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YEAR 29, NUMBER 8

AUGUST 2019

The East Shore Mainstreet

KOOTENAY LAKE BC

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



IT'S HERE... SOAK IT UP

Photo: Ingrid Baetzel. (Starbelly Beach in Gray Creek, l-r: Sedona Shuel, Sola Van Donselaar, Kate Anderson and Ocean Peal-Ring)

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Mainstreet Meanderings

by Editor
Ingrid Baetzel

Crawford Creek Regional Park

Many will recall that in May 2018, the Board of Directors of the Regional District of Central Kootenay (RDCK) took the next step in the process to purchase land for a new regional park in Crawford Bay, previously owned by Kokanee Springs Golf Resort, and gave first, second, and third readings of the loan authorization bylaw that provided the RDCK share of the funding for the acquisition of land. The land—made up of approximately 69.68 hectares surrounding the Crawford Bay beach and wetlands—was purchased from Kokanee Springs Resorts (KSR) for \$2.85 million. The purchase was partially funded with \$800,000 from Columbia Basin Trust. The remainder of funding for the purchase was through property taxation and reserve funds.

As readers can glean by reading Garry Jackman's report in this month's paper, there has been a resurgence of interest in the process with Jackman fielding specific questions, one of which is about the shape of the access road to the beach, which is very poor this year. Large holes left behind from high water and erosion make the road nearly impassable for many vehicles and the community is left to wonder when repairs will be made. In consultation with director Jackman, *Mainstreet* learned that public input will be sought to make such decisions, and it is the opinion of Director

Jackman that the existing road is not the best access to the beach as it encroaches on fragile riparian ecosystems. There is an older existing road that runs parallel to the decommissioned airstrip and it may be that this road would be better in the long run for public access in the beach, avoiding nesting areas and sensitive ecosystems more effectively.

Jackman mentioned that the RDCK's parks people have been on site over the past couple of weeks repairing the foot bridge abutment and had looked into options for minimal regrading and hole filling of the road. That may happen as a short term fix, but expanding or doing extensive road repair/development on that road may not be the best long term fix.

"Roads do better on higher ground. Higher ground exists as a result of previous site modifications. The conversation as to how to approach the recreational areas and adjacent conservation areas should, however, be through a public process, even if there are relatively cost-effective approaches in view," says Jackman.

When asked about a public meeting, Jackman stated, "I do not have a public meeting date yet. I want information on the site to be readily available plus have staff prepared to outline draft options for the development, conservation and management of the site. Work on the eco system inventory is progressing, as is other work such as the foot bridge repair which involves safety." He indicated that meetings would likely occur in the Fall of this year.

Jackman is hoping to see a "select committee" struck and community champions come forward to get broader community feedback and assist in the decision making process around lake access, conservation, environmental enhancement and recreational improvements in the Crawford Creek Regional Park area and others around Kootenay Lake.

LETTERS TO THE EDITOR

IT'S THE FERRY!

Dear Editor,

I'm sure everyone is aware there is a group of us here called East Shore Advocacy Society that is still trying to influence the provincial government to consider moving the Balfour ferry terminal to Queen's Bay.

Signs saying "ferry solution" dot our highways and we have in fact been getting more requests for these signs as more and more East Shore folk recognize the benefits of this move. Still we are met with complacency from those who seldom use the ferry, and have some notion that a longer ferry ride will keep this area "quiet", or outright opposition from those with friends and connections across the lake. What all these people need to realize is this area is dying! The signs are everywhere.

Our school that used to have 140+ kids now has half that. Our population has declined 10% in the last 10 years (Garry Jackman). Starbelly Jam was forced into a shorter 2-day format this year because we do not have enough volunteers. Every volunteer organization on the East Shore has a chronic shortage of people. Then I see an impassioned letter from Shirleen Smith (July *Mainstreet*) lamenting the lack of doctors and nurses here. Gee, do you think we could get more doctors and nurses here if they didn't have to spend 2 hours waiting for and taking the boat every day they come here? Have you tried to cross the lake lately?

Wake up people! Even if you don't care about crossing the lake, the difficulty of others getting here affects you too. Over the past few years we had an appliance repairman die, and our local boat mechanic retired. No one has replaced them. Our local car mechanic will probably retire in the next few years. Who will replace him? Our credit union and insurance office are on restricted hours. We must give young

people with families and trades a good reason to live here, or our society will unravel. The key is to get rid of the isolation the long and totally unnecessary ferry ride creates for people traveling in both directions.

Paul Hindson, Crawford Bay

HEALTH SOCIETY MANDATE

Dear Editor:

In last month's "Hidden Taxes" column David George mentioned the East Shore Kootenay Lake Community Health Society. A big thank you to David for reminding and informing East Shore residents of its existence. I would like to clarify though, that while it is the case that the four officers are all Boswell residents, other Board members live in Crawford Bay, Riondel and Gray Creek.

The society was originally formed to support the medical clinic in Riondel, then Crawford Bay. While we continue to maintain that purpose, our mandate has broadened to include preventative healthcare through various programs to encourage our friends and neighbours to live healthy lifestyles through regular exercise and good nutrition.

The board is currently four directors shy of the maximum number (12) permitted; while board members are usually elected at the Annual General Meeting, our bylaws permit the board to appoint volunteers to fill vacancies. We would be very happy to have additional East Shore residents join us. If you are interested in health issues, concerned about the availability of health services on the East Shore, and want to join a group of people who work to support East Shore residents, call or send an email to:

Tom Wishart
250 223-8455
tom.wishart@usask.ca



OFFICE DESK

Box 140, Crawford Bay, BC, V0B 1E0

Editor: Ingrid Zaiss Baetzel (since 2002)

Phone: 250.505.7697

Email: mainstreet@eshore.ca

Proof Editor: Doreen Zaiss

Writers: Community

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

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

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

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

Copies every issue: 700-1000

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

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Next Deadline: August 28, 2019

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JULY 1ST 2019 - A SUCCESS OF MANY

Dear Community: Many thanks to those who contributed cash towards towards this years most successful fireworks display - this wouldn't be much without tremendous local support.

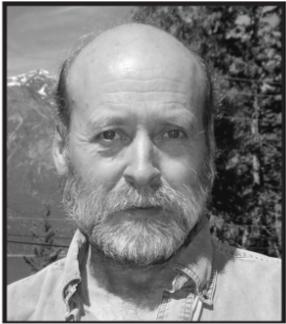
- D3 Logging – Ed and Maureen Draper
- Bocalino - Gisela Conrad
- Crawford Bay Market
- Yasodhara Ashram
- Nelson & Dist Credit Union- Crawford Bay
- Kootenay Lake Chamber of Commerce
- Crawford Bay RV Park – The Angers.
- Ladybug Coffee
- Kokanee Chalets
- Wedgwood Manor – Charlotte & Calum
- Gray Creek Store
- NewKey Investments
- Kokanee Springs
- Kootenay Insurance Services

So many thanks to the **Riondel Fire Department** (wish I could name all the crew) under chief Cory Mehurst who spent so many hours with the safe set up and firing off all those skyhigh delights

Our **Kootenay Lake Lions Club** who once again cooked those appetising burgers and fries as well as ice cream, pop and popcorn. 22 volunteers in all – and their thanks were evident in that virtually every item was eaten.

20 pieces playing in the **Many Bays Band** provided such wonderful music for two hours after opening the show with the singing of o canada. Largest band ever as well as the best tunes.

Debbie Turner and her sons continued the "Turner tradition" of opening the fireworks show on the beach as well as supervising the sparkler parade afterwards. Not only that but they also contributed more set pieces of their own.



RDCK Area "A" Update

by Garry Jackman,
Regional Director
- Area "A"

HAZARD MAPPING REMINDER

As noted last month, the RDCK is updating mapping in areas with a high hazard of floods or slides. The RDCK has been successful in obtaining two major grants to do much of this work through a consulting team. During an earlier round of the project, several higher risk flood areas were identified, including Crawford Creek. At the time this article was submitted, field crews were beginning measurements along the creek banks and by boat within the creek bed to determine water depths and map underwater features. Survey stakes may be temporarily placed along the banks to assist with the mapping. Please be respectful of the markers which will be removed at the conclusion of the work. More information can be found on the RDCK project page at www.rdck.ca/floodmapstudy or call (250) 352-1549.

OTHER WORK AT CRAWFORD CREEK AND PARKS IN GENERAL

The 2 km walking path which runs along Crawford Creek, the beach front, beside the wetlands and across the tip of the old airfield has seen considerable erosion. Large sections of the creek bank near the lake have eroded away this year as part of the natural process of a shifting creek bed. In addition, the foot bridge abutments were severely eroded last year during freshet. Repairs to the abutments have been ongoing through late July using rock gabions which will provide stable,

erosion resistant supports for the foot bridge while also promoting regrowth of surrounding vegetation as the gaps fill with sediments and fragments of vegetation.

The next stage of consultation with you on the long term potential for the more than 160 acres of acquired property, along with the adjoining and traversing crown lands, needs to begin soon. The following thoughts come to mind:

- Although there was some detailed analysis of the biophysical inventory at the site before and during the acquisition process, a step underway now is to update this inventory and write a draft development and management plan. A template not previously used by the RDCK but which has been successfully used elsewhere in southern BC will provide some structure around which to have our local conversations.

- A key value of management of Crawford Creek or other sites will be adhering to 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, archeological and Ktunaxa cultural values along the shorelines of Kootenay Lake.

- I look forward to local community conversations this fall, especially our owners and residents of the approximately 2000 Area A land parcels from Wynndel through Riondel which are bearing the cost of the 'mortgage' required to secure the lands. But local also includes our neighbours beyond Electoral Area A who enjoy lake access along private, crown and community properties all along the east shore. I look forward to hearing their voices and support to allocate grant funding which originates outside of Area A to assist with the conservation, environmental enhancement and recreational improvements at the Crawford Creek site as well as other high value lake access sites from Kuskonook and north.

- Considering the site falls under the umbrella of the RDCK regional parks system, one method to obtain broad community input and to garner finan-

cial support is to form a working group to routinely interact with RDCK parks planning and management staff. Out of this process I would hope to see ongoing stewardship groups form. Our planner has suggested we strike a 'select committee' with a defined terms of reference. I would seek community champions to participate in their respective areas of interest, whether it be general improvement to recreational lake access or more along environmental restoration and conservation.

- I have received emails and phone calls about things to do yesterday, such as upgrade the access road, identify potential species at risk or address persons who are camping on crown land along the beach front. The current driveway is within the riparian area and I believe should not be there given its impact on key habitat and the ongoing degradation from naturally occurring floods. As for camping, there are limitations to actions which can be taken today since camping on crown land is permitted, with some restrictions, for up to 14 consecutive days. In the past persons seeking to camp on the crown land near the beach would have driven through a private lot with a gate which could be locked at any time. The RDCK could also lock a gate each night, with appropriate signage, but I do not believe this is the direction any of us want to jump in at this time. Bear in mind that there is more than 100 acres of provincial crown foreshore at this site, including the grassy areas up from the beach, most of the parking areas and about 90% of the concrete block structure used as changing rooms. In order for any party to have jurisdiction over the crown land they would require a license to occupy or similar tenure issued through the province.

When? I do not have any proposed public meeting dates as of the time of submitting this article. I will encourage our staff to post the completed studies and mapping of the site at Crawford Creek on the RDCK website along with information on other high value lake access recreational sites which have been repeatedly identified by the Area A Rec 9 Commission and the Area A Economic Development Commission. I can ask Ingrid to post any public meeting dates online as soon as they are available.

ONGOING REMINDERS:

- The Residential Energy Efficiency Program is ongoing. Find out how to make your home more comfortable and energy efficient by calling 250-352-8278.

- The free FireSmart property assessment program is being offered again this summer. Contact our Wildfire Mitigation office at (250) 352-8177 or email firesmart@rdck.bc.ca

- The RDCK has prepared Emergency Response Plans – go to <https://rdck.ca/EN/main/services/emergency-management/emergency-preparedness.html>

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.

LETTERS...

Canada Day wouldn't be so important without the kid's games organized by so many volunteers such as Christy Musil and Kelly Strang and apologies to those whose names we have missed. So many kids came that we should have set off another batch of daytime fireworks.

Tom Lymbery, Gray Creek

The Fitness Place

Fitness Place Supervised Hours :

NEW: Mon-Sat, 8-10am

No supervised evening hours

for July and August.

Please be sure to visit during supervised hours if you don't have a key card or are just dropping in.

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

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8-1-1 is a free-of-charge provincial health information and advice phone line available in British Columbia.

The 8-1-1 phone line is operated by HealthLink BC, which is part of the Ministry of Health. By calling 8-1-1, you can speak to a health service navigator, who can help you find health information and services; or connect you directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist.

Any one of these healthcare professionals will help you get the info you need to manage your health concerns or those of your family.



August Horoscope

by Michael O'Connor

Tip of the Month:

August begins with a New Moon in Leo on day 1. Venus and Mars, princess and hero, on either side of the king and queen, reveal a provocative tale. A high seas adventure with all the romantic allure and passionate appeal that comes with aspirations towards high ideals. Sun and Moon closely square Uranus signifies a sharp and challenging turning point of a cycle seeded in late April. Themes of healing and authenticity heralding the human spirit to awaken arrive now at a significant juncture.

Aries (Mar 21- Apr 19)
A powerful, passionate and playful and/or sporting period is underway. The intensity of your mood will prove undeniable and infectious. Whether you are destined to soar, swoop or dive deep, others close to you will be compelled, as well.

Taurus (Apr 20-May 20)
The New Moon will activate your determination to get to the bottom of things. Making improvements and creating works of beauty are highlighted yet practicality is also a priority. Renovation projects could prove extra satisfying.

Gemini (May 21-Jun 20)
As a solar sign yourself, this lunar cycle anchored in Leo will inspire your artistic side... twin. Your energy levels will be running high and social activity with draw you in, especially where love and romance are featured.

Cancer (Jun 21 - Jul 22)
Taking fresh creative leads and strides will feel easier this month. Your courage will be up. The two

questions to ask are: am I happy in my life and what else is possible? Asking the question is the first step to getting an answer you can act on.

Leo (Jul 23 - Aug 22)
Wow, the New Moon stellium in your sign signifies a pioneering determination. The planets are on your side this year to take a few risks. In some respects, these can be understood as surrendering to your heart-felt feelings.

Virgo (Aug 23 - Sep 22)
The time has come to dive in, confront your fears and lay claim to your inner gifts. The process will include and require you to break free of inherited perceptions, limiting self-concepts and habitual patterns.

Libra (Sep 23 - Oct 22)
A whole new scope and quality of individuality are emerging in you. This momentum has been building for some time and last month you began to really push through. Yet, perhaps you did so more in your mind and now the push will be literal.

Scorpio (Oct 23 - Nov 21)
If you have been waiting for your moment to get the recognition you feel you deserve, this is your cue. Authorities will hear you now. This is hardly the time to hold back. Blow your horn accompanied by base drums and cymbals.

Sagittarius (Nov 22 - Dec 21)
You certainly do have an exuberant side. Beneath that quiet demeanor and wry smile is pure fire. This is a great advantage and it is even more available for you to access now. Yet, you may have to dig deep to liberate subconscious repressions.

Capricorn (Dec 22 - Jan 19)
You have some inner work to do. Circumstances of late have triggered this process. It implies a change of attitude and or priority. It will require that you move forward and perhaps at a revolutionary pace.

Aquarius (Jan 20 - Feb 18)
A lot of shifting and shaking on relationship fronts is keeping you busy. Success now requires fresh initiative and creative perspectives. A learning curve is also implied. Projects requiring cooperative efforts work best.

Pisces (Feb 19 - Mar 20)
All being well, you took the initiative to engage in creative projects last month. These probably required extra efforts and now the anti has increased. Your willingness to focus and work hard is important now and will bring rewards.

COMMUNITY HEROES

a Mainstreet Feature

Who have you seen doing great things? Who gives back to their community with a full heart? Who deserves a nod? Send the name of the person you'd like to recognize and a brief description of why you think they hold the esteemed title of... Community Hero!

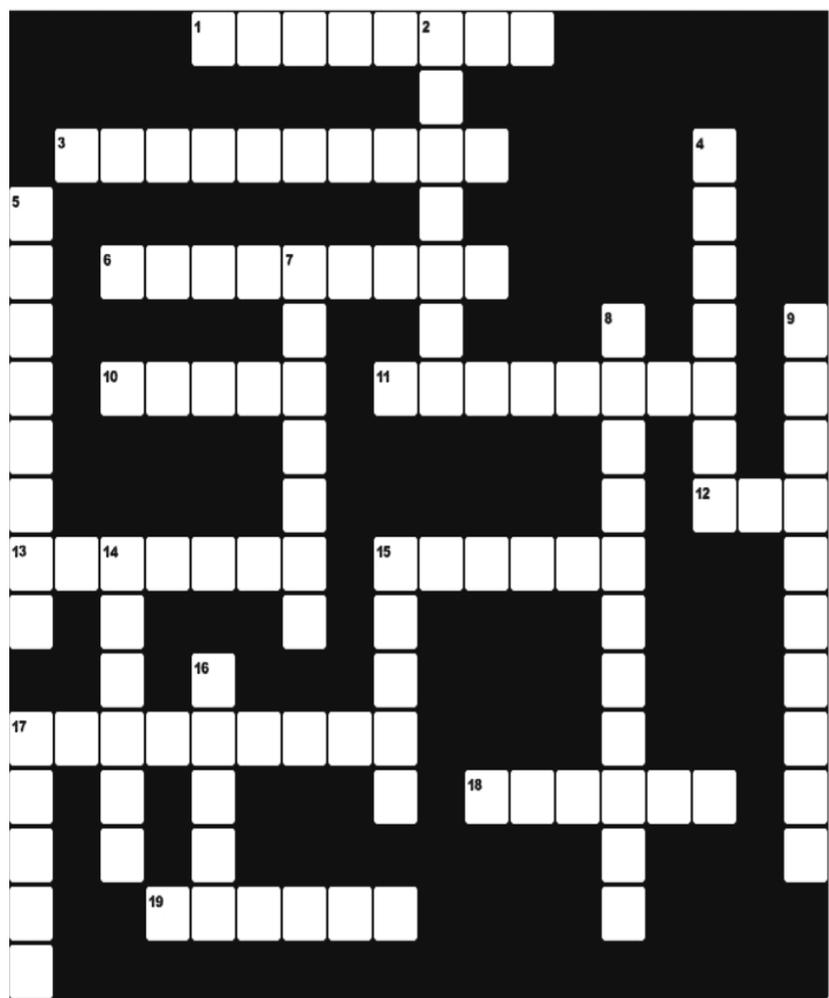
HEY! You there! Don't you want to recognize someone? Boswell, Riondel, Kootenay/Pilot Bay, who are your heroes? Send your words in and spread the love.

Darla Garrett, for doing a wonderful job at the info booth this summer, welcoming people to our area and being such a friendly and happy well of information.

All the Starbelly Jam volunteers! What a beautiful festival. Thank you thank you thank you.

Guiding Hands Recreation Society would like to thank **East Shore Trail and Bike Association President, Sandy Oates** for keeping the hiking and biking trails open this year. Following several storms and a clerical error in our Rec 9 trail funding grant, Sandy has spent days ensuring trail users have a positive and safe experience.

Aug 2019 EAST SHORE Crossword



- Across
- 1 Tanner will tune you up
 - 3 What to watch for in your mailbox this month
 - 6 Farm celebrated in this issue
 - 10 Third community hero
 - 11 a manor of things
 - 12 August predominant sun sign
 - 13 What kind of waste frog pot
 - 15 Trumpet man
 - 17 Swiss deliciousness
 - 18 Game to the right
 - 19 Winning architects
- Down
- 2 Cat came back pebbles
 - 4 August weekend party town
 - 5 Strip crafters
 - 7 Health society writer
 - 8 SKLCSS Community...
 - 9 Gallery in Boswell
 - 14 ...of Friends
 - 15 Holistic salad
 - 16 Carrying experience of our lives with us
 - Hacker's Desk
 - 17 Boswell responders

Bathroom Boredom Busters

Sudoku No. 005/006

3		4		1	8	5		9
1				6	4			
	8	2						
	1				6	9	4	
	9	6						
			7		1	6	3	
	2			5	3			
	5	7	9				8	
							4	

4	6	8		3		5	7	
		2		5		8	1	
1	3				9	6		
		4	1	9	5	7		
9								4
		1			3		9	
					4		2	1
	4					9		8
				5				



Hacker's Desk

by Gef Tremblay

The Healing Practice of Getting Rid of Shit

In the last couple of months, I've started getting rid of stuff. It all started when I moved my studio from a small office to a bigger space. There were a lot of things all around, and I started clearing up stuff I haven't used in a while. I also wanted my workspace to be less about old computers and electronics and more filled with creativity.

While going through all my stuff, from old electronics and computer parts which were easy to recycle, to artworks, books and tools, I felt like exploring many different facets of my life.

Opening old suitcases filled with boxes which contained bags of random souvenirs and trinkets, I felt like Alice going in the rabbit hole. Although tedious at first, I quickly got the hang of it and I had to go through everything that I owned. The process of getting rid of some objects had the same feeling as pulling a rotten tooth, scratching away the rot that accumulated around it, while others brought back sweet memories of a different time.

This process brought me to a different place in my personal history. Tools that I haven't used for a while re-emerged from the past. Every object had a vibration and story of its own, and I could choose to keep that story or let it go.

It felt excellent, but I didn't want to replace all that stuff with other things. I feel like I don't wish to have more objects in my life and the new ones I choose to have should have a purpose and neutral energy.

The idea of karma is that we carry the experiences of our lives with us. More poetically, you can imagine karma being these seeds that we plant in different levels of our lives, (our chakra) and these seeds germinate, grow and create more seeds of the same kind each time we live a similar situation. Carrying all these seeds around is not only heavy but also keeps us in old patterns and makes it hard for us to change. The process of eliminating our karma is to revisit these seeds or patterns and respond differently to help not reseed.

While getting rid of all that stuff, I felt the process was quite similar to dealing with karma. Getting new material would be bringing more karma into my life.

For example, a cheap crappy printer will force you to keep on purchasing ink and other printer parts and will need to be replaced in a couple of years. While getting a new printer that is efficient in ink and will last for a long time, will create less of this materialistic karma.

As humans, we've got the hang of creating things. We can manufacture everything, and automation keeps on lowering the price of production. It seems like a positive thing, but all that stuff that is created also creates problems, not only ecologically but personally. I feel that accumulating too much stuff is like keeping a lot of unresolved issues in my head. All of it keeps my mind filled, my life full, and keeps me from changing and evolving. I didn't think that something as mundane as cleaning up my space could have such a profound effect on my life.

As with healing, once you've healed yourself, you can start helping others. Once I got rid of all the things I wanted to get rid of, a client of mine contacted me as it was time for her to get rid of an accumulation of computer and electronics. I was quite glad to be able to do the same process for someone else. It didn't feel as healing for me, but I saw that it was healing for her.

In Time of Trouble, Call 911 and then any of the BOSWELL & DISTRICT EMERGENCY VOLUNTEERS

Submitted by BADEV

Now in operation for almost 40 years, this group of community volunteers continue to be first on the scene to support injured or ill patients until the ambulance arrives.

Being midway between Riondel and Creston the response time for an ambulance can be up to an hour and sometimes longer. All first responders are trained Emergency Medical Assistants each equipped with medical response kits and AED's.

Other equipment is kept at the Boswell Memorial Hall and is brought onto the scene as required to ensure proper patient care until critical help arrives. Training and equipment are funded through grants from various sources and the group's annual Corn Roast which provides their primary funding.

Each year on the Saturday of Labour Day Weekend the group of volunteers light up the BBQ's, gather, shuck and cook up the corn to create a wonderful feast for locals and tourists alike.

Throughout the evening there is a Chinese auction and raffles. This year's Corn Roast is Saturday, August 31 at the Boswell Memorial Hall, come out and support this valuable community organization. The volunteers are cheerful and positive thinking, the type of people who don't believe anyone should be alone in time of trouble.

Are you one these people? BADEV is always looking for more volunteers to join their team.



The Proust Questionnaire

Jacqueline Wedge

The Proust Questionnaire has its origins in a parlour game popularized (though not devised) by Marcel Proust, the French essayist and novelist, who believed that, in answering these questions, an individual reveals his or her true nature.

What is your idea of perfect happiness? Perfect happiness to me is being surrounded by really good people in a healthy creative environment. A life surrounded by evolving human expressiveness (art/music/words) and intelligent empathic communication make me happy. I think if we all encompassed a philosophy of safe, visionary discourse in our dealings with others, the planet wouldn't be so full of fear & loathing.. Humans can be fragile, and to be happy we need to share our own happinesses and encourage personal expression in others. Art & music are my "happy".

What is your greatest fear? My greatest fear is loneliness.. I love people (for the most part) and when they upset me, I have a plethora of beasts in my life, pets and livestock who keep me company. Loneliness makes people do weird things, and I am pretty good at being proactive in preventing it for myself.

What is the trait you most deplore in yourself? In myself, I deplore my inability to take things in steps, stages, to prioritize and manage my time properly.. I'm all over the place sometimes, trying to do too much and feeling overwhelmed because of it.

What is a trait you most deplore in others? In other people I deplore dishonesty... Paired with this is not being accountable. When people (whether in a delusional haze or with malice) are not honest with others or themselves, I have little mini emotional breakdowns and feel flattened. I don't care what you do - just have integrity, or I'll back away.

Which living person do you most admire? I admire my mother Johanna most of all. She has been & continues to be the most supportive force in my life. Though she lives way across on the other side of this huge piece of earth, her love is loud, and I can always hear it. Despite her sizeable personal challenges, she has taught me resilience & kindness with unbelievable humour and grace. She looks at life through lenses of goodness. (I need to call her more, damn.)

What is the quality you most like in a man/woman? The quality I most admire in a person of any gender is KINDNESS. Kindness to other people, to animals, to the earth. When we are kind we aren't being jerks...we aren't judging others based on colour, creed or what we do with our body bits. When we are kind we listen. And when we listen we learn and grow. And if you think about it, in a world of fear and bad human behaviour, kindness is very badass punk-rock.

When and where were you the happiest? I am happiest at my piano. Playing classical tunes (Chopin, Mozart, Beethoven, Handel). Even when I suck at it, I love the process of learning a piece, of getting my fingers around a tricky bit. I'm at peace at my piano, I let go of all those stressful crappy elements in my life and I just go. And my cats really seem to dig it too.

What do you consider your greatest achievement? Félix & Olivia. My kids turned out to be fantastic humans and I think I may have had some input there. I jokingly call them my most successful sculptures, but honestly I think it's not much of an exaggeration. Being a potter, I'm used to making things. They made themselves but I am infinitely proud that what I did contribute & sacrifice laid that ground for them to walk on.

If you were to die and come back as person/thing, what would it be? I want to come back as a Stradivarius violin: admired, treasured, kept safe, loved and played by copiously talented musicians, made to sing with heavenly vibrations, bringing extraordinary joy to listeners and lovers of immortal music.

What do you most value in a friend? Altruism. The benevolence & compassion of my friends makes my heart huge and I am blessed to be in their hearts.

With what one person, living or dead, would you most like to dine? Frida Kahlo. I can picture us eating wacky huge extravagant salads together, with big slices of veggies and glowing deep-hued berries... Surrounded by chickens and beautiful men. We would do some comparative analysis of 20th century art movements while decoconstructing our food.

How would you like to die? I want to die laughing. I'm not joking.

What is your motto? Let's do this all over again in a different colour.



by Al George of Crawford Bay

August 2019 Mainstreet 5



Hidden Taxes

by David George

How I Spent Canada Day Weekend—

—instead of helping our Kootenay Lake Lions Club serve burgers, fries, ice cream and pop to 400 people.

How many people can say they have been taken by ambulance to hospital with the EMT the local fire chief and the driver, their bank manager? Probably some people in rural areas like the East Shore can say that, but I give full marks to Cory and Susan for getting us on the 4:30 ferry to Balfour and to hospital in Nelson on Saturday 29 June.

Serious pain in my right side was diagnosed by Dr. Kyle Merritt, on duty in the emergency department, after x-rays and a CT scan as kidney stones, with some infection. Dr. Merritt found an on-call urologist available for the next day at Kelowna General Hospital and made arrangements for me to be sent there by ambulance, leaving Nelson about 1am on Sunday June 30.

There were two ambulances actually; one to take me from Nelson to Grand Forks, and another from Grand Forks to Kelowna. The change is necessary because ambulances must not go too far from their assigned base. One good thing about the ambulances is that the heavy-duty stretchers have been standardised, so the first ambulance was able to put their stretcher on the second with me still on it and take the second one's back with them.

Six and a half hours later, about 7:30am we arrived in Kelowna, after a rather bumpy ride, but a safe one, with no deer seen on the way. Just after 9am the on-call

urologist Dr. Keith Prestage got me into an operating room which has a special operating table with a fluoroscope to show the surgeon where his ureteroscope device was inside me. The surgery was done without any incision, for which I am quite grateful. I know someone who had kidney stones removed years ago, and has a ten-inch scar. I understand the kidney stones, and there were some in both kidneys, not just the right, were broken up by a laser and encouraged to leave the area.

A stent, to keep the ureter open for stone debris was left in me going to the right kidney, and it lasted two days, around the minimum desired time. At least two different broad-spectrum antibiotics were fed into me by IV, and a two-week course of an oral one prescribed for me to take at home.

I stayed in Kelowna General for two nights after surgery, but in an area with no windows, so I did not see any Canada Day fireworks. The food in Kelowna was not bad, but there was no choice. Nurses were efficient, and took very good care of me, getting me apple juice on request.

On Tuesday morning, I was transferred from Kelowna to Nelson, again by two ambulances with the change in Grand Forks. We arrived at hospital in Nelson in time for dinner, and had a bed by a window with a partial view of the big orange bridge. Nurses were helpful and cheerful.

The food was a bit above average, and I was able to get yogurt as a special addition to breakfast. The only thing which puzzled me about the Nelson Hospital food was that someone thinks stodgy oatmeal is an appropriate part of breakfast in summer.

The last day I was there, Wednesday July 3, there was tender chicken with dinner and ice cream for dessert. Also on Wednesday, my regular doctor Brian Moulson came to see me specially after his hours on the East Shore at the clinic. He was able to access the surgeon's report from Kelowna, and said that if there

were no problems that I should go home the next day.

I was able to have a luxurious shower, and then waited for Lea to pick me up a little before 5pm. We picked up my antibiotic prescription and some probiotics to take alternately, and drove to the ferry, just getting on the 6:10pm as the last car. Our cats were delighted to see me home again, and have been keeping a close eye on me ever since.

Nelson hospital is fairly old, but their emergency department is new, and incredibly large. The air flows throughout the third floor are barely adequate, although there are fans which can be moved, but with warm weather the rooms are almost stuffy. There is also a great diagnostic tool, the CT scanner, which was bought by the hospital foundation after a large fundraising campaign a few years ago. Creston does not have such a device, so I am very pleased to have been taken initially to Nelson.

In summation, although there are a lot of problems with IHA and our local doctor shortage, I am pleased to have found that when I needed help, the appropriate people were there and I was treated promptly. Many thanks again to all who helped me, especially the many nurses, who really deserve higher pay. Perhaps some of the more than \$1 billion surplus with which the present BC government has ended its fiscal year will go to more money for nurses as well as the promised ending of MSP payments for citizens of our fair province. Let us so hope.

Deadline: Aug 28/19

www.eshore.ca

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Riondel Fire and Rescue Blotter

A monthly update on East Shore call-outs and events involving Fire & Rescue/First Responders/Ambulance

by Fire Chief Cory Medhurst

June/July 2019

Our call volume for the last two months has been average for the time of year. Fortunately all of the calls were answered with a minimum of one member available to respond. What follows is a quick explanation on our call types. Our calls for medical First Response range from serious chest pain or breathing difficulties, allergic reactions including anaphylaxis, serious bleeds, any call involving children and "lift assist" calls to help the ambulance paramedics with various tasks including moving patients and retrieving equipment. We are also called to less minor incidents when our local ambulance is on another call. The MVI (motor vehicle incident) calls can involve many different duties including scene safety (traffic control), patient care, spill and debris clean up, vehicle stabilization and occasionally auto extrication or rope rescue. Structure and wildland fires are obviously also call types needing little explanation. **The following is a recap of our calls for the months of June and July.**

June 3 - A medical assist call in Riondel saw two members respond and assist paramedics with patient care and moving the patient.

June 8 - There was a MVI in Destiny Bay involving one motorcycle with two occupants. Only one responder was available at the time of the page. This member responded alone to the scene, and with the help of other motorists was able to set up and maintain a safe work zone for the ambulance. A second member

traveling home from Creston arrived on scene to assist much later. Although we try not to respond alone, sometimes protecting our fellow agencies on these types of calls is a priority.

June 14 - Two responders attended to a post accident involving a motorist who had rolled his vehicle approximately 100' down an embankment on the Crawford Bay summit. The patient was able to extricate himself and had been driven to a local business where First Responders found him to be in okay condition. The motorist refused further treatment and found accommodations for the night.

June 28 X2 - In the morning two responders assisted paramedics with a medical assist call in Riondel. In the afternoon two responders were enroute to a MVI involving a single motorcycle in Destiny Bay, but were called down as the rider claimed to be fine.

June 29 X2 - Three First Responders attended to a medical assist call in Gray Creek, where they attended to a patient while waiting for the Creston ambulance to arrive (Riondel was on another call). The Creston Paramedics came upon a single vehicle MVI enroute and our crew was dispatched to this call as well. While one FR stayed with the patient from the original call, the other two responded further South in Gray Creek to assist with the MVI. The motorist declined medical treatment releasing the paramedics to continue to the original call.

June 30 X2 - During the early morning hours, four members responded in Riondel to assist paramedics with a possible assault; both agencies remained at a staging point waiting for RCMP to arrive. Members were called down when the police arrived and cleared the scene. In the afternoon, three members were responding to a call for medical assist in Crawford Bay but were not required and were stood down.

July 4 - A medical call involving a child saw three members respond to Crawford Bay to assist Paramedics with patient care and move.

July 5 - Members were called to Riondel for a medical assist call which two members responded and assisted Paramedics until the RCMP arrived on scene to transport the individual.

July 6 - There was a medical assist call on Riondel Rd that had two members respond to, and assist Paramedics with patient care.

July 12 - Three members responded to a MVI in Gray Creek involving a camper and a telephone pole. Luckily the occupants and the vehicle towing the trailer were unharmed; unfortunately a local bystander was bit by the occupants' dog when trying to help out. Members assisted the bystander, and helped YRB secure the scene. Paramedics arrived off of another call, but were not required.

July 14 - A multi-casualty incident, or MCI is one that involves more patients than there are available responders; occasionally a MCI can be defined as any incident that has two or more patients. On July 14 five members responded to Destiny Bay for a two vehicle collision involving seven patients. While paramedics attended to the most serious patient, our members assessed and treated the remaining patients; also assisting Conservation Officers with traffic control and the RCMP with scene safety.

July 23 - There were three separate reports of wild-fires from lightning strikes throughout the day. One right in Riondel exhausted itself quickly. The others, one North of Riondel and one South of Riondel, were reported to forestry and later extinguished by rain.

As you can see we have been busy with the increase in summer population and visitors; and we are looking for MORE members to help us respond to these calls. We are always seeking and accepting new members from the Eastshore to join the ranks of your local team of professional volunteer Firefighters/First Responders. Ask one of our members how to join; show up in Riondel on a Thursday night at 7:00 PM, or call 250-551-1352 to talk to an officer.



Thoughts from the Frog Pot

by John Rayson
NUCLEAR WASTE

The title of this column arises from the idea that raising water temperature slowly in a pot with a frog will result in the frog not jumping out but boiling. I am using this as a modern metaphor for not reacting to change in our environment. This month I wish to discuss the issue of nuclear waste.

We in this part of the world probably do not feel that the issue of nuclear waste and the disposal of same is an issue. We are wrong, as I hope to demonstrate with a few facts.

The world entered the atomic era in 1943 with the first atomic explosion. The first atomic bomb was built in 1945: the bombs were dropped on Hiroshima and Nagasaki, Japan in August of 1945. Man had officially developed the capability to destroy himself for the first time in history. Along with this we have not solved the problem of long-term storage of nuclear waste since entering the atomic age.

In May of 1980 Mt. St. Helens in Washington, erupted. For those of us in the Kootenays who experienced that event, we noticed a significant haze in the air the following morning. We initially thought that this was the result of a forest fire but soon found out it was due to a volcanic eruption. The eruption was approximately 500 kilometres from the Kootenays; the ash fell as far as Edmonton, Alberta. Winds carried the ash at 60 kilometres per hour and blew in a northeast direction. This is an interesting fact, but did you real-

ize that the Tri-Cities, U.S. area lies on the same path and is only 300 kilometres from the Kootenays? Why is this important? This is where the Hanford nuclear site is located.

The Hanford nuclear site, which lies a few kilometres from Kennewick [part of the Tri-Cities area] was the largest nuclear site in the U.S. from 1943 to 1987. The site eventually had nine nuclear reactors and was responsible for the majority of the plutonium produced for the atomic bomb dropped on Nagasaki. In addition, it was responsible for the majority of the plutonium used in the 60,000 atomic weapons produced in the U.S.

The Hanford site produced 44 BILLION gallons of nuclear waste, 53million gallons of which were high level waste that was either dumped directly into the ground or stored in single walled steel tanks on the sites. Single walled tanks are known to leak and have leaked on the Hanford site. Many are now being replaced by double walled glass lined steel tanks. All this hazardous waste is stored on the banks of the Columbia River and is slowly moving toward the river. In addition, hydrogen gas builds up in the tanks on a regular basis and must be vented to prevent explosion. Explosion would result in radioactivity released into the atmosphere.

At the height of activity at Hanford, 11,000 people were employed. Today, 9,000 people work on the cleanup and \$3 billion is spent annually on the cleanup activity. It is expected to continue for at least 40 years and possibly 100 years. The total cost of this cleanup: \$120B-\$300B. One of the major concerns is that the current and/or future federal government and the Department of Energy will lose interest and the \$3b per year will stop flowing to the area.

The world produces 148,000 tons of nuclear waste per year: 12,000 tons of which are high level [more serious] waste. Several countries have plans for a Deep

Geological Repository to manage this waste, including Finland, Canada, Japan, France, Sweden, Germany and the U.S. at Yucca Mountain but none are presently in use. Deep Geological Repository [DGR] of this waste, means storage several kilometres deep in granite rock with water movement measured in millions of years. However, these plans have many challenges including environmental and native land claims, to name a few. None are in active use at present but the first [in Finland] is scheduled to be active in 2024.

As I have demonstrated, as Canadians we should have an interest in the issue of nuclear waste disposal. It would appear that the generation of electricity via nuclear power will become increasingly important as we gain further knowledge of the effects of fossil fuels on our environment. China alone has 46 nuclear plants generating electricity with 11 more under construction. Canada is the world's sixth largest producer of nuclear electrical power [the majority being generated in Ontario with one plant in New Brunswick].

Will we see more nuclear electrical power generation in Canada and the United States as greenhouse gases are identified as a problem? What will this mean as far as the disposal of nuclear waste? Food for thought.....

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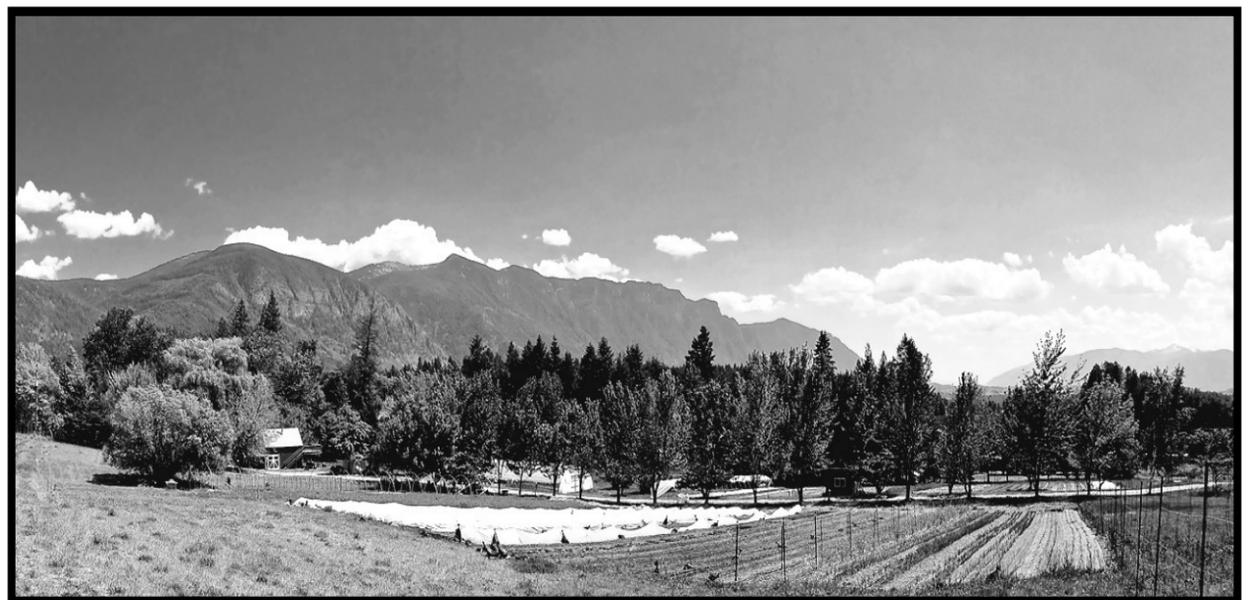
A Mainstreet Interview

2019 marks the second season that a small certified organic market garden in the Creston Valley has been making a big push to bring what they grow to eaters on the East Shore. Last year, young gardeners Nigel and Laura Francis started delivering produce from their gardens to homes and restaurants from Kuskanook to Walkers Landing. The support they received from chefs and families overwhelmed them.

This year, Cartwheel Farm veggies can be found at Black Salt Café, Boccalino Restaurant, Red's Bread and Bakery, the Yasodhara Ashram, and for purchase at Crawford Bay Market. An extended season means that it's not too late to sign up for home delivery. Laura and Nigel will be bringing bundles of the best that their fields have to offer directly to East Shore eaters until the middle of November. The farmers took some time to talk with us about why they love growing for East Shore eaters.

What is that makes you go the extra mile, literally, to deliver your produce to the East Shore? When we first left the city for the Kootenays, we were house sitters on the lake. We did our best to stretch the time between trips to town. That often meant eating less fresh food than we would have liked. We wished for veggie deliveries then and know that our neighbours did, too. Support from our East Shore friends and customers has been strong from the day we started the farm. There seems to be natural resonance with our joyful, ecologically sensitive approach to growing

food. Last year, we hoped that if we started delivering directly to home and restaurant kitchens, the service



would be appreciated. What we found was incredible love from our customers and fierce support for what we grow and how we grow it.

Tell us a bit about how you garden. We are first generation farmers and are mostly self-taught. As we gain confidence as gardeners, we find that we are more and more able to garden in ways that our driven by love. We love good food and so we choose varieties of vegetables and herbs that we grow each season for taste, nutrition, and beauty. We love our community and so we find ways to keep as close a connection with the people we feed as possible. We love the earth and so we keep a certified organic garden and look for ways to conserve resources and care for our land, air, and water.

Can you paint a picture of your farm for us? We are perched on Goat Mountain, facing south towards Canyon and Lister. Most of what we grow comes off of two little fields – one on each side of our maple-lined driveway. They are made up of a total of 100 hundred-foot beds. We rotate our crops among the beds from

season to season. A couple of covered tunnels follow the rotation. A greenhouse is home to our seedlings before they leave for the fields, as well as to tomatoes and cucumbers. We wash and pack at the original farmhouse and barn – a red plastered building that we have renovated to suit our garden.

The barn is presided over by a magnificent weeping willow. Before Cartwheel, this was Willow Springs Farm. We have been told that the tree is one of the oldest willows in the Valley. She is a wind-dancer and the heart of this little slice of land. A former orchard, the farm is dotted with a few fruit trees – apple, plum, and cherry.

Explain how your Organic Deliveries program works. We harvest the best of what our fields have to offer and deliver it directly to our customers. We hand pick a good variety of vegetables and herbs to share. People can receive a bundle either weekly or every other week. We started delivering at the beginning of June and will continue until middle of November. As the season unfolds and what is growing changes, so does the selection. Deliveries come with fun, easy

Continued on page 8
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Seldom Scene

by Gerald Panio



"Behind the glass loomed a vast hall of towering Engines—so many that at first Mallory thought the walls must surely be lined with mirrors, like a fancy ballroom. It was like some carnival deception, meant to trick the eye—the giant identical Engines, clock-like constructions of intricately interlocking brass, big as rail-cars set on end, each on its foot-thick padded blocks. The white-washed ceiling, thirty feet overhead, was alive with spinning pulley-belts; the lesser gears drawing power from tremendous spoked flywheels on socketed iron columns....The tick and sizzle of the monster clockwork muddled [Mallory's] words." -- Gibson & Serling, *The Difference Engine*

It's not that often that a great comic book artist gets to see his or her work translated to the screen. It's even rarer when such an artist gets to participate in the design and production of a film based on their work. In 2015 one of France's finest comic artists, Jacques Tardi, was invited to help create a steampunk animated



Cartwheel continued from page 7

recipes for inspiration. Signing up for the season supports our farm and gives people a better value for their money.

How can people sign up?

We have an easy form on our website: www.cartwheelfarm.com. We are also happy to sign you up over the phone at 250-428-6571.

Your veggies are also available at the Crawford Bay Market. Why are you so keen to be teamed up with the store?

Store manager Cam and produce manager Mandy have been so enthusiastic about supporting our farm. What is exciting to us is that they want to be able to offer local organic veggies because that's what people are asking for. So, this feels like a win for us, the Market, and eaters!

What if people want to eat out & enjoy your produce?

East Shore chefs are doing amazing things with what we grow. Yves and Gisela at Bocalino have upped their efforts to support local this season, which is phenomenal. Ryan at Red's Bread and Bakery is also making a weekly order now and we smile at the idea of our veggies on his fresh bread sandwiches. Terry at Black Salt inspires us. Not only does she make magic out of what we grow for her, but she delights us with messages letting us know what's she cooking and why she loves keeping a farm to table kitchen!

Do you have any other words for your East Shore eaters?

Gratitude! Your support has injected lots of life into our farm over these last two years. We are so happy to be sharing what we grow with you.

8 Mainstreet August 2019

feature film called *April and the Extraordinary World*. Directed by Christian Demares and Franck Ekinci, working with Tardi and a superb team of animators, *April* turned out to be one of this century's most original pieces of animation.

That originality starts with Tardi, whose artistic style might be described as Victorian Noir. Working largely in black & white, he creates realistic worlds that nevertheless have never quite existed. It's as if Arthur Conan Doyle or Raymond Chandler (or, in Tardi's case, Parisian noir writer Léo Malet) had slipped over into parallel dimensions where the legacies of the Industrial Revolution and Art Deco design linger, but where much that we take for granted has never been invented.

This is the steampunk world. What one writer called "retro-futurism." In this alternate history, the world has never gotten past the steam age. Electricity hasn't been invented, or isn't in widespread use. The potential of petroleum remains undiscovered. Everything runs on coal

and wood. Smokestacks belch across the landscape, forests are utterly denuded across continents, and those who live in cities wear masks part of the time to protect their lungs from industrial effluvia. Boilers are king. Machinery consists of masses of brass/steel/iron piping, riveting, cogs & gears & chains & levers, whose movements are accompanied by heavy-duty thumping & hissing & grinding & clanking. Somehow, it all manages to look pretty cool. Like walking around in the bowels of a WW II-era submarine or visiting London's Battersea Power Station.

In the case of *April and the Extraordinary World*, things start to go awry in 1870. France's Napoleon III is pushing his country's scientists to invent an "ultimate serum" that will make his soldiers invincible. Unbeknownst to anyone, a laboratory accident unleashes some new forces on the world. Soon, the world's great scientists are all disappearing. Without minds like Einstein, Herz, Fermi, etc., progress grinds to a halt. Any scientists who haven't disappeared are tracked down and forced to work for the military. Some things never change. One of Jacques Tardi's major themes has been an anti-war one, and in *April* he shows us that the actual state of technology is irrelevant to our desire to settle issues of resource-scarcity or national pride on bloody battlefields.

Fast-forward 60 years to 1931, and two young scientists, Paul and Annette, along with Paul's father Prosper and the couple's daughter April, are on the run from the military. They're still working on the ultimate serum, but they want to see it used as a medical panacea not a weapon. Hunting them down is portly, bumbling, dog-with-a-bone Inspector Gaspard Pizoni and his equally ineffectual goon squad. In the course of a pursuit, April and her talking cat, Darwin (a product of the earlier laboratory accident), are separated from her parents and grandfather.

Another 10 years slip by, and Darwin and the now teenaged April are holed up in the top of a giant statue of Napoleon V in the center of Paris. April is still trying to perfect the serum. She believes her parents are dead, and has no idea of the fate of her grandfather. Darwin, who likes to read anthologies of French poetry and listen to Puss'n Boots, keeps April grounded with his gently ironic banter, his spunk, and his boundless feline devotion.

April's 1930s Paris has, along with that humongous statue of Napoleon, two Eiffel Towers, magnificent glass & steel buildings like those constructed for the 1889 World's Fair, and a mechanical cable car system that connects entire cities (Paris to Berlin in 82 hours!). The mechanical heart that powers the city is a direct

visual quote from Fritz Lang's 1927 s-f masterpiece, *Metropolis*.

Pizoni, demoted and in disgrace after failing to bring in April and her family, is still on the case, determined to recoup his losses by finally capturing April and her grandfather. To that end, he blackmails a young man, Julius, into tailing April to find the location of her hideout. The more time he spends with her, the more conflicted Julius becomes about his role as a stool pigeon.

About halfway through the film, we start to learn what has happened with all those missing scientists. They've been cleverly coopted into working on a massive project that, supposedly, will help spread life

to previously lifeless worlds. The masterminds behind the project are two super-intelligent giant lizards named Rodrigue and Chimène—other escapees

from that 1870 lab disaster mentioned earlier. They've masterminded the creation of a lush jungle world under the ocean, a prelude to what they hope to replicate on the moon and elsewhere. The second half of *April* takes place in this artificial world and the control centers attached to it. Getting April and her friends to this world takes the services of a walking/swimming/diving Victorian house (an homage to Hayao Miyazaki's *Howl's Moving Castle*) and a rivet-studded aerocopter (another nod to Miyazaki's love of all things to do with aviation).

As with some of the best screen work by Marvel Comics, *April and the Extraordinary World* manages to weave humor into the picture, avoiding any sense of depressing overearnestness or ideological overkill. Inspector Pizoni is a pure Keystone Cops character, April & Justin fumble their way towards love as teens are wont to do, and Darwin is everything a talking cat should be. Framing the characters and the action, the strangeness of the steampunk world continually creates a sense of wonder.

According to the excellent 30-minute Bonus documentary on the DVD, no paper whatever was used for the creative work on the movie. All the drawing was done by hand on tablets. There was a conscious effort to try to capture some of the look of 1940s cinema, and to ensure minimal distortion of Tardi's original drawings during the course of the actual animation process.

As you may have gathered by now, *April* isn't exactly Walt Disney or a *Toy Story* clone. Based as it is on Tardi's artwork, you will have never seen anything quite like it. The steampunk aesthetic is a natural one for comics and for animation. Hayao Miyazaki prefigured some of it in his earlier work (such as *Laputa: Castle in the Sky*), and Joe Benitez has recently produced a gorgeous series of graphic novels featuring Lady Mechanika. One of the earliest steampunk novels was William Gibson & Bruce Serling's *The Difference Engine*, which came out in 1991. England's prolific s-f/fantasy novelist Michael Moorcock also laid the groundwork with novels such as *The Land Leviathan* and *The Steel Tsar* back in the early 1970s. A couple of years ago, Kaslo even had its own Steampunk Festival. For anyone interested in the nuts & bolts (pun intended) of the aesthetic, there's Jeff Vandermeer & Desirina Boskovich's *The Steampunk User's Manual* ("an illustrated practical and whimsical guide to creating retro-futurist dreams"). What I'm waiting for now is someone to feature Ada Lovelace, real-life 19th century computing machine whiz extraordinaire, in her own animated feature. Lara Croft, eat your heart out.



18th Summer Concert at Harrison Memorial

by Deberah Shears

Harrison Memorial, Crawford Creek Rd., is delighted once again to host a summer concert - the 18th one in 9 years! Carl and Friends, a delightful trio of amazing musicians: Carl Erickson - guitar and vocals, Donnie Clark - trumpet, and Hal Rezansoff - bass, will perform on Friday, August 16th, 2019, at 7 pm.

Carl has been a musician for over 50 years. He has toured Canada, USA and Jamaica performing with many bands which included Glen Campbell, Buck Owens and the Muddy Fraser Blues Band. Carl sings, at times his own songs, as well as plays guitar and saxophone.

Donnie is our local treasure - he is a great trumpet player with an international reputation. We also know him as a conductor, composer and arranger. The music always "perks up" when Donnie is on stage!

Hal is a passionate musician who now lives in the Slocan Valley. He was born in Creston, works as an electrician BUT he is always looking for an opportunity to play with other musicians who are as devoted to music as he is.

Admission is by donation with some of the proceeds going towards a church maintenance fund. Light refreshments will be served at intermission. Children quietly seated are welcome to attend.

Riondel Arts Club

by Sharman Horwood

The artists of the club are readying themselves for the Riondel Days open art room. Some of the members will be showing their work as they paint or draw or sew to anyone who would like to come and watch. There is also a silent auction with a few paintings up for sale. It will be a busy community centre while all this is going on, but please drop by to see what we're doing.

The Art Connection is still on display in Bob's Bar & Grill. Many paintings have sold, so there are some changes. There are felt works, as well as stained glass, along with painting and mosaics. (We have a group of very talented artists.) We'd love to hear what you think.

Anyone who wishes can join the art club is very welcome. We welcome any skill. Drop by on Monday mornings to see the mosaic group. On Tuesday mornings and afternoons, painters and drawers are busy with their current projects.

Have a great August—make it a creative one.

Kootenay Lake Art Connection Update

by Geri Gomola

The Art Walk is under way and although the highway and ferries are busy, not as many people seem to be stopping as in past years. Our neighbors to the East have been in a downturn for a few years now and that could be part of it. It is really important for locals to show support for artists and artisan friends and neighbours. August is generally a busier month, so I am sure business will pick up for us all. Most of us have little trinkets or unique items for spur of the moment gifts.

The opening was held at **Emerald East Cliff Art Gallery** this year, and the **Black Salt Cafe** created some delicious appetizers for us. **Diane Trudel**, (exhibiting at the Kootenay Bakery in Nelson) has her paintings in that location as well as **Gary Sly**. **Wynwood Cellars Estate Winery** wine was served and that was very enjoyable. Margaret and Dave Basaraba of the winery were able to join us. **Shirley Wyngaard**, (president of **Riondel Art Club** and awesome artist) and her husband John attended. **Farley Cursons**, my counterpart, picked up the appetizers and graced us with his attendance. **Janet Wallace of Barefoot Handweaving**, **Diane Trudel**, **Galadriel Rael**, **Karen Arrowsmith** and her husband Neil attended. Also in attendance were two artist guests representing **The Circle of Friends**: **Nancy Schmaus and Roxy Stevenson**. My husband Richard and I hosted.

Most galleries were represented and we were fortunate to catch a window when it did not rain and the artists were able to show and speak about their work.

Since plastics and refuse are a big issue these days I wondered what the other artists and artisans do to cut back on their usage. I know that I am more conscious of it myself lately after finding out that a lot of our recycling efforts are for not, as lighter plastic are mostly sent to the landfills. I was doing a few pourings this spring and using clear plastic cups as recommended but after the first two pourings I decided to use glass. I sent an email to the members to see what efforts they are making in their gallery as every little bit helps and I thought people might be interested or inspired by what they have to say.

I always try and find a thrift store if I know that it might carry things that I can use in my gallery. I love thrift and goodwill as well as consignment stores. It is a hard call because when you buy new items, it helps the economy, but if the items are toxic or not able to be recycled you are not doing the planet any good.

I make rings and pendant out of recycled antique silverware. My friends have caught onto this and some have cleaned out their silverware drawers for me. I found a rather large copper sailboat in a thrift shop a few years ago and I was able to make some awesome bracelets out of that. They are rather large and could probably serve as weapons (brass knuckles?) if anyone is interested. I am using paper bags instead of plastic in my gallery as I imagine most artists do. I am trying, but I haven't been able to think of anything, to replace bubble wrap for breakables.

Val van der Poel who has **Mellowood Studio** and Art Gallery in Wynndel, after mentioning that she is not getting the visitors that she had hoped for this year, says that she uses scraps for her quilling which she is absolutely amazing. She also tries to re-purpose frames. Val is north of the Wynndel store. If you have

a chance to get there it is well worth the visit.

Karen Arrowsmith of Arrowsmith Gallery said that she gets her neighbors to save bags and bubble wrap for her and she uses canning glass for mixing acrylic paint instead of plastic. As well she washes out Tim Horton cups and uses them in her gallery. Karen has the most amazing pourings. Very vibrant colors. If you have a chance, check out her watercolours too. They must be seen.

Galadriel Rael of La Gala Jewelry in Crawford Bay is one of the Crawford Bay Artisans and is way ahead of us all as she has been using discarded Saris from India, (Fair Trade produced) to make some of her clothing. She also uses some of the off-cuts (that would normally be thrown away) from industrially produced leather for her purses. She often takes old and broken silver and melts them down to make new pieces. Galadriel is next to the Black Salt Café. Amazing work, especially her handmade jewelry.

Now people may think that the savings from recycled materials should be passed down to customers, but most of the time dealing with recycled items takes more time than working with new material so you are actually spending more hours in your craft.

Bonnie Anderson with Circle of Friends mentioned that the Art Walk has been very quiet in Riondel. There are many interesting artist and artisans exhibiting there. They have people volunteering their time, (hired a student this year) and generally there is something for everyone so please get down there and check

out the gallery. Many of the East Shore artists find this a great outlet for their work. If we want to keep it open we have to get there and support this exclusive shop. Bonnie also tells me that Riondel Days are August 3 and 4 that the Circle of Friends Art



Shoppe is doing a community Art Walk and Scavenger Hunt on both days. Registration forms can be picked up after 10am each day at the shop.

If you haven't picked up your brochures for **Kootenay Lake Art Connection** yet, they are available at all the venues, the Chamber of Commerce gift shop in Creston, Nelson Chamber of Commerce and Crawford Bay Chamber Info Booth next to Barefoot Handweaving in Crawford Bay.

There are a few other Art Walks this summer that are sponsored by different groups in different galleries. One is a group of ten accomplished artists, starting at Erickson and including artists in Creston. That is the **Cross Country Studio** on August 3-5. Brochures can be picked at the Arrowsmith Gallery at 12698 HWY 3A and The Alfoldy Gallery at 3917 Hwy 2 in Erickson as well.

August 10/11 is the **Columbia Basin Tour** sponsored by the Columbia Basin Trust. My gallery is a member of that tour as well and at this time I have brochures available to be picked up. They will also be available at the Gray Creek and Lakeview Store.

Please get out there and support your local artists. Just going in and browsing is fine. It is nice to make a sale, but really it is great just to see people appreciating your art.

Deadline: Aug 28/19

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STARBELLY JAM 2019 A HUGE SUCCESS

Submitted by Paul Hindson
Starbelly Jam Board Chair

photos by Darren Makowichuk

2018/19, the 20th year for Starbelly, was a difficult one in many ways. Sparse attendance at the 2018 SBJ, especially Sunday, left our finances tight. Our October AGM saw an exodus of directors, leaving only myself, Chris Hamilton, Farley Cursons, and Howlin' Dan Silakiewicz. Our excellent Artistic Directors Ben Johnson and Amanda Hulland stayed on and we elected to go with a two-day format to ease the load on our managers and volunteers.



We decided on BC/DC and Snotty Nose Rez Kids for the main acts each night and the show was set. Once again early ticket sales were sparse but picked up the last couple of weeks. The weather was dicey right to the last minute, so you can imagine my elation on Friday night with the sun shining and a 250-foot line-up at the gate.



I don't have any figures at this time, but I would guess at least 1500 each day. It was a classic Starbelly, with tons of dancing, great costumes on kids and adults alike, great food and merch vendors, and people just enjoying themselves in our beautiful valley.

Ok a few thank you's. Sorry if I miss you but here goes: Ted Wallace, Fred Schutter and the gang for putting up stages for 20 years. It's great to see a 70-year-old climbing a ladder like a kid. John Edwards for putting up campground bridges year after year. Farley Cursons for spending 16-hour days on the grounds. Howard Sempf our site director. Chris Hamilton for her many years doing finance and much more. Bridget Klueppel for her excellent work obtaining charitable status and getting grants for us. Howlin' Dan for his MC and media work. Brigitte Picard for her many years decorating and putting up with us storing stuff at her place. Galadriel Rael, Kenji Fukushima, Russ Anderson and Bree Rael for helping backstage.

And of course, the granddaddy of them all, John Smith, for starting the whole thing.

See you next year!



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Good News on the Transit Front

submitted by Laverne Booth

A recent email from Tom Dool, RDCK indicates that ABC Transit will be visiting the East Shore in the fall to explore a transportation service and consult us on what we need. This is tremendously good news. Many thanks to Garry Jackman for his tireless work on our behalf. He really had to go to bat for us on the transportation issue and the promised public meeting is coming up in the fall. Watch for posters.

Starbelly Shuttle was our first public service with the bus. Drivers Doreen Nault and John Edwards did a fine job. We had a few people at least not bring a car to Starbelly. They heard the social media message, took the bus to Balfour, walked on the ferry, got picked up by the shuttle bus and taken to the festival and returned to the ferry, they were pleased to pay the \$5 donation. They were genuinely grateful for this service.

On Sunday July 21, for East Shore Culture Day, the bus did a shuttle down to Sirdar Pub for the regular Sunday jam. A very happy couple from Trail booked the trip which took four hours, and had a real blast seeing the new pub and enjoying some ukelele music. Charly who owns the Sirdar Pub hopes to engage the shuttle at other events.

I have been telling people, let's say you want to have a tour of the farms or wineries in the Creston valley, how about you just get some friends interested, they pay upfront, you ride for free, and we provide the certified bus and qualified drivers. We are open to suggestions from community members. Call 250-972-6003 or email estsbus@gmail.com.

50/50 Contest NAME THE BUS

You can put your name suggestion in, along with \$2, on August 3 at Riondel Daze parade. Or you can email estsbus@gmail.com or text 250-972-6003.

Temple of Light Architects Receive International Award



Azure magazine held their AZ Awards for design excellence in Toronto on June 21. There were finalists from far away as Peru and Belgium and 20 winners took home trophies in their categories of architecture and design. Patkau Architects were recognized with an award of merit for buildings under 1000 square metres for the Temple of Light at the Yasodhara Ashram. They also won the People's Choice award in the same category; the public was asked to vote for their favorite entry in each category. To look at other entries of excellence, go to

<https://awards.asuremagazine.com/>

12 Mainstreet August 2019

Tom Sez

by Tom Lymbery

I have started selling off my library of BC and Yukon history, so please look for these at the store. Many are now hard to find.

How long does treated wood last? Our lumberyard sells as much treated as untreated. I know it's good for 40 years, but how much more?

The 1940's wartime Japanese balloon bombs that were launched into the upper air currents, intended to set fires all over north America, were so ingenious. No wonder Toyota is such a successful auto manufacturer.

In wondering the other day why the two editions of *Toms Gray Creek* continue to sell well, getting re-orders from Trail, Kaslo and other towns, I had someone remark that there is a band of people who continue to recommend these.

It is interesting to see a duplicate obituary in the last *Mainstreet* for Bob Sutcliffe. Presumably the family asked for it not realizing how assiduously we search for East Shore people who have passed away. They need to have subscriptions so they would see these when first published. **Ed: The family asked for a reprint of it to make public the announcement of his celebration of life in July 2019.**

Don Lindsay of Bonners Ferry was here to update us on losing his workshop to a fire caused by a lithium battery. Fortunately it turned out well due to his having good homeowners insurance. Don was such an important part of summers at Gray Creek Auto Camp as he solved problems for many campers and others.

Congratulations to Starbelly Jam on their 20th successful year!

Virtually every main lake beach is different. Some have pebbles and some have stones, but for all, water shoes make your swim more comfortable. The store has a good stock.

The Canadian Navy called the corvettes that protected the Atlantic convoys after towns across Canada, such as the Weyburn that Johnny Oliver served in. One that survived the war was HMCS Arrowhead, certainly named for the smallest of BC towns and long flooded by the dam at Castlegar.

Please visit the Revelstoke Rail Museum to see a meticulous diorama of Arrowhead. Again, this was the railhead where Colin Haddon had to wheelbarrow a carload of coal into the SS Rossland stern-wheeler every time the boat tied up there overnight.

Removing the statue of Sir John A. McDonald makes no sense whatsoever. What is next? Destroy all the history books?

GRAY CREEK PASS REPORT:

The BC Epic 1000 Cycle race had more runners completing the 1060 kilometres from Merritt to Fernie – no prizes or awards, just for personal accomplishment. The first two ladies in the running had pushed on through two nights with less than three hours sleep. They hit heavy cold rain going over the pass and had to give up, close to hypothermia. Rod Musil fetched them back to Gray Creek and Debbie Turner took them home to her house to warm up and wait for husbands to come and fetch them. Thanks to Debbie and Rod for this.

Deadline: Aug 28/19

www.eshore.ca

Watch for Welcome Map in your Mailbox

submitted by Laverne Booth

In the next few weeks, residents will receive a booklet in their mailboxes (or in the post office if you do not get flyers). Organizations such as the Chamber of Commerce, realtors and others will be given copies.

This publication is meant for new residents of the East Shore, for residents both full and part-time, and for those who are considering moving to the area. Sections in the booklet include: Meet People, Stay Active, Create Culture, Eat Good Food, Join IN, and Safe and Healthy Communities.

You can pick up a copy in the visitor centre in Crawford Bay after August long weekend.

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TRANSPORT SURVEYS ARE COUNTED

Two hundred and twenty residents responded to the recent survey regarding transportation. 75% said they would use the bus and 3.6% say they need a wheelchair van. Here is the link to see the results of the survey: <https://docs.google.com/forms/d/18NYcYMoPgJhEdvSwsI3CqQOme3q9Ib5wuTpR66Cus4E/viewanalytics>



Tom's Corner

by Tom Lymbery

Sailing to the Queen Charlotte Islands 1976, Pt 3

by Denny Davis

Here's Part 3 of Denny's sailing tale, continued from the July issue.

On July 7, 1976 at about 1915, Dave spotted a headland – our first sighting of land since leaving Vancouver Island. It turned out to be Ingraham Point on the eastern shore of Moresby Island. We took a compass bearing on it in case we lost it. But how to get there? The wind and seas were still very bad, and we were terribly tired, so tired that we were not thinking or reacting well. We agreed to think and talk everything out before taking any action. We decided to try the jib, and found that if we were careful, we could reach off through the big seas. The steerage way actually made dodging the breakers a bit easier.

The headland was about ten miles away. As we got closer the wind and sea became a bit easier. We were able to see other points and identify our position. We didn't much care because we were so tired, but maybe we would live after all.

At this point we had been thirty hours in our raingear, with all that implied. I carried a cutaway bleach bottle on Rozinante as a handheld urinal. When I was finally able to use it, my urine was the color of iodine. We hadn't slept, eaten, or drunk anything for some thirty hours. Although it was still quite rough, I was finally able to sit on the floorboards, hold the Primus stove between my legs, and heat up some soup which Dave ate out of the saucepan. When he was finished he asked me why I wasn't heating up some soup for myself. I replied that I wasn't feeling very well, and promptly threw up. If it was seasickness, it was the first (and only) time that I had suffered from it. I think it was just nerves.

Ingraham Point is at the south entrance to Carpenter Bay. It didn't look very hospitable, so we continued on for maybe five miles to Collison Bay. Deep in the bay there is a small island. We anchored behind it where we felt safe and secure. It was late evening by this time. We got a roaring fire going and started the long process of drying our things. The warmth felt SO good. We had a tin of chicken soup - not really hungry, but we felt we should have something in our stomachs.

To bed about 2230. Dave's sleeping bag was damp but usable (or so he said); mine was completely sodden. I wrapped myself in a wet blanket and slept fully clothed, including my boots. But we didn't care. On subsequent trips I always packed my bedding away in a big plastic bag every morning so that I would always have a dry place to sleep, but I never had that problem again.

July 8 (rain). I woke up about 0500, cold as might be imagined, and lit a fire. It was wonderful to have lots of heat. Both of us were somewhat rested, but limp both physically and emotionally. We were sodden.

A few miles away, around the top end of our part of Moresby Island, the chart showed Jedway, a one-time iron mine which at one time had a sizeable community. We knew the mine was closed, but thought there might still be a float where we could tie up and go ashore for some firewood. We had lost our dinghy on the rough crossing and had no other way to go ashore. Our reserve of Presto Logs was fast being used up. We also hoped we might find some building where we might be able to dry out a bit.

A short sail around to Jedway but there was NOTHING there. We decided to stay overnight and rest up.

We kept the fire going and started to dry out a little. The cabin looked like a laundry.

We anchored in quite shallow water off Jedway, using the big anchor and lots of scope. During the night we were subjected to repeated wind gusts of the notorious williwaws. They only lasted for maybe a minute, but during that time the whole boat, particularly the rigging, shook and rattled.

The mizzen topping lift had broken the day before during the height of our problems. We fixed it with stainless steel wire. The tiller was also loose on the rudder post. It required a new bolt, but we were able to tighten it enough, hopefully, to last until Queen Charlotte City.

July 9 (rain). The first white man to spend any significant amount of time on the Queen Charlotte Islands (now Haida Gwaii) was Francis Poole in 1862-63. He wrote a wonderful book about his adventures living and mining in the Charlottes. It was his book that inspired my interest and desire to visit the Charlottes, especially his cabin site and mine on Skincuttle Island. I really wanted to explore his workings and the site of a nearby abandoned Indian village. But without a dinghy this was out of the question.

We sailed away from Jedway and tried to locate Poole's mine and so on. We must have been near it but couldn't be sure. Off, I think, Scudder Point, we had a bad scare. We were too near the point, and a big wave carried us between two submerged rocks. Lots of adrenalin but it was over in an instant - nothing like the prolonged terror of the crossing. Hotspring Island, well named, was one of the places we planned to visit during our exploration of the Charlottes. We passed near it, but without a dinghy we were unable to go ashore.

At 1930, we tied up at the Thurston Bay logging camp float - really just a few logs. Some joy to see signs of human life again. We were invited to the cookhouse for coffee which turned out to be supper. Such nice friendly people. Another guest at the camp had donated a few codfish which had been cut up into three-inch squares about an inch thick, a huge platter stacked high. There was cake and pie and cookies and milk and juice, not to mention coffee.

We were told we could not stay at the float overnight, as the company Beaver float plane was expected early next morning. Fair enough. The big thing was an offer to use the company dryer and drying room. Wow! Heaven - a dry sleeping bag. Such friendly people.

Such a pleasure to be ashore. I knew I was in emotional difficulty and had to get away by myself. I was able to find a trail and go for a walk. I broke down in tears and sobbed away some of the terror of the crossing. I had nightmares every night for weeks, then every other night, then once a week, until they became infrequent. Months later I was coming home from Tsawwassen on the ferry late at night. It was cold and wet and blowing quite hard. I stepped outside for a breath of fresh air. I was filled with terror and had to go inside immediately.

We had some trouble anchoring that night when the next of my silly oversights became apparent. All my boating experience had been in anchoring in the waters around Vancouver Island, which are not very deep. In the Charlottes you frequently have to anchor in ten fathoms. We had to tie both anchor lines together to reach the bottom. When I got back home I bought 350 feet of line for the big anchor.

Watch the next issue for the conclusion of Denny's story of his sail to the Queen Charlottes.

Deadline: Aug 28/19

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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 Crawford Bay Store - Crawford Bay, Riondel Market - Riondel, The Osprey 2000, and the Gill and Gift in Balfour.

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Growing communities one idea at a time.

Smarter Than Jack or Jill

by Sharman Horwood

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

The Surprising Intelligence of Goats

I have to confess I have a soft spot for veterinary programs on television, especially ones where they treat exotic animals. People adore their guinea pigs, bearded dragons, iguanas and snakes. Another popular pet—surprisingly—is pot-bellied pigs, who many say like to cuddle and watch television with them. Another unexpected pet is goats. Many maintain these creatures are quite intelligent and make good companions. I've always thought of this ungulate as just another farm animal, but according to a study published in *Frontiers in Zoology* in 2014, goats are more intelligent than other farm animals. They have a complex social structure in their groups (head butting establishes a dominance hierarchy within the flock, of course), and they attempt to communicate, even with humans.

The study was conducted by Queen Mary University of London, along with *Agricultural Science* in Switzerland. One of the tests was a puzzle box cognitive task. The goats had to pull on a rope to work a lever, then subsequently lift the lever up with their noses. If they succeeded, a food reward dropped out. Researchers then kept them away from the boxes for ten months,

then brought them back to see if they remembered how to solve the problem. Most of them did, and in less than a minute. (One aspect of the test was a failure, however. A group of untrained goats was permitted to watch their smarter friends. Unfortunately, they didn't learn by watching, which means that goats are probably less intelligent than other species of animal that can, such as dolphins, chimps, or kea, among others.) Once goats learn, they tend to retain that knowledge.

Goats are a naturally curious animal, which means that they like to get out of any enclosure made for them. They tend to explore things by nibbling on them, too, and they can be quite inventive when they need to be. Goats in Morocco, for example, will climb trees in order to reach tender new shoots. (They do like to climb generally, and will get up on roofs if they can. They are also escape artists: if the fencing about their enclosure is weak in any way, they will use that to their advantage, remembering the weak spot and repeatedly using it to get out.)

They do try to communicate with humans, much like dogs and horses—and I would add, cats. Faced with a challenge goats will try to solve the problem. Then, once it's been solved, if the task is subsequently modified, goats have a tendency to look to the nearest human to help them understand what has changed. As I discovered on a goat farm in New Zealand, they will also follow humans around, even if it's just for a walk. They establish strong bonds with humans.

I have not had a lot of personal experience with goats, just the one visit to a goat farm to see cheese production, and then again at another friend's farm. That instance left a lasting, positive impression on me. When we arrived at the gate, we found an adult Billy goat (unneutered males are called bucks or billies; neutered are referred to as wethers) tied up to a large, empty oil

drum. Another drum was lying on its side next to the spot, some hay spread in the bottom, and I assumed this was for shelter if the animal wanted to crawl in out of the rain.

The billy goat seemed friendly enough, though I was wary because of the horns. They could do a lot of damage if he butted me, and I was well aware of their head-butting behaviour. I needn't have worried. This was an animal that was used to humans, and when I approached—I tend to approach all animals if I can, and I probably shouldn't—he looked to see what I had in my hands. Disappointed at the lack of food, he nosed my legs. A little dismayed, I jumped back, out of his reach. But then he jumped back as well. I laughed, so he did it again. Within moments we were both jumping to the side, to the front, in this strange kind of happy dance, each mimicking the other. I was laughing, and I think he was in his own way as well, both of us delighted as we played together. Then he hopped up onto the oil drum on its side. I couldn't match that, but I leaped as high as I could into the air. He jumped down, only to jump back up again. He was clearly enjoying the game.

Then I noticed that his rope had come undone. I paused. I wasn't sure whether I should continue, and my friends were calling me to come along. I walked away. He didn't follow, though he could have. But the expression on his face was utter disappointment. To this day I wished I'd gone back and continued playing with him. Goats are social animals. They don't like to be alone, anymore than dogs or horses. I think he was lonely, tethered to the empty oil drums, away from the family. He was an intelligent animal, just looking for another friend.



pebbles by Wendy Scott

Parksville 1969

A grandmother, mom and dad, sister and brother, small toddler, and a Siamese cat. The date July 20, and the occasion, a holiday at the beach in Parksville and a quick trip back to Victoria by grandmother to retrieve her very large TV set because 384,400 kilometres above us a spacecraft was preparing to attempt an historic feat and we waited. Mission control waited; then across space and time the proclamation arrived: The Eagle Has Landed.

Dave Baker was one of the NASA engineers present on that day in that room-full of monitors, big screens, held breaths, and more – many more – engineers. He says that it seems amazingly more real now in retrospect than in those last heart-stopping moments of decent and landing on a foreign, but strangely familiar world. There remained careful inspection of the crew and the module before the decision to step outside and before the next words proclaimed by Neil Armstrong were uttered and have remained vivid for fifty years, “That’s one small step for a man; one giant leap for mankind.”

Grandparents are very important people in a child's life, being one step removed from mom and dad, they can relax a bit and enjoy a few quiet moments, and perhaps some private adventures with a child.

Ray Bradbury writes of his Fourth of July's as a child; the evenings of memory when the fireworks are finished, the ice-cream cones and lemonade done for the night; he describes it as his own special time with his elderly grandfather, a sad time and yet, a time of beauty.

It was, he said, the time of the fire balloons – the

red, white, and blue tissue paper balloon, waiting to be lifted from a box and held while his grandpa lit the cup of dry straw to hang below and allow the balloon to expand as an interchange of light and shadows played inside and the balloon filled with hot air and rose into the night sky.

Even as a pre-teen, Bradbury was an avid reader of science fiction and the Sunday colour comics; Edgar Rice Burrough's, Jules Verne, and H.G. Wells were favorites and influenced his fertile imagination. His fantasy novel, *Martian Chronicles* included his story of the Fire Balloons and was in bookstores by 1951 – twenty-five years after he had watched with his grandpa as the balloon lifted out of sight from his own back yard and almost twenty years before Apollo 11 set down on the lunar surface with her crew of Neil Armstrong, Buzz Aldrin, and Michael Collins.

Now children and grandchildren of astronauts can experience simulated lunar landings and school children can assemble, build, and launch their own hi-altitude balloons.

In July of this year, 2019, students and a few community members at Annapolis Royal, Nova Scotia, launched what was their fourth weather balloon – an art project sent aloft with paint inside a smaller balloon. The entire project was enclosed in a Styrofoam box, sent sailing and successfully retrieved upon landing -- a unique painting created when the small balloon popped and decorated an enclosed canvas.

Gone are the days when live fire was sent aloft, but more than was ever dreamed about (except by writers like Bradbury) is used now to send a rocket on its way, but nonetheless excitement is not far away whenever a balloon is allowed – nay, encouraged -- to float free.

And there's always a child close by, and if you're

lucky, a grandparent.

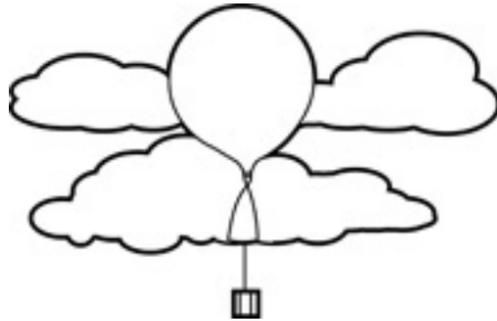
But in 1969, regardless of how important a moon landing happened to be, the Siamese cat vanished until the coolness of that July evening settled in beside the ocean and a backdrop of stars begin to fill the sky around the waxing crescent moon.

After the children concede that no matter which binoculars they try, there is no way they can spot any astronauts up there, the excitement of the day takes its toll and evening slips into nighttime.

The cat returns, chooses the quietest bed, and the day becomes a memory to be replayed as days and years turn into decades and now a half century has slipped by and we remember and we tell the tale again.

We wonder about the day, as Ray Bradbury once wrote: “It was a day as fresh as grass growing up and clouds going over and butterflies coming down can make it. It was a day compounded from silences of bee and flower and ocean and land, which were not silences at all, but motions, stirs, flutters, risings, fallings, each in its own time and matchless rhythm.”

And we recall, as he must have, H.G. Wells' *Outline of History*, published in 1920: “Life, forever dying to be born afresh, forever young and eager, will presently stand upon the earth as upon a footstool, and stretch out its realm amidst the stars.”



Deadline: Aug 28/19

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For the Love of Genre

by Sharman Horwood

This month I am going to review a bestselling novel, even though I originally promised I wouldn't. However, this author isn't very well known here as she is elsewhere. Laurie R. King wrote a few standard mystery novels at the start of her career. Then in 1994, she began writing an interesting series, starting with *The Beekeeper's Apprentice*. The premise behind these is that a young religious scholar—Mary Russell—meets Sherlock Holmes and so intrigues him, they fall in love and marry. This draws him out of retirement, away from his bees, and the two solve mysteries together, across England and Europe.

The latest in the series—*The Island of the Mad*—is about the search for a British aristocrat who's vanished. Lady Vivian is a wealthy woman with issues. In the past she committed herself to Bethlem Royal Hospital, a sanitarium popularly known as Bedlam (the origin of the word to indicate chaos or madness). Lady Vivian maintained then that she was "safe" there and spent several years in the facility before disappearing, along with her nurse.

Mary Russell is asked to look into the mystery because of her college friend, Ronnie, a woman who befriended her in their university days. At the same time, Sherlock's brother, Mycroft, asks that he look into the development of fascism, starting with Il Duce (Benito Mussolini) and his Blackshirts (the Italian Fascist paramilitary force) in Italy during the 1920s. As it happens, Mary's quest takes her to Venice, and the two travel together, the two mysteries becoming intertwined the closer they get to the truth.

In Venice they become involved with the partying crowds of Europeans and Americans. They include songwriter Cole Porter, his wife Linda, and their many friends. Venice is a place where summer visitors, especially the rich, expect to party throughout the summer

nights: with buckets of alcohol, lots of modern music and dancing. Consequently, amidst this chaos Venice is a terrific place to hide.

While the novel's core mystery is rather easily solved, the research that is the foundation for the storyline is fascinating. From the descriptions of Bethlem, along with details of the Porters' married life, and the fear that many Italians felt towards the Blackshirts' violence, is very real. The city is at a time and place where historical influences are developing. Lady Vivian's place in the story has a link to the growth of fascism in 1920s Great Britain. Mary and Sherlock have to solve their mystery in the midst of events that led to the outbreak of WWII.

The second novel I'd like to cover is *Soldier, Ask Not* by Gordon R. Dickson. A story of the same name won the Hugo Award for best short story in 1965. Dickson went on to add to the story, creating the complete novel that was published in 1967. It was the third in his *Childe Cycle*. All are what is now known as "military sf." This one is about a newsman, Tam Olyn, who covers the battles between the different colonized worlds.

Dickson's world-building is superb here. As the human race has colonized different planets, people have splintered into groups that favour certain innate human abilities. With each planet, the skills and knowledge are quite dissimilar, as if each planet draws out some human strengths but not others. The Dorsai people are versatile soldiers, the top mercenaries of the planets. Two planets—Mara and Kultis—are the Exotic planets. Exotics excel in psychological abilities and philosophies, and sponsor the building of the Final Encyclopedia. On smaller planets, called the Friendlies, there are few resources. Out of their poverty, they have developed a strong religious sensibility, similar to Puritan culture. The Dorsai are hired as experts in any conflict; the Friendlies, however, are hired as canon fodder. The Exotics tend to watch over the conflicts, attempting to influence their outcomes in order to create a better humanity.

At the start of the novel, Tam Olyn as a young man visits the Final Encyclopedia. The Encyclopedia

is being built to contain all human knowledge, and of course the Exotics are sponsoring it, guiding its development. It is also designed for the "establishment and discovery of relationships between" the facts entered into its matrix. In other words, it is intuitive and analyzes its data in an ongoing manner in order to provide links between what is missing between each of the human factions. The splintered humans are losing what ultimately makes them human; the contrasting types may excel in the physical, mental strengths that Earth humans are losing. In this way, the Exotics hope that the outcome of the Encyclopedia will reveal the "blind" area in human awareness, and re-connect the splinters, even with the original Earth people.

Tam enters the Index at the Encyclopedia. There he stops, with the rest of the tour group, and is instructed to listen. He does. And he hears what very, very few people have ever heard: the voices from differing parts of the Encyclopedia. They overwhelm him. After, when he regains consciousness, he refuses to become part of the Encyclopedia despite the encouragement of Padma Outbond, the Exotic who works with the loci of events, the patterns that influence human behavior throughout the worlds. Padma believes Tam is an important one of these. Tam, of course, rejects this as it might control him; it might interfere with his ambitions as a newsman.

Tam is not a sympathetic character. He rejects every attempt to influence him, and discovers instead an ability within himself to influence others, usually for his own purposes. He rarely uses his ability to help anyone else, even though he quickly recognizes that he does gravitate towards events that will influence history. Nonetheless, his personal evolution throughout the novel is interesting.

Historical forces are strong elements in both novels. The first is a world soon to go to war, a dictator and an aristocracy bound to aggregate power in their own hands. The second is history influenced by just a few, but nonetheless holding the fate of thousands in its power. Both are well written, and have an interesting view on what constitutes the powers guiding history.

Rondel Community Library

by Muriel Crowe

While writing this I am making mental lists of the jobs and people needed to hold our annual book sale. Fifty weeks of incoming donations and our discards all get pushed into one day of staging, two days of selling and two or so hours to decide the fate of the leftovers. Then we start all over again.

We are happy to share our space with the Historical Society who are now the museum association. Terry Turner and Susan Hulland continue to entertain and educate us. It is a pleasure to see reunions of former friends or school mates taking place in our joint rooms.

We had to curtail our Wi-Fi access due to over usage. We are not aware of how many persons this involved but other business or groups with Wi-Fi have had similar problems. We offer free Wi-Fi only during regular library hours.

I am hoping that our cool July weather has disappeared and that you are heading to your shady lounging chair to read our newest library book.

BOOK REVIEW "RAINCOAST CHRONICLES"

by Tom Lymbery

RAINCOAST CHRONICLES 24. COUGAR COMPANIONS, BUTE INLET AND THE LEGENDARY SCHNARRS by Judith Williams, Harbour Publishing, 174 pages, \$26.95,

This is somewhat different from previous Chronicles but as engrossing as ever. Bute is the second largest of our west coast inlets and was promoted for the CPR for rails to cross to Vancouver Island – virtually impossible but the promoters of the 1890s didn't know that.

August and his wife Zaida had three daughters. Zaida died of cancer not long after the youngest was born, so the 3 girls were looked after by their father in an extremely isolated inlet. August shot a cougar with two kittens, so young that they were bottle fed milk by the girls. Being treated as house pets they were surprisingly tame – the cover photo shows Pearl Schnarr cuddling and stroking Girlie, one of the cougars. They did chain up the cats to keep them away from livestock. There was newspaper publicity, as tame cougars were unknown.

August was a logger cutting trees close to the inlet but also did extensive trapping. He managed to work his way far up the inlet which had a strong current – almost impossible for an outboard motor to handle. He built a long and narrow type of 36' long canoe on which he mounted a wooden propeller driven by a Briggs & Stratton motor. After several modifications this worked well on the swift and shallow upper river, enabling him to trap successfully.

August bought a good Kodak and case which he strapped to his suspenders so the many photos he took

are those in the book. Some of his are the only ones available for the upper Homathco Canyon where the early rail promoters had tried to attach a road of sorts on the cliff edge.

One of his brothers was a successful Rum Runner up to 1933 when the US repelled their prohibition that made Canada so profitable supplying the southern thirst. This is the story in "Don't Never tell Nobody Nothin" another Harbour book, perhaps to be reviewed next month

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Wanted

East Shore Transportation Society
requires a covered parking spot, at least
3.04 metres high, with electric plug-in for
winter storage of diesel bus.



Call 250-972-6003 or email: estbus@gmail.com



Holistic Health Tips by Kim Young Chopped Detox Salad

Salads are a great to have for dinner during the hot summer months. Below is one of the favorites from my Summer 5-day Detox program. Enjoy!

Chopped Detox Salad

Serves 1

Ingredients:

- 1 boneless, skinless chicken breast
- 1 small handful cauliflower florets, chopped into small pieces
- ½ bunch kale, de-stemmed and thinly sliced
- 1 carrot, peeled and grated
- Small handful cilantro (or parsley), washed and finely chopped (optional)
- 1 TB sunflower seeds (optional)

Dressing:

- ½ avocado, peel and seed removed
- ½ C raw apple cider vinegar
- Juice from 1 lemon
- ½ TB fresh cilantro (or parsley), finely chopped
- 1 tsp sea salt
- 1 tsp freshly ground pepper

Directions:

1. Bring a medium-size pot of water to a boil,

and add chicken breast. Turn down the heat and simmer for 15 minutes, or until chicken breast is cooked through and a meat thermometer reads 160 degrees. Drain, let cool, then shred into small pieces.

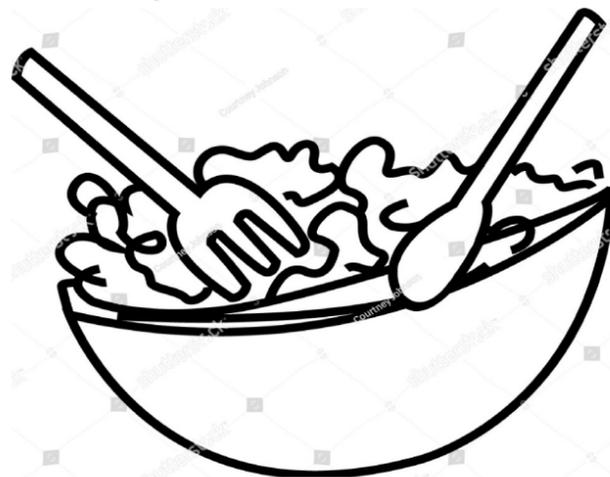
2. Meanwhile, heat oven to 400 degrees. Place cauliflower on a baking sheet and drizzle with 1 TB olive oil. **

3. Place cooled chicken, cauliflower, kale, carrot, cilantro and sunflower seeds into a large bowl and toss to combine.

4. Place dressing ingredients in a blender and blend until smooth. Pour dressing over salad and toss to combine, then serve immediately.

Note: Make this dish vegetarian by skipping the chicken and replacing it with 1 C cooked chickpeas, kidney beans, or white beans. **cauliflower could also be served raw.

Kim Young is Director with the East Shore Kootenay Lake Community Health Society, a Precision Nutrition certified Holistic Health and Wellness Coach, Functional Aging Specialist and Reiki Master who lives in Kootenay Bay with her husband Jim and their dog Jax.



Hospice News

by Barb Kuhn

An unusual "Help Wanted" ad has been sent to the East Shore Hospice. A division of MGM Studios Television and Digital, known as "Lightworkers", is sending out a casting call for a documentary. They want to capture life stories of people who are facing their own deaths.

One of America's most well known Death Doulas, Dianne Gray, will be involved in the project to provide support to the clients and their families. She will be there to provide counselling and advice as the client's last few months are documented on film.

Roma Downey (of "Touched by an Angel" fame) is heading the Lightworkers network. The goal of this documentary is to encourage people to talk to each other and share their experiences and lessons they have learned in their lifetimes. As Lightworkers is a faith-based network, the filming will be done with respect and caring for the individuals and their families.

If you are interested in being involved in this documentary, please call Susan Dill at East Shore Hospice for further information. Susan can also give you information to contact a local Death Doula.

East Shore Hospice is here to help care for the dying members of our community and their families. We are volunteers and our services are provided free of charge. If you or someone you know is in need of Hospice Care or you would like more information, please contact Susan Dill EastShoreHospiceCoordinator at the East Shore Community Health Centre in Crawford Bay at 250 227 9006. Hospice related books on palliative care, self-care, grief and mourning as well as some articles and brochures and DVD's are available through the Hospice office. The library is best accessed at the Hospice office on tuesdays between 10 am and 2pm. Call for different arrangement.

East Shore Better at Home

by Peggy Skelton, Chairperson - Better at Home

Better at Home on the East Shore has had a year of growth and change. Our numbers are showing that the trend for transportation services and friendly visits continues to rise. This speaks to the excellence of the services provided, and the quality of our volunteers with whom we could not do without.

The biggest news, however, is that through the hard work of the East Shore Better at Home Advisory Committee, and the continued support from the East Shore Kootenay Lake Community Health Society, Garry Jackman RDCK, Garry Sly, South Kootenay Lake Community Services Society (SKLCSS) Community Connections, East Shore Hospice and numerous others who wrote letters of support, and of course Rebecca Fuzzen, we will now be receiving ongoing funding for our East Shore Better at Home Program! A heartfelt thank-you to all!

Starting July 1, 2019, the charitable Valley Community Services Society in Creston became the administrator for the yearly \$10,000 in funds for our East Shore Program.

This transition means that Valley Community Services will have the hands on management role. They will retain, manage, and report on the funds. Also, as of July 1st, 2019, Rebecca Fuzzen will become an employee of Valley Community Services. This will allow her more support and education as well as a better connection with the provincial Better at Home Program. It is our hope that Valley Community Services recognizes the hard-working employee they have added to their team.

There needs to be kudos and great appreciation

given to Community Connections (SKLCSS), who managed the budget since the program began in April of 2017 and applied for grants on the program's behalf.

We are pleased to see Community Connection (SKLCSS) supporting other community programs such as Helping Hands Day. The East Shore Better at Home Advisory Committee will continue to provide support and suggestions to help the program grow and meet the needs of present and future seniors on the East Shore. I'd like to say my personal thanks to all our Advisory members it wouldn't have happened without you. And to our volunteers who are worth more than gold...you are amazing and nothing would happen without you! Thank you.

BOOK THE BUS!

The new East Shore Transportation Society is pleased to announce that our Certified Bus 11-seater bus and Competent Driver can now be booked for weddings, gatherings, parties, recreational and excursion tours.



More info call 250-551-6020
or email estsbus@gmail.com



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

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

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

Email: mainstreet@eshore.ca

Web: www.eshore.ca

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

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\$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

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Sample Sizes - more sizes available.

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

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

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

THESE RATES ARE FOR B/W ADS ONLY

FOR FULL COLOUR, ADD 30%

Notice of Passing

Julian Michael Heiden Loeschnik
November 5, 1990 – July 4, 2019



It is with a heavy heart we announce the passing of our beloved Julian.

He will be forever missed by his mother Roxanne, father Michael, step father Jeff Laine, brother Luis, sister Reina, Oma Ina Loeschnik, grandmother Dawn Heiden, grandfather Jamie McColl, great grand mother Shirley Ross, great grand

parents Dale & Jeanette Heiden. Julian is also fondly remembered by his aunty Inger and cousin Ella. He will also be missed by many family and friends.

Julian was a passionate person and enjoyed life to it's fullest. Born and raised in Nelson he enjoyed snowboarding down mountain slopes, diving and swimming in crisp lakes (and staying in for an extraordinary long time) he also enjoyed golf and was a fantastic cook. He cooked professionally but mostly enjoying cooking delicious meals for family and friends.

Julian had a big heart and his family meant everything to him. Julian named his nephew Spruce Lee and was one of his main caregivers while his mother worked.

Julian struggled with substance abuse but wanted to improve his life especially because he was an uncle and role model for his nephew Spruce. Julian went to go to the Maple Ridge Treatment Centre and learned many things about himself and the struggles of others. He made a point to speak at the graduation ceremonies at MRTC and said specific things to each person that often-brought laughter and tears. Julian had a compassionate and understanding heart and saw the good in everyone.

Viewing was available on Thursday July 18 at 3pm at Thompson Funeral Home at 613 Ward Street in Nelson. A service for Julian was held on Friday July 19 at 1pm at Thompson Funeral Home.

Julian will be laid to rest at the Gray Creek cemetery. *There will be a Celebration of Julian's Life on August 31, 2019 at 4pm at the Gray Creek Hall. All are welcome.*

The Fitness Place

Fitness Place Supervised Hours :

NEW: Mon-Sat, 8-10am

No supervised evening hours

for July and August.

Please be sure to visit during supervised hours if you don't have a key card or are just dropping in.

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

Notice of Passing

Irene Isobel Murphy
January 24, 1931 – June 27, 2019



With heavy hearts, we announce the passing of Irene Isobel (Carter) Murphy on June 27, 2019 in Creston, B.C. at the age of 88. Irene was born in Grand Forks, B.C. on 24 January, 1931 to Douglas and Adeline Carter. She spent her early years in Grand Forks and Langley and finished high school in Trail.

After attending Normal School in Victoria, Irene moved to Creston in 1950

for her first teaching position in Wynndel, B.C. Irene met Maury Murphy soon after arriving and they were married April 12, 1952. She lived on their orchard farm in Erickson throughout their 67 years of marriage. Irene worked as a teacher in the Creston Valley for many years and always encouraged her children and grandchildren in their educational pursuits.

Irene enjoyed square dancing, round dancing, and many RV holidays with Maury, travelling all the way across Canada as well as all over B.C., Alberta, Alaska, Yukon, the Western United States, and Mexico. Irene visited Ireland with Maury and her daughters and England and France with her nieces and sister Kathleen. Irene was a caring, selfless individual who loved her family and was always there to support them in any way she could, be it taking the bus to Dawson Creek for the birth of a granddaughter or driving to Regina in a winter storm for the graduation of her grandson. She enjoyed the theatre, music and the arts. Irene was a strong and vibrant woman who lived by the sayings, "if you start something, finish it" and "anything worth doing, is worth doing well". Irene was gracious and accepting of others and is remembered for saying, "If you can't say anything nice, don't say anything at all".

Irene is survived by her husband Maury; son Kevin (Margaret); daughters Sheila (Ray) and Janice (Gordon); grandchildren Jennifer (Matt), David (Jessica), Kevin, Mike (Amanda), Connor, Erin, Kate (Noah), and Clayton (Sandy); and great grandchildren, Hannah, Beau, Carter, Cohen, and Claire. She also leaves behind many beloved nieces and nephews and their children. Irene's sense of humour and dedication to her family and friends will never be forgotten and she will remain in our hearts forever.

Friends and family are invited to a graveside service, officiated by Reverend Paula Ashby on Sunday, August 4, 2019 at 1:00 pm at the Forest Lawn Cemetery, Erickson, B.C. A celebration of life reception will follow from 2:00 pm to 4:00 pm at the Trinity United Church, 128 10th Avenue North. In lieu of flowers, donations may be made to the Creston Lions Club or the Creston & District Historical & Museum Society.

The family would like to thank the staff at the Creston Valley Hospital and the Swan Valley Lodge for all the loving care given to Irene.

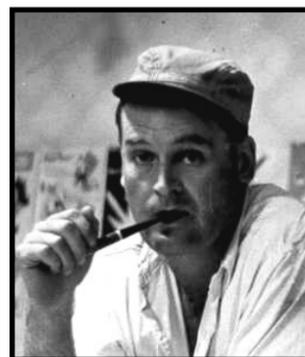
Memorial Wall

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

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

Notice of Passing

John Miller
Feb 12, 1924 - March 30, 2019



It is with heavy hearts that we announce the passing of Mr. John Miller in Red Deer, Alberta on Saturday, March 30, 2019 at the age of 95 years.

John was born on the family farm near Alingly, Saskatchewan on February 12, 1924. He served on

active duty with the Royal Canadian Air Force from November of 1942 until August of 1945. John then went on to marry the love of his life, Henrietta, in 1956. He had a great love for the outdoors and spent many seasons hunting and fishing with his sons, and later on, his grandsons. John will be deeply missed by his beloved wife of sixty-two years, Henrietta; their sons, Robert (Karen), Thomas, Andy (Marnie) and Fred (Rebecca); daughters, Judy and Valerie; six grandchildren, Mike (Vanessa), Ashley, Jennifer, Stephanie, Amy and John; and three great grandchildren, Joe, Ben and Lilly, and their mother, Rhonda. He will also be lovingly remembered by his brother, Roy.

John was predeceased by his parents, six siblings; and a son-in-law, Morris Poor, as well as many friends. A Celebration of John's Life was held at Parkland Funeral Home, Red Deer, Alberta on Wednesday, April 17, 2019 at 1:00 p.m.

From Tom Lymbery; The Miller family lived at La France in the 1930s and John and his younger brothers and sisters attended our Gray Creek School before the La France log school was built. Rolly Trenaman remembers John being suspended for planning to out a mouse in Ivy Walker, the teacher's boots.

Notice of Passing

Joan Braybrook
August 22, 1918-July 6, 2019
A LIFE WELL LIVED



Joan Mary Braybrook of Calgary passed away peacefully on July 6, 2019 at the age of 100 years. She is survived by her daughter Gloria (Calvin) Sutela and grandchildren: Tracy (Ian) Sutela, Cory (Andrea) Sutela, and Nelson, Lucas, Tanya, and

Natasha Braybrook. She was predeceased by her husband Bill, her son Paul (Alana), and grandson Jacob. Joan was born in England on August 22, 1918 and came to Calgary as a baby. She lived in the Ramsey, Inglewood, Bridgeland, and Capitol Hill districts of Calgary. Joan was a dedicated homemaker, excellent seamstress, and active member of her church. She had a keen memory, was devoted to family, and was the key person in maintaining family ties. Joan will be lovingly remembered by many nieces and nephews, and by friends and neighbours, including the residents, staff, and volunteers of Extencicare Hillcrest Continuing Care.

A Celebration of Joan's Life was held on Friday, July 19, 2019 at 2p.m. at Faith Lutheran Church (1903 19 Avenue NW, Calgary). In lieu of flowers, please donate to the charity of your choice.

From Tom Lymbery: Joan and Bill Braybrook spent many summers at Gray Creek Auto Camp

August 2019 Mainstreet 17

SERVICES DIRECTORY/CLASSIFIEDS

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

AUTOMOTIVE/MARINE

EASTSHORE AUTOMOTIVE - Service & Repair 250-227-9370

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

BUSINESS SERVICES

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

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

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

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

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

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

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

LISA SKOREYKO R.AC.- Registered Acupuncturist. 250.777.2855. Unit #9 Crawford Bay Inn. 16210 Hwy 3A, Crawford Bay.

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

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

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

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

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

YARD/LANDSCAPING/SITE PREP

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

*Contact Mainstreet
mainstreet@eshore.ca
Deadline: Aug 28/19*

Transfer Station Hours
CBAY: Sun/Tues/Thurs 9am-3pm
BOSWELL: Weds/Sat 11-3

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

*Contact Mainstreet
mainstreet@eshore.ca
Deadline: Aug 28/19
www.eshore.ca*

CLASSIFIED ADS

BUSINESS ANNOUNCEMENTS

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

BUSINESS SERVICES

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

MISC FOR SALE

Own a part of Gray Creek history - The log dining room from sternwheel ferry days must be moved to your site. No charge for the building but you pay for the moving costs. Includes 2 upstairs bedrooms finished in exotic larch plywood. Dave Lymbery at 250 227 6855

AUTOMOTIVE/MARINE FOR SALE

For sale: 1994 Golden Falcon fithweel, good condition: \$4,599 Call Dave at 250 227 9315

For sale: 1976 16ft Fiberform boat with 115hp evinrude outboard. \$1,399.00 Call 250 227 9315 ask for Dave

For sale: 1992 (picker truck) Ford flat bed truck with crane \$7,799.00. Call 250 227 9315 ask for Dave.

NOTICES/EVENTS/WORKSHOPS

"Cross Country Seeing" Art Studio Tours from the Creston Valley to the East Shore. Watercolor, Pastels, Fabrics, Photography, Quilts, Stained Glass, Papier Mache, Pottery, Batik, Mixed Media. August 3, 4 & 5, 2019, 10-5. Maps@Visitor's Centre or www.crosscountryseeing.weebly.com

YOUR HALL IS AVAILABLE!

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

CRAWFORD BAY HALL

Your community hall

A non-smoking facility



NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

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

BULLETIN BOARD

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

* **BULLETIN BOARD** * **BULLETIN BOARD** *

CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

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

PHYSICIAN COVERAGE FOR AUG 2019

**Note: Call to cancel if you can not make your
appointment. We always have a wait list for
patients needing to get an appointment.**
Aug 6, Tues: Dr. Claire Lobslinger
Aug 7, Weds: Dr. Moulson
Aug 8, Thurs: Dr. Lobslinger
Aug 13, Tues: Dr. Lobslinger
Aug 14, Weds: Dr. Moulson
Aug 15, Thurs: Dr. Lobslinger
Aug 20, Tues: Dr. Piver
Aug 21, Weds: Dr. Moulson
Aug 22, Thurs: NO DOCTOR
Aug 27, Tues: Dr. Piver
Aug 28, Weds: Dr. Moulson
Aug 29, Thurs: NO DOCTOR
Call to make appointments at 227-9006
on doctor days and Thursday morning.
Tues, Weds & Thurs (8:30 to 12:30)
Not a walk-in clinic - appointments to see doctors are required.
**LAB HOURS AT THE CLINIC ARE EVERY
WEDNESDAY FROM 7:30-10:30am.**
No appointments for lab visits, they are on a
numbered, first come, first served system.

HEALTH PHONE NUMBERS

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

Boswell Hall Happenings

- **Board of Directors:** Meetings held on needs basis. Contact is Gary Hill: g.dhill@telus.net
- **Book Club:** Finished until September.
- **Farmers Institute:** Meetings held on needs basis. Contact is Bob Arms: armsrl44@gmail.com
- **Tone and Trim Fitness:** Every Mon/Thurs from 9-10am. Contact is Darlene Knudson: dar-lean@telus.net
- **First Responders:** First Mon of month at 10am. Contact is Rod Stewart: rod.jean@telus.net
- **East Shore Health Society:** Meetings held on needs basis. Contact is Margaret Crossley: margaret.crossley@usask.ca
- **Focus on Health Meetings:** Contact is Margaret Crossley: margaret.crossley@usask.ca
- **Nifty Needlers Quilt Guild:** 3rd Tues of each month - Contact is Marilyn Arms: armsmh46@gmail.com
- **Rural Crime Watch:** Meetings held on needs basis - Contact is Herve Blezy: hblezy@gmail.com
- **Yoga:** Every Thurs from 9:30-11am - Contact is Marilyn Arms: armsmh46@gmail.com
- **Vintners:** Finished until September.

RIONDEL DAYS 2019 SATURDAY & SUNDAY AUGUST 3 & 4 SATURDAY ONLY EVENTS

10am - noon: Stand Still Parade. Games - Draws - Demonstration on Ainsworth Ave.
Prizes - Community Info.
East Shore Emergency Vehicles & Crew
11am: Kids' Bike Parade
Ages 12 & under. Meet in front of Bob's Bar for judging. Free decorations available at Riondel Market from July 29
10am - 2pm: Riondel Community Market
Local vendors - Riondel Community Campground Pavilion
10am - 2pm: The Riondel & Area Museum Association, Riondel Community Library
11am: Glory Hole 8-Ball Pool Tourney, Seniors' Room, Community Centre. Entrance fee \$5
2pm: Children's Cake Walk, Seniors' Room, Community Centre. Cake donations accepted
10-noon in the Seniors' Room
6:45pm: Bingo, Seniors' Room, Community Centre

SATURDAY & SUNDAY EVENTS Baseball Tournament

7:30 - 10am: Pancake Breakfast: pancakes, eggs, ham, coffee & juice, Riondel Curling Club
Beginning at 10am: Register for the Community Art Walk Scavenger, Hunt Circle of Friends Art Shoppe
Prizes awarded Sunday at 2pm.
10am - 2pm: Library Annual Book Sale, Community Centre Gym
Saturday, 11am - 3pm & Sun. 1-3pm
Arts Club Show, Sale & Silent Auction Art Room, Community Centre
Noon - 7pm: Curling Club Beer Garden Concession next to the Ball Diamond & Off the Hook Food Truck

AND ...

-Kehler Family Band - Bob's Bar, Fri., Aug. 2, 7pm
-Riondel Market, extended Sunday hours
-Bob's Bar open extended hours

**Contact Mainstreet
mainstreet@eshore.ca
Deadline: Aug 28/19**

Riondel Seniors Goings On

Ongoing for the Summer:

- **Walk-a-Mile/Strength Training** - M/W/F, 10am (free to members, non-members - \$5 drop in)
- **Whist** - Deferred to 2nd Fri at 7pm. (Entry fee: bring a treat to share & \$3/members, \$4/non-members.)
- **Movie Night with Gerald** (and Popcorn!) - Mon at 7pm ... by donation.
- **Bingo** - Wed at 6:30pm

*All activities take place in the Seniors Room,
Riondel Community Centre.*

On Hiatus Until September:

- Dancercise (ballet/jazz) with Simon
- Sports Night with Buzz (pool, darts, ping pong)
- Bridge
- Yoga
- Games Night (cards, board games, dice, etc)
- Pool
- Knitting Group
- Seniors Executive Meetings
- Potluck Lunches

Membership Fees for 2019: \$50/year & are due now.
Questions? Email Sherrie at <sfulton@sfu.ca>.

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH Everyone welcome.

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

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

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

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

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

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

MEETING PLACES

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

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

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

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

Kootenay Lake Ferry Schedule

Summer: Late June - After Labour Day

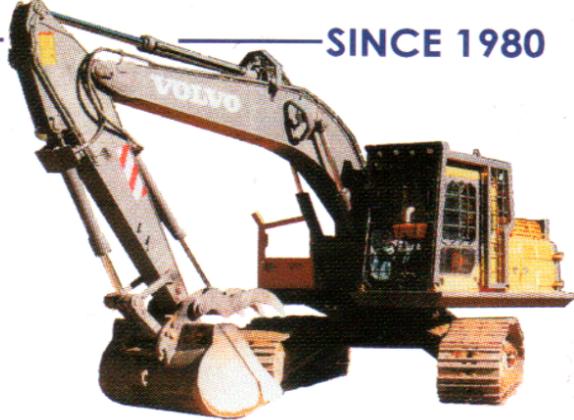
Vessel	Departs Balfour	Departs Koot. Bay
Osprey	6:30 am	7:10 am
Osprey	8:10 am	9:00 am
Osprey	9:50 am	10:40 am
Balfour	10:40 am	11:30 am
Osprey	11:30 am	12:20 pm
Balfour	12:20 pm	1:10 pm
Osprey	1:10 pm	2:00 pm
Balfour	2:00 pm	2:50 pm
Osprey	2:50 pm	3:40 pm
Balfour	3:40 pm	4:30 pm
Osprey	4:30 pm	5:20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

August 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>DUMP DAY, CB</i> <i>BOTTLE DEPOT DAY</i> EVERY SUNDAY: Alcoholics Anonymous, Community Corner, 7:15pm	Fitness Place Supervised Hours, Mon-Sat, 8-10am	<i>DUMP DAY, CB</i> Fitness Place Supervised Hours, Mon-Sat, 8-10am	<i>DUMP DAY, BOSWELL</i> Fitness Place Supervised Hours, Mon-Sat, 8-10am	<i>DUMP DAY, CB</i> 1 <i>BOTTLE DEPOT DAY</i> Fitness Place Supervised Hours, Mon-Sat, 8-10am	2 Fitness Place Supervised Hours, Mon-Sat, 8-10am	<i>DUMP DAY, BOSWELL</i> 3 Fitness Place Supervised Hours, Mon-Sat, 8-10am RIONDEL DAYS
4	5	6	7	8	9	10
RIONDEL DAYS Sunday Soccer, 2pm		Tara Shanti yoga, 9:30am Creston Vet, CB Motel DR. LOBSLINGER	DR. MOULSON	Tara Shanti yoga, 9:30am DR. LOBSLINGER		
11	12	13	14	15 Full Moon	16	17
Sunday Soccer, 2pm		Tara Shanti yoga, 9:30am Lions Meeting 7pm DR. LOBSLINGER	DR. MOULSON	Tara Shanti yoga, 9:30am DR. LOBSLINGER	Carl & Friends, Harrison Memorial, 7pm	
18	19	20	21	22	23	24
Sunday Soccer, 2pm		Tara Shanti yoga, 9:30am DR. PIVER	DR. MOULSON	Tara Shanti yoga, 9:30am NO DOCTOR		
25	26	27	28	29	30	31
Sunday Soccer, 2pm		Tara Shanti yoga, 9:30am Lions Meeting 7pm DR. PIVER	MAINSTREET DEADLINE DR. MOULSON	Tara Shanti yoga, 9:30am NO DOCTOR		Julian Loeschnik Celebration of Life, GC Hall, 4pm

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RESOURCE RECOVERY FACILITIES HOURS OF OPERATION

Crawford Bay Transfer Station
May 1 to Oct 30
9:00 am – 3:00 pm
Sunday, Tuesday & Thursday

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

How to reach us: Toll Free: 1-800-268-7325
Website: www.rdck.ca
Facebook: @rdcentralkootenay



Michael O'Connor
Astrologer & Life Coach

sunstarastrlogy@gmail.com
1.800.836-0648
www.sunstarastrlogy.com

- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL MEMORIAL HALL

Booking/info: Karen Lee at 250.223.8686