in advance by calling 1-877-740-7747, between 7 a.m. and 7 p.m. PST, seven days a week.

We remind everyone to be vigilant against fraud. Our call centres will never ask for financial information, credit card details, or social insurance numbers.

To register for a COVID-19 vaccine appointment, the public will only be asked for:

- legal name
- date of birth
- postal code
- personal health number (PHN) from a Care Card or the back of the B.C. driver's licence or BC services cards, and
- current contact information, including an email address or a phone number that is regularly checked.

To review who is considered clinically extremely vulnerable and eligible for COVID-19 vaccine starting March 29, visit: <https://www2.gov.bc.ca/gov/content/covid-19/vaccine/cev>

To learn about B.C.'s COVID-19 immunization plan, the phased rollout approach, and eligible front line workers, visit: <https://www2.gov.bc.ca/gov/content/covid-19/vaccine>



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

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

**Call Amanda Murray at 403-678-7044 or [amurray@futures.bc.ca](mailto:amurray@futures.bc.ca) to book a free appointment in Creston.**  
**[www.futures.bc.ca](http://www.futures.bc.ca)**

Growing communities one idea at a time.

### Memorial Wall

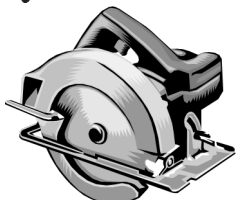
Whether your loved one has scattered ashes, was buried elsewhere or was 'beamed up', the **Memorial Wall in Gray Creek Cemetery** can mark their time here.

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

April 2021 Mainstreet 17

**Next Deadline:**  
**April 28, 2021**  
**[www.eshore.ca](http://www.eshore.ca)**

**Thinking of Renovating?**



**We can review your house insurance policy with you. Be sure to keep it up-to-date!**

**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

**HELP WANTED**

**CRAWFORD BAY MARKET**

is looking for a part & full time

**Backup Meat Cutter/Grocery Clerk**

**\*Meat cutting skills are an asset but not required. On the job training will be provided. Must have positive attitude with focus on customer service & be able to work independently as well as part of a team.**

**If interested, please call Cam at 250.227.9322 or email resume to [cam@crawfordbaymarket.ca](mailto:cam@crawfordbaymarket.ca) to set up an appointment for more details.**

**Wage is dependant on skill level**



**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.

**BUS SERVICES/ANNOUNCEMENT**

**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. vwharder@shaw.ca

**CONSTRUCTION/CONTRACTORS/TRADES**

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

**NEW BUILD & RENOVATION** - Design Consulting Services Westwood Cabinetry - Kitchen, Bath & Custom Closets. Furnish, refresh and update your home or rental property. Book an appointment - jennifer@socialroominteriors.ca. Visit SRI Design - www.socialroominteriors.ca

**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

**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. Please contact for more info

**ELISA ROSE SHAW, QHHT PRACTITIONER:** Certified Level 2 in Quantum Healing Hypnosis Technique. Healing and answers through past life regression and connecting with your higher self. Email elisaroseforever@gmail.com, call 250-505-0128.

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

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

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

**REGISTERED MASSAGE THERAPIST:** Harre-son Tanner - Over 40 years clinical experience. Treatment of Lumbo/Sacral Strain, Whip Lash, Frozen Shoulder, Migranes/Headaches, TMJ problems, & Stress. No doctor referral required. 250.505-6166.

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

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

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

**RENTALS/ACCOMMODATION**

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

**RESTAURANTS**

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

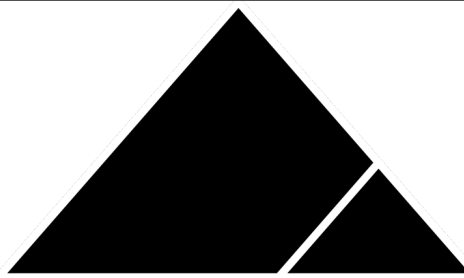
**NEWKEY'S PLACE** - Hwy 3A in Crawford Bay, licensed area. Open noon til close Monday to Sunday. Food Specials all day. 227-6911.

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

**YARD/LANDSCAPING/SITE PREP**

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

*Next Deadline:  
April 28, 2021*



**JK Excavation Ltd.**

**250.354.7055**

**[jkexcavationltd@gmail.com](mailto:jkexcavationltd@gmail.com)**

trucking. excavation. snow removal

**Massage Therapy  
Harre-son Tanner, RMT  
Over 40 years clinical experience**



\* Knowledgeable \* Skilled \* Experienced

For appointments, call 250-505-6166

**CLASSIFIED ADS**

**BUSINESS ANNOUNCEMENTS**

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

**BUSINESS SERVICES**

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

*Next Deadline:  
April 28, 2021*

- Planning a wedding?
- Holding a meeting?

Consider renting the **BOSWELL MEMORIAL HALL**

Booking/info: Karen Lee at 250.223.8686

*The Fitness Place*

**Open to members**

**7 days per week**

**5:30am-10:30pm**

Reduced supervisor hours may occur with reopening, so please contact Julia Kinder at [eastshorefacilities@gmail.com](mailto:eastshorefacilities@gmail.com) or 250.777.2497 (email is preferred)

**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*

**NOT YOUR AVERAGE VOLUNTEER GIG**  
*Serving the East Shore.*

Join us. Be a volunteer responder. | RIONDEL FIRE/RESCUE SERVICES  
Call 250.551.1352



# BULLETIN BOARD

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

**\* BULLETIN BOARD \* BULLETIN BOARD \***

**CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE**

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

**HEALTH CLINIC MESSAGE**

**We are doing phone appointments right now, unless the patient absolutely has to be seen, or they can go to emerg in Creston or Nelson. If someone is having symptoms of Covid-19 they are asked to stay home and call 250-551-7500 or 811. Lab and Doctor apts. Our doctors are doing telephone appointments when possible. If you are experiencing any symptoms such as fever, cough, shortness of breath, "Please do Not Come INTO CLINIC" Call 811 or Nelson Testing Site Phone 250-551-7500. We do not have the testing kits here at the clinic.**

**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  
 Mental Health Crisis line - 1-888-353-CARE (2273)

**DOCTOR /NURSE DAYS: APRIL 2021**

**April 1, Thurs:** Dr Barbour  
**April 2, Fri:** No Coverage  
**April 5, Mon:** No Coverage  
**April 6, Tues:** Dr Piver  
**April 7, Weds:** Dr. Moulson/Jayme Ingram  
**April 8, Thurs:** Dr. Barbour/Jayme Ingram  
**April 9, Fri:** Jayme Ingram  
**April 12, Mon:** Jayme Ingram  
**April 13, Tues:** Dr Piver/Jayme Ingram  
**April 14, Weds:** Dr. Moulson/Jayme Ingram  
**April 15, Thurs:** Dr. Barbour  
**April 16, Fri:** Jayme Ingram  
**April 19, Mon:** Jayme Ingram  
**April 20, Tues:** Dr Piver/Jayme Ingram  
**April 21, Weds:** Dr. Moulson/Jayme Ingram  
**April 22, Thurs:** Dr. Barbour  
**April 23, Fri:** Jayme Ingram  
**April 26, Mon:** Jayme Ingram  
**April 27, Tues:** Dr Piver/Jayme Ingram  
**April 28, Weds:** Dr. Moulson/Jayme Ingram  
**April 29, Thurs:** Dr. Barbour  
**April 30, Fri:** Jayme Ingram  
 NO WALK-IN SERVICES  
 APPOINTMENTS ARE REQUIRED

**To Our Valued Customers,**

Just a reminder that the Crawford Bay Market is offering curbside pickup for your grocery needs. If you are in quarantine following Covid protocol or are unable to come into the market for any reason, please send us an email at [cbm@crawfordbaymarket.ca](mailto:cbm@crawfordbaymarket.ca) or call 250-227-9322 with an order and we will be happy to serve you.

**Thank you,  
Crawford Bay Market**

**The East Shore Mainstreet**  
 KOOTENAY LAKE BC

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

Contact: Ingrid Baetzel, Editor  
 Phone: 250.505.7697  
 Box 140, Crawford Bay, B.C. V0B 1E0  
 Email: [mainstreet@eshore.ca](mailto:mainstreet@eshore.ca)  
 Web: [www.eshore.ca](http://www.eshore.ca)

**ADVERTISING RATES**

\$40 - 3.25 wide X 1.75 tall (inches)  
 \$45 - 3.25w X 2.5t  
 \$50 - 3.25w X 3t  
 \$55 - 3.25w X 4t  
 \$60 - 3.25w X 4.5t OR 6.75w X 2.25t  
 \$70 - 3.25 X 6t OR 6.75w X 3t  
 \$95 - 3.25w X 9t OR 6.75w X 4.5t  
 \$115 - 3.25w X 10.25t  
 \$150 - (1/4 page) 5w X 7t  
 \$175 (1/3 page) - 6.75w X 7t  
 OR 3.25 w X 14.5t OR 10.25w X 4.5t  
 \$250 (1/2 page) - 10.25w X 7t  
 \$450 (full page) - 10.25w X 14t

Sample Sizes - more sizes available.  
 Column Width: 3.25 inches - double width: 6.75 inches - full width: 10.25 inches  
 Services Directory: \$5/month, up to 3 lines.  
 Classified Ads: \$5/first 30 words, 10c/word additional

**\*\*THESE RATES ARE FOR B/W ADS ONLY\*\***  
 FOR FULL COLOUR, ADD 30%

**Next Deadline:**  
**April 28, 2021**  
[www.eshore.ca](http://www.eshore.ca)

**CHURCH/MEETING CALENDAR**

**RIONDEL COMMUNITY CHURCH**

Everyone welcome.

**CHRIST CHURCH & EAST SHORE CONGREGATIONS ST. ANSELM'S CHURCH BOSWELL (Anglican)**

No services at the present time. Contact Christ Church Creston for info - 250.402.3225

**HARRISON MEM CHURCH, ANGLICAN**

Crawford Creek Rd., Crawford Bay  
 No services at this time.

For info, please contact Rev. Leon Rogers: 250.402.3225

**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**

Satsangs available anytime for inspiration - Online at our website ([yasodhara.org/about-yasodhara/satsang/](http://yasodhara.org/about-yasodhara/satsang/)) or YouTube ([youtube.com/user/yasodharaashram/](https://youtube.com/user/yasodharaashram/)).

**MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL**

Fr. Lawrence Phone: 428-2300  
 Sun Mass at 2pm.

**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. 2nd and 4th Tuesday of the Month. For More info call Lion Mike Jeffery - 250-227-6807 or Lion David George at 250-227-9550 or Lion Fraser Robb at 250-227-9636.

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

**PARENT ADVISORY COMMITTEE**

(PAC) Meetings held at 4:30 pm at the Crawford Bay School on the first Wednesday of the month. Email [cbess.pac@gmail.com](mailto:cbess.pac@gmail.com) for info.

**ALCOHOLICS ANONYMOUS:**

Meets every Sunday at the Crawford Bay Hall on Wadds Road at 7:15 (1 hour meeting)

**Kootenay Lake Ferry Schedule**

**April 2021**

The MV Osprey will be out of service from April 6<sup>th</sup> until May 7. The MV Balfour will be replacing it during this time. Plan accordingly and expect delays.

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



**EAST SHORE  
KOOTENAY LAKE  
COMMUNITY HEALTH SOCIETY**

PURPOSE

- promote the health needs of residents living in the East Shore communities
- assist in identifying the health needs of East Shore residents
- advocating for and facilitating fundraising to meet those needs
- co-operate with community groups with similar goals

Agencies, Collaborations, and Activities Supported by ESKLCHS

- East Shore Community Health Centre (Crawford Bay Clinic); ESKLCHS owns the land on which the clinic is situated and works with Interior Health to improve services offered through the Centre
- East Shore Emergency First Responders (BADEV, Riondel)
- Riondel Ambulance Service
- Community Paramedic Service
- Focus on Health Workshops held monthly October through May
- Better-at-Home East Shore
- Partner with Selkirk College/University of Victoria College of Nursing to support their students' learning and to enhance ESKLCHS research and health-related activities
- East Shore Transportation Society
- BC Rural Health Network

The East Shore Kootenay Lake Community Health Society welcomes your support and encourages you to join and become a member. The fee is \$5.00/year payable by cheque to the Society or INTERAC e-transfer. The society also accepts and appreciates donations from individuals or companies to support the ongoing initiatives of this society. Contact: Karen Arrowsmith 250-223-8177 or nkarrow@telus.net for further information

**LADYBUG  
COFFEE**

**OPEN EVERY DAY,  
7:30-3PM, ALL YEAR**

**SUMMER  
MENU  
COMING  
SOON!**



**Floriferous Gardens**  
Tulips Flowers Bouquets  
Garden Starts Herbs Perennials  
Houseplants Gifts

April Hours  
Thursday-Sunday  
11am-5pm

Easter Weekend Open  
Wednesday-Sunday

On the Artisan strip in Crawford Bay, BC  
1-250-420-7442  
Facebook - Floriferous Gardens

CUSTOM HOMEBUILDING  
DESIGN SERVICES  
REMODELING

**HULLAND & LARSEN**  
CONSTRUCTION LTD  
www.hullandandlarsenconstruction.com  
(250) 551-2915 or (250) 505-3570  
contact@hullandandlarsen.com Licensed and Insured  
Serving the communities of Kootenay Lake.

**the MARKET**

\* Groceries \* Fresh Meat/Produce \*  
\* Deli Meats/Cheeses \* Natural Foods \*  
\* Fishing Tackle \* Liquor Agency \* Gas \*

**Store Hours:**  
Sun: 9-5:30  
Mon-Sat: 9-6:30

Check our flyer sales  
& browse the aisles for  
other unadvertised specials!

Bottle Depot: Sundays only, 10-3  
Phone: (250) 227-9322  
Fax: (250) 227-9417  
cbm@crawfordbaymarket.ca  
**!!HAPPY EASTER!!**

**70th Annual General Meeting**  
PLEASE JOIN US VIRTUALLY

**NDCU 70th AGM**  
Tuesday April 27, 2021  
PLEASE RSVP FOR INVITE  
AGM@nelsoncu.com

Please join us at our AGM for the review of 2020 and learn more about the proposed merger with our 5 regional partner credit unions.

**Nelson & District**  
CREDIT UNION **>>>** Logically. Locally.

**THANK YOU! You can STILL...**



Huge, heartfelt thanks to the wonderful donors and supporters who have given generously over the past month or two. It warms us to the core to know that you care about the future of this beautiful locally-owned, independently-run community newspaper.

Those who haven't yet, but still want to, can easily support Mainstreet with a donation in a number of ways. Please see options to the right.

**Donate on the website: [www.eshore.ca](http://www.eshore.ca) or...**

**Donate any amount, or subscribe to pay monthly without having to remember to do it yourself! Pay via:**

- ⇒ **Paypal**
- ⇒ **Credit Card**
- ⇒ **Etransfer (to [mainstreet@eshore.ca](mailto:mainstreet@eshore.ca))**
- ⇒ **Direct Deposit (at the Credit Union)**
- ⇒ **Cash or cheque (Box 140, Crawford Bay, V0B 1E0)**

**Go to [www.eshore.ca](http://www.eshore.ca) for more information.**

**Thank you, Mainstreet supporters & community.**