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YEAR 27, NUMBER 8

AUGUST 2017



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Photo by Jacqueline Wedge

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Mainstreet Meanderings

by Editor Ingrid Baetzel

Jauntily

Although at the time of printing, it is still not confirmed that the body recovered in Crawford Creek on July 26 is Alvin Dunic, one cannot help but to reminisce and think on this beloved man, a long time fixture in our school and community. I still remember Alvin coming into the school, jaunty and hopeful, fresh and handsome, taking huge bouncing strides along the hallway floors. This was in the 80's and I was a kid. He was a twenty-something exuberant teacher over whom many of the girls tittered and tripped. He was goofy. He was a bit nerdy and still awkwardly and confidently sure of himself. Eventually, when he stopped being the cute new teacher, Alvin remained loved and warmly welcomed in every circle.

He talked a blue streak without seeming to recognize natural ends to conversations and he could tell a story for days. I remember how we would take turns finding ways to derail his teachings and get him into story mode. He always had a fistful of groaner jokes at the ready and didn't shy away from tossing them liberally into conversations.

When he taught high school, he taught the classes that gave me this job. He taught commerce and typing and life skills as well as computer skills and journalism, social sciences and more. He taught us how to balance a chequebook, type with our eyes up, and how to re-boot frozen computers. He actually made History interesting for me. He was an engaging and kind man and many of us have had Alvin, at the very least, circling the periphery of our lives.

Some of us have had the fortune to know him personally as well as professionally and grow to appreciate his deep love for community and home. Some of us have been taught by him, known and loved him as a friend, and watched our children be taught by him. Both of my kids were taught by Alvin as were so many other local kids. He was impactful. He was fair. I don't remember ever feeling that Alvin favoured certain kids or treated anyone unkindly. He went out of his way to help us with some learning challenges my son faced and be an active and engaged communicator. He reached out regularly and was always available to answer questions, whether during teaching hours or outside of them.

Alvin appeared content in his life and he was willing to make compromises to remain a fixture at Crawford Bay. He has lived with his partner and two daughters in Nelson for the past several years, but made the long commute to Crawford Bay School and back home every day. His cheer permeated the hallways of that school and those long, buoyant strides covered every inch of the floors of both the old and new schools many thousand times over. He was an institution and he is genuinely and sorely missed. Stride long and joyously, Alvin, wherever you are.



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LETTER TO THE EDITOR

A EULOGY FOR THE GOOD WHO DIE YOUNG

Dear Editor:

It was the morning of May 31 when I turned on the radio to CBC at my home in Courtenay on Vancouver Island. The regional news came on and I heard the familiar voice of CBC Kootenay reporter Bob Keating. The report from Crawford Bay was not conclusive. The news is always slower than the local grapevine, so, I called Valda.

Alvin Dunic. Our dear Alvin. You are 'our' Alvin. Not because we claim you, but because you gave yourself to us. You gave yourself to your family, your friends and your community. You gave yourself to us so graciously and tirelessly. You gave yourself to us in the most valuable way possible, not unconditionally, but with the measured compassion of a man of wisdom who understood that one's energies are finite and must be dispensed with careful consideration as to have greatest effect. You gave yourself with the most profound understanding of love. I believe your understanding of love was that of the highest order of transcending one's own self interest to meet the greater need of others, whether family, friends or the community.

There is no greater calling. You heard that call and you understood.

I lay no claim to knowing Alvin better than the many who knew him much longer or more intimately than I, yet I knew him well because he was open and receptive to knowing others and being known by them. I knew Alvin best in his role as a citizen with a strong commitment to his community, not only as a doer of good but as a man of great integrity in the act of his doing. My grief is not for Alvin, it is for his family, friends and community.

Ordinarily I am not inclined to shed tears at the passing of others, it is the natural course of life,
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expected or otherwise. However, today is different. Today my heart breaks. Tomorrow I will aspire to upholding the guiding principles of your life to the best of my ability. If we, family, friends and community, could emulate you in small measure, this world would be a more healthy and peaceful place for everyone.

It has been said, "We do not need great leaders, we need great citizens." Alvin, you are, and always will be, among the greatest.

Donovan R Carter, Courtenay, BC

WHAT A TREAT!

Dear Mainstreet;

Oh, what a treat was Starbelly this year! A heartfelt thank you to all you hard-working dedicated people who made it happen. And hats off to the cloudmaker; the show couldn't have been better.

Anthony Arnold, Riondel

HISTORY LOST WITHOUT PASSION

Dear Editor,

I would like to commend Steve White and Frances Roback on their excellent article on the Harrison family and Harrison Memorial Church. (July ed.)

As a former teacher-librarian, I know how important our local historians are; they spend hours going through old papers, journals and letters; they interview those still alive who can recount events. Without their passion, this history likely would be lost. The local history books stay on the library shelves forever, kept together with glue and tape!

As Harrison Memorial no longer has an active congregation, a very small group works to keep this beautiful historic church open for traditional services (there is a wedding there in August) by hosting musical events.

Please come to our next concert and help support the maintenance fund - four fine musicians from



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Alberta in a group called: Horizon Ridge. They will be performing on Friday, August 11, at 7 pm; the church is located on Crawford Creek Rd. and admission is by donation. More information about this group can be found in the July edition of *The Mainstreet*.

Sincerely,
Deberah Shears (Riondel, BC) Peoples Warden
- Harrison Memorial

Fireworks!!!!!!

Dear Editor:

What are we doing spending thousands of dollars on a firework display?

What about a giant drum circle instead. After the beautiful music that the Many Bays Band performed during the Canada Day celebration at Crawford Bay Park, the fireworks are in direct contrast to this. They are invasive to wild animals, domestic dogs and sensible human ears.

Many of the fundraisers that we have to do in our area in order to raise money for needed services would not be as necessary if we would put the money now spent on 1 hour of warlike noises (and ok, magical light show) into projects more lasting and worthwhile for the community at large. I think we would all feel a lot better sitting in a big circle beating on drums together.

If you had to see fireworks and wanted to forgo the drum circle you could always go to Nelson or Creston to satisfy that need.

Please think about it and let's start a dialogue about doing it differently next year. We are a creative forward thinking group for the most part. Let's have our rational brain take over and make a change.

Bob Schutter
Gray Creek



RDCK Area "A" Update

by Garry Jackman,
Director - Area "A"

MORE ON OUTDOOR RECREATION

Last month I noted the shift in recreation focus over the past decade (by the regional district) from outdoor based activities to indoor facilities such as indoor pools, curling rinks and ice arenas. Attention has now shifted back to outdoor activities based on amenities such as trails and beach/lake access points.

Today there are 8 specific projects within Area A which connect to lakefront plus other projects to improve or extend trails where discussions around some form of land tenure are underway. Some proposed trails or lakefront access points are on crown land and discussions are held with ministries around obtaining a license to occupy, possibly with joint stewardship, for the benefit of the public. Currently there are five public beach/lake access points along Highway 3A where the Ministry of Transportation and Infrastructure has jurisdiction over the land and the RDCK is formulating development and management plans to support applications for a license to occupy for each site. Note when I say "develop" that means in most cases minimal improvements for parking and safety, respecting the natural values of the riparian area as much as possible. An additional site where the RDCK has not expressed direct interest in a license to occupy but where I have asked MOTI technicians for feedback on possible modifications is the Kootenay Bay ferry terminal park and ride area, which might also be used by day visitors to the Kootenay Bay lakeshore near the

boat ramp. Another location, with multi purposes, is the walking trail network proposed through Riondel which would connect to the lake and utilize community streets for some of its length.

That makes seven. The eighth site is the Crawford Bay beach. Public access is available today through Kokanee Springs Resort private land or in theory through unopened road allowances which are below high water mark for much of the year. Building up some of the road allowances would damage the environmental value of the wetlands. A few years back the RDCK obtained what I call the "toehold" of land within this area just to the SW of the beaver pond. As of our July 2017 Board meeting the RDCK confirmed it will engage in a public discussion around the beach access lands. There is not enough room in this column to begin the discussion or outline the range of possibilities suggested to date. What we need to do as a community at large is sit down and talk possibilities, and soon. Call me if you want to help organize that discussion.

DEVELOPMENT IN GENERAL

Every time I write about development in general, whether it is parks and trails or new residents building new homes or renovating our aging housing stock, a couple of points come to mind. One is the number of people who over the years have expressed the sentiment that they do not support growth at all and that things are fine as they are. That is a huge topic for an area such as ours where we are seeing a population decline in spite of new development. We should consider what makes people want to stay (as a primary residence) in one place but not another. The asset based rural development/resident attraction exercise is working in part on that puzzle. The current trend, like it or not, is towards an aging demographic, pressure

on our local school and predictably a greater reliance on medical support services in an area which has not been a priority for expansion of services (although we continue to advocate for improvements).

The other viewpoint that comes to mind was one which came out of a plenary discussion at a CBT forum in Revelstoke some years ago when a large number of attendees expressed a preference for slow growth with some controls in preference to the boom and bust model which is seen in so many cities and towns. Unfortunately, business plans which require borrowing or investment of working capital want to see market growth of several percent year over year for the establishment years. The returns must cover the cost of borrowing (which is once again rising) and for many would need to meet or exceed the rate of return available if they were to invest elsewhere. Our market place is limited and we have seen real decline in some areas so the incentive to invest is low while of those who do invest we see some business operators struggling. The trick is to have a sufficient level of renewal and investment to replace what we lose while also seeing some net growth to act as a buffer against inevitable downturns due to world market conditions. So how do we attract that investment or encourage entrepreneurs? If we can collectively support growth in areas which are compatible with our environment and lifestyle we should be able to support new investors or entrepreneurs who live here already without seeing any boom/bust effects. Where would you start?

CEMETERY SERVICE

I want to briefly introduce this topic now and build on it next month. Among the more than one hundred services the RDCK supports, cemetery operations are supported in Area A, B and C plus the Town of Creston through a contribution service where each of the above noted partners pool money through taxation at a common mil rate and then redistribute the funds to support seven cemeteries, three in Area A, two in Area B and two operated by the Town of Creston.

The three sites in Area A are Boswell, Gray Creek and Crawford Bay. Each year I see financial information for the societies or organizations which are responsible for operations and maintenance and which have an obligation to report both to the RDCK (as a condition of funding) and to the province.

The Creston Hillside cemetery plus Crawford Bay have relatively high maintenance costs and both are looking at changing their landscaping, offering alternatives for burials and considering how perpetual maintenance costs can be best managed. The Creston cemetery has a 'select committee' looking at options and the process is well supported by town staff. The Crawford Bay site has relied for decades on a small volunteer group which could use more volunteers and support. More next month.

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



Hidden Taxes

by David George

A New Hope?

Here is Hidden Taxes' wish list for our new provincial government, with my comments.

1) Energy stability and sustainability in BC. We need some sensible decisions very soon about three major energy issues: the Site C hydro project, the Kinder-Morgan pipeline expansion, and the Northern Gateway liquified natural gas pipeline.

Site C, which if completed would flood yet more of BC's precious north-eastern farmland, made even more precious by global warming, is demonstrably not needed now, or in the foreseeable future.

A year or so ago, in Hidden Taxes 38, I wrote: "Fact is, if Site C is not stopped, it will increase BC Hydro's long term debt as stated in its annual report for 2015 from \$18 billion to \$27 billion. Remember, just eight years ago that stated debt was only \$8 billion."

Even though we here in the Kootenays buy our electricity from Fortis BC, we pay for servicing BC Hydro's long-term debt. BC Hydro does not need more hydro generation. Demand in BC has been flat for electricity for years. The only justification for Site C would be if the LNG pipeline went ahead, which is extremely unlikely. Our indigenous people in the north of the province will stop this if the new government does not. Alberta was a major supporter of the LNG pipeline, but if LNG needs to be piped anywhere in Canada, it should go east, where it can be used for energy or for production of goods, rather than be sold off to some foreign countries.

Let us do more to get rid of the image of Canada as a land of 'hewers of wood and drawers of water'--or of oil and natural gas for export instead of for value added production at home.

Yes, the USA is our largest trading partner and will continue to be so despite the recent problems our neighbour to the south is having with its new president. If necessary, we can ship some oil and natural gas south to provide energy stability for them.

The same argument applies to the Kinder-Morgan pipeline expansion, but doubled in spades for the potential environmental disaster which daily tankers coming into Vancouver's inner harbour would create.

2) Transportation: specifically, a new Kootenay Lake Ferry, with more daily sailings continuing to midnight or later. The old Anscomb used to run until 1:45am.

The venerable second ferry, MV Balfour was built in 1953. It is a classic, with its brass and wood, but sooner or later something will break on this vessel which cannot be fixed.

We need to start building a new ferry next year! It could well be an all-electric ferry. It would be zero pollution and would recharge overnight and at the docks. It would replace the Osprey as first line ferry, and could be built in Nelson. One such, the Ampere is in use in Norway since 2015, and two more will enter service in 2018, built by Siemens.

Note that our MLA Michelle Mungall is the new Minister of Energy, Mines and Petroleum Resources. Call her office and let her know what issues are important to you.

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August Horoscope

by Michael O'Connor

Tip of the Month: In the big news for August is a Solar Eclipse scheduled to occur on August 21st at 11:30 am PDT. What is more is that it will be

visible here in North America especially in the United States with the path crossing from Atlanta to Oregon. What is also extra exciting is that it is the first in a new Saros Series. Occurring at 28 Leo 52, if it forms a close conjunction especially, or an opposition or square to any planets or angles in your chart, powerful changes will be activated, in accordance with your destiny. For the United States, it could well serve to spark a reawakening of national unity and will also prove to be a big boost of energy for its president as it is close to exactly conjunct his Mars in Leo.

Aries (Mar. 21-Apr. 19): August will prove exciting for you. A passionate and romantic mood prevails. Yet with Mercury retrograde, you are wise to enjoy the moment and avoid making promises. Also, your words could prove to be as sharp as your mind. En garde!

Taurus (Apr. 20-May 20): Your creative drive is flowing strong. Less interested in recognition or fame, you primarily want to achieve excellence for your own satisfaction. Quality time shared with family early on then home improvement projects towards month end will hit it.

Gemini (May 21-June 20): You will want to pack in a lot this month. Inspirations to express yourself have been ignited. Your energy levels are running high and you are on an upward swing. Some security tremors will linger early on but will fade towards month's end.

Cancer (June 21-July 22): Your heart is bursting and you want to express your love, beautifully. Bringing your best forward will prove fun and bring rewards. Your confidence levels are high. This will support you to explore new talents and modes of expression.

Leo (July 23-Aug. 22): You feel strong and courageous. Circumstances have required a lot of efforts behind the scenes. If you have answered that call then your confidence levels will be soaring. This momentum will build as the month progresses.

Virgo (Aug. 23-Sep. 22): A busy time behind the scenes is underway. This window presents an opportunity to achieve something great. If you have been waiting for the right time to do something extra special, this is it. With focus, you could hit the jackpot.

Libra (Sep. 23-Oct. 22): Fun with friends and lovers is indicated for you this month. This is an expansive and exuberant time. This could manifest as advancement, promotions and perhaps even a whole new beginning in your love life. You will reserve the right to fully express your individuality.

Scorpio (Oct. 23-Nov. 21): Your public and professional life is about to get a big boost. Your confidence levels may need extra attention, but your

ambitions are strong and you are eager to capitalize. Cultural activities and travel are favored.

Sagittarius (Nov. 22-Dec. 21): Some powerful, heart-opening experiences are scheduled for you this August. These may come as magical and/or mystical feelings and realization. Whatever happens, you will feel connected to your soul, profoundly.

Capricorn (Dec. 22-Jan. 19): In the deeper scheme, themes of death followed quickly by rebirth are indicated for you this month. These are linked to important relationships. Circumstances are pushing you to exercise restraint. Be patient with yourself, others and circumstances.

Aquarius (Jan. 20-Feb. 18): Something big, important and powerful is destined to occur, especially linked to close personal relationships. You will begin to think, perceive and interpret things differently and markedly so. Love relationships could deepen.

Pisces (Feb. 19-Mar. 20): The time has come to give more of your attention to creative projects that have been on hold. Support from others and circumstances are yours to enjoy. Success with these projects could even produce big returns, financial and otherwise.

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More Hidden Taxes

by David George

Blues at Pacific Blue Cross

Last October I wrote "Hidden Taxes gives 'two thumbs up' to Pacific Blue Cross".

No longer. More than one and a half million people in this province have medical/dental insurance with this company, now in a labour dispute with nearly 600 employees which impacts day to day operations.

For those who have not noticed slower or no service for claims, especially claims mailed in during the past month, there is a strike/lockout at Pacific Blue Cross.

CUPE Local 1816 is picketing the Burnaby site, and has been since mid-July. Canada Post employees are honouring the picket line. At issue in the contract talks is reduction of benefits to retirees, a fantastic, almost unbelievable situation coming from the otherwise admirable not-for-profit company. You may have seen the large ad from CUPE in the Nelson Star from July 19. You could ask questions by emailing Cupe1816@gmail.com

CUPE has been without a contract since 2016. Look at the Pacific Blue Cross website, and you will find a note dated July 19th saying that if you have not received payment for an earlier mailed-in claim, you

may submit it again online with a photocopy of the original receipt. You did keep a copy? Online submission of claims supposedly continues, although there may be some delays in receiving payment through Electronic Funds Transfer.

If you phone PBC, instead of the usual choices you will hear a recorded message from Leza Muir, Sr. Vice-President & Chief Operating Officer telling you that no phone communications are available due to the labour dispute, and urging you to use online resources for claim submission.

The Board of Directors of PBC has been silent so far, although it is worth noting that the PBC annual general meeting is scheduled for September 7. Any person in BC who has a PBC plan is eligible to run for a position as director on the board. Six of the fourteen board members have strong union backgrounds, and the chair, Mark Olsen is currently the Sub-Regional Manager at the Western Canada Sub-Regional Office of the Laborers International Union of North America in Surrey, BC. Phone number for that office is 604-951-8877.

Why "A New Hope"?

Because in 1977, 40 years ago, the first Star Wars film opened, and eventually was retitled as part 4 of 9 OA New Hope. Two carloads of science-fiction fans drove to Seattle to see this film, as it opened there before Vancouver. It knocked our socks off!


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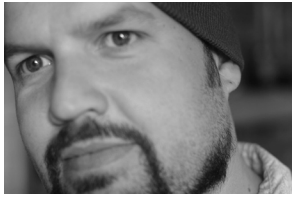
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Hacker's Desk
by Gef Tremblay

Calligraphy, Lettering & Typography

When my daughter Naïma practices her letters by drawing them over and over multiple times, I tell her, "You know, some people's work is to simply draw letters, all day long". It surely seems alien to me that one can make a living from lettering. But while continuing my self-training in graphic design and typography, I read Jessica Hische's new book, *In Progress*, which explains how she became a letterer, and now makes a living living between New York and San Francisco drawing letters all day long.

Lettering is one branch of the trinity of writing letter, so let's define these three parts first.

Calligraphy is the art of writing. You draw a letter in a couple to a few strokes, and continually write. There are three main types of calligraphy; the flat nib techniques, the pointed nib, and, similar to the pointed nib, the brush calligraphy. Each of these styles has different tools and techniques, but all of these techniques are the closest to hand writing, although the brush calligraphy has some similarities with lettering.

Lettering on the other hand is the art of drawing and painting letters one at a time. You would normally draft your letters in pencil, before tracing them and then decorating each letter. On one side, you have brush calligraphy which is quite similar to lettering, and the natural evolution of lettering is typography.

Typography would have a similar foundation as lettering but the process expands a lot further. Typography is where the art becomes a science, a science

of perception and methodology. Each letter has to be designed to work with all the other letters - not only the spacing, but also the form. Typography also concerns itself more rigorously with page layout, number of letters per line and general setting of the type. For example, typography would concern itself with font size compared to line height compared to the number of letters in a proper line.

After reading Jessica's book on lettering, I stumbled upon a book on typography with a similar approach (and similar title), *How To Create Typefaces, From Sketch To Screen*, which is an awesome introduction to typography.

What is important to understand is that each of these disciplines informs the other. For instance, when you design a new typeface (a 'font'), the lines that create the letters are never straight. They vary from thick to thin lines. That variation was first introduced with letters written with flat nib pens, which were originally created by the flat end of a feather used for writing. These thin and thick line in turn inform the size of the letter. Even if today we use computers to create fonts, we still use the thin/thick lines to create a more harmonious writing.

That thickness of the line, which creates a letter, informs your letter height and width in calligraphy, but it's not something you read about in typography materials. Yet in typography, the number of letters per line, and the line height compared to the font size is important, something that is rarely discussed in calligraphy or lettering.

Lettering on the other hand can be learned by copying letters, which at first is kind of a boring statement. For instance, in calligraphy you should learn a lot about how you hold your pen, how you move your arm and not the fingers to write the letter. You then learn about the basic stroke that creates all the letters, then the slant and the pressure you put on the pen. But for

lettering there is nothing. Take a font, copy it until you get it! That's makes it quite a dry and boring process. But when you start learning about typography and all the rules of letter creation, then lettering starts to make more sense.

There are so many rules in creating readable beautiful letters, which are all based on human perception. For instance, when you create the letter O, if you want your letter to look absolutely round, a perfect circle, then you have to draw an oval that almost looks circular. You have to learn about the bar at the center of the capital letter E or A or F and how all these bars aren't at the same height, and generally not the same width as humans perceive horizontal lines to be thicker than vertical. Some letters are also designed with creases in them, which come from the letterpress era, where ink would pool in the corners of a letter, but this style survives even today when we seldom have to think about ink pooling in our letters.

From human perception to the mechanical creation of letters, to the tools and ink we use, creating letters is quite a complex art and it's at the foundation of graphic and therefore web design and communication. Most of us simply use the free fonts that come with our computer, but it's fascinating to delve into the wide and complex art of typography and to realize that a lot of people spend their whole lives creating new types.

References:

- Learn pointed nib calligraphy: juliabausenhardt.com
- Jessica Hische (lettering) Website : jessicahische.is
- Her new book: *In Progress: See Inside a Lettering Artist's Sketchbook & Process, from Pencil to Vector*
- Typography book: *How To Create Typefaces, From Sketch To Screen* by Cristóbal Henestrosa, Laura Meseguer, José Scaglione
- One of the main works on typography: *The Elements of Typographic Style* by Robert Bringhurst

A Most Successful Celebration of Canada's 150th

by Tom Lymbery

Where did all the people come from and how many were there at all the events? We were able to get a June press release printed in six newspapers the *Valley Voice*, *Pennywise*, the *Creston Valley Advance*, *Mainstreet*, *Nelson Star*, and the *Kimberley Daily Bulletin* as well as mentions on FM Radio. And yes - this actually did bring people over the Gray Creek Pass as Kimberley was unable to put on fireworks, one Kimberley couple stayed at Tara Shanti and more?

The Riondel Fire Department crew did a great job, coming early and having their supper while waiting for darkness to set off all those mortars that shoot up from special tubes buried in the ground. The Turner family set off the preliminary display on the beach as well as supervising the sparklers for kids to hold high. Making sure that the sparkler stems are gathered as well as the pop cans and bottles is also a Turner project that everyone appreciates.

With the biggest crowd ever at the park the maple seedlings donated by Nicole Schreiber disappeared fast as well as the kids copies of *Kayak Magazine* distributed by Jane Norris. The 18 piece Many Bays Band created much enjoyment for so many listeners that I forgot to count. Kootenay Lake Lions and helpers made tasty burgers and fries – virtually little food left over.

How many watched the fireworks? There were 27 boats on the bay, cars on every vantage point, crowds on the beach and people at every house facing the lake. Early fireworks from Fishhawk Bay as well.

We promised a bigger show than in towns – Nelson's show ran for only 30 minutes while ours was a full 45 minutes – not counting the sparkler display the kids ran on the beach. The lake level was just right with a smooth stretch of sand.

Almost-Complete Temple will Hold First Public Performance Aug 5

Submitted by Yasodhara Ashram

Yasodhara Ashram's plan for a grand opening of the new Temple of Light is delayed due to extended construction timelines. The Ashram now is planning the official opening for 2018. However, construction will pause for a few days and a celebratory public event will take place on the August long weekend.



You are invited to the first public performance in the almost-complete Temple on Saturday, August 5 at 7:30 pm. Anusha Fernando of Shakti Dance in Vancouver will offer classical Indian dance. Experience the atmosphere and beauty of this sacred space and this brilliant dance form. Tickets are available at the Ashram in advance and at the door (info@yasodhara.org or 250-227-9224).

Construction of the Temple of Light will resume on August 8. When construction is complete we look forward to welcoming our local community to further events.

The Ashram also is participating in the Columbia Basin Culture Tour August 12 and 13, with a guided tour scheduled for 1:15 pm each day. Come by anytime for a self-guided walk around the Ashram grounds, although access to the Temple will be limited to outside views while construction is underway.

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

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August 8 and September 5

Concerns About the Highway 3A Brushing Program

submitted by Tom Wishart and Tina Craddock-Henry



Anyone who has travelled along Highway 3A in the past few months cannot help but notice the devastation to the vegetation bordering the road. This is the result of the so-called 'brushing' program carried out by Highways in order to maintain good sight lines.

Heidi Postnikoff, Highway Manager for the Ministry of Transportation, who is responsible for the highway along the East Shore, has indicated that the brushing program enhances safety by:

"...minimizing collisions with wildlife as it improves the visibility of animals along the corridor;

"...minimizes black ice in the winter time as the sun and salt have an increased exposure time to activate melting of black ice and promote better traction;

"...minimizes the size and amount of debris that can

be deposited onto the roadway or the shoulder which can negatively impact motorists or cyclists;

"...improves sight distances for drivers and allows for increased reaction time to respond to changing conditions on the highway; and

"...allows for more space for pedestrians that are also using the highway corridor."

We think most people would agree with the intent of the brushing program. Maintaining wide sight lines and keeping the roads clear are important for the safety of residents and visitors.

Our concerns though lie with the 'brushing' technique used and the unsightly result that may well be hazardous for animals and humans. The equipment used on Highway 3A is a rotary brush cutter mounted on the arm of a tractor/excavator. The arm is able to extend for a considerable distance allowing the operator to cut branches and remove brush at a substantial distance from the tractor including the vertical direction.

Unfortunately, the cut branches often/always end up splintered and unsightly and it has been previously noted in other jurisdictions (Iowa, for example), that this frequently elicits complaints from the general public; this has reduced the use of this mechanical brushing technique to gravel roads in that state:

(<https://www.iowadot.gov/research/reports/Year/2003andolder/fullreports/tr462web.pdf>)

Above is a photo taken shortly after the road through Boswell was brushed. This has prompted complaints from Kootenay Lake residents--not about the brushing program per se but about the unsightliness of the outcome. Many of us moved here and live on the East Shore because of the natural beauty of the area. Summer residents and tourists travel to South Kootenay Lake to marvel at our [relatively] unspoiled

country. The damaged trees with their deformed, misshaped branches are displeasing to the eye, and a sharp contrast to their surroundings. Moreover, if a deer or other animal (including the human type) happened to misstep and fall onto a splintered and broken branch there could be serious consequences.

No doubt that the rotary brush cutter is cheap and efficient. Surely, though, in a region known for its attractiveness, aesthetics should be factored into the equation. Shouldn't the Ministry of Transportation be using another method for its brushing program along Kootenay Lake?

And, while a clean-up crew is supposed to follow along and remove larger debris and perform other "clean-up activities", over a month after the brushing was completed in Boswell, our ditches are still full of now very dried debris and residents have resorted to removing the mess to reduce the fire hazard.

If you have concerns about the use of the rotary brush cutter in our area, please contact Heidi Postnikoff (Heidi.Postnikoff@gov.bc.ca); you may wish to copy Garry Jackman (gjackman@kootenay.com) and/or our MLA Michelle Mungall (Michelle.Mungall.MLA@leg.bc.ca).

Eastshore Ambulance Auxiliary Society Fundraiser Success

submitted by Christy Gillespie

Once again, the East Shore has come through in a big way in supporting our 7th Annual Garage/Hot Dog/Bake Sale held in Riondel on June 2, 3 & 4, 2017. To all of those who donated goods, purchased treasures and goodies, helped with the set-up and take down of the event and helped to transport the leftovers to Gleaners in Creston, we send our sincere thanks!

A thank you goes to our bakers: Brenda Panio, Jill Lang, Beth Alquire, Hildy Schmidt and Sherri Sutcliff. Everyone attending enjoyed a variety of music supplied by Ben Johnson's Greek Group (including Shirley Wyngaard and Alanda Greene), Tom Lang playing his saxophone and Steve Albrechtson with lovely guitar music. Tarot Card reading was done by our very own Gerald Panio.

We also thank Riondel Commission of Management, General Food Services (GFS) and local businesses Crawford Bay Market, Riondel Market and Bob's Bar and Grill for their support once again. A special word of appreciation this year goes to Mike & Ivy Jeffrey and Mel & Roxanne Gale for all that you did to help make this year's event a success.

With the assistance of so many, this fundraiser raised a net total of just over \$8200 which will continue to go towards the training and operational support of the Eastshore Ambulance Service.

We would like to advise that we will be taking a break next year (2018) from hosting/organizing this event. It is a great opportunity for another group to take on this type of fundraiser.

Our society is also seeking an additional board member with an interest in supporting the Eastshore Ambulance Service and an ability to take on the role of Treasurer or Public Relations. If you are interested in more information, please contact Christy at 250 225-3558 or 403 816-4172.

Kootenay Food Tree Project to Distribute Bushes and Trees to Residents This Autumn

by Bernard Raidt & Nicole Schreiber

Traditionally, the East Shore was an important fruit-growing area, famous for its excellent cherries and other high quality fruit. Early in the last century, because of suddenly-increased transportation costs and difficulties, and the appearance of the destructive 'Little Cherry Disease', the fruit-growing economy of the East Shore went into rapid decline, eventually failing altogether.

That was then, this is now!

We believe that this local fruit production and the economic and social opportunities it brings can be renewed and rebuilt with locally-suitable modern and traditional varieties of fruit, berry, nut, and even sap trees and bushes.

It doesn't make sense that so little of the food we eat is produced where we live! That seems like a lost opportunity, both socially and economically, in the long run, and we need to change it!

The Kootenay Food Tree Project is a volunteer initiative intending to reverse this historical pattern of agricultural decline. Our aim is simply to renew the culture of fruit growing along the East Shore. We believe that this will create economic possibilities in our region, especially small business opportunities for young people, as well as increasing food security in our area, and providing us with delicious, locally-grown fruit.

We have already obtained and distributed hundreds of raspberry plants of a vigorous, productive variety, and this summer and fall we will be distributing, free of charge, hundreds more bushes and trees of other robust and productive fruit types.

Our plan in the next few years is to provide excellent food-producing trees and bushes to residents of the East Shore, free or at the lowest possible price, and to teach those interested how to care for their plants, get their best production, and to propagate their best plants (i.e. to make more of them).

When the weather is somewhat cooler, the bushes and trees will be distributed. There are two streams of the project this year: general distribution and 'Food Tree Variety Test Hosts'. For those who would simply like to receive a fruit bush, we only ask that you: Plant it well, keep it watered, protect it from deer, use or share the fruit, and propagate it to share, if you are able. (We'll show you how.)

The Food Tree Variety Test Hosts may receive a greater range of plants, and will have the opportunity to test some interesting varieties so that our community can learn more about what grows well here, as well as having the genetic resources available to us here on the East Shore. We ask that this group allow us to observe the plants as they grow, gauge how they are doing in the area, sample and recipe-test some fruit once they produce, and allow us to take a reasonable number of cuttings for propagation once the plants have matured somewhat.

If you'd like to receive a plant, please email kootenayfoodtreeproject@gmail.com with your name and location, and indicate, in order of preference, which types of fruit you are interested in. You can also reach the project at 227-9111 or at our Facebook page at Kootenay Food Tree Project. For more information on becoming a Food Tree Variety Test Host, please contact us.

For general distribution this autumn we will have the following: red currant 'Red Lake', black currants

'Ben Hope' and 'Ben Nevis', chokecherry 'Robert', Aronia berry 'Viking', Nanking cherry, highbush cranberry, sand cherry, raspberry 'Polka', and saskatoon 'Smokey'.

For the Food Tree Variety Test Hosts, there are additional types of bushes and trees available. Please contact us for more information.

A hearty thank you to everyone who has volunteered time or supplies to the project. If you would like to volunteer, please do get in touch.

Thanks to Fields Forward for their support through an 'Opportunity Fund' grant for our first year.

Cottonwood Trees

By Tom Lymbery

Some large cottonwood trees have been cut down and bucked up into firewood at the Gray Creek Hall by danger tree faller James Linn of Riondel. He has saved one 24' log which he plans to cut into lumber with his Alaskan sawmill. The branches were fed through Rob Schwieger's chipper driven by his tractor. Our large leafed cottonwoods grow where there is abundant water and the trees themselves have almost as much water as wood.



This makes the wood very hard to dry and the lumber to warp extensively. When Wynndel Box and Lumber was cutting cottonwood for fruit boxes they would let the logs sprout suckers which could grow up to six feet tall. Once these suckers had died down with the leaves fallen off, then they would saw them into fruit box wood – the suckers having drawn out much of the surplus water from the logs.

I had to cut down a very old cottonwood in our campground some years ago as it had been extensively damaged by high water as well as a fire built up against the trunk. I found that it was hollow for many feet and this had been used for many, many years by ducks who nest in lakeside trees. The hollow was full of duck poop and feathers for over six feet. Since the ducklings are pushed out of the tree almost as soon as they are out of the shell I can only guesstimate that they had been using that tree for at least 50 years.

These trees are some of the largest hardwoods in much of Canada. Nelson had a plywood plant making cottonwood plywood for some years with the logs coming from the Lardeau. The veneer had to be dried by steam heat before it could be glued into plywood. The product had to be firmly nailed on strapping or it would warp extensively.

Cottonwood appears very soft but is actually tough and resilient when dried. I had hoped to use it for our store floor in the days when our customers included many loggers wearing caulk boots with very sharp spikes. Most businesses had signs saying "No Caulks". If we had been able to get cottonwood for the floor I planned to advertise "Caulks Welcome" as that resilient lumber wouldn't be harmed by the spikes.



The Enchanted Playgarden is a Show-Case of Everything Kids Love!

by Ellie Reynolds



This year the kids at Starbelly Jam had a treat in store. Actually, the treat is also for all the families visiting and camping in the area too. Oh, and did I mention the kids who love here year-round? After literally hundreds of volunteer hours, the new playground at the Crawford Bay Park had its (unofficial) debut during the festival where hundreds of kids and their grownups buzzed and swarmed all over it. It was messy, it was dynamic, it was a musical treat, it was amazing to see so many play so happily together for so long. And it held up to the traffic!

'The Enchanted Playgarden' as we have named it - is a gift to the community, offering a place for children of all ages to explore sound, water, imagination, gain confidence, balance, social skills... and just be kids. It took great persistence and vision to pull this off let me tell you. It took time (lots of time), skill, stubbornness, creativity, and it also took generosity. This is the time to mention all those helped in ways both large and small

Major Donors:

- BCAA
- Nelson and District Credit Union
- Kokanee Springs Golf Resort
- Kootenay Lake Lions Club
- Catherine White
- YRB (significant in-kind donations of machine and man power/time)

Community Members who gave significant time to help us:

- Steven Sayer
- Klaus Plaumann

- Mark and Marion Johnston
- Janaki Pogreba
- John Leishman
- Kevin McBride
- John Edwards
- Jonas Plaumann
- Matt Winger
- Lisa Skoreyko

Those who donated or discounted materials used in the playground:

- Russ Anderson (topsoil)
- Eddie Draper (many logs and poles)
- Duck Lake Turf Farm (discounted turf)
- Merv Robertson (discounted Bear, Dragon and entranceway carvings)
- Proctor Mill (lumber)
- Gray Creek Hall Society (poplar stumps)
- Gray Creek Store (felled tree)

Not to mention the many others who supported us with smaller donations, helping with or attending fundraisers etc. we thank you so much. My apologies if I have left anyone off this list.

We hope that we have set something in motion that will change things for the better for the children and families that live and visit here. After all, children are an indicator species for how we are doing as a community. More play, better public space, more chances to meet others and practice life skills - these things can't be bad. And our project is far from over. We have one more structure to build, more seating and landscaping too. But it's a beautiful beginning and Charles and myself are grateful for all the support, appreciation and generosity we have received.



The Mainstreet is a community-written monthly newspaper that serves the communities of Wynndel 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 Rockwood Cafe - Gray Creek, The Crawford Bay Store - Crawford Bay, Riondel Market - Riondel, The Osprey 2000, and Kootenay Gourmet in Balfour.

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

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Tom's Corner

by Tom Lymbery
BC EPIC 100 Cycle Race



Consider this - a race on bicycles from Merritt to Fernie trying to stay ahead of 30 others. Imagine you can only carry a basic sleeping bag and only rest for a few hours when you have run out of energy... So who takes on a race so demanding? The two leaders came off late ferries and were actually cycling up the Gray Creek Pass in the dark so I wasn't able to talk to them. This race is scheduled for the last weekend in June each year so that the longest daylight is available.

The third place rider, Tony Haywood stopped at the store for water and snacks. He carries only an energy bar or so, relying on picking up snacks on his route. He lives in Seattle, Washington and works for Microsoft. He was in a hurry to get on the steep climb and there were many more questions I should have asked.

I had been tipped off by Lennard Pretorius that you could follow the racers on Trackleaders.com and I found this fascinating - click on one of those that appear on a map and it tells you how many kilometres that rider had to go, as well as how many completed. They are following the Trans Canada Trail as closely as they can.

Lennard Pretorius, a doctor from Kamloops explains how this event started in 2016:

"The granddaddy of these events is a race called the Tour Divide. It runs from Banff to Antelope Wells, New Mexico along the continental divide (4400 km) - I am working up to riding this and might do it in 2018. I thus had a need to have an extended ride locally to train the body and mind for that level of exertion and test my gear on - as there were no such routes or events in Canada close to home, I decided I might as well create my own route. The TCT presented a great option and is ideal for this race for various reasons - it would be sustainable as it is a designated trail maintained, (sections of it would not be logged, closed down or neglected in years to come) there is no conflict with landowners as it is an official and designated route, with ample information out there on the trail itself."

"The fact that it passes through some of the most fabulous scenery in BC along some amazing rail bed with tunnels and trestles, sections of single-track and the challenge of the Gray Creek Pass is a bonus. I initially chose the route for myself to train on - starting at Merritt as it is the closest point to Kamloops, where I live, to access this point. I wanted it to be 1000 km as that would be a long enough distance to get a good idea of what works with body and gear, so that got me to ending it in Fernie, a great little cycling town, which is fitting."

"In 2016 we had 15 riders starting, of whom only 7 finished as the route ended up being tougher than most expected - I set the inaugural course record then at 4 days 2 hours and 45 minutes. This year we had 25 riders starting (with the first 3 women taking it on) and had 20 finishers. This being the second year people starting had a better idea of the hardships of the route and were mentally prepared for it. I finished first improving the course record by 11 hours - to 3 days, 15 hours and 41 minutes."

"All three women finished with Diella Siemens from Abbotsford being the current female record holder now at six days, 3 hours and 30 minutes. Don Clark of Calgary completed it going the opposite way from Fernie to Merritt in 3 days, 15 hours and 33 minutes."

Inquiries about the Gray Creek Pass from Lennard in early June pushed me to contact Forest Ser-

vice Engineers Tina Zimmermann of Nelson and Len Palajac of Cranbrook in the hopes that the pass would be cycle-able before the race started from Merritt on June 25. Tina had workers repairing plugged culverts and more on the steep climb to the summit from Gray Creek but Len came through with snowploughs, making a track through a full three feet of snow. This was a tremendous and unprecedented effort that actually opened the Pass on June 24.

Because the BC Epic 1000 race is scheduled to run each year on the last weekend in June we hope that it will be passable for cyclists every year. Since Gray Creek Store gets enquiries from April on asking "is the pass open yet" it would be such an asset to know when it would open. It is amazing how the Trans Canada Trail traffic grows each year. We even had one couple sign the TCT register that had walked all the way from Victoria on their way to Edmonton.

Everyone that I contacted about following the race online at Trackleader.com became addicted to this - especially a local hiker who frequents our trails and mountains. Lennard says "The Trackleader program makes a fascinating study of the race in progress and also other challenging cycle races. It is awesome in that it turns this solitary and individual challenge for riders into a spectator sport for family, friends and supporters alike, since being able to follow the race and analyse each riders strategy and progress - it is pretty

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Gray Creek Pass Report

by Tom Lymbery

The pass was fully open on June 23 after Forest Service Engineers Tina Zimmermann and Len Palajac managed to plow the heavy snow on either side of the summit. They were preparing for the BC Epic 1000 cycle race from Merritt to Fernie and we do hope that they will be able to do the same in future years.

Drivers report that the road is in good condition with this side graded after some fill was used to repair culvert and ditch damage. Unfortunately the extra dry weather is producing a dusty trip. We are seeing more cyclists and even one couple walking the Trans Canada Trail from Victoria to Edmonton. Two German girls made the trip to Canada specially to ride the TCT.

Tom Sez

by Tom Lymbery

Since virtually everyone contributed towards our Canada 150th on July 1 it's impossible to list and thank all the names in this issue. Thanks, Community!

The Pembina Pipeline project is designed to ship polypropylene pellets from Alberta to the US. These are used to make a world of products from plastic for cars, medical supplies to household appliances and more. How will the anti pipeline people protest this?

There were very few mosquitoes to bother people on July 1 - either in the afternoon at the park or later at the fireworks. Usually they are bad in the uncut grass. How lucky can we be?

Thanks and congratulations to Charles and Ellie Reynolds for completing the new playground equipment at the park. They enhanced July 1 and this continues to be a great attraction until the snow flies.

Who is a good tree climber? The Ferry Cam has some branches in front of the camera that somewhat obscure the view of the lineup.

The Creston Valley Advance reports that someone found what could be part of an airplane wing on a Gray Creek Beach. Anyone know about this?

Since we make sure everything that we send to the recycle bins is clean (even run through the dishwasher) it is disappointing to see part full peanut butter jars and more. Who thinks they can leave a TV and old carpet by the bins?

All Canadian Credit Unions appear to be forced to remove any reference to BANKS in all their information? How ridiculous - as Credit Unions are far better than banks, especially in smaller communities..

Do you have a Pulaski? This is an essential firefighting tool at is a combination axe and grub hoe - light enough to be used by almost anyone.

Since it appears that many people in the US pronounce root and route as rut - do they ask for rut beer at the A & W?

Who remembers Bobby Gimby and his CANA-DA song from the 1967 anniversary of Canada's first 100 years?

Creston RCMP have charged two people, and Cranbrook RCMP one, with throwing lit cigarettes out their car windows with a \$550 fine each. Shouldn't the vehicles be seized from these red nosed birdbrains?

Greyhound Driver Doug Campbell tells me that his routes have not been impacted by the forest fires, but the drivers whose trip is from Kelowna to Clinton (on the route to Prince George) have been only allowed to drive buses to Kamloops thus losing 140 miles a trip (Greyhound drivers are paid by the mile so this severely discounts their paycheques).

Recreation Trail Management Canada 150 & the TCT

by Farley Cursons,
ESTBA Projects Director
(photos by Bohdan Doval)

Thousands of tired, nerve-shaken, over-civilized people are beginning to find out going to the mountains is going home; that wilderness is a necessity...

— John Muir

Hiking and Mountain biking on the East Shore of Kootenay lake is one of the most amazing experiences an outdoor adventurer can have. As we explore these historic trail networks and alpine peaks the idea of becoming 'one with nature' becomes an actuality. We become more aware of our surroundings; the forests breath, the call of the osprey and the trickle of a mountain spring. Every sense within us strengthens and peaceful calmness pushes all our cares away.

Hiking and mountain biking has many health benefits too. It is proven to boost creativity and helps those suffering depression. Outdoor adventure provides a sense of fulfillment and serenity. We all can self-help a bit by getting out on the trails. Leave the technology at home for a few hours, get some exercise, nature awaits.

The East Shore Trail and Bike Association was formed four years ago by local trail interest groups.

Key to this partnership has been the Guiding Hands Recreation Society. Guiding Hands Recreation Society with primarily RDCK funding has managed annual trail clearing of the Crawford Bay Peninsula's trail network for over 20 years with one of the organizations founders, David Kayle, building many of the connecting routes we enjoy today.

It's the Guiding Hands Recreation Society that holds the official Section 57 with the Ministry of Forests Lands and Natural Resources to manage the crown portions of the the Crawford Bay Peninsula Trail Network. In addition Guiding Hands

Recreation Society has a five year agreement with BC Parks to clear trails within the Pilot Bay Provincial Park. Another important partner for ESTBA is our sponsoring society South Kootenay Lake Community Services Society who not only administer our grant funding but also hold the section 57 provincial agreement on our behalf for the East

Shore segment of the Trans Canada Trail. These three organizations are aligned in the common goal of sustainable economic development and well being for our community.

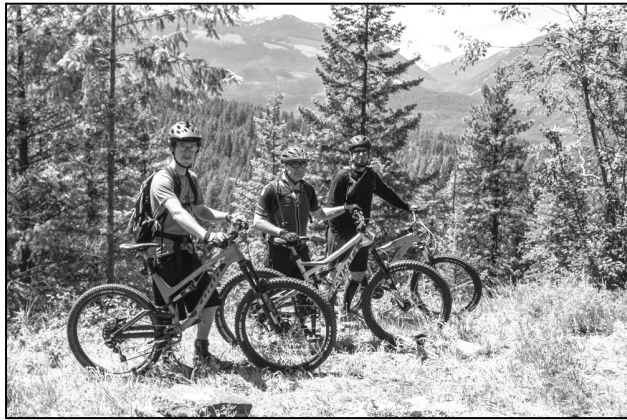
Through three years of authorization processes, two generations of trail maps and numerous signage campaigns we are about to release our 3rd Crawford Bay



Trail Map which will include two new trails. This map, designed by Geoffroy Tremblay at Studio Ponnuki, will have elevation contour lines, trail access descriptions, shoreline points of interest, the Trans Canada Trail and more. We would like to thank everyone who has taken the time to

let us know how we can make the map, the trails and trail signage more user friendly. We would also like to thank Garry Jackman and the Regional District of Central Kootenay, the RDCK's Rec 9 Commission and the Columbia Basin Trust

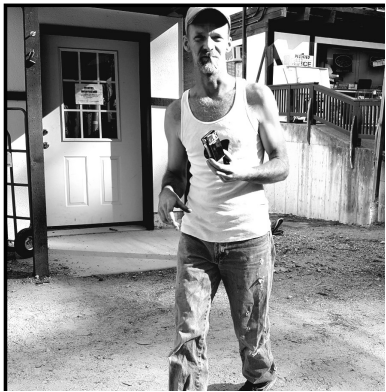
On August 26, there will be a national party celebrating the official opening of the Trans Canada Trail from coast to coast to coast. ESTBA will be hosting a ribbon cutting ceremony and tour at the TCT trailhead just north of Gray Creek. We will also host our Community Trails Day event on this day. Location Crawford Bay Park Community Corner. We'll have a kids obstacle course, vehicle drops for mountain bikers (leave at 11am), a self guided birding tour of the Crawford Bay Wetlands and of course a free BBQ for ESTBA members. Just to keep the celebration going we will have live music and a trailbuilding slideshow. For more information about this event check the ESTBA Facebook page or email eastshoretrailandbike@gmail.com.



Next Deadline: Aug 23,

2017 Forest Fires

by Tom Lymbery



The forest fire disasters were brought closer to us when Tim Gauthier parked his B Train load of lumber overnight at the store to be unloaded next morning (he has a sleeper cab) Tim lives in Ashcroft which

has been overrun by the fires – his home survived but his parents lost theirs and absolutely everything they owned. Tim's dad is in hospital but his mom is staying in Tim's house. Ashcroft was devastated by the terrible fires that have surged across Cache Creek, Williams Lake, 100 mile House and more. Rock Creek losing 30 homes was a disaster but 2017 has made this year the most terrifying ever.

Tim had his eight year old daughter, Ann with him. This was her first trip with her dad so everything is new to her. Tim says that his job is now frustrating and devious because of all the road closures. His truck is based in Surrey where the lumber and insulation, drywall, plywood and more are loaded. He is very proud of the tractor unit, a late model painted a special black with metallic brown by the company owners. This will be entered in a Truck Expo soon.

I was able to give him a tour of our store as it's unlike any other business he delivers to. He took a photo of our "Lumber" sign made by Steve of old chainsaw bars. Now our business has grown so that an entire B Train is unloaded here, where previously part of the load was ongoing to Kaslo building Supplies. We truly appreciate dedicated drivers like Tim Gauthier.

Kootenay Lake Partnership Invites Public to Attend Kootenay Lake Shoreline Guidance Document Open Houses

press release

Nelson, British Columbia, July 19, 2017 – The Kootenay Lake Partnership is hosting a series of public open houses in August. The open houses will be an opportunity for the public to learn about the Kootenay Lake Shoreline Guidance Document, which is the result of a comprehensive Sensitive Habitat Inventory Mapping Project that involved an inventory and assessment of ecological, archaeological and Ktunaxa cultural values along the shoreline of Kootenay Lake.

The project began in 2012 as an initiative of the Kootenay Lake Partnership, a multi-agency partnership brought together to support collaborative management approaches for a productive and healthy Kootenay Lake ecosystem.

The Shoreline Guidance Document directs shoreline development activities such as docks, retaining walls, mooring buoys, or dredging activities in an effort to protect high value shoreline habitats. The intent of the Shoreline Guidance Document is to allow common,

low-risk shoreline activities to proceed with minimal regulatory oversight. Where risks are higher, specific requirements would be needed to protect and restore important fish and wildlife habitats, and archaeological and Ktunaxa Nation cultural values.


The Shoreline Guidance Document is intended to achieve key goals; such as helping assist in the recovery of fish habitat values lost to past development impacts, and the on-going protection archaeologically significant areas. The Kootenay Lake Partnership believes that is it possible and desirable to manage our watersheds and their natural surroundings in a sustainable manner and that sustainable management is the shared responsibility of all stakeholders; including proponents, professionals, all levels of government and community members.

The open houses will take place from 6:30pm to 8:30pm, with a presentation beginning at 7pm.

- 1. Boswell Hall - Boswell BC
Weds, Aug 2 - 6:30-8:30pm**
- 2. North Shore Hall - Nelson BC
Tues, Aug 8 - 6:30-8:30pm**
- 3. St. Andrew's United Church - Kaslo BC
Tues, Aug 15 - 6:30-8:30pm**

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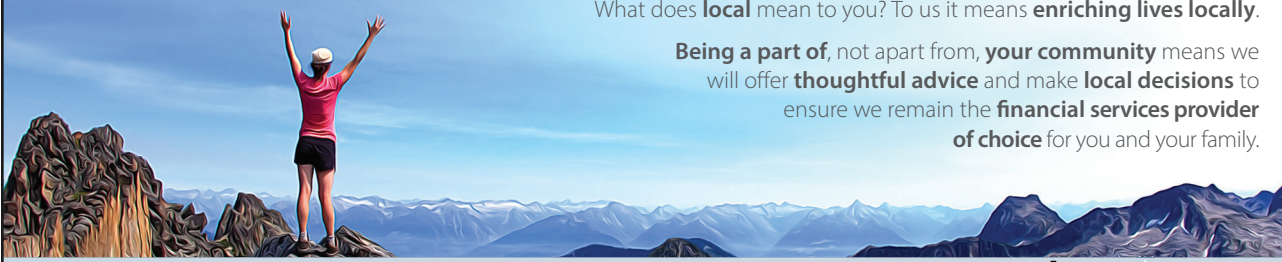


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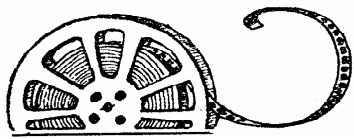
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Seldom Scene

by Gerald Panio



It's hard to say exactly why certain films, seen for the first time, brand themselves on our brains. For me, I think it often has something to do with an upending of genre expectations. I arrive at the theatre, or sit down in front of the TV, prepared to see a western, a war film, a musical, a comedy, etc. and I get—as Monty Python would say—something completely different. Cases in point would be *The Good, the Bad and the Ugly*, *Apocalypse Now*, *Rocky Horror Picture Show*, *Duck Soup*, and *House of Flying Daggers*. Near the top of my personal list of revisionist eye-openers would be Robert Altman's *McCabe & Mrs. Miller* (1971).

I went in expecting Clint Eastwood, and came out shell-shocked. Last winter, over 45 years later, I came across a used copy of a *McCabe & Mrs. Miller* DVD in a Japanese bookstore in Honolulu. I've watched the film a couple more times and am happy to say there are some damn good reasons it has haunted me for decades.

I'm not going to spend much time talking about the way *McCabe* subverts the western genre, because I wouldn't want to spoil the movie's impact if you haven't already seen it. Imagine *Shane* gone all wrong. But one thing I can talk about is the music. No Ennio Morricone here. The entire soundtrack consists of three Leonard Cohen songs: "The Stranger Song," "Sisters of Mercy," and "Winter Lady." And they are perfect. In fact, it's quite possible that *McCabe & Mrs. Miller* was my first introduction to Leonard Cohen's music.

Equally subversive is the setting. Instead of being shot on the great open plains or amid the surreal topography of Monument Valley, Altman shot his western in the mountains north of Vancouver. Thanks to Vilmos Zsigmond's brilliant cinematography and Leon Erickson's painstaking production design, we get interior scenes that look like Caravaggios and exteriors that look like Breughels. In an interview published in Dennis Shafer and Larry Salvato's *Masters of Light: Conversations with Contemporary Cinematographers*, Vilmos Zsigmond describes how he was working towards a look similar to that in a book of Andrew Wyeth paintings he'd bought in Vancouver. He pushed the envelope by using a risky film processing technique called flashing to allow for work under lower light conditions. Leon Erickson managed to recreate an entire 19th century mining town from scratch, including milled lumber from the site, use of wooden pegs & grooved fittings instead of nails, handmade furnishings, mine shafts, zinc tailings,

and an operational Case steam tractor purchased at an auction in Calgary.

One of Robert Altman's sound recording trademarks also takes center stage in *McCabe & Mrs. Miller*. Dialogue is often overlapped by other dialogue, and digetic sounds such as boots on wooden flooring and the clinking of glasses get equal weight with casual conversation. The result is some lost information, but heightened realism.

Given that the storyline's not going to follow the standard arc, a lot is demanded of the lead actors. As gambler-turned-businessman John McCabe, Warren Beatty was in his prime. His character is in many ways the obverse of the macho role incarnated in standard westerns. Although he smokes cigars, gambles, and drinks raw eggs in double whiskeys, he's neither as smart nor as tough-minded as he thinks he is. He knows how to take advantage of

an opportunity, but not how to maximize it or when to cut his losses. When Mrs. Miller (Julie Christie) rides into the primitive townsite of Presbyterian Church and offers to turn his three-tent brothel into a Seattle-style bordello, he's obviously outmatched. He's more Buster Keaton than he is John Wayne. His rambling, semi-drunken monologues as he tries to come to terms with the new woman in his life are priceless. Usually something about "women and pain." He

can't quite get past the sexist bullshit of worries like "If a man's fool enough to go into business with a woman, she's not going to think much of him." Yet when he insists that "I got poetry in me. I do" you're inclined to believe him.

And there are indeed things about John McCabe we don't know. His first words in the film, whispered as he walks into the local saloon, are "Say, that's the back door, ain't it?" His black bowler hat, cigars, gold tooth, over-the-top fur coat, lush beard, and tailored suit make him a Dapper Dan, but he's also packing a fancy Swedish pistol. Word around town says he's the same John McCabe who gunned down the notorious Bill Roundtree. Is he more or less than he seems?

Mrs. Miller blows into McCabe's life like an entrepreneurial whirlwind. In the nearby town of Bear Paw, where she first gets wind of McCabe's plans for Presbyterian Church, she knows she's just another whore. As the madame of a fancy house in a boomtown, she can reinvent herself. She calls McCabe's bluff, and makes him a success in spite of himself. She tells

him, "You think small. You have to spend money to make money." Naturally, they're drawn to one another even as they try to maintain the façade of merely being business partners. Although Mrs. Miller charges McCabe for every visit to her bed,

no one's being fooled.

Constance Miller's past harbors its own secrets. There's nothing to compare with the look on her face at the moment she realizes that the idyll she's created with John has been compromised beyond any hope of redemption. Much better than John, she understands the casual, --- cruelty associated with frontier life. She's not surprised when a young woman whose new husband dies after a brawl is forced to turn to prostitution to survive.

Frontier cruelty takes many guises. There are the two representatives of the Harrison Shaughnessy mining company who come into town to strike a Godfather-style deal. And the hired gunman who explains to an enthralled audience in the local bar how mining efficiency can be vastly improved by using high explosives and expendable Chinese workers. And the psychopathic young thug who commits the film's single most horrific act of violence.

Critic Pauline Kael called *McCabe & Mrs. Miller* "a beautiful pipe dream of a movie—a fleeting, almost diaphanous vision of what frontier life might have been." Her full review is a semiotic gem. Roger Ebert included *McCabe & Mrs. Miller* in his first *Great Movies* collection. He said it was Altman's one perfect film and "one of the saddest films I have ever seen, filled with yearning for love and home that will not ever come..." Danny Peary called it one of the best films of the early Seventies (even though Leonard Cohen's music got on his nerves). Too many other contemporary critics, including Vincent Canby in *The New York Times*, settled for a snarky condescension and patronizing dismissal. Time has not been on their side. Check out Mental Floss's "13 Fascinating Facts about McCabe & Mrs. Miller"; you'll find it here: <http://mentalfloss.com/article/82145/13-fascinating-facts-about-mccabe-mrs-miller>.

As usual, Altman drew on an excellent supporting cast, including Rene Auberjonois, Shelley Duvall, and Keith Carradine.

Tragedy isn't a word one uses often with westerns. It fits here. The ending is terrible and beautiful and cathartic. Star-crossed lovers will always move us to tears, even when they're world-weary and living in West Vancouver instead of Verona.



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Community Produce Table at August 7th 'Super Summer Market Day'

by Nicole Schreiber

Food Roots is hosting a second Market Day in Crawford Bay, long weekend Monday August 7 at the Crawford Bay Community Park, from 12-4.

In order to support those just starting out in 'market gardening', we are also offering a special community produce tent at this market, where local folks can bring their extra fruit, veggies, herbs, eggs, and flowers to sell.

A spot at these special tables is only \$2. Book a spot by contacting Nicole at 227-9111 or at eastshorefood@gmail.com.

So, if you always have "too much" of something or have been thinking about dabbling in selling your locally grown produce, get in touch!

If you'd like to help out by sitting at the table during the event, please do connect. All residents of Area A (from Riondel to Wynndel) are welcome to sell at the table.

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Thanks to Area A EDC and the Creston Valley Farmers' Market for their support with this event.

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Funding Available for Kootenay Lake Conservation Projects

by Nicole Trigg, Kootenay Conservation Program

The Kootenay Lake area is breathtaking and rich in biodiversity that residents are dedicated to protecting through the Kootenay Lake Local Conservation Fund (KLLCF) — and if you are a local conservation group, this fund might be for you.

Established by the Regional District of Central Kootenay (RDCK) in 2014 by referendum, the KLLCF provides funding for conservation projects in the participating rural areas surrounding the lake. Property owners in Electoral Areas A, D and E pay a parcel tax of \$15 per parcel per year towards this dedicated fund, which has provided financial support over the past two years to important conservation projects, all with the goal of restoring and protecting the region's valuable natural environment.

With 2018 fast approaching, the Kootenay Conservation Program (KCP), which works in partnership with the RDCK to administer the KLLCF, is encouraging conservation groups operating in Areas A, D and E to submit funding proposals for conservation projects.

The intent of the KLLCF is to provide funding for projects that promote benefits such as protecting wetlands and fish habitat, restoring old growth or dry interior forests, or enhancing wildlife. Projects may address a variety of conservation issues such as invasive species, habitat loss or fragmentation, or disturbance to wildlife. Projects are encouraged to be technically sound and effective, and provide value for money through partnerships with other funders. Projects can occur on private land, but applicants must be a registered not-for-profit organization, First Nations band or local government. However, unqualified individuals, groups or organizations may partner with a qualified organization to apply.

"The Local Conservation Fund is a good investment in the region. By supporting conservation projects, many other values in this beautiful area are supported. We encourage applicants to submit proposals for their conservation work in the region," says Juliet Craig, Program Manager for the KCP.

Already, the KLLCF has supported a variety of projects that focus on wildlife, water and habitat restoration. One project included the remediation of the old sawmill and town site at the mouth of Cultus Creek on the Darkwoods Conservation Property called Tye. The project restored wildlife habitat by reducing invasive plants, eliminating site degradation and allowing native plants and animals to flourish.

Projects that have focused on wildlife include the Friends of Kootenay Lake's Osprey Nest Monitoring Project — osprey are considered indicators of aquatic health as they depend almost exclusively on fish for

their diet, and there is currently a fisheries decline occurring on Kootenay Lake — and the Kootenay Community Bat Project, which supports homeowners struggling with bat issues and promotes bat conservation since bats are protected under the BC Wildlife Act and over half the bat species in BC are considered "endangered", "threatened" or "vulnerable".

The Grizzly Bear Co-existence Solutions project is also supported by the Fund to assist with grizzly bear population recovery efforts and improving human-grizzly bear coexistence. This is done through bear safety and electric fencing workshops, public outreach, and providing a cost share with residents on electric fencing. And there is funding support for a Western Toad mitigation project with the Valhalla Wilderness Society to reduce highway mortality of this threatened species along Highway 31A.

Other projects include outreach to support awareness and implementation of the Kootenay Lake Shorelines Guidance Document with the goal of directing residential and commercial shoreline development in a manner that will protect and restore Kootenay Lake's sensitive shorelines; and the North Kootenay Lake Water Monitoring

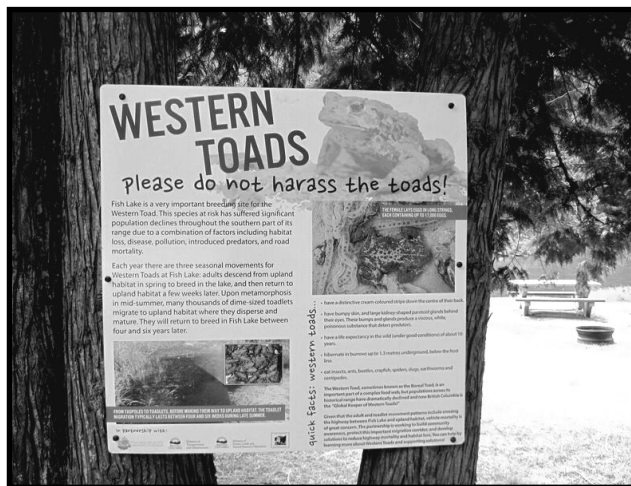
Project to collect data to improve understanding and prediction of how local watersheds will react to droughts, floods and weather extremes caused by climate change.

The KCP will issue a formal call for proposals in September 2017 and the deadline for applications will be 4 p.m. on November 1st, 2017. In November, a Technical Review Committee will review project proposals and make recommendations to the RDCK for final funding approval.

For more information on the Kootenay Lake Local Conservation Fund and how to apply, please visit <http://kootenayconservation.ca/kllcf>.

For phone or email inquiries, please contact KCP Program Manager

Juliet Craig at 250.352.2260 or juliet@kootenayconservation.ca.



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On that note, on a recent Friday night at the Lindero Pub & Town Living Room, codger and raconteur Taffy Garlick eyed his nearly empty beer mug and asked, "Have you heard about the famous Lindero Pneumatic Tube Network? Now that was a utility!"

And so it began. As Taffy explained, at the turn of the penultimate century, visionary Linderians felt the need for easier communication and shipping around town. So Lindero embraced the future and purchased a cutting-edge (for the day) pneumatic tube system (which can be googled for more details). A mountain of oddly shaped crates arrived in town via paddle-wheelers and punts. Over-excited Linderians tore the parcels open, marvelling at the contents and how the instructions fluttered away over the lake.

Here Taffy stopped to contemplate his empty tankard, prompting his audience to take action, and he resumed the tale. The installation began enthusiastically but faltered once the scale of the work of installing pipes throughout the town was realized. Nevertheless the job was almost complete in seven months. Unveiling was in sight and excitement mounted when the project drew the attention of Officials from near and less-near who congregated to admire and assess. Ultimately they felt the need to stick in their oars. With trepidation - here Taffy shook his head sadly - Linderians watched as their precious tubes were prodded, smacked, jiggled, and ... horrors! ... dismantled. Pieces were sent to distant laboratories. About half the cylinders were fired through the tubes and out into the lake, for safety sake (distances were recorded and prizes awarded). With the coming of the spring rains, the system was in shambles. The Officials then sent in Experts (sadly without actual expertise in pneumatic tube systems: specifically, a bank clerk and an apprentice bricklayer) along with a shipment of smaller diameter pipe from a previously assessed and now defunct brewery, and set about salvaging the utility.

At this point Taffy suffered a coughing fit and had to be revived with more fluids.

Ultimately no one was surprised that Lindero's Pneumatic Tube Network failed to operate as advertised. Canisters of valuable documents destined for the mine office, along with the grocery list for the store and the order of hymns for Sunday's church service, arrived instead at the Pub, or fairly near it, where everything jammed up at a too-sharp bend in a too-small pipe. Once again, the Experts were summoned from across the lake (a two-day trip) to clear the blockage with the Special Wrench, which only they possessed.

Despite these difficulties, the system worked marvellously in the distant edges of town untouched by Official probing. Old Granny Dirigible down on Rehearsal Ave. received pneumatic canisters of piping hot baked goods every morning from her three married daughters who lived just down the street. It was such a success that Granny D. gained thirty-five pounds in three months. Fortunately for her, at that point the system was shut down.

Here the story gets murky. Or Taffy got murky. The accounts that came down through the decades agree on one point: Lindero just couldn't afford to keep bringing the Experts with the Special Wrench from across the lake to unclog the pipes. At first Linderians surreptitiously sought their own Special Wrench but the Officials kiboshed their plans to run the system locally by submitting a breath-taking invoice for installation of the cobbled-together system. At this, Linderians waved the white flag, which prompted Officials to forward a monumental estimate for disassembling the system. Miraculously, when the Decommissioning Team arrived, the entire network was already gone.

So whatever became of Lindero's Pneumatic Tube Network? At this point Taffy's forehead was resting on the table and your correspondent could only make out a few of his words, such as "town hurdy-gurdy" and "church pew legs" and "hamster playground". To this day, the pipes still surface around town from time to time. Just this spring, pastor Canon Falder unearthed part of his septic system that still bore the stamp of Lindero's proud pneumatic past.

[Filed by Lindero correspondent H. Porpoise]



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Riondel Library

by Muriel Crowe

If you haven't been in the library recently you are in for a big surprise. We are now the proud renters of one half of Room 8; the historical society has the other half. An archway, courtesy of Riondel Commission of Management, gives us access and the library now seems spacious. Our new shelving has been paid for by book sales, overdue fines and donations and will be holding non-fiction books. The main room will hold all adult fiction, DVD's, CD's and other miscellaneous items. The children's room will finally be just that. We will be able to shelve the different levels of reading in a meaningful way with better access for all.

Our next event is the Riondel Days book sale. This started at least twenty years ago as a two tables for one hour event. Now it is a multi-table two day sale with a one day setup by a busy work crew. Chris Robertson deserves huge kudos for keeping the books and the volunteers organized.

On August 15 we will host a Summer Reading Celebration for children called "Walk the Wild Side". Pre-registration is essential. This can be done in the library, by phone 250 225 3242 or by email to the librarian@bluebell.ca. 10:30 in the morning is a program for pre-schoolers and we hope there will be enough interest to have an afternoon session for the six and older children.

The library is yours to use, there are no charges for joining. Our only restriction is that you must be a part time resident at the least and we are very willing to add visiting children or grandchildren if someone will take responsibility for making sure all borrowed items are returned.

Book Review

by Tom Lymbery

OOTSALA LAKE ODYSSEY – George and Elise Seel – a Pioneer Life on the Headwaters of the Nechako Watershed, by Jay Sherwood, Caitlin Press, 224 pages, \$24.95.

This book won third place in the BC Genealogical Society's contest that *Tom's Gray Creek, Part II* placed first so I am pleased to be able to review it. Jay Sherwood has written 7 books with his most important being photo journals about acclaimed BC Surveyor Frank Swannell.

George Seel had come from Germany before WW I and to avoid being interned he moved to a cabin on the Thatsa river that is upstream from Ootsa Lake. He survived by hunting, trapping and prospecting. His mine was in the same area as COMINCO's Emerald Glacier mine.

In the 1920s, he was able to become a Canadian citizen. In 1927, he was corresponding with Germany and brought Elise to Canada as a mail order bride. Elise was a writer and poet. Her writings and diary were in German and translated they supply much of the backbone of the book.

During the 1939 – 1945 war George was working at COMINCO's mercury mine at Pinchi north of Fort St. James. Geoff Noden of Riondel was one of the first sent to this mine site by the company to get it ready to produce mercury which was desperately needed for the war.

This is a good book but the photos are disappointing – the printer needed a Warren Clark to improve the quality of the black and whites. Intriguing is the story of the drowning of William Grell who was actually "Shorty Dunn" a partner of the legendary railway bandit Bill Miner.

The entire Nechako River system including Ootsa Lake were changed and flooded completely in 1950 by the Kenney to supply water to the Kemano power plant which was the basis for building the aluminum smelter at Kitimat. The meant the end of the communities of Wisteria and Ootsa Lake. Owners of homes and land were expropriated with minimal payment – similar to the Arrow lakes takeover. Not having sufficient funds to purchase elsewhere most stayed in the district – except Elise Seel who was able to find a small house near Vancouver. George Seel had passed away by that time. Their grandson has retained ownership of George's mine.

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pebbles by Wendy Scott *Point No Point - 1998*

The pebble is smooth, warm from the sun and still smells faintly of the sea. It's roundness in my hand, holds reminders not only of this warm spring day in May and the serenity of a deserted west coast beach, but this solid piece of stone evokes memories of a more dramatic visit complete with orcas off shore, seals and two bald eagles riding the updrafts of summer.

On that day of wandering, when Bruce and I found Point-No-Point, it was the tea room we came to discover: a tea house perched like a private loge on the southwest edge of this country of ours. The view – across Juan de Fuca Straits to Port Angeles with Cape Flattery in the wings of the open Pacific demands our attention to realize its distance; we no longer watch the forest beside the highway, or the road in front of us, our focus must stretch across the sea and into the sky – helped along by the binoculars on every table. The name – appropriately ambiguous on this most southerly curve of BC coastline, could be a typical Canadian compromise settled upon by early map-makers while viewing headlands from different directions. Their state of confusion has traveled well and is re-invented by every new visitor to Point-No-Point.

Glaucon-winged gulls, herons, bald eagles play above sea lions, seals and visiting whales, but for Steller's jays the ocean is as vast and impassable as the



Sahara. The Vancouver Island variety of our vociferous backyard visitor can't make it across that stretch of ocean, so they spend the winter in Victoria – as do many of their human counterparts.

Later that year, we decided to take the example of the jays and spend New Year's Eve right here in one of several Point-No-Point cabins. The late afternoon was warm enough to climb from the beach over huge boulders to bare winter cliffs jutting into the Pacific – a furious Pacific, flinging all its energies into the last day of a dwindling year. The sea rushed to escape its

edges and crashed across the shore; then like a shuddering intake of breath, dragged the detritus of December from the beach.

We were two puny creatures trusting the permanence of a rock cliff against the sea. We stood on that wet rock, suspended in our own silences – getting quite wet – until the evening cooled and the comfort of our cabin fireplace drew us back.

The sky darkened and the moon's bright sickle caught in the nakedness of a winter birch. Night began sewing glitter into the blackness and opened heaven's windows to stars that stream into the realm of space, forever reaching for the beginning of time.

These memories came with us as again we followed the trail to the beach. It's wide and steep, this pathway, a corridor walled with larch, salmon berries and tall sword fern. The ground is spaced with a series of steps and tangles of surface roots. Sweet smells of tiny, white blossoms amongst the glossy leaves blend with the acrid scent of spores, and as we near the beach, the damp veil of salt settles on face and arms and all around there's the aroma of cedar.

The beach is crowded with rocks and boulders and strewn with cedar logs the length of telephone poles – escapees from booms and barges, peeled hairy by the sea to retire as driftwood on west coast beaches. The sea, dark blue today, rolls gently from the shores of the Olympic Peninsula to toss incidental sprays against the flat black rocks that stretch like a theatre stage across the beach. Tidal pools in each rock face hold their individual worlds: a small forest of sea grass; a gathering of tiny shells like miniature Mexican hats; mussels standing straight and tall enough to keep their noses above the water. One pool holds only the silence of round, flat stones, another a collection of clams that move in minimal increments from sun to shade. Above all this, cumulous clouds tower into a sky so blue I want to catch a piece and save it for a rainy day.

It's time to return to Victoria and a birthday supper for a soon-to-be eleven year old granddaughter. I carry a warm pebble for her. She can hold it in her hand. She can share the warmth of the afternoon, the smell of the sea and maybe, sometime in her long future, she might be able to seek and embrace both the serenity and the wildness at this most southerly tip of her Vancouver Island world. Her Victoria is close by, but very far away.

Smarter Than Jack or Jill

by Sharman Horwood

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

A Tale of Two

Elephants are known for their great memory, a facet of the "mental acuteness" the dictionary cites as intelligence. Webster's also says intelligence is the "ability to learn and understand new situations." All of that takes memory.

Researchers have tried with several species to see if they recognize themselves in a mirror. The idea is that if they do, they have a sense of self. Unfortunately, my cat fails at this one. He keeps trying to fight with the "other" cat he sees in the mirror. Dolphins, however, seem to recognize themselves, as do orangutans and elephants. The test is to see if when the animal sees a hat on its head, do they reach out to touch it in the mirror, or do they reach up to touch it on themselves? If the animal reaches for the reflection, it doesn't understand that the hat isn't actually there. Instead, it is the animal that reaches up to the top of its head that shows it has a sense of self and knows that what it's seeing is just a reflection. Elephants scored highly in this test.

Nomadic or migrating elephants have also shown that they have a sense of the past. In order to find water sources, as well as the plants that grow nearby, they sometimes travel great distances. The elephants of the Namib Desert do this, relying on the matriarchs of the herd to remember the best routes that will take

them to water. The matriarchs have to remember all of the most fertile locations and lead a herd of mothers and their young ones to find food. Sometimes not all of them survive, and they have to leave the ones that don't behind. However, months later, when the herd passes the skeletons, they seem to recognize some of the bones. They touch them, push at them, as if they remember the individual that used to be. They even seem to grieve, standing by the bones, a little confused, somewhat disturbed by them.

Elephants also seem to have a sense of language. The low rumbling notes of their voices communicate throughout the herd, sometimes so low that we're unable to hear them as distinctly as elephants do. There are researchers trying to record the sounds, to understand them. Like birds, certain groups of sound are used in specific ways, and seem to represent certain words. A matriarch, for example, will organize and encourage other mothers in the herd—the "aunties"—to help when a small elephant gets stuck in a water hole. At her urging, they will come and push the smaller elephant up the steep bank. The entire time they cooperate with each other, they "talk," encouraging and directing so that the small one gets the best help. The sounds have specific meanings to all of them.

Shirley and Jenny are two Asian elephants brought to North America to work in a circus. Jenny was brought over when she was very young, and placed in the same circus as Shirley. Shirley was her friend, perhaps acting as her foster mother. They worked together for ten years, but unfortunately Shirley broke one of her hind legs. She survived the injury, but it healed badly, and she was no longer of any use to the circus. She was taken in by a zoo in Louisiana, and lived there for many years on her own.

Almost 22 years later, the zoo closed down. It could no longer care for her, so fortunately, Shirley was given to an elephant sanctuary in Tennessee. Rescued elephants at the sanctuary are fed what they need,

and they can roam freely over the acres of open land. Shirley's chains were removed for the first time and she was put in a wide pen with steel bars, separated from the others so they could gradually become accustomed to each other.

When the other elephants came in to shelter for the night, she recognized one of them. It was Jenny, the young elephant she knew at the circus. Jenny remembered Shirley as well, and called out before they had a chance to smell each other. They reached through the bars for the other, rubbing their trunks against each other's faces, and "talked" through the night. Their need to be together was so great they actually bent the thick steel bars between them. The sanctuary handlers had to open the gate so they could stand against each other. In the morning the two elephants walked out of the barn together, with their trunks wrapped about their faces as that guttural rumble of elephant language rolled between them.

The memory of their friendship lasted in them for more than two decades. They recognized each other's identity as well as the role each had played in their past lives at the circus. That they did so is amazing. That they understood where they were, and who they were with is wonderfully smart, too.

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Holistic Health Tips

by Kim Young

Healthy Eating Myths

Nutrition and diet advice seems to be everywhere doesn't it?! TV, magazines, the world-wide-web, billboards, newspapers, not to mention the thousands of diet books telling you to eat this, but not that and how you should eat this WITH that. Then the diets... low fat, high fat, no fat, paleo, keto, vegetarian, vegan.... and the list goes on....

While all of the different "diets" may make your head spin, everyone has heard (and maybe even lived with) the intense focus on how much you eat. But... while this does affect your weight and energy level, it's not the "holy grail" of health either.

The focus should really be on the often overlooked (yet proven) benefits of what you eat and drink and how you eat and drink it.

What you eat and drink

The "calories in, calories out" philosophy (i.e. how much you eat) is losing ground as research on other factors are found to be just as important. Yes, limiting calories, carbs or fat can certainly help you lose weight but that's not the only factor for long-term weight loss and maximum energy.

By all means, continue to count your calories, carbs, and fat but don't forget to also pay attention to what you are eating on a regular basis.

A varied diet full of minimally-processed foods is ideal. This simple concept is paramount for weight loss, increased energy, and overall health and wellness. No gimmicks, no fads, just simple common sense.

Every day you should aim for:

- A colorful array of (preferably fresh) fruits and veggies at almost every meal and snack - the more color on your plate, the better. The fiber, antioxidants, vitamins, and minerals in fruits and vegetables are a must for optimal health.

- Protein - make sure you get all of those essential amino acids from good protein sources - grass fed meats, wild caught fish, cage free chicken...you get the idea here. Eating protein can also increase your metabolism which equals even more weight loss.

- Healthy fats and oils (never "hydrogenated" ones). There is a reason some fatty acids are called "essential" - you need them as building blocks for your hormones and brain as well as to be able to absorb the essential fat-soluble vitamins from your uber-healthy salads. Use extra virgin olive oil and coconut oil, snack on nuts and seeds, eat egg yolks, and get grass-fed meats when possible. You don't need to overdo it, just make sure you're getting some high-quality fats every day.

How you eat and drink

Pay attention to how you eat and drink. Studies are showing that this has much more of an impact than we previously thought.

Are you rushed, not properly chewing your food, and possibly suffering from gastrointestinal issues?

When it comes to how you eat let's first look at "mindful eating". Mindful eating means to take smaller bites, eat slowly, chew thoroughly, and savor every bite. Notice and appreciate the smell, taste, and texture. Breathe.

This gives your digestive system the hint to prepare for digestion and to secrete necessary enzymes.

Mindful eating can also help with weight loss because eating slower often means eating less. Did you know that it takes about 20 minutes for your brain to know that your stomach is full?

We also know that more thoroughly chewed food is easier to digest and makes it easier to absorb all of those essential nutrients.

And don't forget about drinking your calories. Yes,

smoothies can be a healthy, delicious and easy way to get in some fruits and veggies (hello leafy greens!) but drinking too much food can contribute to weight problems and feelings of sluggishness.

While a green smoothie can make an amazingly nutrient-dense meal and is way better than stopping for convenient junk food - just consider a large smoothie to be a full meal, not a snack. And don't gulp it down too fast either.

If your smoothies don't fill you up like a full meal does try adding in a spoonful of fiber like ground flax or chia seeds (chia seeds not only have fiber and essential omega-3 fatty acids but they contain all of the essential amino acids from protein). A tablespoon of hemp seeds or your favorite nut butter will also add some healthy protein and make your smoothie more satisfying.

To summarize, for optimal health and weight loss, don't worry so much about the latest "diet craze", but consider not only how much you eat but also what and how you eat it.

Kim is a Holistic Health and Lifestyle Coach and Reiki Master who lives in Kootenay Bay with her husband Jim and their dog Buster. Her website is: www.holistic-health-tips.com

Remembrance Garden

by Wendy Scott

During this troubling season in British Columbia, while smoke comes and goes over mountains and through valleys, the Remembrance Garden remains cool and peaceful.

Walk through, sit for a while and enjoy the peace and quiet. Thank you to our friends who attend to weed-whacking and the vital watering.

Information and requests:

Wendy - 250-225-3381

Muriel - 250-225-3570

Health & Happiness

by Dr. Sid Kettner

More Than Brush Bristles

The front page news on CBC's website yesterday was "Health Canada Assessing Wire Bristle Barbecue Brush Risks." In the last 6 years 9 Canadians have swallowed a broken-off bristle of a grill-cleaning brush and some have required surgical treatment in attempts to remove them from their food pipes. Years of safety warnings had been ignored, but now ongoing assessment of these cases may result in banning these brushes. Retailers are not happy.

My question is: What about the dangers of the barbecues (BBQ's) themselves? We have known for scores of years that foods cooked at such high temperatures, especially over 150 degrees C, in a pan,

over an open fire, or on a grill, cause the formation of heterocyclic amines (HCA) or polycyclic aromatic hydrocarbons (PAH) which can cause cancer. HCA's are not found in foods other than meats, but PAH's can be found in other charred foods, as well as cigarette smoke and the exhaust of vehicles.

Studies have shown that exposure to these compounds do cause cancer in laboratory animals—mainly breast and colon tumors. The doses used were

Kokanee Springs Ladies Day

by Shelley Bumanis

Well ladies, we're past the 50% mark for the 2017 golf season. If you haven't had a chance yet it's time to capitalize on Kokanee's great rates for Ladies Day. You pay only \$55 for 18.

holes including cart, \$40 if you choose to walk or \$30 cart included if you can only join us for 9 holes. These rates are a 50% savings & apply only to those participating with the Ladies Golf Club along with receiving 15% off merchandise in the pro shop.

Tee times start at 10:30. We meet up at the Pro-Shop for 10am where we set up foursomes, find out what the game is and which holes the KP's will be on. We play skins (one tie all tie) and for those that choose to participate, make sure you bring some quarters. Interested? You can leave your name with the pro-shop (250-227-2005) or better still, email sbumanis@hotmail.com by noon Monday to be added to the list. If you have an index/factor please include that as well. Last minute and you're able to join us? Show up for 10am and we'll make sure to fit you in.

All calibers and ages of golfers are welcome to join our Ladies Day. Come make new friends or catch up with the old but either way come for some fun and a few laughs.

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higher than an equivalent-weighted human. However, repeated exposure is the problem and numerous epidemiologic studies found that high consumption of well-done, fried or barbecued meats was associated with increased risk of colon, rectal, pancreatic and prostate cancer. Patients have been warned about this by their physicians for many years.

But I feel more information on this health hazard needs to be made more available to the public in the news media. Health Canada should spread such warnings

through their local public health departments. The World Cancer Research and American Institute for Cancer Research issued their reports and guidelines in 2007 on this danger, but nothing much has changed.

So we need to be proactive and not wait for governments to ban BBQ's--and not just the brushes with their bristles! We should avoid the direct exposure of meats to an open flame or hot metal surface. Avoid prolonged cooking times, especially

at high temperatures) to reduce HCA and PAH formation. Using a microwave to pre-cook the meat before it hits the BBQ could reduce the time the meat is in contact with high heat as its cooking continues. Turn it over often. Remove charred portions and don't use gravy made from the meat drippings. Best of all—just avoid meat consumption and thus reduce your risk of high cholesterol, heart attacks and strokes, as well as cancer.



Notice of Passing

Arnold Wayne Kelly
May 27, 1950 - June 25, 2017

It is with great sadness we announce the passing of Arnold Wayne Kelly. He was born in Cumberland, BC in the Lower Mainland on May 27, 1950. He passed away at the Creston Hospital on June 25, 2017.

He was a drywaller in Vancouver and other areas in BC. He was a great person. Once he touched your life you couldn't help but love him for his sense of humour and his good heart.

Arnie was pre-deceased by his parents William and Vivian Kelly, brothers Glen, Dick and Ray, as well as his sister, Bonnie. Arnie is survived by his wife Sandra, his brothers Don and Larry, his sister Gail, his son Wayne, step-daughter Frea, step-son Carson and step-daughter Candy, and numerous nieces and nephews.

We would like to thank Dr. Jordon for Arnie's care at the Creston Hospital, as well as the nurses and staff. His step-son Carson, who is a doctor in Indianapolis, was in contact with Dr. Jordon. Thank you for your support during the last month or so. God Bless You.

The Celebration of Life will be at Lakeside Park on July 29th from 12PM to 3PM. In lieu of flowers, please donate to either the Diabetic Association or The Liver Foundation.

Note from Tom Lymbery: Arnold is survived by his wife Sandra who is Beth Richard's daughter and is also a niece of the late Johnny Oliver.

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Notice of Passing

Martin (Mardy) Koshlay
Feb 16, 1926 - June 21, 2017

Mardy passed away peacefully at the age of 91 in Kimberley Special Care Home (The Pines) on Wednesday, June 21, 2017. Mardy was born in Goodeve, Saskatchewan on February 16, 1926. He served in the Royal Canadian Navy. After being discharged from the Navy he boarded a train and proceeded to travel to Kimberley B.C. to seek employment at the Sullivan mine with his brother John.

In 1968 Mardy transferred to the Bluebell mine at Riondel B.C. He worked in the Riondel mine until its closure in 1972, at which time he took an early retirement from Cominco. He then went to work as a faller for Strom Bros at Crawford Bay.

While working as a logger, Mardy built the Mar-B-Lee Motel at Crawford Bay, which he operated until 1994. Before selling the motel, he built a house on property above the motel, for him and his wife Bea to retire in. This was one of many houses he had built in the Kimberley / Crawford Bay areas.

In his spare time Mardy enjoyed hunting, fishing, golfing and retrieving golf balls from Crawford Creek. He was also quite inventive in designing and building something he needed, including an 18' boat which he built in his garage and caught many fish from.

In 1961, Mardy had bought a new red Ford Galaxie Sunliner convertible which he owned until his passing.

After Bea passed away in 1994, Mardy set up a modular home at Balfour B.C. where he lived for 21 years. Mardy was a very kind, loving, caring person who loved his family dearly, especially his grandchildren and great grandchildren.

Bill Greenfield

by Wendy Scott

WILLIAM ALLAN GREENFIELD
Jan 9, 1932 -- Feb 17, 2017

Tea Cozies! Bill Greenfield was talented with those knitting needles. Not only could he turn out some lovely tea cozies and pretty classy toques, but his sweaters were unique and a delight to behold.

Was he a knitter by trade? Certainly not, Jean says, Bill was a printer. But it was not the printed page that brought these two together. No, Bill had another talent.

During the first years of the Second World War, Jean was a young teenaged girl living in London. The bombing raids known as the Blitz, hit London between September 1940 and May of 1941. Jean says she was terrified and hid under the stairwell in their house. She remembers her father saying, *Remember we are British!*

London, and Londoners, were resilient during that time, and continued to function as normally as possible. Dances were organized and servicemen stationed in London always attended. Peace was declared in 1945, but this only marked the beginning of the *Mopping up Operations*. But in the evening parties, concerts, and dances continued in London and it was at the Tottenham Ballroom that Jean met Bill. Was it the uniform that attracted her? No, not really, it was his dancing feet. Jean says Bill was the finest dancer she had ever met.

Bill was a member of BOAR, the British Army of the Rhine. The BOAR functioned, at first, as an occupying force in Germany, and later as a defender of West Germany in the event of possible war with the Soviet Union.

During this time Jean and Bill became good friends, you might say, they fell in love, and it was Bill's father who declared that Jean would make an admirable daughter-in-law.

And so in 1955, in postwar London, Jean and Bill were married. In 2017 they would mark 62 years of marriage.

But postwar England was not a place of abundant jobs. Jean and Bill Greenfield emigrated from England in the 1960's, landing in Saskatoon, then Winnipeg during a Canadian winter. It was, Jean said, colder than they had ever imagined a winter could be – and cold, cold, rain!

Riondel is home now for Jean, and if you would like to say, hello, head for Bob's Bar and Grill on a Friday night and share some fish and chips. If singsongs are on the menu, Jean's voice will rise above the rest and you will be obliged to join in.

Tea cozies, toques, sweaters, Bill excelled with those knitting needles and, some say his printing was creative, artistic, and crafted with love.

Now as the train bears west,/ Its rhythm rocks the earth, And from my Pullman berth/ I stare into the night... We rush into a rain/That rattles double glass...I stay up half the night/ To see the land I love.

From: "Night Journey" by Theodore Roethke,

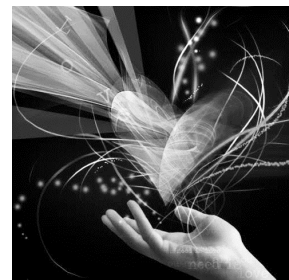
Notice of Passing & Service

Rev. Canon James (Jim) Hearne

Saturday, August 26, 2017, 2pm
 Celebration Of Life With Eucharist
 St. Saviour's Pro-cathedral, Nelson, BC
 Reception to follow

Hospice Volunteer Training Session Coming to the East Shore in September

by Susan Dill, East Shore Hospice



This coming fall 2017, we will be offering a Hospice Volunteer Training session on the East Shore, spread over two weekends, for a total of four days of training, under the umbrella of Nelson and District Hospice Society. **The training**

is comprised of all four days and is not drop-in.

The training dates are Saturday and Sunday, **September 2 and 3 situated at the Yasodhara Ashram**, and on Saturday and Sunday, **September 16 and 17 at Kokanee Springs Lodge.**

The times are **9:30 AM to 5:30 PM** each day with a Lunch break (for a fee, or bring your own) and there will be two coffee breaks (complimentary).

The volunteer training is FREE (thanks to government grant money) but donations are always welcome to support our local Hospice Society.

Besides the training we have two keynote speakers, **Dr. Duncan Grady** is retired from post secondary education and works as a psychotherapist, consultant and hospice trainer using western and non-western approaches for health, well-being and palliative care and **Dave Scanlan**. He is a medical social worker. He specializes in palliative care.

You may ask, **"What is Hospice?"** Hospice palliative care is for anyone facing life-threatening illness. Hospice volunteers, as part of a caregiving team of family, friends, and healthcare professionals provide physical, emotional and spiritual support for individuals and their loved ones. Sometimes just being there and listening is enough, for example. Respite time can be provided by volunteers for at-home caregivers to give them a break. And volunteers can help with practical day-to-day needs like appointments and outings. Sensitive, compassionate and confidential support can be provided at home, in the hospital or in care facilities. Hospice can also provide grief and bereavement support after the loss of a loved one.

There is no obligation to become a Hospice volunteer if you take the training. This learning can be of a personal benefit and a life skill to anyone who wishes to know more about care for the dying.

Hospice care stresses living fully until the very end of life with dignity and comfort, surrounded by a circle of support.

If interested, you **must pre-register** by sending an email to eastshorehospice@gmail.com to **Susan Dill, East Shore Hospice Coordinator**, or phone **250-227-9350**.

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

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

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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.

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

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

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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.

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RECREATION/TOURISM/WHAT'S ON

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RIONDEL ARTISAN SHOPPE -The Circle of Friends is now open for the season. Seven Days a week during July & August. Hrs: 10am-4pm. Showcasing local artisans. (235 Fowler St.)

RESTAURANTS

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

DESTINY BAY RESORT & RESTAURANT - Open nightly by reservation only. Simply call 1-800-818-6633 to reserve.

NEWKEY'S PLACE - Hwy 3A in Crawford Bay, licensed area. Open 10 am til close Monday to Sunday. Food Specials all day. 227-6911.

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*Next Deadline:
Aug 23, 2017*

CLASSIFIED SECTION

BUSINESS ANNOUNCEMENTS

Insurance Certification requires professional chimney installation - we are the Pro's - Gray Creek Store, 250.227.9315

Artisan Shoppe -The Circle of Friends is now open for the season. Seven Days a week during July & August. Hours: 10 am to 4:00 pm. Showcasing local artisans. (235 Fowler St., Riondel)

BUSINESS SERVICES

Fax service, photocopies, (with no PST/GST) Tom Lymbery - Notary Public, 250- 227-9315, fax 227-9449, 250.227.9448 for Notary Public.

JOB OPPS

Dishwashers and a cook needed at The Cabin Restaurant in Kootenay Bay. The current sous chef will be moving on at the end of the month so it would be possible for a qualified cook to move into that position. As well, all but one of my dishwashers are high school students so they will be gone soon as well. Contact Jason at kootenaycabinrestaurant@gmail.com or jmalloff@gmail.com.

NOTICES

Summer Events @ Circle of Friends Artisans Shoppe (Riondel):

18 Mainstreet August 2017

August 5: Riondel Daze Mini-Garden workshop - \$10 per garden - limited space, August 26: Flea Market - Rent a space for \$10, September 9 & 10: Christmas in September. Watch for posters on your local bulletin board. <http://artisan.riondel.ca>

Riondel Days - Aug 5/6: Baseball: Regional Park, Saturday & Sunday. Pancake Breakfast: Curling Club, 7:30-10am, Sat/Sun. Stand Still Parade: 10-12, Saturday. Bike Decorating Contest: Children to age 12. Collect free supplies from Bob's Bar & Grill in the week before; judging 11am Saturday at the Parade. Riondel Library Book Sale: Riondel Community Centre; 10-3, Sat/Sun. Pool Tournament: Riondel Community Centre; \$5. 11am, Saturday; pre-register 250.225.3576. Art Show: Riondel Community Centre; 12-4 Sat, 11-3 Sun. Miniature Garden Workshop: All ages welcome. Circle of Friends Artisan Shoppe; 1pm Saturday. \$10 for materials. Space limited, pre-register to avoid disappointment. Cake Walk: Riondel Community Centre, 3pm, Saturday. All children welcome.

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Serving the East Shore.

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

Creston Veterinary Clinic
Your Hometown Vet
1 (250) 428-9494

Mobile veterinary clinic available in Crawford Bay.

Please call Creston Veterinary Clinic to book appointment & for more details.

NEW LOCATION! We now have our clinics at the Crawford Bay Motel, Unit 6

Mobile Clinic Dates:
August 8 and September 5

BULLETIN BOARD

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

CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

Will be at the East Shore Health Centre monthly.
For information, call Creston Health Unit at 250-428-3873.

EAST SHORE HEALTH CENTRE Call 227-9006

See calendar for doctor days - Doctor hours are from
9:30am to 4:30 pm. Please call 227-9006.
Interior Health Authority, Community Care Nursing
and Home Support Services - 250-352-1433.

PHYSICIAN COVERAGE FOR August 2017

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

Aug 1st Tuesday: Dr Piver
Aug 2nd Wednesday: Dr Moulson
Aug 3rd Thursday: Dr Lee
Aug 8th Tuesday: Dr Piver
Aug 9th Wednesday: Dr Moulson
Aug 10th Thursday: NO DOCTOR
Aug 15th Tuesday: Dr Piver
Aug 16th Wednesday: Dr Moulson
Aug 17th Thursday: NO DOCTOR
Aug 22nd Tuesday: Dr Piver
Aug 23rd Wednesday: Dr Moulson
Aug 24th Thursday: Dr Lee
Aug 29th Tuesday: NO DOCTOR
Aug 30th Wednesday: Dr Moulson
Aug 31st Thursday: Dr Lee

**Please Note: Lab hours 7:30 - 10:30 am, Weds
Call to make appointments at 227-9006
on doctor days and Thursday morning.
Tues, Weds & Thurs (8:30 to 12:30)
Phone: 250-227-9006 Fax : 250-227-9017**

HEALTH PHONE NUMBERS

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

BOSWELL HALL HAPPENINGS

Yoga - Thursdays, 9:30 - 11:00am. Contact is Marilyn
Arms 250-223-8058
Fitness - Mondays and Fridays 9 - 10am, Contact is
Darlene Knudson 250-223-8005
**Kootenay Lake Partnership Shoreline
Guidance Document Outreach Workshop**
- Aug 2, 6:30-8:30 pm Refreshments will be served
Horizon Ridge playing at the Boswell Hall. Aug 12,
Wine & Cheese 4 - 5 pm followed by a Salad Pot Luck
at 6 pm with music at 7:30 to 9:00 pm

**Next Deadline:
Aug 23, 2017
www.eshore.ca**



The Mainstreet is a community-written monthly newspaper
that serves the communities of Wynndel 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 Rockwood Cafe - Gray Creek, The Crawford Bay Store -
Crawford Bay, Riondel Market - Riondel, The Osprey 2000,
and Kootenay Gourmet in Balfour.

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

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

Email: mainstreet@eshore.ca

Web: www.eshore.ca

ADVERTISING RATES

\$35 - 3.25 wide X 1.75 tall (inches)

\$40 - 3.25w X 2.5t

\$45 - 3.25w X 3t

\$50 - 3.25w X 4t

\$55 - 3.25w X 4.5t OR 6.75w X 2.25t

\$65 - 3.25 X 6t OR 6.75w X 3t

\$85.00 - 3.25w X 9t OR 6.75w X 4.5t

\$100 - 3.25w X 10.25t

\$130 - (1/4 page) 5w X 7t

\$150 (1/3 page) - 6.75w X 7t

OR 3.25 w X 14.5t OR 10.25w X 4.5t

\$225 (1/2 page) - 10.25w X 7t

\$400 (full page) - 10.25w X 14t

Sample Sizes - more sizes available.

Column Width: 3.25 inches - double width: 6.75
inches - full width: 10.25 inches

Services Directory: \$5/month, up to 3 lines.

Classified Ads: \$5/first 30 words,
10c/word additional

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

FOR FULL COLOUR, ADD 30%

Happy Summer!
mainstreet@eshore.ca
www.eshore.ca

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Summer Schedule in effect

Vessel Name	Balfour	Terminal	Kootenay Bay	Terminal
	Summer	Winter	Summer	Winter
Osprey 2000	6:30 am	6:30 am	7:10 am	7:10 am
Osprey 2000	8:10 am	8:10 am	9:00 am	9:00 am
Osprey 2000	9:50 am	9:50 am	10:40 am	10:40 am
MV Balfour	10:40 am		11:30 am	
Osprey 2000	11:30 am	11:30 am	12:20 pm	12:20 pm
MV Balfour	12:20 pm		1:10 pm	
Osprey 2000	1:10 pm	1:10 pm	2:00 pm	2:00 pm
MV Balfour	2:00 pm		2:50 pm	
Osprey 2000	2:50 pm	2:50 pm	3:40 pm	3:40 pm
MV Balfour	3:40 pm		4:30 pm	
Osprey 2000	4:30 pm	4:30 pm	5:20 pm	5:20 pm
MV Balfour	5:20 pm		6:10 pm	
Osprey 2000	6:10 pm	6:10 pm	7:00 pm	7:00 pm
Osprey 2000	7:50 pm	7:50 pm	8:40 pm	8:40 pm
Osprey 2000	9:40 pm	9:40 pm	10:20 pm	10:20 pm

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH August 2017 SCHEDULE

August 6: NO SERVICE. Enjoy Riondel Days!

Aug 13: **Brenda Panio, 11am**

Music: Brenda

Aug 20: **Brent Mason, 2pm**

Music: Brent Mason

Aug 27: **Ramona Dannhauer, 1pm**

Music: Richard and Ramona

CHRIST CHURCH & EAST SHORE CONGREGATIONS

ST. ANSELM'S CHURCH BOSWELL (Anglican)

For information call Christ Church Creston 428-4248

**No services at the present time. Contact Christ
Church Creston for info - 250.428.4248**

HARRISON MEMORIAL COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!
For info, please contact **Karen Gilbert: 227-8914**

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 250.227.9444

YASODHARA ASHRAM

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

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Fr. Sylvester Ibekwe Phone: 428-2300 Fax: 428-4811

Sun Mass at 2pm. 1st Sunday of month,
Fellowship Sunday.

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.

Meetings begin at 10 am, every Sunday.

Info call, 250-227-9522

CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church, 8151 Busk Rd, Balfour

Sundays, 9:30 am

All welcome!

Next Deadline:

Aug 23, 2017

mainstreet@eshore.ca

www.eshore.ca

MEETING PLACES

LIONS CLUB - meets at the Kootenay Lake Community

Church - 16190 Highway 3A, Crawford Bay.

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

For More info call Lion Mike Jeffery - 250-227-6807 or Lion David

George at 250-227-9550 or Lion Jim at 250-227-9622.

TOPS - Take Off Pounds Sensibly: meets every Monday morning

at 8:30 am in the Kootenay Lake Community Church basement.

Call Myrna for more info: 227-9420

PARENT ADVISORY COMMITTEE

(PAC) Meetings held at 5:15 pm at the Crawford Bay School

Email cbss.pac@gmail.com for info or to add to the agenda.

Next PAC Meeting:

SEPTEMBER 2017

August 2017 *Mainstreet* 19

AUGUST 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Tara Shanti Yoga, 9:30-11am Dr. Piver	2 Koot Lake Shoreline Guidance Open House, Boswell Hall, 6:30pm Dr. Moulson	3 Yoga Bos Hall, 9:30-11 Tara Shanti Yoga, 9:30-11am Dr. Lee	4	5 Riondel Days Anusha Fernando Class Indian Dance at Temple of Light, 7:30pm
6 Riondel Days	7 Full Moon Market Day, CB Park, 12-4	8 Lions Mtng, 7 pm Creston Vet Clinic Tara Shanti Yoga, 9:30-11am Dr. Piver	9 Dr. Moulson	10 Yoga Bos Hall, 9:30-11 Tara Shanti Yoga, 9:30-11am NO DOCTOR	11 Horizon Ridge Concert - Harrison Memorial Church, 7pm	12
13	14	15 Tara Shanti Yoga, 9:30-11am Dr. Piver	16 Dr. Moulson	17 Yoga Bos Hall, 9:30-11 Tara Shanti Yoga, 9:30-11am NO DOCTOR	18	19
20	21	22 Lions Mtng, 7 pm Tara Shanti Yoga, 9:30-11am Dr. Piver	23 MAINSTREET DEADLINE Dr. Moulson	24 Yoga Bos Hall, 9:30-11 Tara Shanti Yoga, 9:30-11am Dr. Lee	25	26 TCT Official Opening, north GC and Community Trails Day, CB Park
27	28	29 Tara Shanti Yoga, 9:30-11am NO DOCTOR	30 Dr. Moulson	31 Yoga Bos Hall, 9:30-11 Tara Shanti Yoga, 9:30-11am Dr. Lee		

RIONDEL DAZE 2017
August 5th & 6th

Baseball: Regional Park, Saturday & Sunday

Pancake Breakfast: Curling Club, 7:30-10:00 am
Saturday and Sunday

Stand Still Parade: 1400 block Ainsworth Ave
10:00-12:00 am, Saturday

Bike Decorating Contest: Children to age 12
• collect free supplies from Bob's Bar & Grill in the week before; judging 11:00 am Saturday at the Parade

Riondel Library Book Sale: Riondel Community Centre; 10:00-3:00 Saturday & Sunday

Pool Tournament: Riondel Community Centre; \$5
11:00 am, Saturday; pre-register 250.225.3576

Art Show: Riondel Community Centre;
12:00-4:00 Saturday, 11:00-3:00 Sunday

Miniature Garden Workshop: All ages welcome
Circle of Friends Artisan Shoppe; 1:00 pm Saturday. \$10 for materials. Space limited, pre-register to avoid disappointment

Cake Walk: Riondel Community Centre, 3:00 pm,
Saturday. All children welcome.

Sacred Journey Gallery & Spa

We are open for the season!



HUGE CLOTHING SALE - 50% OFF

Visit our beautiful heritage location at
14435 Hwy 3A, Gray Creek, BC.

Hours: Saturday & Sunday, 11-5

For spa appointments and private viewings,
call 250.227.6865

Gallery premises available for weddings,
retreats and special events.

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Transfer Station Hours

CR. BAY: Sun, Tues & Thurs, 9am-3pm
BOSWELL: Weds/Sat 11-3

Bottle Depot at CB Market, Sunday/Thursday, 10am-3pm

East Shore Reading Centre:

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

Riondel Library:

Mon: 2-4 pm, Weds: 6-8 pm
Tues, Thurs, Sat: 10am-12:30pm