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# The East Shore Mainstreet

## KOOTENAY LAKE BC

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



*Pink Pussy Willow - by Bob Carter (bob.cgfx)*

# Let's look for what unites us, not what divides us.

*\*Quote sponsored by an East Shore resident*

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## Mainstreet Meanderings

by Editor Ingrid Baetzel

### The Line Through the Trees

A community member sponsored the text image that is on the cover of the paper this month. This is something I've never done before, but was happy to oblige in that I'm sure it resonates for many. "Let's focus on what unites us, not what divides us."

We had a lengthy discussion about this idea and the resident mentioned a concept that most of us are familiar with – the concept of *not focussing on the tree*. This idea pertains directly to back country she-nanigans like skiing, snowboarding, snowmobiling, mountain biking, etc, where one must make an effort to look past the obstacles (typically trees) and find the line, the open space, the path, through the trees. If we look ahead of us and focus on the obstacle (tree), all we see is the tree, and we have a much greater likelihood of hitting it. If we look at the open space between the trees, and find that line that is clear of obstacles and the great likelihood of pain, we are more likely to enjoy our travel experience and find greater happiness.

There is a small dose of frivolity in this concept, but the basis holds for me. Many of us are now, sadly, so overly engaged with the things that hurt, the road blocks, that we are often missing the joy of the ride. While it is unreasonable to not look at the trees at all, perhaps taking them in from our periphery while try-

ing to bliss out on the open path is the key. We can't ignore the hurdles and roadblocks, and there is great beauty in the unknown shifting landscapes ahead - the challenges to double back-flip over - but we can avoid flying smack dab into those obstacles by making them our ultimate focus.

In consideration of the message on the front of the paper (alongside Bob Carter's magnificent pink pussy willow photo), the following springs to mind: We are small and we are mighty and we see each other. We know the places we differ and the thousands of points at which we meet in solidarity. Perhaps, as the darling buds of ... April... begin to appear, we can take a moment to release ourselves from the hurt and disappointment of neighbours and friends with differing opinions, breathe in our mutual humanity and deeper consciousness? Perhaps we can quietly celebrate that we live in a place and time where we are allowed to believe differently and free to speak about it, but not required to...

I will end with this timely poem sent to me yesterday by a dear friend:

*Be around those who crave new galaxies in you.  
The light through your veins.  
Poetic science.  
Wider vision.  
Gentler strength.  
The moon in your chest.  
Gravitational pulls.  
Possibility everywhere.  
Stars in your eyes.  
Expanding horizons.  
Something wild.  
Something fervent.  
Something stunning.  
Something divine.*  
— Victoria Erickson, *Rhythms and Roads*

## Mandate Changes and Regulation (April 8, 2022)

From <https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions>

**UPCOMING CHANGES TO RESTRICTIONS:** When K to 12 schools return from spring break, masks will no longer be required for students, staff and visitors.

**On April 8, 2022 at 12:01 am, further restrictions will be lifted:**

- Proof of vaccination will no longer be required under public health order to access businesses, events and services
- Individual businesses and event organizers can choose to continue requiring proof of vaccination for entry
- Federal proof of vaccination is still required for federally regulated travel, like air travel
- Businesses will no longer need a COVID-19 safety plan. They must follow communicable disease guidance from WorkSafeBC
- Proof of vaccination will no longer be required for post-secondary student housing.

### MASKS:

Wearing masks in public indoor settings is not required by public health. Wearing a mask is a personal choice. Masks are encouraged on public transit and BC Ferries, but not required.

Individual businesses and event organizers can choose to continue requiring masks on their premises. It's important that we respect the choices of people, businesses and one another.

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### Masks and federally regulated travel

You must wear a mask when travelling by air and other federally regulated travel.

### Masks and health care settings

You must wear a mask in all health care settings, like vaccine clinics and hospitals.

### GATHERINGS AND EVENTS

#### Personal gatherings

There are no restrictions on indoor or outdoor personal gatherings.

#### Organized gatherings and events

There are no capacity restrictions on indoor or outdoor gatherings and events.

- Dancing is allowed
- Proof of vaccination is required for entry (12+) until April 8

#### Worship services

There are no capacity restrictions on worship services.

#### Exercise and fitness

There are no capacity restrictions on any exercise and fitness activities.

- Proof of vaccination is required for entry (12+) until April 8

#### Swimming pools

Swimming pools can operate at full capacity.

#### Sport activities

All sport activities are allowed. Safety requirements for sport activities include:

- Proof of vaccination required for spectators (12+) and adult participants at indoor sporting events until April 8

### Yard & Garden Waste — Seasonal Free Tipping

During the month of **APRIL** the following Resource Recovery Facilities accept Yard & Garden Waste for **FREE**:

**Boswell & Crawford Bay Transfer Stations  
Creston Landfill**

Quantities greater than 2.3 m<sup>3</sup> must go to the Creston Landfill.  
Site Staff reserve the right to limit the number of loads disposed by any customer, based on available space.  
Visit our website for more information.



rdck.ca/gardenwaste  
250.352.8161 | wastedept@rdck.bc.ca



## OFFICE DESK

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

- Non-employee supervisors, coaches and assistants of indoor sports and group activities for people 21 years or younger must be fully vaccinated

### Restaurants, pubs, bars and nightclubs

Restaurants, bars, pubs and nightclubs can operate at full capacity:

- Normal liquor service hours
- No limits on table size
- Customers don't have to remain seated
- Dancing is allowed
- Proof of vaccination required for entry (12+) until April 8

### Visiting long-term care or seniors' assisted living facilities

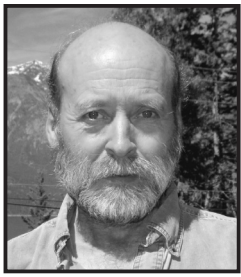
There are no capacity restrictions on visitors at long-term care and seniors' assisted living facilities. You should check with your local facility about their policies before your visit.

### Hours of Operation Resource Recovery Facilities

<p><b>Crawford Bay Transfer Station</b>                  March 13, 2022 — April 30, 2022                  9:00 am — 3:00 pm                  Sunday &amp; Tuesday</p>	<p><b>Boswell Transfer Station</b>                  Year Round                  11:00 am — 3:00 pm                  Wednesday &amp; Saturday</p>
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## RDCK Area "A" Update

by Garry Jackman,  
Regional Director

### Five Year Financial Plan (budget)

At our March 17 board meeting, we approved our financial plan for the next five years, the most critical aspect of which is the current year with the requisition amounts for the province to include in the 2022 property tax notices. As I have explained before, the province collects its portion of rural taxes through the property tax bills along with the regional district amounts for rural residents (outside of an incorporated village, town or city).

Prior to finalizing the budget, a series of public presentations were held this year with very few attendees for the online events. Before all of the COVID restrictions we would have many residents express interest and attend meetings where they could review pie charts and details of the various components of the budget. Having such a low public turnout, this year's presentations are slated to be posted online along with the full 225 page official financial plan. At the time of writing this article I did not see the link but if you are interested, send me a note and I will forward a link when it is available and/or the 225 page document if you prefer.

This past year our overall property assessments, which are used to determine the taxation requisitions between various service partners, rose by almost 23.4% on average across Area A while the average increase for the regional district was about 21.9%. This does not translate to a corresponding tax increase

in that amount, as the mil rate is adjusted downward in this sort of year to bring the requisition amounts in line with what is actually needed. However, since our increase was larger relative to other areas of the RDCK the result will be shifting a little more tax burden to us for shared services across the district. That trend, coupled with inflation, means increases for almost all Area A residents. I am always available to talk about the budget in detail with any who are wanting more information.

### Post Wildfire Natural Hazards Risk Analysis - Akokli Creek

Following a wildfire, the chances of soil erosion, landslides, and floods can increase, like we saw at Kuskonook several years ago. This risk can be enhanced with intense rainfall or rapid snowmelt. Although across the Columbia Basin it is a fairly "average" snow year, there is quite a lot of higher elevation snow around us which could melt quickly given the right (or wrong) conditions.

The Province of British Columbia's Ministry of Forests, Lands, Natural Resource Operations and Rural Development has released its post wildfire natural hazards risk analysis reports for the Akokli Creek wildfire from 2021. The report contains information on potential hazards and risks following a wildfire, such as downslope and downstream risks to life, property and infrastructure. The report has been posted on the RDCK website, along with reports for other creeks in our region. To view the reports go to the "news" tab at the top right hand corner of the home page and look for it on the list. Otherwise you can go to [www.rdck.ca/hazardreports](http://www.rdck.ca/hazardreports).

### Grants

Please look in this edition of *Mainstreet* for information on the spring applications to Rec 9. The call

for spring grants is out with the deadline set at noon on April 29, 2022. The meeting to review applications is set for May 3 at 2pm. Public are welcome to join in the meeting.

Also, as noted last month, the Columbia Basin Trust - Community Initiatives Grant applications have now closed and staff are preparing the summaries of applications to post online for public comment and for the community reviewing group to look at to provide recommendations to an RDCK Board meeting later this spring.

### Volunteers

We have had a couple of community members step forward but continue to look for more. At any time over the coming weeks contact me if you are interested in joining the Area A Economic Development Commission (EDC) or the Rec 9 Commission. We also do not currently have an active land use Advisory Planning Committee which has provided some great insight over the years on development applications.

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.

**Planning a wedding?  
Holding a meeting?**

Consider renting the  
**BOSWELL MEMORIAL HALL**

Booking/info: **Melody Farmer**  
at 250-223-8443

## Letter to Editor IN GRATITUDE

Dear Editor:

I have so much gratitude for the Canadian truckers who started their journey on January 23<sup>rd</sup> in the wee hours of the morning from Vancouver, joining other truckers along the way in what was called the Convoy of Freedom headed to Ottawa. My heart burst open watching the thousands upon thousands of Canadians lining the Trans Canada Hwy posting their videos in ecstatic reverence waving and honking the pilgrimage along in sub zero temperatures with the Canadian flag proudly sending them on.

My gratitude continued as members of Hutterite communities fed the truckers and gave them gas to support their mission. I was moved to see so many interviews with people from Ottawa who came out to feed everyone with barbecue and home made food and to wash their clothes! Even the homeless shelters had more than enough food with the over flow of love that was spilling out into the community. Music, joy and light permeated our nation's Capitol for those few weeks. I also want to voice my gratitude to the multitudes of other Canadians; families, ethnic groups and individuals who drove all the way to Ottawa in support of the convoy. The merging of cultures joined together as thousands upon thousands of happy, peaceful, loving souls gathered; all standing up for our rights and freedoms. The World watched and cheered Canada on as those (aprox.) 50,000 truckers were also speaking for other countries too! The concerns of Canadians are the concerns of many and the strength of "the people" reached out Globally to inspire positive change and offer hope. Oh Canada, our home and native land. I am so proud of these peaceful warriors for making their voice heard and by inspiring the multitudes worldwide in such a loving and conscious way. Many, many thanks to all of us who hold the vision of peace and light for the Earth.

*Susan Snead,  
Riondel Road*

## Crawford Bay Hall Update

by Susan Hulland

**Bats:** We have bats in the attic of the Crawford Bay Community Hall! As some of you likely know bats are now protected by law and care must be taken to protect them during building renovations. In response to our request for help, on March 15 we had a really informative visit from Heather Gates of Kaslo who works for The Kootenay Community Bat Program which is funded by the Kootenay Lake Conservation Fund.

One of her jobs is to respond to calls from building owners who have, or think they might have bats. Some folks want to be rid of them while others are fine with hosting these important flying mammals and want to learn ways of making them more welcome. Another of Heather's jobs is to always be on the lookout for signs of 'White Nose Syndrome', a fungal disease that kills bats which is an introduced fungus and thrives in cool conditions so kills bats in their winter hibernation. Because of this threat Heather dressed in full personal protection equipment to enter our attic, NOT for her own protection but to protect the bats from possible contamination she could introduce. Our bats are using the hall as their summer maternity roost and there are no dead bats up there.

Inspections of the attic showed that the hall has hosted bats for many years. Heather told us that perhaps more than one species have been using the building and she took samples of their guano (poop) for testing to determine this. Their guano will also be tested for White Nose Syndrome which has not yet been detected in BC.

An inspection of the outside of the hall showed, let's be honest here, there are many ways that bats could be getting into the attic. Heather offered a few

solutions for mitigating this though she said that bat colonies bond strongly with their roosts and trying to exclude them from a building can be a lengthy process sometimes taking several years. A possible third solution was suggested - to build the bats their own 'home' inside part of the attic, but isolated from the rest of the building. This idea will definitely have to be run past our architect!

Heather installed a roostlogger in the attic. This electronic device will pick up ultrasonic echo location calls from the bats for the next eight months. It will tell us when they arrive in the spring and when they leave in the fall. This critical information will help our association decide how to approach this issue as we move ahead with improving our community hall. If you are interested in more information about bats check out [BCBats.com](http://BCBats.com)

**Covid Restrictions Lifted:** As of April 8 most Covid restrictions will be lifted and our facilities will be fully open once again for rentals. For information please contact us: [bookings@cbhall.ca](mailto:bookings@cbhall.ca)

**Grant Applications:** We are working on several applications and we need all the help we can get with these complex but financially rewarding applications if we are to be successful. Do you have experience with work like this? Can you donate a few hours of your time to help us in the next eight weeks? If so, please contact Leona Keraiff at [lkeraiiff@cbhall.ca](mailto:lkeraiiff@cbhall.ca) or David Wells at [dwells@cbhall.ca](mailto:dwells@cbhall.ca) if you would like to see us succeed. Your participation could make a huge difference and it would be greatly appreciated.

**Thank You's and Donations:** Thanks to Carol Boyd of Crawford Bay for her help with the recent bat investigations in the hall. And a big thanks to Steel Wheels of Crawford Bay for their in-kind donation of \$336 toward perk tests and soil profile pits dug on the hall grounds last fall that provided data for the septic plan done for us by Paul Kernan of Highland Consulting in Nelson.



## Hidden Taxes by David George Three Holiday Weekends Ruined

Or how I spent three unexpected holidays in hospital, going back first to Labour Day 1984, continuing to Canada Day 2019, and now my own birthday and the Vernal Equinox in 2022.

Labour Day weekend 1984. I was still working in the CBC television audio department in Vancouver and living with my second wife in an attractive little house in Mackenzie Heights on 35th Avenue now worth about \$3 million.

I was looking for another job, and had learned how to project 35mm film in regular but second-run theatres in the Vancouver area such as the Ridge and the Savoy. We had the greatest midnight show ever at both: the Rocky Horror Picture Show, most of the lines, songs, and audience responses I still remember.

I don't remember if I was just home in the evening from the CBC or the Ridge, but I began to have pains in my lower right abdomen. I got relief from this using a heating pad, but in the morning things were worse, and I had my wife drive me to emergency at the UBC hospital, where the duty MD from St. Pauls got over there and examined me and said my appendix was in bad shape.

He asked if his son, in medical school, could assist him, something not done nowadays, and I said yes, let him have a learning experience as I have spoiled his dad's Labour Day weekend. The appendix was removed, and it was retro-secal, making it more interesting. I was there at UBC for only two days, in a private room, and was comfortable at home, taking a few days off.

Canada Day weekend 2019. Serious pain above my right hip. Our Riondel ambulance people got me to Kootenay Lake Hospital in Nelson promptly, and I was examined thoroughly, including with the fairly new CT scanner provided by donations, some of which came from our Lions Club to the KLH Hospital Association.

It was discovered that I had kidney stones, and was sent via two ambulances through the night to Kelowna General. I was examined soon after arrival by Dr. Keith Prestige, and around noon he operated and removed stones from both kidneys.

I was kept there overnight, and I think another day and sent back to KLH Nelson, again by two ambulances. After a few days in Nelson, and being seen by family physician Dr. Brian Moulson, I was sent home on July 7th.

Throughout all those holiday weekends I was able to get the care I needed promptly, and here I give credit to the late Tommy Douglas, who managed to get us our universal Canadian healthcare system which we have had since 1968, and funded it in a manner which still works. Blessings on his name and memory.

We must not let anyone take away from us our universal healthcare and try to funnel money into private clinics or societies, such as those which it appears Telus, of all companies, is attempting now. More about this in another column.

Flash forward to 2022, March 15th. When getting ready for bed around 10:30pm I had a pain around my left hip, and almost collapsed. When I could not support myself to walk, Lea called the ambulance, which of course could not catch our last ferry.

That is a flaw in our healthcare system, that we should have to go to Creston during the night rather than Nelson, where there are more diagnostic facilities.

Creston sent me to Trail the next morning, and as of

today, the second full day of Spring, March 21st, I am still here awaiting more tests, such as a bone scan with a radioactive dye, which cannot be done on weekends because of staffing.

So far I have missed St. Patrick's Day and celebrating Lea's and my birthday together this year for the first time since we met.

As some will know I have been suffering from cancer, and it seems to have spread. An active course of treatment is being set up with doctors in Kelowna and Trail involved.

For now, I wish all my readers a Happy Spring!



**Western Pacific Marine Ltd.**

**Kootenay Lake Ferries**  
**Osprey 2000 Ferry**

**OUT OF SERVICE**  
April 19, 2022-May 3, 2022  
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.

**MV Balfour weight restriction:**  
**Only one 6-8 axle semi-trailer per sailing**

Western Pacific Marine Ltd would like to thank you for your continued patience.

## Riondel Fire and Rescue Blotter

by Fire Chief Cory Medhurst

Well it would seem as though spring has finally sprung for us here on the Best Shore. The yards are clearing of snow and ice revealing spring flowers and last years grass, and of course the remanence of both our domesticated pets and local wildlife walking throughout the winter. This spring we encourage everyone to take some time to roam outside and walk, bike, or run in our great outdoors. From walking the relatively flat pavement through Riondel, to hiking the well-maintained off-road trails throughout the East Shore – which can be found online at [www.estba.ca](http://www.estba.ca) - there's something for everyone and every experience level. After a long and cold winter, it's time to get some much-needed vitamin-sun and fresh air.

With the spring melt off comes the very real danger of our creeks and rivers swelling, becoming increasingly turbulent, and possibly overflowing causing some issues. To be personally prepared there are some useful tips and links at [www2.gov.bc.ca/gov/content/safety/emergency-management/preparedbc/know-your-hazards/floods](http://www2.gov.bc.ca/gov/content/safety/emergency-management/preparedbc/know-your-hazards/floods), or search BC flooding online. Take some time review the Province's action plan in the event of flooding at home.

**March calls to date are as follows:**

**March 1** – An emergency lift assist in Crawford Bay was responded to by two members. An extremely icy and somewhat steep driveway required immediate assistance to move a patient from the home to ambulance. While the crew was enroute they were called down midway down the Riondel Rd; thankfully there were other people at the scene who were able to assist with patient movement. The crew returned to the station.

**March 2** – A medical emergency in Riondel was

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attended to by five members. With an extremely confusing message from two different dispatches, the crew assembled with the Paramedics at the fire hall and waited for RCMP to investigate and clear the scene. Members assisted with patient movement as well as organizing vehicles on a confined roadway.

**March 11** – Four members responded to a lift assist in Crawford Bay. Another precariously icy and steep driveway required many hands to carefully move the patient and once again arrange vehicles to accommodate the call and gain access to the patient.

**March 13** – A medical emergency in Riondel had two members attend with another member on standby to assist if needed. Members assisted Paramedics with patient movement from the home to the ambulance.

**March 13** – Within an hour of the previous call, a call came in for a possible motor vehicle incident in Crawford Bay with a vehicle in a ditch. When crews arrived on scene, they found a vehicle parked off the main road with an occupant asleep inside. The occupant was woken but refused medical assistance.

As the melting snow uncovers last years yard wastes and broken tree branches, another reminder to all that there are a few regulations, and a couple of common-sense nice neighbour suggestions when it comes to back yard burning. Most important. **DO NOT** burn household garbage or items with toxic fumes ANYWHERE. As mentioned on the Province's website, "Never burn garbage or construction debris. It is illegal unless specifically authorized, and it releases toxic chemicals in the air. Effects of these toxins include cancer, lowered immunity, disorders of the nervous system, and interfere with childhood development. Reduce waste and recycle instead". We have a vey well operated transfer site, or dump with recycling, in Crawford Bay, Riondel and Boswell. Before resorting to burning:

- Recycle through your local program or at a collection facility
- Check what other disposal options are avail-

able for the material you want to burn

- Compost instead of burning leaves and clippings
  - Hire tree trimming companies to dispose of land clearing debris
  - Woody material could be turned into wood chips, particle board, wood pellets, or fuel for cogeneration plants
  - Make sure the weather and venting conditions are appropriate for burning
  - Don't burn prohibited materials
- Lighting a fire contributes to smoke-caused air pollution. If you are going to light a fire, here are some important ways you can help keep the air clear:
- Burn only during good venting conditions
  - Burn efficiently by lighting a quick burning and hot fire that produces a minimum of smoke
  - Don't starve the fire of oxygen and don't burn wet material
  - Make sure the material has been dried for at least six months

Check the Ventilation Index conditions and municipal and provincial regulations before burning.

Check out these pages on the Province's websites for more information on burning, [www2.gov.bc.ca/gov/content/environment/air-land-water/air/air-pollution/smoke-burning/burning-outdoors#:~:text=Burn%20only%20during%20good%20venting,for%20at%20least%20six%20months](http://www2.gov.bc.ca/gov/content/environment/air-land-water/air/air-pollution/smoke-burning/burning-outdoors#:~:text=Burn%20only%20during%20good%20venting,for%20at%20least%20six%20months). and any burning bans, [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)

After all of the outdoor activities on the East Shore and your home and yard spring cleaning, if you still find yourself with a desire to do more for your community and join a great team of professional volunteers, we meet every Thursday night from 7 – 9PM at the firehall in Riondel. Go online to [www.rdck.ca/EN/main/services/fire-services/volunteer-as-a-firefighter.html](http://www.rdck.ca/EN/main/services/fire-services/volunteer-as-a-firefighter.html) and fill out the application, hope to see you at practice soon!



## Hacker's Desk

by Geoffroy Tremblay

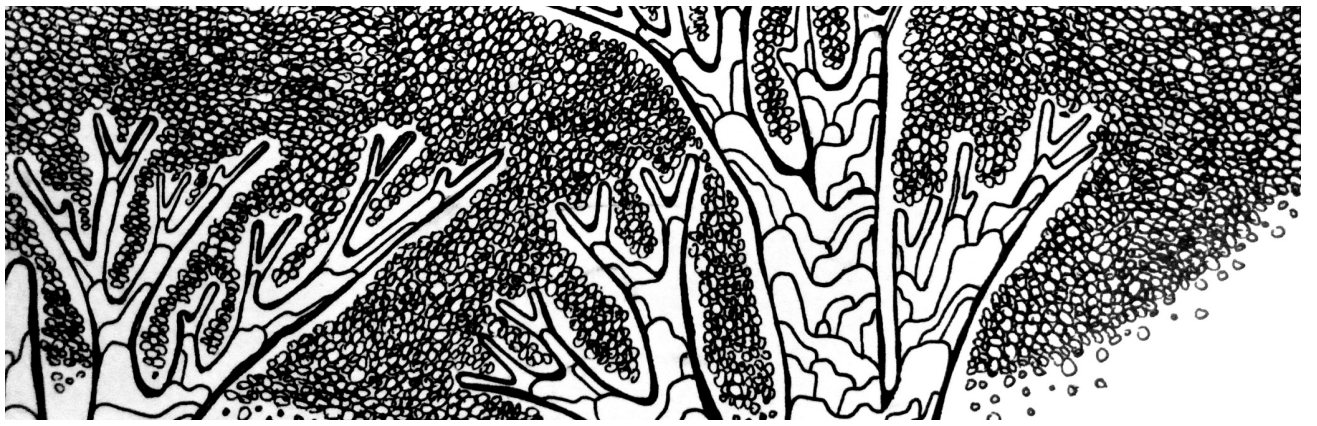
### Bus 22

It was the greatest pedal bike - all silver with modifications. The front fork had an extra footrest so a person could step up on it, and extra-long back-wheel nuts were added to the back wheel. You could ride three on the bike or use it for tricks. A mix between the famed BMX and a mountain bike. I really liked my bike. I was riding with Francois, my first friend, when I moved to the south shore of Montreal. He was my neighbour. Back then, there were no fences between the different backyards; friendship was easier.

The sun is warm, the air is cold. As always, I am on my bike. We are biking on one of the main streets, and I see bus #22. I know the driver, Isabelles's father; Isabelle is a friend from school. The bus slows down to stop at the corner. I decide to bike in front to say hi. It's not him, but some other driver.

I wait at the corner, standing on my bike. The bus starts to move, makes a right turn. The side of the bus pushes over the sidewalk slowly grabbing my bike and pulling me and my bike under. I fall. I feel the harsh concrete of the sidewalk. That summer, I had learned to close my eyes when on a roller coaster and not to be scared. While I am being pulled under the bus, I close my eyes, but I don't feel anything.

When I open my eyes, I can see the bus driving away, my bike now shaped like an orb, scratching the street, creating sparks. The bus slows down. I turn on my back. I see the huge tree over me. An immense



ash tree, like the one in front of my house. I feel reassured by its presence. A crowd is forming around me. I want to scream; my mouth is full. I spit my gum out. "Maman..." I cry for my mom. I want to be comforted by her. I want to be protected by her. The paramedic arrives. They cut my pants; I didn't want them to cut my pants. They only look at one leg. Didn't both legs get rolled over? Am I in pain? What is going on?

I am not sure I wrote about this event in my life. It seems new. Today while I was in yoga Nidra, I listened to my body. Listening is an excellent way to be present and aware of my reaction to the exterior. In meditation, I am not in reaction. When I feel my body, there is no vibration coming from the outside.

It's a good moment for my body to release what hasn't been processed. This morning it was that accident. But what is in storage? A memory? I don't remember feeling pain at any point. Even at the hospital, I was baffled about the lack of pain. I had to wait in a corridor as my case was far from an emergency. Are there emotions attached to that memory? Sadness, grief? Although a traumatic event, the images that come to my mind are peaceful gentle. Sky, branches,

trees, people around me. A shamanic tradition explains how your soul can be broken apart in a traumatic event. That shard of my soul might be located in the place of the accident. Should I go back and visit?

I spend most of my day in my mind. When I started my exploration of meditation, I wanted to go even further into the 'non-physical' realm. Spirituality was all about the mind, the spirit, the soul and beyond. Slowly I realized that to explore meditation and the reality around me, my body was the path, the guide I should follow. I like to use the analogy of the wave for this. At the top of the wave, there is my mind. It's only a tiny part of the wave. Then below there is my body. But the wave is only one aspect of the ocean. In order to understand that ocean, the reality that I am part of and that I am, I have to move from my mind to my body.

The memory of my accident, resurfacing like this, is unexpected. I am not sure why it came about, but I want to explore more of this. Explore what is hidden in my body. There seems to be a lot of wisdom in my body. It stores the memories and indicates the healing that can happen. It can also guide me in my daily if I can simply listen to it.

## Yarns From the Back Alley Shepherdess

by Barb Kuhn



At this time of year, the Icelandic sheep we raised on Gamla Varen Ranch were lambing. Because there were usually no problems associated with the birthing process, we rarely even knew there were

new lambs until the mother showed up for feeding time with a few small newborns following behind her.

The first lamb born on our farm was Aleiha, and she was pure black. We named her after our granddaughter who was also black. The ewe, a very protective yearling named Hilma, wouldn't let us near the baby until she was at least a week old.

Hilma was a mouflon badger-faced ewe, with beautiful wool, exceptionally soft for an Icelandic pure-bred. She took over as leader sheep for the flock when Trygg, the oldest ewe, was killed by a mountain lion. Trygg and Hilma did not get along, probably because they both possessed such great leadership characteristics. This changed when Hilma, only a few months old at the time, was trapped on the other side of the fence, in the neighbour's woodlot. Trygg was noticeably distressed that Hilma was in trouble. Hilma got through the fence somehow, probably before we arrived home to see a deer tangled in the field fencing and had to cut him out using our ever-ready leatherman tools. She probably ran with the deer and somehow got through when the deer was caught. The deer was freed, and ran away uninjured. We were happy that we weren't injured getting him out of the fence, too.

Hilma was in unfamiliar territory, away from her flock. Her anxious bahs caused a ripple of excitement in the other sheep. Trygg came up to us right

away and communicated as best she could, that one of them needed help, before we heard the panicked lamb. Hilma actually let us catch her and carry her over to our pasture. Normally, she stayed as far away from humans as she could. She was learning to trust us.

Trygg went over to Hilma and they touched noses, the moment Hilma was back on our side of the fence and safely on the ground. It was a sweet sign that their feud was over.

Trygg protected the flock, stomping her hooves and charging at predators, or even some humans, if she felt they were not well-meaning to the sheep. She died with her boots on, protecting the others from a mountain lion, early in the spring of 2015. Aleiha, the black sheep, died the next day.

The tribal fish and game officers came to snare the lion before she got any more of our livestock. It was sad to see the beautiful cat being killed, just for doing what she needed to do to survive.

Hilma took over as leader sheep, and at that point was lambless. Her oldest ewe lamb, Aleiha, was gone, and her two boys that she had the previous year had jumped into the freezer. She had no children to protect, but she was now in charge of the entire flock. Until I left in the spring of 2016, she was still doing a great job.

Icelandic sheep are a special breed, and their genetics are protected. The lambs' heads were small and the adult sheep had naturally docked tails, allowing for easy birthing. Breeding schedules were easy as the females started cycling in October, were bred, lambled in March, and went out of cycling until the next October. It took a lot of guesswork out of animal husbandry.

We pastured our flock on 50 acres of land in Northwest Montana. They were almost wild, and did not behave like most sheep do. It was a challenge putting scrapie tags in their ears, shearing or milking them, and getting them to the butcher. Catching them was always an effort. I still have my shepherd's crook, but now it's only employment is as a walking stick.

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# The East Shore's Newest (& Youngest) Lifeguard

by Katelyn Brouwer

I recently spoke to the East Shore's youngest lifeguard. She explained many fascinating things about the steps she took to become a lifeguard, and how it's impacted her life. Makayla has enjoyed being in the water throughout her lifetime, and was happy to accept the opportunity provided by the Columbia Basin Trust through the East Shore Youth Network, to attend the Bronze Medallion, Cross and National Lifeguarding courses. She gained a deeper understanding of how water-related injuries can come about, and how to treat them when they do happen. Makayla played Water Polo growing up, under the coaching of her brother. Her brother is also a certified lifeguard, and her dad used to be a swimming instructor, showing that a love of the water runs in the family. Being a swimmer at heart, she spent a lot of time in the lake. Because of this, the lifeguarding course that she took will be extremely beneficial in Makayla's future. During these courses, Makayla gained more than just beneficial knowledge, but also plenty of new job options for her future, and contacts across parts of both the East and West Kootenays. She ensures safety of kids in the community by volunteering her time supervising water activities. Her journey through the Lifesaving Society's programs was supported by the East Shore Youth Network.



**Katelyn:** What originally made you want to become a lifeguard?

**Makayla:** *I've been in and around the water from quite a young age, as my brother played Water Polo and eventually coached myself as a member of his team. I've been a pretty good swimmer since I was young, so when I was given the opportunity to further my knowledge and skills in the water I wanted to take it. We do live right off of a beautiful lake, and it pays to be able to help keep people safe. If I ever come across a chance to live near a pool again, I now have the option of applying for a job in the lifeguarding field.*

**Katelyn:** What steps did you have to take to achieve this?

**Makayla:** *I started by attending a four-day course to get my Bronze Medallion certification, followed by another four day Bronze Cross course the next week. Those courses taught a lot of interesting information about basic pool first aid, and I really feel that I learned a lot from them. The next step was to take the actual National Lifeguarding course, which I frequently refer to as the 'NL'. The NL required both a first aid certification, which I had earned a few months prior to taking the course, and the Bronze Cross certification.*

**Katelyn:** How do you feel these courses have benefited you?

**Makayla:** *I feel that I gained a lot of valuable information throughout the three courses, and I am certainly better informed of the dangers that can come from being near the water. I'm a lot more aware of how most water-related incidents occur, and of what steps I can take, and encourage others to take, to prevent them.*

**Katelyn:** How has this affected your life since taking the courses?

**Makayla:** *It's been really useful. I've already been given some private opportunities to put my newly acquired skills to use keeping people safer around the water. Even away from the lake and pool, I feel more confident knowing that I have certain first aid skills that I didn't have before. I unintentionally keep track of most people around me at the lake now, and stress a bit if anyone suddenly disappears; overall though it's been awesome.*

**Katelyn:** What did you think of the style and materials of the courses?

**Makayla:** *Well, the courses were really informative and well taught. I had the same instructor for the first two courses in Creston, Brooke Ryter, and she was very sweet and a great teacher. When we were moving ahead of schedule she taught us a bit more of the first aid side of things, which they took out of the courses a couple of years back. I think that I learned the most within the Bronze Medallion course, where we mostly focused on*

*CPR, proper use of an AED, deep and shallow water rescues, and different methods of retrieval of drowning persons. The Bronze Cross was fairly similar to the Medallion, and covered a lot of the same topics. With the NL course, it was a lot more about the different situations that you may come across as a lifeguard, such as public relations, monitoring chemical levels in the pool and hottub, more detailed first aid, and how to cover and survey different styles and sizes of pools. The Medallion course was fairly easy overall, even with swimming every day, but having the Cross course the following week was painful. Both my fellow attendee, youth coordinator Vienna, and I were a lot more sluggish and exhausted throughout that second week of swimming, which did make it a lot harder to try to drag people across the pool and push them out of the water. The National Lifeguarding course however, was very hard at times. Not the course itself, but having to catch the first ferry almost every day for two weeks, and then driving to and from Castlegar, that was exhausting. There was one other major factor in my discomfort taking the NL course, and that was how cold the water in the pool was. Because of how hot everything was outside, with the heat wave, they dropped the pool's temperature way down below what it should have been at. And that may have been refresh-*

*ing for a quick swim now and then, but we spent the large majority of those two weeks in that pool. Vienna and I noticed that both of us were showing mild signs of hypothermia throughout multiple days, and most of the attendees stayed clustered around the hot tub for as long as possible.*


**Katelyn:** Would you recommend these courses for anyone else?

**Makayla:** *Absolutely, especially the Bronze Medallion course. Even as a fairly experienced swimmer, I feel like I learned a lot from that course, both in the first aid and the swimming aspects. Even if you don't pass the course you can still learn so much useful information that could come in handy during a variety of situations.*

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**April 27, 2022**

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## April SKLCSS Update

by Garry Sly

As Covid restrictions begin to ease this spring, the South Kootenay Lake Community Service Society TAPS program will begin to plan for in person programming in the coming months.

Our TAPS seniors program is intended to be a social program that enables seniors to access activities, nutritious meals, social support, and make connections to other community services but due to Covid restrictions, we were not able to do in person programming.

Once we can resume in person gatherings, the program will offer elements of physical exercise, arts & crafts, music therapy, wholesome meals, and a chance to connect with other community members. Currently, we are continuing to offer weekly one on one home visits with our Coordinator, Christian McStravick and our Assistant Coordinator, Shawn Ryks, with meal options available.

Please reach out to Christian McStravick at 18002788716 or email estaps@gmail.com for more information about the program or to set up a personal visit.

SKLCSS also oversees the East Shore Youth Network with the help of the parent advisory committee. This month, we will be emailing a survey to parents and youth in order to gather feedback about the Youth program in order to help us make the program better. Please fill out our short survey and if you have any trouble accessing the online survey, please contact Garry Sly at 250-505-2634 and I can send it to you in another format.



## Thoughts from the Frog Pot

by John Rayson

### POST COVID CONTINUED

As it comes time to write another column, many events are underway in the world: events that affect all, regardless of where we live. We are just emerging from a pandemic and now we are faced with inflation and war: a war which in fact may become WW III with the threat of a nuclear holocaust. Now this may sound hysterical and overly alarming but world events are affecting all. The Russians have put their nuclear forces on high alert.

Those of our generation, fortunate to live in Canada and born after or during the 1940s' have only known a time of world peace and decreasing world poverty. In the past 25 years, globalization with low prices, unlimited access to universal health care and low interest rates have given the impression that life only improves.

As stated in our last column, "nothing is a constant as change".

We are in a major time of change as we face the issues of the end of one pandemic {another will occur}, inflation, challenges to global supply chains and a major war with an assault on our democracy.

We, in Canada, witnessed an assault on our democracy with the "freedom convoy" and their occupation of Ottawa. Remember, the protest was about pandemic mandates. Yes, some do agree with the individuals

involved, but in this country we have the right to protest but not to disrupt the lives of everyone. I believe that we still live in a democracy and as Canadians we continue to believe in "Peace, Order and Good Government". We may not agree with what our politicians and governments decide, but we still have the right to vote them out of office. I raise this issue as part of how we dealt with the pandemic and muse as to our ability to deal with the multiple issues that we will face in the near future.

We are now removing all barriers and restrictions regarding the covid pandemic in an attempt to "return to normal". Is this the time for us to face the problems of a pandemic alone? It is not over. We have not even reached a high percentage of vaccination for children under 12. Individuals unvaccinated, over eighty can still die from Covid at a rate of 370x those at age twenty. Points to ponder.

Supply chains are becoming increasingly compromised. Should we not, as Canadians take more control of our own destiny? We, are among the richest countries in the world as to natural resources and it would seem only reasonable we should produce more of the manufactured goods that we require. Of course, they will be more expensive but it may well be worth the cost to control our own supply. We are dependent on many goods from China; does this make sense in the long term or do we continue to outsource manufacturing in order to ensure that the price remains low?

As to remote work: should we not develop more distributed hubs to enable more individuals to work in areas distant from major centres? Again, it will be necessary for our governments to spend further on "broadband" for all and to encourage the development of industry and infrastructure in different parts of the country. In addition, our society must provide adequate computer science education at all levels.

Above all, a war is raging in what we think of as a remote corner of the world. Do not think that this will not affect us, even in the Kootenays? We see war waged on TV each night, but do not be comforted, it is not remote. It is an attack on our democracy and right to live as free citizens. The war will continue to put pressure on our economy and contribute to rising inflation. The threat of nuclear escalation is real and one that each and every one of us should be aware. I do not envy the pressure exerted on our political leaders to make decisions that we will live with.

In his book, *Sapiens*, Yuval Noel Harari wrote that the most significant date in the history of mankind was; July 16, 1945, the date of the explosion of the first atomic bomb. At that instant, for the first time in history, mankind had the ability to destroy itself. The book was written in 2014

I leave you with a quote from Voltaire: "There is no flag large enough to cover the killing of innocent people." This applies to war and pandemics.



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## Tales From Shprialand



### Here's the Kicker

by Heath Carra

So, my rooster kicked me the other day. I couldn't believe it.

I turned to him and said,

"Dude! What the hell was that?!"

He said, "I kicked you."

"I'm fully aware of that. The question is, why? Who goes around kicking people?" I asked. "We don't kick each other. That type of behaviour is so 20th Century. Where have you been that you think it's okay to kick people?"

He shrugged his hackles and danced to the left. "You come swinging those big dumb legs around here like you own the place. I'm just defending myself."

"Defending yourself? But you attacked me."

"I didn't attack anyone. I'm defending my freedom. Your leg hit both of my feet, so technically, you're to blame. You shouldn't be provoking my feet with your long stupid legs. There's no reason for legs to be that long. They could do some serious damage." And he danced back to the right.

"But I have no intention of kicking you." I tried reasoning.

"Those legs are made for kicking, Dude. Why would you bring them around here if you weren't looking to kick someone?"

"I'm just walking!" I said, my voice rising.

He chuckled and winked at me. "Right. And I was just stretching my legs. If you hadn't been 'walking' here, you wouldn't have been stretched into. You best be more careful. Why are you making such a big deal out of this anyway? It was just a little kick."

"It's because I thought we were friends. With all that's been going on in the world, I thought that we'd begun to recognize one another's struggle, to empathize with one another, and to work together. Then out of the blue, you revert to this old-fashioned idea of kicking your neighbour."

"Don't be so naive, and don't make this all about me. I'm just a rooster, man. And it was just a little kick." He said, stopping to do a little scratch in the dirt before hopping back to his dance again.

I sighed. "Listen. We don't kick each other, okay? In the past we might have all kicked one another and made long lists of justifications for it, but there is no future in kicking one another. There is no future for any of us if we keep kicking each other. It will be the chopping block for all of us if we don't learn that we can't kick each other. Are you listening? Mutual destruction."

He smirked at me. My rooster actually smirked. "That's overly dramatic, don't you think? It was just a kick."

I took a long, deep breath and closed my eyes. My frustration was making my hands tremble. "Are all roosters this short-sighted?" I asked finally. "A kick in the backyard is the root of the bigger problem. A kick today is a nuclear holocaust tomorrow. We all agree that nations hurtling atomic weapons at each other is a bad idea, we expect politicians to do better, but in our own lives, the only place we have real control, we neglect to practise the very thing we expect of them. We get frustrated with our neighbour, and we kick them because we don't want to take the time to come

up with a better idea. Kicking is what you do when you've run out of ideas. To kick one another, in this day and age, is to say, 'our differences are too complicated so let's all die together.'"

"That's a very nice speech," he said. "But now that I've kicked you, how do I know you're not just trying to trick me so you can kick me in revenge?"

"This is what I'm saying! There's a chopping block of assured mutual destruction in our future. Let's not go there!"

He looked thoughtfully up at me for a moment. "Chopping block, huh?"

"The great mushroom cloud chopping block," I replied. "The solution isn't for someone else to figure out. It's for you and me to figure out in our own little lives right here on the lawn. Right now! If we can't figure out how to get along with one another in our own backyard, then there's no way cocky politicians are going to be able to do it with nations."

"Hmm." He said, eyeing me. He took a moment as he considered, and then finally he said, "Very well. I accept your surrender."

I sighed and looked down at him, my hands still trembling from the adrenaline. "Fine then," I said at last. "I surrender."

## Barefoot Handweaving



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## TOM SEZ

by Tom Lymbery

Your April song may well be “DEEP IN THE HEART OF TAXES”.

Please plan ahead for early May to visit the Gerard spawning grounds where the Highway 31 bridge crosses the south end of Trout Lake north of Meadow Creek. If you have never visited before you will be excited by the 20 pound rainbow trout jockeying for their chance to fertilize the females. There is a viewing stand with information folders and sometimes a supervisor.

The Mayor of Silverton is most disappointed to find that the census figures just released show that the town’s population has dropped alarmingly. Our East Shore gained 331 people for a 16% increase. This is the result of our Kootenay Lake Chamber of Commerce, and others to press people newly moved here to allow their census listing. Its all too easy to evade the census by saying “We still have a house in Calgary” or “I haven’t got BC license plates yet”. If we could add 1400 more residents we could get a second Regional District of Central Kootenay representative. Not that Garry Jackman doesn’t do a great job representing Area A – just noting the possibilities for future growth.

Growing Skunk Cabbages generates sufficient heat that they can push their way up through frozen soil. That helps explain why we see them so early in the spring.

From 1931 our telephone number was “Ferry Gray Creek” and we answered when it rang on long and two shorts. When we got electric power in May 1952, BC Tel had to string two wires instead of only one and our number became “Gray Creek 2Y” still answering to one long and two short rings. When a new phone directory came out I would search to see if anyone had been allocated the obnoxious “4Q” but never found it. Fortunately BC Tel realized it was inappropriate.

Bank robbers have a deadline to meet with the impending release of mask requirements – witness recent robberies in Creston and Castlegar.

How did hungry First Nations people handle Heating skunk cabbage roots in the spring? Today they tell us they should be boiled before eating, but I find it hard to imagine how some people could do that. Easier was pulling up bulrush/cattails but they didn’t grow as early as the skunk cabbages. David Thompson found when he first came to the Kootenays that the native people were close to starving in the spring.

A record not listed in Michael Cones new book About the ferries doesn’t list who has the most calls to wake up from sleeping the trip away in order to drive off. The motion has always put me to sleep almost immediately.

Once again Frances Roback has vastly improved the April *Mainstreet* “Tom’s Corner” article with quotations and references. This reprint is the first of a seven part story of the dismantling / salvage Earle Cutler did with the fatally damaged sternwheeler Nasookin.

## SD8 Hires New Secretary Treasurer

SD8 Press Release

March 22, 2022, Nelson, BC – The School District No.8 (Kootenay Lake) Board of Education has hired Johan Glaudemans as the new secretary-treasurer and chief financial officer for SD8, effective April 12, 2022. He will take over from Interim Secretary-Treasurer Teri Stoneman, who has been in place since previous Secretary Treasurer Michael McLellan left to work as secretary-treasurer for School District 10 Arrow Lakes in February.

“On behalf of our board I want to welcome Johan and say how pleased we are to have someone of his depth and breadth of skill and experience to guide our financial operations and manage our 2022/2023 budget,” said Board of Education Chair Lenora Trenaman.

Johan previously worked as director of finance for the Northern Region Health Authority in Manitoba, as chief financial officer for the Sioux Lookout Meno Ya Win Health Centre and as director of finance and corporate services for the Government of the Northwest Territories - Tlicho Community Services Agency. He has over a decade of experience in professional leadership roles in finance and human resources, is a Chartered Professional Accountant Auditor, Chartered Accountant, holds a master’s degree in Management from France, a bachelor’s degree in Business Administration from the Netherlands and speaks French, English and Dutch.

“I am looking forward to working with the school district’s staff and being involved in all of our communities. School District No. 8’s focus on student success is impressive and I look forward to working with a team committed to continuous improvement,” said Johan.

As Secretary-Treasurer, Johan will oversee an annual budget of over \$73 million and report directly to the Superintendent of Schools/Chief Executive Officer Trish Smillie. He will manage six staff in the district’s finance department and is also responsible for the district’s asset management, including information technology and district facilities.

“It has been a pleasure starting to get to know Johan through our recruitment process, and I am confident we have hired a very competent financial leader whose First Nations experience and worldview will benefit our SD8 team. I am also excited for him to meet our staff, students and families as Johan settles into his new home in the West Kootenay,” said Smillie.

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## BC to Provide \$110 One-Time Rebate to Relieve High Gas Prices

Commercial drivers will receive rebates of up to \$165

by COLE SCHISLER (Nelson Star)

Drivers in B.C. will finally see some relief from their ongoing pain at the pump.

Premier John Horgan was joined by Public Safety Minister and Solicitor General Mike Farnworth Friday (March 25) morning to announce that drivers will receive a one-time rebate from ICBC of up to \$110 for individuals and \$165 for commercial drivers.

“Those prices at the pump are a direct result of Vladimir Putin’s invasion of Ukraine,” Horgan said. “But British Columbians still need to move around. We have a robust public transportation network in our urban centres, but large parts of British Columbia still rely on single-occupancy vehicles to get around.”

With prices nearing \$2 per litre in many B.C. communities, Horgan was asked how far \$110 will actually go for British Columbians.

“I think it’s a significant contribution at a very difficult time for drivers as they look at the price of the pump to know there’s relief on the way.”

Horgan cited the “robust financial health” of ICBC for making the rebates possible. The insurance corporation boasted \$1.9 billion in net revenues in the past fiscal year. The government says the remaining windfall will be kept in capital reserves to ensure insurance rates “remain affordable” for the long term.

This will be the third ICBC rebate sent to British Columbians since 2021 and will be distributed in the same manner as the previous rebates.

Drivers of electric vehicles are eligible for the rebate as they pay insurance premiums that have contributed to ICBC’s financial position.

Rebates will start rolling out in May. The total cost to government is estimated to be \$395 million

The province will be monitoring inflationary pressures driven by the Russian invasion of Ukraine, Horgan said, adding that there are more tools at the government’s disposal to address inflation.

“We have the capacity to make other announcements in the future. We’re monitoring inflationary pressures not just at the pump but across the economy and we’re always ready to step in if the need arises.”

### Why is gas so expensive in B.C.?

Gas prices in B.C. are influenced by multiple factors at the provincial, national and global levels. A good chunk of the price is made up of taxes. This includes roughly 17 cents in provincially-set taxes, a 10-cent federal excise tax, GST, and a 17-cent TransLink tax only in Metro Vancouver. B.C.’s carbon tax will go up on April 1, adding another cent per litre of fuel. That adds up to roughly 50 to 60 cents and doesn’t change as gas prices increase or decrease.

A much more influential measure is the ‘rack price’, or the price that retailers pay to oil companies. Rack prices are posted online every day at 6 p.m. Rack prices are determined by the global price of crude, overhead costs, transporting refined oil and the refineries’ profit.

The Russian invasion of Ukraine sent global crude prices soaring and resulted in some drivers paying upwards of \$2.20 per litre of gas in Metro Vancouver, despite the fact that Russian oil makes up a small fraction of Canadian energy imports. B.C. gas prices have since dipped below the two-dollar mark, but they are creeping up again.

Distributors also pay a scarcity premium, which is higher in B.C. because of the high cost of transporting fuel to the west coast. B.C. receives a bulk of its fuel supply from the Parkland refinery in Burnaby, as well as from the United States.





# Tom's Corner

by Tom Lymbery

## The Fate of the SS Nasookin, Queen of the Kootenay Lake Sternwheelers

Part 1, adapted from the October 2013 Mainstreet article

Picture this - the giant *Nasookin* sternwheeler, living in permanent retirement on the Gray Creek Store beach. If my dad Arthur Lymbery had his way, that is where she would have ended her days. But through a series of misadventures, the *Nasookin* story took quite a different turn and ended in tragedy.

After her 1942 overhaul, the veteran *Nasookin* had few problems during her remaining years in ferry service. On June 26, 1947, she made her final run from Gray Creek to Fraser's Landing (Balfour), with Captain Malcolm MacKinnon at the helm. The next day the new diesel ferry *MV Anscomb* began her run to Balfour from the new Kootenay Bay ferry terminal.

Meanwhile, former Nelson mayor Norman Stibbs had purchased the *Nasookin* on behalf of the Royal Canadian Sea Cadet Corps, the Nelson branch of the Navy League of Canada, for the cadets' training exercises. A berth was found for the *Nasookin* just downstream from the old Walton boatworks, now the site of the Chahko Mika Mall. But during the lake's record high water in June 1948, the *Nasookin* broke loose from her moorings. She was swept toward Lakeside Park and ended up on a mudbank below the CPR tracks.

A more suitable permanent location needed to be found quickly. The new site recommended by the city was the former BC Veneer Works just up from the city wharf. On June 21, 1948, the *Nelson Daily News* reported, "TUGS REFLOAT NASOOKIN. SS *Nasookin*, which was blown ashore last week by a wind, was refloated yesterday, and tied up offshore from the former BC Veneer Works site. Tugs pulled the vessel into the water Saturday afternoon. It is moored to new dolphins [pilings] driven last week which are situated considerably closer to shore than those to which it was formerly tied (...) through the cooperation of the Public Works Department pile driving crew (...) Piles were made available through a local lumber firm, whose manager Larry Edington assisted with the two tugs moving the ship. Appreciation of cooperation received from all hands on the project was expressed by Sea Cadet and Navy League officials. The *Nasookin* is the training base of the Hampton Gray, V.C. Sea Cadet Corps."

All seemed well, but the new site proved to be

disastrous for the *Nasookin*. When the lake level dropped in July 1948, her large steel hull settled on a submerged concrete foundation of an old sawmill, and that broke her back. Three of the 21 watertight compartments in her hull were buckled, and water penetrated most of these when the lake rose again in the spring of 1949.

On July 12, 1949, the *Daily News* reported, "A writ has been issued against the City by the Nelson Branch of the Navy League of Canada for damages allegedly caused by removal of the SS *Nasookin* Sea Cadet training base." The lawsuit was settled out of court with the city paying \$1000 to the Navy League, and the boat was put up for sale.

A year later - "The *Nasookin*, which had a successful career as a Kootenay Lake sternwheeler and a less fortunate retirement, has been bought by Earle Cutler of Taber, Alta. Nelson branch of the Navy League has sold the grounded vessel for an unstated sum [\$1,100]. Mr. Cutler, a brother of Art and Len Cutler of Nelson, will attempt to refloat the boat with high water next spring." (*Nelson Daily News* July 25, 1950)

And amazingly, he succeeded. Earle, who had a jewelry business in Taber, had often caught the *Nasookin* ferry at Gray Creek when he visited his brothers in Nelson,

who had Cutler's News. Earle moved to Nelson and over the winter of 1950-51 he set to work to repair the buckled hull with help from fellow Taber resident John Gaelan. They bolted plywood over the damage and sealed it with inner tube material. Earle told me he didn't know if this would work, and he was elated when the lake level rose in the spring of 1951. As he stood on the deck he suddenly felt the boat lift with the rising waters of the lake. He had succeeded in refloating the boat - his gamble had paid off.

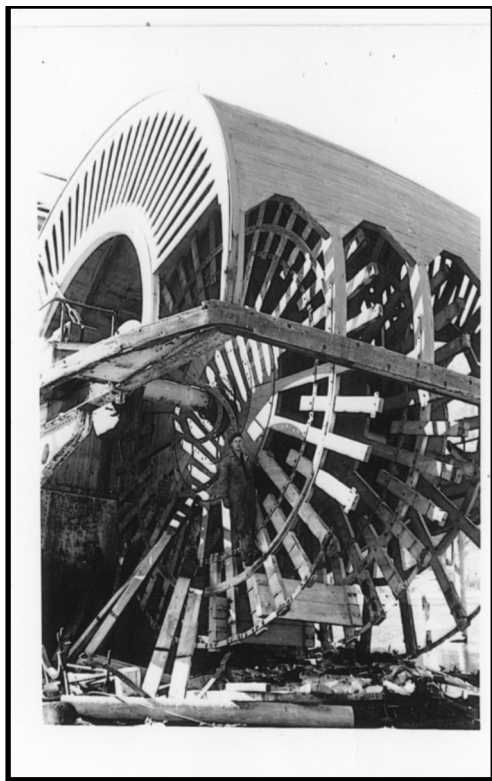
Earle set to work to find buyers for the *Nasookin* equipment that had not been stolen or vandalized. He was able to sell two lifeboats to Captain Terry of Vancouver for \$375 each and shipped them on a CPR flatcar for use on Terry's tugs. Her steam whistle was sold to Glacier Lumber (later Kootenay Forest Products), and eventually was turned over to Touchstones Nelson.

Earle took over J. P. Morgan's used furniture store in Nelson, and joked to me, "From jewelry to junk!" Since he was now gaining experience as to what the boat's furnishings could be sold for, the CPR asked him to value material they had stored in a building at their Nelson shipyard. After he gave the CPR his fig-

boat's furnishings could be sold for, the CPR asked him to value material they had stored in a building at their Nelson shipyard. After he gave the CPR his fig-



The derelict SS *Nasookin*, once flagship of the CPR lake fleet, lies semi-submerged with a buckled hull near the Nelson city dock, Spring 1949. Photo: Earle Cutler colln.



Dismantling *Nasookin*'s 25-foot diam. paddlewheel ca 1951. Can you find the worker? Photo: Merv & Mae Coles colln.



Mae Coles models an original *Nasookin* cork life preserver from their collection, July 2012. Merv and Mae Coles were former owners of the *Nasookin* landmark site on the North Shore, and chroniclers of Kootenay Lake sternwheeler heritage.

Photo: Frances Roback (We will meet up with the Coles again in Part 2.)

(the forerunner of ABS.) The solid steel shaft (axle) for the *Nasookin*'s immense sternwheel was shipped to Vancouver in carload lots at a cost of \$7.60 per ton. Some of the steam pipe and tubing was marketed to Kootenay Forest Products for their Nelson sawmill. So much heavy moving - remember, this was in the days before forklifts.

Earle had a competitor in the sternwheeler salvage business. Denny Coen had purchased the *SS Minto* from Nakusp. The CPR had sold the ship to the town for \$1, and was most upset when Nakusp found they could not afford the cost of setting up the *Minto*, and resold it to Coen for about \$800. When it came time to sell the *Moyie*, the CPR was cautious about selling her to Kaslo for a dollar. They removed toilets, linoleum and much else before the *Moyie* made her final trip to Kaslo in 1957. The sole survivor of the CPR Kootenay Lake sternwheeler fleet, the *Moyie* is now a National



Two *Nasookin* lifeboats en route to Vancouver for use on tugboats, ca 1951. Photo: Merv & Mae Coles colln.

Historic Site. Perhaps some of the *Moyie*'s furnishings went through Earle Cutler's hands, but he had no way of knowing where the material he got from the CPR came from.

Next month I'll tell you how the *Nasookin*'s wheelhouse and forward observation deck ended up on the North Shore - and not on my dad's Gray Creek Store beach.

Special thanks to Earle Cutler and to Merv and Mae Coles for the use of their extensive *Nasookin* archives, and to Michael A. Cone and Greg Nesteroff for their first rate work on the *Nasookin* story. See Greg's Nelson Star articles posted April 28 & 30 & May 4, 2013, and Michael's definitive history, *Connecting the Kootenays, The Kootenay Lake Ferries, A Hundred Years of Service 1921 - 2020.*

## LOCAL INTEREST



### 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 29, 2022**. 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 3 at 2pm on WebEx teleconference**. The login details will be posted on the RDCK meetings page.



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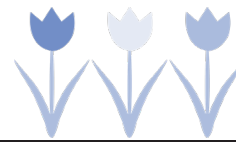
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## AGM AND THINK LOCAL EVENT

April 24th, 2022 at 3:00 pm  
Crawford Bay Park Pavilion

Join us and get up-to-date on topics relevant to the East Shore:

- Plans for Kokanee Springs - Richard Bertram
- Nelson Kootenay Lake Tourism - Dianna Ducs
- An update from Western Pacific Marine - Bryan Coe
- ...and other guest speakers

In attendance will be representatives from local and provincial agencies, including Columbia Basin Trust & Regional District of Central Kootenay

The AGM and Presentations will be followed by networking opportunities

### DOOR PRIZES and MUSIC!

For more information contact:

Megan Rokeby-Thomas at [president@kootenaylake.bc.ca](mailto:president@kootenaylake.bc.ca)

Anne Lindsay at [executivedirector@kootenaylake.bc.ca](mailto:executivedirector@kootenaylake.bc.ca)

COVID Protocols will be in effect  
Please bring lawn chairs

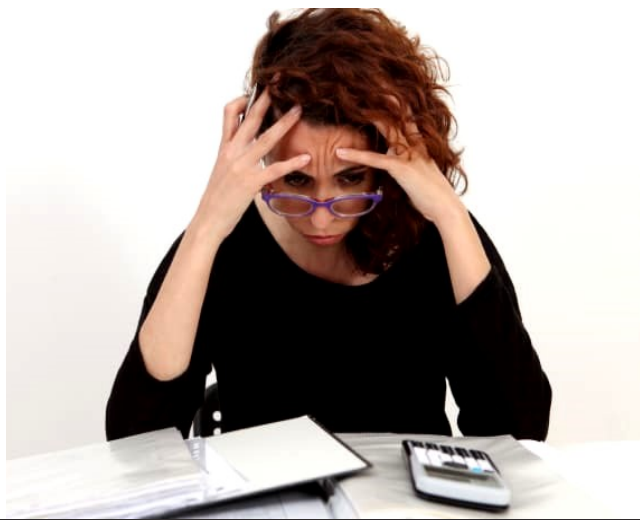
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71st Annual General Meeting  
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 Tuesday, April 26, 2022  
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Please join us at our virtual AGM for the report of 2021 and learn more about your Credit Union during this annual review.

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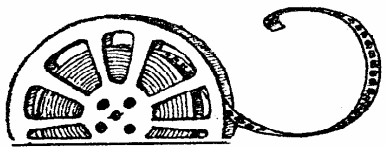


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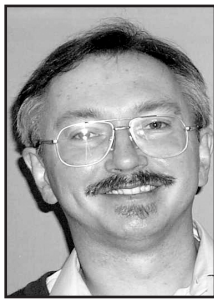
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## Seldom Scene

by Gerald Panio



“What would Carl Sagan do?”

Every generation gets the dark comedies it deserves. In the Sixties, it was *Dr. Strangelove or: How I Learned to Stop Worrying and Love the Bomb* (1964). In the Seventies, *The Hospital* (1972) and *Network* (1976). The Eighties gave us *Beetlejuice* (1988), *This is Spinal Tap* (1984), and *Heathers* (1988). The Nineties offered up *Fargo* (1996), *Happiness* (1998), *Wag the Dog* (1997) and *South Park: Bigger, Longer and Uncut* (1999). Moving into the first decade of the 21<sup>st</sup> century, we had *Thank You for Smoking* (2005) and *Burn after Reading* (2008). The ‘Teens gave us *Get Out* (2017), *Sorry to Bother You* (2018), and *Parasite* (2019).

And now we have the perfect entry for the 2020s: *Don’t Look Up* (2021), directed by Adam McKay. If there’s one thing that the COVID-19 pandemic and the threat of climate catastrophe have taught us, it’s that in a time of conflicting realities of crisis and of social media we are having a difficult time working together. Too many good people seem to have plunged down Orwellian rabbit-holes of shameless lying, disinformation, doublespeak, dog whistling, gaslighting, unenlightened self-interest, and pseudo-patriotism. The idea of a common good suddenly seems quaint. Instead of “No man is an island” the motto of the internet age seems to be “Get off of my cloud.”

Nevertheless, an immediate, tangible threat to the entire planet might be expected to reawaken some global spirit of self-preservation. In *Don’t Look Up*, that threat is the discovery, by a somewhat jaded young graduate student, Kate Dibiasky (Jennifer Lawrence), of a spectacular new comet. Kate shares her discovery with her mentor, Dr. Randall Mindy (Leonardo DiCaprio), whose analysis of the comet’s composition and trajectory reveals it to be a planet-killer on a direct collision course with Earth. After another leading scientist, Dr. Oglethorpe (Rob Morgan) is brought on board, the trio is hijacked for a meeting with the U.S. President. As played to narcissistic perfection by Meryl Streep, President Orlean is in the middle of a hopelessly scandal-ridden election campaign that would make Donald Trump blush. Her Chief of Staff, Jason (Jonah Hill) is a weaselly sociopath whose biggest satisfaction is abuse of power. Naively, Kate and her fellow scientists believe that their news will spark an urgent response at the highest levels. After all, the U.S. government turns out to have an actual Planetary Defense Organization, with its own cool logo.

Instead of urgency, the trio gets condescension, disbelief, and the run-around. Worst of all, the three-star general who heads the Planetary Defense League (played by veteran character actor Paul Gilfoyle) rips them off for the price of snacks while they’re waiting to see the President. As the situation grows more and more dire, the film’s best running joke is Kate’s obsessing over the snack scam. Faced with the End of World, any distraction helps.

When it becomes clear that the U.S. government

isn’t listening, Kate and Dr. Randall take their case to the media. They wind up with a guest spot on *The Daily Rip*, a nothing-serious-going-on-here-folks talk show hosted by Pollyannaish Jack Bremmer (Tyler Perry) and smoking hot maneater Brie Evantee (Cate Blanchette). Kate and Randall at the very bottom of a program whose main event is the love life of pop stars Riley Bina (Ariana Grande) and D J Chello (Kid Cudi). Randall turns out to have an unexpectedly appealing media presence, while Kate has an emotional meltdown that makes her a media laughingstock and a social pariah to almost everyone except a skaterboy counterculture.

With the comet cat out of the bag, President Orlean and her advisors suddenly realize that they’ve got a propaganda gold mine. It’s better than a war. Instead of being a lame duck candidate, Orlean can morph into the Savior of the World by mounting a massive armed response to blast the comet out of the skies. Her nighttime address to the nation from the deck of a battleship, complete with floodlights, flags, and fireworks, should be the model of such things for two-bit demagogues for years to come. To add an even more

cringe-worthy element to the patriotic hullabaloo, the President calls out a misogynistic, racist Cold Warrior to (completely unnecessarily) accompany the nukes on their way to glory.

The launch is successful. President Orlean is a shoe-in for reelection. Kate, Dr. Randall, and Dr. Oglethorpe breathe a collective sigh of relief. For a moment, it looks like even the most venal, short-sighted, and mercenary of governments can get its act together efficiently enough to meet a big threat with an even bigger hammer.

Yeah, right. But, hey, why just blow up a comet when you can actually mine it? Don’t think of the comet as a threat, think of it as an *asset*. If crude nuclear technology can blow something up, cutting-edge new

technology can exploit it for profit. Enter Mark Rylance as zillionaire tech guru Peter Isherwell. He’s the man with the Big Ideas. As he says, “Everything is theoretically impossible until it’s done.” His globe-spanning BASH Corporation has turned cell phones from simple communications devices into omniscient monitors of their users’ bodily functions and mental states. Never mind that Peter comes across as an unholy blend of Big Brother and the-grandfather-who-can’t-remember-where-he-parked-the-car, he’s got power to bend states to his will. He’s not going to stop the comet; he’s going to tame it. Mother Nature doesn’t scare *him*.

Dr. Randall desperately wants to go with the flow. He’s now a media star (“America’s sexiest scientist”). He’s gotten Brie as his new bedmate, and dumped his family. But he can’t get rid of niggling questions about the reliability of the science behind Peter’s utopian capitalist technophilia. Kate, on the other hand, walks away from everything in disgust, taking a job as a supermarket cashier and hooking up with a local skateboarder (Timothée Chalamet). Amid the general public, arguments rage between comet-deniers (“Don’t Look Up!”) grandstanding about fear and freedom, and comet-believers (“Just Look Up!”) demanding action.

Nothing new here, I’m afraid.

Adam McKay does pull his punches a bit near the end. He doesn’t spare the world, but he does give his protagonists a last chance for some genuine human contact. I think this was him saying that it’s always possible for us to get in touch with the better angels of our nature. After two years of COVID lockdowns, the hope that we can once again hold hands, share meals, and stand down from the barricades is devoutly to be wished. I can’t fault him for that, even if in this movie my cynical side would have preferred that he keep things dark to the bitter end.

To echo one character’s words near the end of the film: We really do have everything. Particularly living as we do here in the Kootenays. Take a look around. Go for a walk. Thank your lucky stars. As I’m writing this, the Russian invasion of Ukraine is showing that even in the new millennium everything can still be taken away when greed, ambition, arrogance, jingoism, and bloodlust become the orders of the day.



**Next Deadline:**

**April 27, 2022**

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## Riondel Arts Club

by Sharman Horwood

The robins have arrived, officially announcing spring. Soon there will be more flowers poking their heads up out of the soil. I’m sure you’re looking forward to it, as I am.

The Riondel Arts Club is still using pens, pencils, and brushes to portray the world. Our group of mosaic artists meets at a separate time, but are also always interested in new members, whatever their art interests may be. Everybody in the club works on their own projects, but has the support of the club. Consider dropping by and seeing what we do, how we do it, or come by to do something your fingers are just twitching to try. You never know where it will lead you.

In the meantime, Gerald Panio is continuing his thought-provoking art lectures on Tuesday afternoons at 1:00 in the Riondel Community Centre. At the moment, his plan on April 5 is to show a video from the *Private Life of a Masterpiece*, on Gustav Klimt’s famous work, *The Kiss*. On April 5, Gerald will give a lecture on J.E.H. MacDonald, a member of Canada’s Group of Seven. The following week, on April 12, Gerald will show another interesting *Private Life of a Masterpiece* video, on Salvador Dali: *Christ of St. John of the Cross*. The next lecture, on April 19, will focus on Suzanne Valadon. She was the first female painter admitted to the prestigious Société Nationale des Beaux-Arts in 1894. She was also a model for renowned artists, including Renoir and Toulouse-Lautrec.

***If you have any questions about joining the art club, or what we do, please don’t hesitate to contact any of us. In the meantime, have a great, creative spring.***

## ArtConnect invites Patrick Alexandre plays at Harrison Memorial Church

**Invitation to Second Concert  
April 9, 2022**

by Zora Doval

Our first concert at the newly acquired Harrison Memorial Church was a very beautiful event full of grace, poetry and fine musicality. The audience was transported by the tones of the harp and Diemm's poetry. Those who came were not disappointed. Diemm received a well-deserved standing ovation.



We are now inviting the community to attend a highly anticipated solo performance on April 9 by Gray Creek talent Patrick Alexandre, who most of us know as a great base player accompanying others, such as the Zabel Trio. I am happy that we can present him now as a solo player, songwriter and singer at his own performance. He is a talented player versed in many genres, from roots, blues, folk and into rock and roll. His performance is passionate and engaged. I can't wait to hear him play his own songs. If my hunch is right, this will be a memorable show, and you all should come and enjoy.

As many know, the vaccine passport mandate is expected to be lifted on April 8, so we are hoping that ALL will be able to attend this performance! Watch for details on this.

You can get your tix in advance online on our website [artconnect.cc](http://artconnect.cc) or at the Market in Crawford Bay or Lakeview or Gray Creek Store.

## Nelson & District Arts Council ArtWalk 2022

press release

The Nelson & District Arts Council (NDAC) is delighted to announce that the 34th annual ArtWalk will return to the businesses and streets of Nelson for a fully in-person experience featuring local artists, performers, and venues in 2022. ArtWalk is an annual tradition that has united businesses, artists, and community members for over three decades. The event populates unique venues with quality, locally produced artwork which draws traffic to local businesses and increases the visibility of Nelson and area artists.

ArtWalk's two opening nights (Friday, June 24th and Friday, July 29th) will showcase participating artists at their venues alongside a collection of street performances and other delights throughout Nelson's downtown core from 6 - 9pm. A new set of artists will have their work on display at each opening. After the openings, art will be available to view at the participating venues during their regular hours until Sunday, September 4th.

Professional and emerging artists alike are encouraged to apply for ArtWalk; not all applicants will be selected but priority will be given to artists showing recent work not previously exhibited at ArtWalk or other Nelson venues. To support our community's economic recovery from the pandemic, NDAC will continue to waive participation fees for artists and venues for the 2022 edition.



If you are an artist or venue interested in participating in ArtWalk 2022 please head to [www.ndac.ca/nelson-artwalk](http://www.ndac.ca/nelson-artwalk) for an application form. Applications opened on Monday, March 7th at 9am and will close on Monday, April 18th at 5pm.

## Artists-in-Residence - Oxygen Art Centre

press release

Oxygen Art Centre is excited to welcome artists Angela Glanzmann and Stephanie Yee as Artists-in-Residence from April 10 to the 23rd to create an installation for their forthcoming exhibition entitled EAT IT UP.



Expanding on their own histories, ethnicities, and social positions, Glanzmann and Yee invite viewers behind the scenes into the weird and obscure world of competitive cooking reality TV.

Their installation takes place on the set of a fictional show EAT IT UP, complete with a presentation table, competitor's kitchen stations, and pantry/food storage. Constructed out of common household supplies, food sculptures speak to the culinary resourcefulness and resilience of their ancestors as they had to adapt to new cultures and customs.

During their residency the artists invite the public to "Open Kitchen" to take part in the artistic process and create a favourite dish of their choice in papier mâché or clay on Saturday, April 16 and Saturday April 23 from 1:00 - 3:00 PM. Contributed food sculptures will be included in the exhibition, on view from 27 April to 28 May 2022.

Join us on Saturday, April 30 at 1:00 PM (PST) for an online artist talk to learn more about the residency, exhibition, and artists. Admission is free or by donation, everyone welcome to attend. To register, visit EventBrite: <https://www.eventbrite.ca/e/artist-talk-angela-glanzmann-stephanie-yee-tickets-301494878297> or Oxygen's website for more information.

Oxygen Art Centre is an artist-run centre located at #3-320 Vernon Street, Nelson, BC via alleyway entrance. The exhibition will be open to the public Wednesdays to Saturdays from 1:00 - 5:00 PM. Prior to your visit please review Oxygen's COVID-19 prevention protocols on our website, <https://oxygenartcentre.org/about-us-2/covid-19-prevention/>.

Artists Angela Glanzmann and Stephanie Yee are Oxygen Art Centre Artist-in-Residence from 10 - 23 April 2022. The public are welcome to take part in the "Open Kitchen" on Saturday, April 16 and Saturday April 23 from 1:00 - 3:00 PM. The exhibition, EAT IT UP, will be on view from 27 April to 28 May 2022 on Wednesdays to Saturdays from 1:00 - 5:00 PM.

This exhibition is generously supported by the Canada Council for the Arts.

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White giving way  
to all the colours of  
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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.*

### The Cooperators

Cooperative hunting usually refers to animals working together in order to hunt prey. Wolves, for instance, are cooperative hunters; they form a pack in order to hunt a single target, such as an elk. In hunting together, they increase the chances of a successful kill, and through it the survival of their group. Humpback whales gather together to form bubble nets that circle a school of fish, such as sardines, and then the whales rise in a circle, mouths gaping to swallow the fish “trapped” by the bubbles. Interspecies cooperative hunting, however, is . . . well, another kettle of fish. It is rare. Humans use dogs, falcons, and ferrets, the last to hunt out rats in hedgerows. However, those are the only instances, and in these cases, the animals are trained to cooperate. There is one fish, though, that has taken researchers by complete surprise: groupers, in particular, coral groupers.

The grouper is a fish from the serranid family, a group that covers a wide variety of fish. Sea basses, for instance, are serranids. Some groupers can grow very large, in one noted case big enough to swallow a four-foot shark in one gulp. Smaller groupers in the genus *Plectropomus* are referred to as coral groupers (*Wikipedia*), typically found in the Indo-Pacific region. They are predatory, and generally hunt smaller fish, particularly in shallow, subtropical waters around coral reefs. People sometimes catch them to eat using spears or traps. However, the fish can carry Ciguatera

poisoning, a buildup of toxins in their flesh. Some coral groupers are remarkable, though. They are smart hunters, and apparently quite willing to create opportunities to ensure a successful hunt.

Behavioral ecologist Redouan Bshary from the University of Neuchâtel in Switzerland was researching “cleaner fish” behaviour with groupers. This is where a smaller fish, often a yellow, blue, and black striped *Labroides dimidiatus*, or cleaner wrasse, chooses to pluck parasites, dead skin cells, or algae from the skins of client fish. Sea turtles particularly enjoy this service, using a special rock that has been worn down over the years. It is just the right shape so they can settle comfortably on it and let the local cleaner fish go to work removing the accumulated algae on the tops of their shells. Some large fish, like sharks, will even allow cleaner fish to enter their mouths to nip up bits of flesh or parasites stuck between the sharks’ teeth.

Bshary was following coral groupers to learn more about cleaner fish and grouper cooperation. Instead he observed a different kind of cooperation that hadn’t been seen before: “When I first saw a grouper shaking its head in the face of a moray [eel], I thought two top predators were about to fight each other,” he said. The grouper and the eel, however, swam away together, “side by side” (*Live Science*, “An Amazing First,” by Charles Q. Choi, Dec. 7, 2006). After that, Bshary and his colleagues followed the coral grouper around and learned that the fish often approached the large morays where they rested in their dens. The groupers would shake their heads “an inch or so from the eels to recruit them in a joint hunt” (*Live Science*, “An Amazing First,” by Charles Q. Choi, Dec. 7, 2006). Sometimes this happened after a grouper’s hunt had failed because the prey was hiding in a crevice too small for the grouper to reach it.

After shaking its head at the moray, sometimes the eel would emerge. If it did, the grouper would then lead the eel to the prey’s hiding spot. Again the grou-

per would shake its head over the spot, tail upright, signaling that the prey was right there. Then the moray eel would squeeze into the crevice or hole and drive the prey out: “at times the moray ate the fish it rooted out, while at other times the grouper did.”

In the television series *Blue Planet II*, in the “Coral Reefs” episode, a similar behaviour was recorded in the Great Barrier Reef off Australia. This time, though, the coral grouper was recruiting an octopus to hunt with it. As with the groupers in the Red Sea, this grouper chased a small fish into a crack between the corals where the grouper couldn’t reach it. The grouper then swam over to a nearby octopus. The fish turned a paler colour, signaling to the octopus to come with it in search of prey. When they reached the spot where the target fish was hiding, the grouper raised its tail so that its head was pointing down. It would stay there, with its head down, pointing to where the fish was hiding. Then it shook its head from side to side, kind of like a flashing light to indicate “here it is!” The octopus obligingly swam close, inserted its tentacles into the crevice, and drove the smaller fish out, directly into the grouper’s waiting mouth. Sometimes the octopus ate the fish, and sometimes the grouper did. Divers watched the pair do this over and over, and then afterwards companionably swim away together, quite close considering they were two such unrelated species. They both looked a trifle smug as they kept an eye out for their next victim.

In both cases, there are established signals between the two species: the grouper turning a paler shade to alert the octopus, the grouper shaking its head back and forth in front of the moray eel, then swimming with its head pointed down to the place where the prey was hiding. A kind of interspecies communication that has to be learned behaviour. However, is the grouper teaching the octopus or the moray, or is it the other way around? Unusual, smart behaviour, that ensures the participants will thrive in an uncertain world.

## For the Love of Genre

by Sharman Horwood

### A Delicate Subject

Elizabeth George’s recent novel—*Something to Hide*—deals with a subject that is not often publicly discussed: Female Genital Mutilation. George’s tale begins with a murder associated with this practice within the immigrant Nigerian population of modern London. In the process, George attempts to portray some of the cultural associations that go along with FGM, couched in an interesting murder mystery for her veteran readers.

In a very hot London summer, Tanimole Bankole becomes worried. His father, Abeo, has plans for him that don’t include Tani’s own thoughts on marriage and his future. He works in his father’s grocery, a position Abeo expects his son to take over while Abeo continues to work in his other business, a butcher shop. Also, Tani’s younger sister, Simisola-Simi, for short—is about to reach an age where her parents will have plans for her as well. She is eight, and Tani teases her, saying “in Nigeria you’d be married by now.” Of course this isn’t likely, though many young girls in Nigeria have been married at a

young age, particularly if they bring in a substantial bride price. Simi’s mother has told her that soon there would be a celebration for her, an initiation, complete with gifts, and all her aunts will come to celebrate the day with her. Tani is suspicious, but Simi is just delighted. Monifa, her mother, has promised her a variety of treats and a cake.

George’s usual lead character, Thomas Lynley, has a good friend, Deborah St. James. She is a photogra-

pher working on a new project for the Department for Education in conjunction with the NHS. She is photographing young women at risk for domestic abuse and FGM. The purpose of the new book is to educate young women about the risks involved in this practice. The book also directs them to sources, such as shelters, where they can get help if they become targeted.

At the same time, Thomas Lynley and Sergeant Barbara Havers, find themselves investigating a suspected murder. Lynley is now Acting Detective Chief Superintendent, as his previous department head is taking a break—actually more a rehab kind of pause in her working life. Of course, as in George’s other novels, Lynley is having romantic problems, this time with his new partner, Daidre, a very independent veterinarian. Havers, on the other hand, is having difficulties with the department’s well-dressed assistant, Dorothea, who is determined that Barbara will become more social; enrolling her in activities like dancing and “sketching” classes, all with the goal of finding Barbara some romance. Havers, of course, really isn’t interested.

The murdered woman is known as Adaku, a black woman living in London. She has been bludgeoned and left for dead. Lynley and Havers learn that she was actually a policewoman who was privately investigating a FGM location on her own time.

FGM is illegal in the U.K., as well as in Canada. It is the practice of cutting women’s genitals when they are young in order to prevent them from taking pleasure in sex as women. They will therefore stay pure for a future marriage, and bring a better bride price that the prospective groom will pay to her family. At one time, in English the practice was called “female circumcision, implying an equivalency in severity

with male circumcision. From 1929 the Kenya Missionary Council referred to it as the sexual mutilation of women” (*Wikipedia*). Fashion model Waris Dirie, born in Galcaio, Somalia, is a survivor of the practice. In 2002, she established the Desert Flower Foundation in Vienna to promote an end to FGM. She’s been very outspoken about women’s rights and the need to eliminate FGM around the world. According to the Foundation’s web site, Somalia has the highest rate of FGM in the world, up to 98 per cent of all women having been cut. There are many extremes in the practice, from a complete cutting to a partial one. Most of them are referred to in terms that suggest purification. However, there is a high rate of infection with many young girls; some do not survive the “initiation”. At best, survivors will experience a great deal of pain even urinating, and chronic infections because of the way the genitals are sewn afterwards. In George’s novel, she portrays the practice as something women perpetuate.

In this complicated novel, George handles the topic quite carefully; though she focuses on the Nigerian immigrant population of London, she does show how FGM is practiced by women who identify with traditional cultural beliefs about purity and the need to secure a good marriage. The tradition is practiced in many other African and Middle Eastern countries, according to the Orchid Project.

As a writer, Elizabeth George has not won a number of awards. Her first novel, *A Great Deliverance* (1988) won the Agatha Award for Best First Novel in 1988, along with the Anthony Award for the same category in 1989. Her novels are all highly respected in the mystery genre, and they are always bestsellers for good reason. They are police procedurals that follow the “whodunit” type of mystery: they don’t rely on the cheap thrills that are the main course of many current bestsellers. George’s novels are always a good read; they are excellent stories with strong characters and a complicated mystery. *Something to Hide* could do with a little paring down, particularly where smart people behave stupidly—a sign that often means the author is trying to prolong the tale artificially. Otherwise, this novel is definitely an engaging read, with a surprising twist in its satisfying solution.



## BOOK REVIEW

by Tom Lymbery



**A**PARAMEDIC'S TALES, by GRAEME TAYLOR, Hilarious, Horrible and Heartwarming True Stories, Harbour Publishing, 240 pages, \$24.95

Who would expect what a paramedic could experience during 21 years of service in BC? Some of this is unbelievable but rings true. Graeme tells the stories of horrors but with an eye for humour so his writings are enjoyable.

A paramedic he worked with here had been a paramedic in Los Angeles and told a story of the different world in the US – they were working on a drug lord who been shot by competitors. Two of these burst in brandishing guns with the intention of completing the destruction. A security guard shot one and a doctor got a gun out of an ankle holster to shoot the other. What a different world in Canada?

Graeme likes to talk to people – much of his success as a paramedic came from calming those in pain and stress. But also he got the many entertaining stories that make his book so readable. This also means that he got on so well with the partners he was allocated.

Whether reading this book will encourage more people to join our Riondel based Fire and Rescue organization, I don't know but I do hope that it will. While Graeme was a full time worker in (I think) Williams Lake and Victoria, his stories do give you a picture of this lifesaving service.

**Next Deadline: April 27/22**

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

## East Shore Reading Centre

by Librarian Taryn Stokes

In March we had 188 items checked out and served 135 patrons. We added 38 new books this month, including some much appreciated donations. We have the newest books by CJ Box, JA Jance, Colleen Hoover and Katherena Vermette. The CBC Canada Reads 2022 winner will be announced soon and we now have all of the contenders on the shelves. New this month is *Scarborough* by Catherine Hernandez and *Life in the City of Dirty Water* by Clayton Thomas-Muller.

Also new this month, we welcome our newest volunteer, Marilyn Campbell. She is new to the area and already an active visitor to our reading centre.

Last month I promised to share more information about the Overdrive app. This is an application that allows you to download e-books, magazines and audiobooks from the BC Libraries Library2Go with your Creston Library card. If you don't have a Creston Library card we can issue you one right here in your local Reading Centre. Once you download the app (available on iPhone or Android) just login to the BC Libraries Library2Go with your Creston Library card number. It works like a regular library service with 3-week checkouts, plus holds and renewals are possible. I love the system because there are so many titles available and I always have a book on my phone to read when traveling. The font size and background/text colors can also be changed so it works for reading outside and different times of the day. For audio books the speed can be adjusted if needed. There is also an "express collection" which is a smaller selection of popular books (both fiction and non-fiction) that are always available but can only be checked out for seven days.

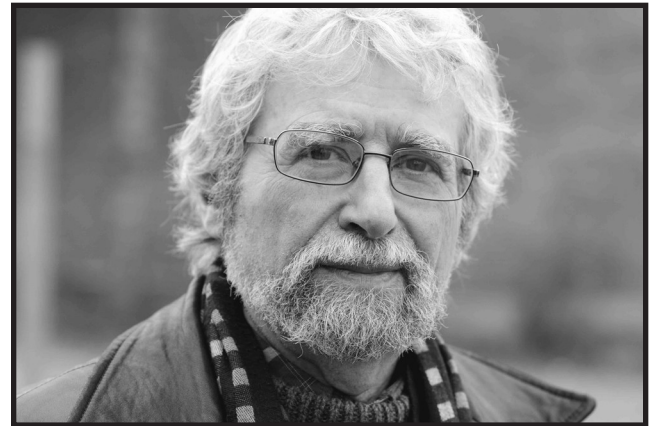
The East Shore Community Reading Centre is open Tuesdays and Saturdays between noon and 3PM. We can be reached at 250-777-1492 or via email at [escomlib@gmail.com](mailto:escomlib@gmail.com). Our address is 16234 King Road, just across from the Crawford Bay Hall. The Hospice Library collection is now also available for in-person browsing and check-outs at our location. Take care and happy reading to all.

## West Kootenay Author Recognized with Lifetime Achievement Award

Since 1994, the George Woodcock award has honored an outstanding literary career in B.C.

reprint from TRAIL TIMES STAFF

Tom Wayman, an author from Winlaw, has been awarded the province's 2022 George Woodcock Lifetime Achievement Award, *BC BookWorld* announced Friday.



Starting in 1973, Wayman has published two dozen collections of poems, as well as three collections of short stories, a novel, and four collections of essays. He has edited six poetry anthologies. Wayman has lived in the Winlaw suburb of Appledale since 1989.

"I'm especially pleased the award this year has gone to someone from the West Kootenay," Wayman said. "So much literary activity takes place here. Our breathtaking natural setting in all four seasons, plus a highly opinionated population of strong-minded characters makes the area ideal for writers."

Wayman said one of the pleasures of living in the Kootenays is the wide scope of the area's writing community. "I think of our tireless historians like the late Ron Welwood and the astonishing researcher Greg Nesteroff," Wayman said. "On the literary side are excellent writers like Ernest Hekkanen and Rita Moir, just to name two of many."

Two of Wayman's recent books are set in the Slokan Valley where he lives.

*Winter's Skin*, published by Oolichan in 2013, gathers poems of his about the valley winter together with photos of winter scenes by valley photographers Jeremy Addington and Rod Currie.

The tales in Wayman's short story collection from Douglas and McIntyre in 2015, *The Shadows We Mistake For Love*, are all set in the Slokan.

Wayman's most recent book is a poetry collection, *Watching a Man Break a Dog's Back: Poems for a Dark Time*, published by Harbour in 2020.

In 2015 he was named a Vancouver, B.C. Literary Landmark, with a plaque on the city's Commercial Drive honoring his efforts to foreground writing by people about their daily employment and its effects on them both on and off the job.

The Woodcock Award is named after UBC prof George Woodcock (1912-1995), an early champion of Canadian imaginative writing and, in 1959, founding editor of the scholarly journal *Canadian Literature*.

Since 1994, the prize has honored an outstanding literary career in the province.

The award, which comes with a \$5,000 honorarium, is presented jointly by the City of Vancouver, Vancouver Public Library, and BC BookWorld, partnered with the Writers Trust of Canada and Yosef Wosk.

Former winners include Nobel laureate Alice Munro (2005), David Suzuki (2011), Joy Kogawa (2008) and journalists Barry Broadfoot (1997) and Paul St. Pierre (2000)

## Riondel Community Library

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10 am to 12 noon

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Email: [the\\_librarian@bluebell.ca](mailto:the_librarian@bluebell.ca)  
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## East Shore Health Practitioners Series

### A Mainstreet Series

Submitted and formatted by  
**Christina de Pape**

*The intention for this submission is to be a series of short articles by alternative health care practitioners who wish to concisely describe why they do what they do in a way that might bring about inspiration for folks to up the ante of self care.*

**April 2022**

**Practitioner: Blanche Tanner,  
Master Breath Practitioner,  
Family and Systemic  
Constellation Facilitator**



My life's path has lead me to all the amazing opportunities I have had in life that have not only facilitated my own healing but become the work I was meant to be doing. 1974 was a big awakening year for me. I was a bleach blond, mini-skirted, false eyelashed, divorcee, party girl and overnight my life changed. I started

having visions and was able to see energy around people. My first teacher was a Tibetan Lama named Lab-sang Rampa who had written numerous books about life in Tibet and metaphysics. That same year. I was initiated into a meditation practice called Knowledge (Prem Rowat, Mahariji) I became a vegetarian and lived in community with others who practiced meditation for several years. I was Gold Smith, who ran my own manufacturing Jewellery Company in Vancouver at that time.

I met my husband Harreson Tanner who was also a long time meditator in 1980 We were introduced to Conscious Breath work in 1984 and I know this was my lifes work right from my very first session because it was so powerful. I already had a deep connection with breath through meditation. We moved to the Kootenays in 1988 after have been invited here to facilitate Conscious Breath workshops. We fell in love with the beautiful Kootenays and all the open minded lovely people who we met here.

I have had the opportunity to study Shamanic practices from Medicine wheel teachings, Micheal Horner, Stuard Wilde and many others. We facilitated Breath workshops in Vancouver, Alberta, in Germany and Italy., We facilitated a two year Breath Practitioner training and did 10 day intensives that included Conscious Breathwork. Meditation, among other practices for about 20 years. I facilitated Woman's retreats here at the Tipi Camp and in Yellow Knife NWT.

We were introduced to Family and Human Systems Constellation work developed by Bert Hellenger in 2005 a powerful way to disentangle many situations from our own lives and what we might be carrying from our ancestors that has a bad affect on our lives. We were blessed to train with some of the most well known facilitators from Europe and the only Indigenous teacher facilitator in the world.

They say we teach what we need to learn and I have

been on a very deep healing journey myself through all these years. Always doing my own work, learning how to be accountable for my own feelings and history. I believe you can only take a client as far as you have been willing to go yourself. Being the oldest of six children from an alcoholic family I have had lots to work with.

My most favorite thing about my work is seeing how much people change when they understand how their history and trauma affects all their relationships, to be accountable for their own feelings and not to project them onto others and to be able to get off the wheel of the blame game.

My wish and prayer for those who come to see me is that they connect in a deeper way within themselves, to love and acceptance of themselves and to have compassion for themselves and others. That they can understand how projection works and to be accountable for their part in creating their lives.

How I take care of myself is that I meditate pretty much every day and pray, practice gratitude, go for walks, hang out with like minded friends, watch inspiring videos, enjoy time in my yard and with my partner, Enjoy the beautiful Kootenays with gratitude for all that I have in my life.

## 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.



## It's Nettle Time!

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

Nettle leaf is among the most valuable herbal remedies in the northern hemisphere. It's packed with important nutrients and grows abundantly all over the Kootenays.

It is rich in protein, iron, boron, calcium, magnesium, potassium, sulphur, vitamin A, B complex, vitamin C, chlorophyll, antioxidants, as well as many constituents that have anti-inflammatory, diuretic, anti-allergenic, decongestant, expectorant and tonifying effects, just to name a few. So, what does this all mean?

Nettle's iron content makes it a wonderful blood builder, and the presence of vitamin C aids in the iron absorption, which makes nettle an excellent herb for anemia and fatigue.

Boron is a trace mineral essential for healthy bones as it helps bones retain calcium. It also has a beneficial influence on the body's endocrine (hormonal) system, and hormones play a role in helping the body maintain healthy bones and joints. The magnesium helps with calcium absorption. The boron, calcium and magnesium combination help to prevent osteoporosis.

The antioxidants and high levels of potassium and chlorophyll help with cardiovascular disorders and immune deficiency.

On top of that, nettle leaf is very effective for arthritis, rheumatism, gout, kidney disease and fluid retention. It also gently cleanses the body of metabolic wastes, and has a stimulating effect on the lymphatic

system, enhancing the excretion of wastes through the kidneys. A perfect, gentle spring cleanser.

Nettle leaves sting due to its formic acid content. To harvest nettles, wear long sleeves, gloves, and boots. Using scissors, cut 5 to 7 inches from the top. Never harvest nettle that's already gone to seed. To dry, hang it in bunches, upside down, in a well-ventilated area. I find twist ties work great for keeping the bunches together. Once dried, remove the leaves from the stems, (I still wear gloves for this) and store in a glass container away from direct sunlight. If you have arthritis in your hands or wrists, (and if you're brave) try not to wear gloves. The sting is an effective medicine for arthritis. Before harvesting any herbs do your research to make sure you're harvesting the correct plant.

To treat yourself to a spring tonic, I recommend two to three cups of nettle tea per day, for two to three weeks. Always start with one cup per day and increase slowly. Typical ratio is two teaspoons of dried leaf, per one cup boiling water, steeped covered for 5 to 20 minutes. The longer you steep, the stronger the medicine will be. Start with a shorter steep and increase the strength slowly. For fresh leaves, use 1:2 ratio (1 part leaf to 2 parts water). When using fresh leaf, you can make an infusion (adding boiling water to the herb, cover and steep) or decoction (add herb and water, bring to boil). If using the decoction method, boil for just a few minutes, strain the tea, and use the boiled leaves in soups, sauces or stews.

For a stronger tonic, I like the "jar method": add the nettle leaf (dry or fresh) to a jar, using the ratios above, add boiling water, close the lid and leave it overnight at room temperature. In the morning strain and keep in fridge for about 2-3 days. As nettle is a diuretic, it will increase urine output, but at the same time it will replenish nutrients and electrolytes.

Do not use nettle as recommended above if you're on CNS depressants, diuretics or anti-coagulant drugs.

As food, you can steam or stir fry just as you would any greens. Cooking nettle leaf takes away the sting. There are many great recipes using nettle, my favorite is soup. I always make enough nettle soup to freeze for winter dinners when I am missing my fresh nutrient dense greens. Using nettle as food in moderation is safe if you're taking the pharmaceuticals mentioned above.

We are so blessed to have this amazing, nutrient packed plant growing in our back yards. I encourage you to take advantage of this marvelous gift mother nature is offering us. Happy Spring everyone!

**Maya is a Master Herbalist, and Registered Herbal Therapist with BCHA. She offers Iridology, Herbal Medicine and Nutritional Consultations in Crawford Bay and Nelson. For more information please email: [mayaskalinska@yahoo.com](mailto:mayaskalinska@yahoo.com)**

**WPM**  
**Western Pacific Marine Ltd.**

**Kootenay Lake Ferries  
Osprey 2000 Ferry**

**OUT OF SERVICE**

April 19, 2022-May 3, 2022  
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** for updates.

**MV Balfour weight restriction:  
Only one 6-8 axle semi-trailer per sailing**

Western Pacific Marine Ltd would like to thank you for your continued patience.



## A Sense of Belonging for Nelson (and area) Drug Users

by Amber Streukens

Nearly six years into a public health emergency that takes over six lives a day in British Columbia, community overdose response has become normalized among people who use drugs. The pressure this alleviates on stressed medical and emergency response systems has not been quantified but must be significant.

According to BC Emergency Health Services, whereas other communities in the region (Castlegar, Trail, Cranbrook) saw nearly twice as many overdose related calls to 911 in 2021 as compared to 2020, Nelson's data shows a slight decrease in calls over the same time period.

People who use drugs have unique expertise, deserve to be recognized for their skills, and must be centred in all work aiming to reduce the harms of illicit substance use.

Here in Nelson, ANKORS has a long grassroots history of working from lived and living expertise including prioritizing experiential hiring practices and supporting the Rural Empowered Drug Users Network. In recent years, ANKORS has been involved in the development of a Coordinated Access Lived Expertise Advisory Committee, implemented to inform the development of streamlined service access for people experiencing or at risk of homelessness.

Megan Laveau, lived expertise facilitator for this project, is excited to be involved in this work.

"It's giving people with lived expertise chances to be a part of the process of trying to tackle the issue of homelessness. It's great to see passionate and proud individuals in this group, and to give these folks, who are experts, a chance to weigh in. We really see the value, care, and consideration for community."

Programs such as the Coordinated Access Lived Expertise Advisory Committee, the PEERS Employment Program at the HUB, or REDUN Peer Outreach provide meaningful opportunities for folks to take an active role in addressing issues that impact them directly. For people so often treated as "clients" of a service, meaningful engagement in decision-making and program development fosters empowerment and moves individuals out of victimizing narratives and into opportunities.

Laveau looks at these programs as a space of growth in a sometimes limiting service landscape. "The more we try to put people in boxes the less space they have to grow out of them."

REDUN Outreach provides another such space. Conducting peer-led community clean-up operations twice a week in Nelson, members collect improperly disposed harm reduction supplies, connect with hard-to-reach individuals, provide harm reduction, nutrition, and other supports, and respond to clean-up requests from businesses and community members as possible.

Beyond the obvious benefits of cleaner public spaces, reduced risk of needle stick injury or blood-borne infection transmission, and increased access to supports and services, REDUN Outreach inspires.

According to Tiffany, peer co-ordinator for the Rural Empowered Drug Users Network and eager REDUN outreach lead, "First and foremost, this project instills a sense of belonging to our community."

Among those involved, there is a sense of commitment, camaraderie, and pride. REDUN Outreach attends to areas that other services may not reach, prioritizing spaces frequented by children and families — all with the intent of reducing stigma against

people who use drugs and promoting healthier communities for all.

Admittedly, this work of lived expertise engagement is not without challenge. Community development is slow and nonlinear. Oftentimes innovative social projects are met with complaint instead of co-operation. Not In My Back Yard attitudes often still prevail and pose a significant obstacle.

"NIMBYisms really hurt this community, not just the people with lived expertise, but the whole community," says Laveau. If pushing social problems to the margins caused them to be resolved or dissipate, this would have worked already — but it doesn't, can't and won't.

Fear is a powerful emotion, but our communities cannot hide from the realities within or push people out. Not In My Back Yard attitudes are never curative. However, when we meaningfully include and engage people with lived and living experience of homelessness and/or substance use, we can move from a broken model of exclusion and avoidance into a space of potential and growth.

The community of Nelson has a unique opportunity to uphold a reputation of care and co-operation, but we need to work together, not in opposition.

*Amber Streukens is the harm reduction peer navigator at ANKORS.*

## The Fitness Place

Open Again!

7 days per week

5:30am-10:30pm

The regulations will be the same as before, with a MAXIMUM of six people at once, socially distanced.

We will not have supervisors at this time. Please pre-book your gym time by texting Amy at:

**587-434-8770**

Email [eastshorefacilities@gmail.com](mailto:eastshorefacilities@gmail.com)

for more info.



The family of William (Bill) Smith, will be having a

**Celebration of Life on April 16, 2022 at 1pm at the Riondel Golf Course**

\*\*\*\*\*

**Bill passed with family around him Aug 27, 2022.**

## Hospice Update

by Maggie Kavanaugh

Happy spring everyone!

Check out the following website as a resource for everything that is community health: <https://kb.fetchbc.ca/index.html?c=fin&t=1>

East Shore Hospice volunteer care is free of charge and is available in your home. Hospice care does not replace nursing care, home support or any other professional service. A hospice volunteer can be a caring listener with an open heart and mind, who is also comfortable sitting in silence with a terminally ill person. This support can also give the caregiver(s) some respite to care for themselves. This means that the caregiver can have time away from the caretaking role.

If you or someone you know is in need of Hospice Care or you would like more information, please contact Susan Dill East Shore Hospice Coordinator at the East Shore Community Health Center Hospice Office at 250 227-9006, or at her home 250 227-9350. Hospice mobile 250 505 4915 should be operational sometime in March 2022. Hospice related books are found in the Crawford Bay Reading Room Library with hospice books on care, grief and mourning.

## HELP

### The Boswell and District Emergency Volunteers

The group is down to only three members. The group has been providing emergency services for the last 42 years and is in need of new members to continue this service.

You do not need to have any medical knowledge to become a volunteer as you will learn everything you need to know in a 40 Hr. course. The dates for the course will be determined when we know how many people are willing to step up and take the course.

I want to thank those who have worked with the group for many years.

If you can't, you may know someone that might be interested in doing it so please pass this on to them.

If you are interested in helping your community in this endeavor please contact.

**Rod Stewart**

Home 1-250-223-8089

Cell 1-250-402-9392

Email [rod.jean@telus.net](mailto:rod.jean@telus.net)

## 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.

Community Futures Central Kootenay

## Turning ideas into businesses



- ✓ Self-Employment Program for business planning & launch
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- ✓ Free expert advice on business growth & product exporting
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Remote services available during Covid-19

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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/ORG 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. wvharder@shaw.ca

**ALCOHOLICS ANONYMOUS:** If you drink, and don't want to stop, that's your business. If you drink & find you can't stay stopped, that's ours. 1.250.800.4125

**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.

**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** - Confidential palliative care support for individuals living with life threatening illness, support for their loved ones. ES Hospice can provide trained volunteers to provide respite care to give family caretakers a break and provide companionship for the patient. Contact Susan Dill: East Shore Hospice Coordinator via the Health Centre: 250.227.9006 or cell 250.505.4915 or home at 250.227.9350. Hospice related books on care, grief and mourning are available. eastshoreshospice@gmail.com

**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

**PROVINCIALY REGISTERED HEALTH CARE AID** - Christian McStravick of Mary Anns Way, providing confidential, home based support for individuals, and their family members. Specializing in personalised home health care, respite care, and hospice care. Servicing Boswell to Riondel. Please contact Christian via phone: 1 (800) 278-8716 or email: christianmcstravick@gmail.com

**REGISTERED ACUPUNCTURIST, LISA SKOREYKO R.A.C.** Treatment for pain, emotional disturbances, gastrointestinal issues and much more. 250.777.2855. http://lisaskoreykoacupuncture.ca/

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

**REGISTERED MASSAGE THERAPIST:** Harreson Tanner - Over 40 years clinical experience. Treatment of Lumbo/Sacral Strain, Whip Lash, Frozen Shoulder, 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@kootenaysoundhealing.com, 250-225-3518

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

**RENTALS/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. bookings@cbhall.ca

**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

**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.

*Want to Contribute?*

[www.eshore.ca](http://www.eshore.ca)

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

**Massage Therapy**  
**Harreson Tanner, RMT**  
*Over 40 years clinical experience*



\* Knowledgeable \* Skilled \* Experienced

For appointments, call 250-505-6166

**Planning a wedding?  
Holding a meeting?**

Consider renting the  
**BOSWELL MEMORIAL HALL**  
Booking/info: Melody Farmer  
at 250-223-8443

*Next Deadline:*

*April 27, 2022*

[www.eshore.ca](http://www.eshore.ca)

**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 AND ADULT IMMUNIZATIONS,  
CRESTON PUBLIC HEALTH UNIT  
250-428-3873.

EAST SHORE HEALTH CENTRE  
Call 227-9006

\*See BELOW for doctor and nurse practitioner days\*

Doctor hours are from 9:30am to 4:30 pm.  
Please call 227-9006.  
Appointments are required.

For emergency care, call 911  
We are not an emergency facility.

## HEALTH PHONE NUMBERS

ES Health Centre: 227-9006

Community Nursing:  
1.800.707.8550 Ext: 2 then Ext 3

Mammography:  
1.800.663.9203

Mental Health & Substance Use  
Clinician, Jen Diosy - Appointments only:  
250.505.6829

Laboratory Services:  
1.877.740.7747 or www.labonlinebooking.ca  
for Lab Appointments

## PRIMARY CARE PROVIDER DAYS: APRIL 2022

Apr 1, Fri: Jayme Ingram NP  
Apr 4, Mon: Jayme Ingram NP  
Apr 5, Tues: Jayme Ingram NP  
Apr 6, Wed: Dr. Moulson/Jayme Ingram,  
Apr 7, Thur: Jayme Ingram, NP  
Apr 8, Fri: Jayme Ingram, NP  
Apr 11, Mon: Jayme Ingram NP  
Apr 12, Tues: Jayme Ingram NP  
Apr 13, Wed: Dr. Moulson/Jayme Ingram  
Apr 14, Thur: Jayme Ingram NP  
Apr 15, Fri: Jayme Ingram NP  
Apr 18, Mon: Easter - No Coverage  
Apr 19, Tues: Jayme Ingram NP  
Apr 20, Wed: Dr. Moulson/Jayme Ingram  
Apr 21, Thur: Jayme Ingram NP  
Apr 22, Fri: Jayme Ingram NP  
Apr 25, Mon: Jayme Ingram NP  
Apr 26, Tues: Jayme Ingram NP  
Apr 27, Wed: Dr. Moulson/Jayme Ingram  
Apr 28, Thur: Jayme Ingram, NP  
Apr 29, Fri: Jayme Ingram, NP

NO WALK-IN SERVICES  
APPOINTMENTS ARE REQUIRED



The family of  
William (Bill)  
Smith, will be  
having a

**Celebration of Life on  
April 16, 2022 at 1pm at  
the Riondel Golf Course**

\*\*\*\*\*

**Bill passed with family  
around him Aug 27, 2022.**



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

Web: 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,  
10¢/word additional

\*\*THESE RATES ARE FOR B/W ADS ONLY\*\*

FOR FULL COLOUR, ADD 30%

## CHURCH/MEETING CALENDAR

### RIONDEL COMMUNITY CHURCH

Everyone welcome.

### 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/) or YouTube (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 for info.

### ALCOHOLICS ANONYMOUS:

Every Wednesday Night.

7 pm at Crawford Bay Corner Building, 15990 Hwy 3A  
(1 hour mtg.) Closed, Big Book Discussion

## Kootenay Lake

## Ferry Schedule

April 2022

*The MV Osprey will be out of service from April 19<sup>th</sup> until May 3, 2022. 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



# Gray Creek Store

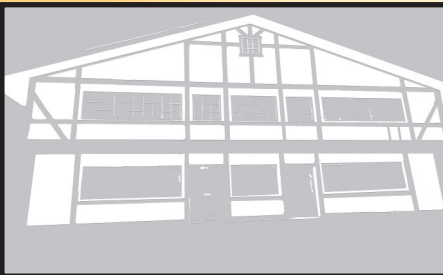
Building Community Since 1913

Mon-Sat, 9 to 5:30 Sun, 10 to 5

**Roses are Red, Violets are Blue**

**Rosie says,**

**"Come see what's new!"**



Free Delivery Mondays, Wednesdays & Fridays!

**250-227-9315**  
orders@graycreekstore.com

www.graycreekstore.com



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**FOR FULL COLOUR, ADD 30%**

71st Annual General Meeting  
PLEASE JOIN US VIRTUALLY



### NDCU 71<sup>ST</sup> AGM

Tuesday, April 26, 2022

PLEASE RSVP FOR INVITE

AGM@nelsoncu.com

Please join us at our virtual AGM for the report of 2021 and learn more about your Credit Union during this annual review.

Nelson C. District



## AGM AND THINK LOCAL EVENT

April 24th, 2022 at 3:00 pm  
Crawford Bay Park Pavilion

Join us and get up-to-date on topics relevant to the East Shore:

Plans for Kokanee Springs - Richard Bertram

Nelson Kootenay Lake Tourism - Dianna Ducs

An update from Western Pacific Marine - Bryan Coe

...and other guest speakers

In attendance will be representatives from local and provincial agencies, including Columbia Basin Trust & Regional District of Central Kootenay

The AGM and Presentations will be followed by networking opportunities

**DOOR PRIZES and MUSIC!**

For more information contact:

Megan Rokeby-Thomas at president@kootenaylake.bc.ca

Anne Lindsay at executivedirector@kootenaylake.bc.ca

COVID Protocols will be in effect  
Please bring lawn chairs



### 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 29, 2022**. 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 3 at 2pm on WebEx teleconference**. The login details will be posted on the RDCK meetings page.