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YEAR 28, NUMBER 8

AUGUST 2018



The East Shore Mainstreet

KOOTENAY LAKE BC

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



A peak-high perspective of the beautiful Purcell mountain range - Photo: Bohdan Doval



Action Opportunities

SATURDAY, SEPT 29, 1-4pm, Boswell Memorial Hall

All residents from East Shore/Wyndel are invited.

Join people from all the communities of Area A to hear about action projects underway, present project ideas, find out how to get involved, and consider how we can attract the kind of residents we want to live with us here in paradise!

FREE event, sponsored by EDC, RDCK Area A.

Contact 250.551.6020 or email eslearningplace@gmail.com to make a presentation or to register for the event.

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Mainstreet
Meanderings
by Editor Ingrid Baetzel
Recycling Rules

What can I recycle? Where does our recycling go? What spoils a load of recycling? After a couple of requests from readers, it's time again for a recycling/waste management article to refresh our memories and get clear on some details around waste management in the region.

First of all, much of this information can be found on the RDCK website at www.rdck.bc.ca.

Some common questions around recycling are:

1. Is Styrofoam recyclable yet? The answer is no, not in this region. Styrofoam (polystyrene), as found in some food takeout packaging and other packing materials, is not recyclable here. It's not a bad idea to remind local restaurants and establishments that you'd prefer to not use Styrofoam, and ask them to change their product. It's worked in the past. We as consumers hold the power in what we purchase... ask for better!

2. What plastics are recyclable? Food grade plastics numbered #1-#7 are accepted everywhere, as are plastic bags. Check your product for the number on it to be sure. Additionally, all household materials – newspaper, cardboard, plastics, tin, aluminium and mixed paper – are accepted in the primary recycling bins. Glass is also accepted in a separate bin.

3. Can I recycle my appliances? Fridges, stoves, freezers and the like are all recyclable as scrap metal, yes. They are accepted at any landfill or transfer station for a fee. CFC's are removed and recycled before recycling the appliance in accordance with the Ozone Depleting Substance Regulations.

4. What can I do with my household batteries? Household batteries are not accepted, but they can be recycled elsewhere. Check www.brecycles.ca for locations nearest you. (Locally, household batteries are accepted at various locations around the East Shore, like in local stores, for recycling.)

5. What about fluorescent tubes and bulbs? They are also not accepted at local transfer stations, recycling bins or landfills, but can be recycled by checking brecycles.ca.

6. What about vehicle stuff – oil, batteries, oil filters, etc? Car batteries can be recycled at landfills and transfer stations at no charge, as well as tires (for a fee), but no oil filters or used engine oil (although you can find a location at the brecycles.ca website).

7. Contamination – what's the deal? Contamination occurs when unacceptable material is put in the bins. Any recyclables that are co-mingling with garbage, pet waste, organics, or diapers are contaminated and not recycled. Although the whole bin may not necessarily be contaminated, the program cost, and ultimately the cost to the taxpayer, increases to deal with it. Unwashed recyclables are also considered to be contaminated, so make sure your recycling is clean!

8. What else should I do to prepare my recycling? Wash it! Squash it! Remove labels from metal cans! Paper labels do not need to be removed from glass containers.

9. Finally, what happens to my recyclables? According to the RDCK website, household materials (newspaper, cardboard, plastic containers, tin, aluminium and mixed paper) are compacted in Castlegar and shipped to a Materials Recycling Facility for processing in Kelowna or Spokane, WA. At these facilities, materials are sorted and baled by commodity and then shipped to end markets. Processers use recycled good to make new products.

When asked about where those end markets happen to be, an employee for the trucking company (Alpine Disposal) corroborated the information provided by

Juleah Gabriel, an information officer for the Recycling Council of BC. They said that China was the destination for a good part of the baled paper materials, while much of the plastic and metal is processed in BC, particularly in a plant in Delta, BC (Merlin Plastics). Much of the wood waste is chipped and used for landfill daily and intermediate cover material, glass is crushed and used as road cover at various waste handling facilities throughout the RDCK and scrap metal is also collected or recycled by a private contractor.

There are three active landfills, twelve transfer stations and 26 recycling depots in the RDCK. Use them the way they are designed and continue to see our waste production diminish... How about a goal for all East Shore residents to reduce waste by at least half by the end of the year? Consciousness when purchasing is the first step – carefulness when recycling follows - extreme caution when deciding what to throw into the garbage can is last, but essential. Happy recycling!



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Next Deadline: Aug 29, 2018

LETTERS TO THE EDITOR

CELEBRATING DYLAN

Dear Editor:

We would like to thank each and every person who came to celebrate Dylan's life. The love, support, hugs, flowers and food were very much appreciated. Special thanks to the Bothamley family, Penny and Rob and so many others who helped us on this beautiful day. What a great community! Lots of love,

Andree Paulhus and family.

STARBELLY #1

Dear Mainstreet and East Shore People:

Another Starbelly Jam has wrapped up and in my experience, this was one of the best. I may have said that other years and I'm sure it was true then as well. I have been a volunteer since the first Starbelly; building the stages and tearing them down a few days later. Some of the things that made this one special for me were:

-The great stage building crew that have come back every year; worked in the heat until our brains melted and then returned on Monday to tear down and clean up. There is a lot of heroic volunteering. It always puts a smile on my face to look around; see a community come together and give so much of themselves.

-Three days of listening to great live music has an effect on my brain and my heart. There were no bands that I did not like and some that I loved. I find myself changed, more openhearted and happy after the weekend.

-Meeting so many wonderful people from so many different places and recognizing how great it is for us to come together; to talk about what makes our lives so rich; to see the possibility of coming together to build a better world. Some of my conversations and connections touched me deeply.

-There are so many other things that make Starbelly special for me; dancing until I drop, great food,

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kids flowing everywhere, the parade and of course lots of hugs.

Thanks to all who worked so hard to make this happen. Hope to see you again next year.

Ted Wallace, Riondel Road

STARBELLY #2

Dear Editor:

I just want to say a big heartfelt thank you to all the Starbelly crew and all the people that help to make it once again such an amazing event. The amount of work and dedication that goes into making a festival is phenomenal.

I loved the music and kudos to the artistic directors who gifted us with an array of such dedicated talented and passionate musicians. I enjoyed the food and craft vendors and the variety of cool workshops. And last but not least I truly felt at home and happy to meet with old friends who I do not get the chance to see very much anymore, some who come back every year for the festival.

We all can be proud of our East Shore for hosting such a great party.

Brigitte Picard, Gray Creek

STARBELLY #3

Dear Editor:

Another Starbelly Jam just completed and the joyful resonance of the event continues; images and impressions from the weekend bubble up repeatedly.

Kudos and expressions of appreciation to the many people who volunteer time and skills through the year to plan, organize and manifest this event. Many more volunteers assist over the weekend itself. Plus, what a gift in the amazing roster of local talent that initiated this year's jam on Friday evening with their Duvet (Cover Band) offering.

This was my first full weekend pass. True confession: the sound level and crowd size of previous years have been, for me, often distracting and sometimes challenging. I'd come and go. Sometimes not coming at all. This year was different; it felt mellow, engaging and easy to be with in all ways and for all ages. The variety of musical experiences was delightful and of incredible quality. Many people I chatted with during the weekend who have been regular attendees of previous years also expressed observations similar to my own. Repeatedly I heard statements praising the variety and quality of the musical events.

So thank you to all who worked together to bring this about, and particular thanks to the Starbelly Jam committee who give so much time and effort throughout the year to bring this about for the enjoyment of the community.

Alanda Greene, Kootenay Bay

THANK YOU

Dear Editor:

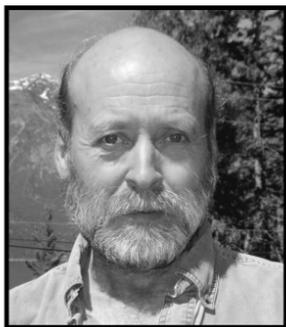
How does one say thank you to so many caring friends? I am very glad that friends don't have a price because I could never afford all the friends that showed up at the Trail and Nelson Hospitals to wish me well.

It was a long 7+ weeks but it was also the place to be, the staff were wonderful and we had some fun moments, now I am home and each day sees a little improvement.

So to each of you, my friends, I want to say a big thank you.

Issy Snelgrove, Crawford Bay

Next Deadline: Aug 29/18



RDCK Area "A" Update

by Garry Jackman,
Regional Director
- Area "A"

FOREST FIRE MITIGATION: The spread of a forest fire is a potentially devastating process. Fire starts in our heavily wooded forests and continues to burn, shifting in direction and intensity, until it either runs its course or it is stopped or blocked by a more persuasive intervention than the forces of nature. Creating that persuasive or effective intervention is not a simple task, as discussed below. In recent years there have been programs to reduce the potential for fire to start and reduce the severity of fire when it does occur. Much of this work entails the identification of "fuel loading", which is impacted by the type, age and health of the forest (trees plus shrubs) including the amount of ground fuel loading. The reduction of this fuel loading, whether through removing forest floor fuel, thinning smaller trees to increase spacing between tree stems or more extensive thinning is key to the mitigation process which includes:

- **Starting in your back yard**

-Understand how your home and property can be impacted by wildfire whether it is a few kilometers away or much closer. The RDCK webpage listed below contains documents which you can download to learn more.

-Evaluate the highest risk on your property and what the most economical steps are to address them. The RDCK has a program to help you with a Firesmart Assessment which has been funded by local and pro-

vincial sources so there is no additional cost to you. Go to the RDCK website for details. From the home page go to the 'services' tab along the top then to the 'emergency management' tab on the left side of the page, then click on 'firesmart' which is also on the left. Or pick up the phone and call 250-352-1539 to be put in touch with staff. Ron Piva from Wynndel is one of nine RDCK Wildfire Mitigation Specialists who support residents of the RDCK in efforts to mitigate risk to homes and communities from Wildfire. E-mail contact is through firesmart@rdck.bc.ca

-Work on your own yard to reduce risk or get in touch with local contractors who may be able to help you out.

-Working within neighbourhoods or around small communities

-Identify localized high risk areas with potential impacts to humans (whether it is us in our homes or critical infrastructure such as water systems or power lines) in relation to high fuel loading. The provincial government has initiated several small crown land fuel reduction projects around the province, including within Area A of the RDCK, to deal with some high risks around populated areas.

-Become a Firesmart Community. The above noted website has an information section on how to get started, including asking for a community briefing by staff on the process. Contact the Wildfire Mitigation Supervisor Nora Hannon to schedule a presentation at (250) 352-8177 or nhannon@rdck.bc.ca

- **At the "landscape" level**

-Recognizing that the small crown land fuel reduction projects were not going to address the severe risks posed by major fire events, the province shifted some of its focus to creating larger fuel breaks, ideally following existing features with lower fuel loading such as utility right of ways, recently harvested cut blocks, deciduous forests and highways.

-The health, composition and age of the forest must

be considered. Areas with trees which are already under stress, such as from fir beetle infestation, are a natural starting point to work from since they can be higher risk ignition zones. Some such areas have been identified by the province along the east shore and they have approached Kalesnikoff Lumber to look for ways to curtail the spread of beetles, predominately through the use of bait trees and small patch cutting.

-Planning for landscape level fuel mitigation is underway for Area A with the support of Cathro Consulting. Community meetings are being scheduled for August in Boswell and Crawford Bay to discuss options for some of the higher risk areas. More meetings will be held in future months. Representatives from Kalesnikoff as well as an RDCK Wildfire Mitigation Specialist will join the meetings to provide updates on their work along the east shore.

The key issue is that fire "fighting" is more costly than fire prevention or measures to mitigate the spread of fire. Most of the provincial funding still goes to the reactive process of putting out fires after they start along with managing the social and economic impacts ranging from immediate human needs to property and economic losses which must be addressed when restoring communities after an event. Over the past few years I have heard estimates that a dollar spent proactively has 7 to 10 times the benefit of a dollar spent reacting to disasters. It simply makes sense to look at pro-active measures.

Where to start landscape level work will no doubt create some controversy. I do not know what this type of fuel treatment will look like, but no doubt it will be more noticeable than the small ground fuel reduction projects performed along the east shore so far. I will be learning as much as you from some of the discussions at the meetings. Please look for meeting dates in this month's publication of *Mainstreet*.

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



Hidden Taxes

by David George
Music hath charms...

Well, Lea and I could have gone out last Friday and as locals, been admitted free for the day to the 19th Starbelly Jam. Several people we know did just that, and said they were pleased with the music. Of course, one long set was Led Zeppelin covers, which to us in the older generations might have been a bit much, although "Stairway to Heaven" is a great song.

When I was growing up back east, we did not get television where I lived until I was 12, in 1954. What we had was radio, and until the advent of rock and roll, that meant music to dance to with big bands such as Glenn Miller's. Many of those radio shows were live, although a radio DJ named Martin Block had a show called Make Believe Ballroom from 1935 to 1954.

Martin Block (1903-1967) managed to get a job with New York radio station WNEW (1130 on the AM dial) in 1934 at the reasonable salary for that depression year of \$20 a week. The next year, the station managed to get exclusive coverage of the Lindbergh kidnapping case, live from a courthouse. Because there were significant gaps to fill between reports, Block talked the management into letting him play records during the gaps. This was pretty unusual, as most radio stations preferred to broadcast live music.

Martin Block became probably the first disc jockey, a term invented by Walter Winchell. He had to buy the records himself at first, but the show, which he named Make Believe Ballroom, prospered, and people went out and bought products from its sponsors.

By 1940, the show was nationally syndicated. In that year, there was a live half hour with some well-

known musicians old-timers will recognise: both Dorsey Brothers, Count Basie, Harry James, and Gene Krupa, who improvised together. By the end of WWII, in 1945, Block's salary had increased to \$22,000 a week! I remember hearing the ballroom's theme, as recorded by the Glenn Miller band and the Modernaires. It's Make Believe Ballroom time, put all your cares away...That theme is available on YouTube, at [youtube.com/watch?v=goHoDFh-on0](https://www.youtube.com/watch?v=goHoDFh-on0) if I have typed it right. Otherwise look it up on Google.

After Martin Block left the show in 1954, it did continue through the 1980s with other hosts. The legacy of that show has even been preserved by an audio engineer named William Savory (1916-2004), who made around 1,000 sixteen-inch transcription discs of many artists and many of Block's shows. After his death, his son eventually sold all those recordings to the Jazz Museum in Harlem. They in turn have made many of them available for release on CDs. Have a look at their website: www.jazzmuseuminharlem.org/

Right now, there is available a 6-CD box set of 108 recordings from the Savory Collection. It has been released by Mosaic Records for U\$99. www.mosaicrecords.com/ This company has all sorts of other recordings to tempt the older listener or just plain jazz fan.

This column has managed to get a long way away from Starbelly, and even from taxes in general, so I will close with a reminder that your tax dollars are being spent well by the CBC, in its music website, where you will find more than 20 live streams of music: classical, jazz, blues, pop, etc. www.cbcmusic.ca/

You can also listen to CBC Radio 1 and 2 in five Canadian time zones, free on your computer or Android or iOS device. Yes, your taxes at work.

Next Deadline: Aug 29/18

Looking for a Recreation Grant?

by Doreen Zaiss

Are you part of a group or organization providing some form of recreation in our community? Does your group need funding in order to improve the quality or quantity of the service you provide? A Rec 9 grant, through the RDCK, may be able to help.

A new round of funding is being offered in September. Applications can be acquired through the RDCK website: <http://www.rdck.ca/EN/main/administration/grants/area-a-recreation-no.-9-grants.html>

Grants can cover capital costs such as recreational equipment, advertising, transportation, and other expenses.

More information and deadline dates will be announced in the September issue of *The Mainstreet*. Watch for posters later in August. If you have questions you may call me at 250.227.9526. Leave a message please.

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AUGUST Horoscope

by Michael O'Connor

Tip of the Month: Eclipse season continues with one last big bang as a Solar Eclipse on August 11 at 18 Leo 42. It does so with Mercury, Mars, Saturn, Chiron, Uranus, Neptune, and Pluto still retrograde. The influences these produce are complex and subtle, yet real and measurable. The 'cosmic chemistry' must be ascertained on an individual basis to decipher the details of destiny, but the sign entries below provide a closer general perspective.

Aries (Mar 21- Apr 19)

Amidst a strong yearning to play and connect with friends and lovers, business is also demanding your attention. With a strategy & a good attitude, you can have both. Attending to duty first may be a drag, but necessary.

Taurus (Apr 20-May 20)

Changes close to home will be triggered this month. These will carry the tone of grit under pressure. Expect to give more than you may like. Ideally, you can wedge in a spirited getaway. If you do, bring your study material.

Gemini (May 21-Jun 20)

A big boost of creativity is destined this month. Your thought processes will be sharper and clearer. Social interactions will hold extra appeal. These will activate your ambitions too, but acting on them will be delayed.

Cancer (Jun 21 - Jul 22)

Big returns and rewards are coming your way. These will include the afterglow of last month's activities. Yet, there are other layers indicated and these will

come as rewards and returns for past efforts.

Leo (Jul 23 - Aug 22)

A big activation of new modes of expression will occur mid-month. Your energy levels will steadily return and with added force. Yet, you will still have to make the extra effort. New momentums initiated will build momentum for months!

Virgo (Aug 23 - Sep 22)

A busy time behind the scenes can prove fruitful starting this month. In the early stages, it is more about family and friends. Then you will take a turn to be extra busy. The pace may seem slow, but it will be sure.

Libra (Sep 23 - Oct 22)

Talk about being pulled in multiple directions.... Career, friends, home, and family will all put big demands on you. To prevent overwhelm, focus to manage your time more than usual. Be busy with a smile and impress your many admirers.

Scorpio (Oct 23 - Nov 21)

Changes in your public and professional spheres are destined. Some of these could shake your confidence levels. You will be challenged to learn and unlearn. Work to see your situation from new angles to see the silver lining.

Sagittarius (Nov 22 - Dec 21)

Despite thunderstorms and churning seas these past weeks, glimmers of gold will appear later this month. You may well need them to find your way again. New paths and ways will be revealed and friends will help.

Capricorn (Dec 22 - Jan 19)

A big new shift on relationship fronts continues to unfurl. Deciphering their deeper purpose and implications may be a challenge. Expect changes in your attitudes and priorities. Keep an open mind and dig deep for answers as necessary.

Aquarius (Jan 20 - Feb 18)

Big changes in your lifestyle rhythm were activated this month. Now, it is your relationships that will get a jolt. Yet, you will see things clearly and understand... you have work to do. Positively, they will have an expansive effect.

Pisces (Feb 19 - Mar 20)

Last month's creative boost will evolve into a period of refinement. This will include engaging with others. Be sure to give more than you expect to receive lest your rapport falter. Be patient regarding returns and they will come in bigger later.

Next Deadline: Aug 29/18

Use Of Drones Strictly Prohibited Near Wildfires

Ministry of Forests, Lands, Natural Resource Operations and Rural Development BC Wildfire Service

INFORMATION BULLETIN

CASTLEGAR - BC Wildfire Service staff were forced to temporarily halt air operations on the Wilson Creek wildfire on Sunday, July 22, 2018, due to people operating unmanned aerial vehicles (UAVs, or "drones") above the fire.

A helicopter that was supporting ground crews was grounded. Additional firefighting aircraft working on other fires in the area had to be diverted from their flight paths to avoid the airspace around Little Wilson Lake area, which is about 19 kilometres east of Nakusp.

The airspace around Little Wilson Lake is once again clear for firefighting aircraft to operate. The RCMP is working with the BC Wildfire Service to investigate this incident.

The use of drones near a wildfire is illegal. The restricted airspace includes a radius of five nautical miles around the fire, and to an altitude of 3,000 feet above ground level.

The presence of drones near an active wildfire can slow down, or completely shut down, aerial firefighting efforts, due to safety concerns. If a drone collides with firefighting aircraft, the consequences could be deadly.

Under federal regulations, anyone caught operating a drone within an active wildfire could be fined \$25,000, or jailed for up to 18 months.

The use of UAVs or drones near or on a wildfire is also considered to be "interference," as defined in Section 56 of the provincial Wildfire Act. Operators are subject to a violation ticket fine of \$1,150. If convicted, the operator could be fined up to \$100,000 and/or face imprisonment of over a year.

The Southeast Fire Centre extends from the U.S. border in the south to Mica Dam in the north, and from the Okanagan Highlands and Monashee Mountains in the west to the B.C.-Alberta border in the east.

Report a wildfire, unattended campfire or open burning violation by calling 1 800 663-5555 toll-free, or *5555 on a cellphone. For the latest information on current wildfire activity, burning restrictions, road closures and air quality advisories, go to: <http://www.bcwildfire.ca>

Campfires Prohibited Throughout Southeast

press release

CASTLEGAR - Effective at noon Pacific time on Thursday, July 26, 2018, campfires are prohibited throughout the Southeast Fire Centre, to help prevent human-caused wildfires and protect public safety. This campfire ban will remain in place until the public is otherwise notified.

The Southeast Fire Centre is currently experiencing hot and dry conditions. The fire danger rating is "moderate" in some areas, with larger areas rated "high" and "extreme". Forest fuels are drying out quickly, and hot weather and dry lightning are in the forecast. It is crucial to reduce the risk of human-caused wildfires, so the BC Wildfire Service can deal with any naturally occurring fires that start in the region.

This prohibition applies to all public and private land unless specified otherwise - for example, in a local government bylaw. Please check with local government authorities for any other restrictions before lighting any fire.

The following activities are also prohibited:

- * the use of outdoor stoves and portable campfire apparatuses that are not CSA-approved or ULC-approved

- * the use of chimneas, air curtain burners, sky lanterns, fireworks, firecrackers, burn barrels or burn cages of any size or description

- * the use of tiki torches and similar kinds of torches

* the use of binary exploding targets (e.g. for rifle target practice)

These prohibitions do not apply to CSA-rated or ULC-rated cooking stoves that use gas, propane or briquettes, or to a portable campfire apparatus that uses briquettes, liquid or gaseous fuel, so long as the height of the flame is less than 15 centimetres.

Prohibitions on larger Category 2 and Category 3 open fires remain in effect throughout the Southeast Fire Centre.

To learn about the differences between campfires, Category 2 open fires and Category 3 open fires, visit: www.gov.bc.ca/wildfirebans

Review the open fire regulations poster at: www.gov.bc.ca/openfireregs

Anyone found in contravention of an open burning prohibition may be issued a ticket for \$1,150, required to pay an administrative penalty of \$10,000 or, if convicted in court, fined up to \$100,000 and/or sentenced to one year in jail. If the contravention causes or contributes to a wildfire, the person responsible may be ordered to pay all firefighting and associated costs.

A map of the area affected by these prohibitions is available online at: <http://ow.ly/qjql30l6drO>

The Southeast Fire Centre extends from the U.S. border in the south to Mica Dam in the north, and from the Okanagan Highlands and Monashee Mountains in the west to the B.C.-Alberta border in the east.

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Hacker's Desk
by Gef Tremblay

5 Rules of Design

Visual design is more about function than form. It has to be useful first, then we make it pretty. I often juxtapose it to art, where art is generally concerned about form before function.

"Do not make something unless it is both necessary and useful; but if it is both, do not hesitate to make it beautiful" (1)

Design's primary function is communication. Your creation has to guide the viewer toward an action, to remember important facts or to be surprised or amused. To fulfil that function, there are some basics rules to get you started. What I propose here is not the typical rules of design, but a simplified, more actionable list of concepts.

1. Space

It all starts with space. You have a piece of paper, or the size of a screen, or the spacing for an ad and this is your allotted space. Your negative space is the space where there is no content. That space is as important to shape as the space where there is content.

Create a good margin all around your content. Now make it wider. Don't put any content in that margin. Create space around your images, keep it consistent. You don't want text to touch your images.

Divide the sections of your content with some more space. Think of all that space as the icing on a cake. It holds the content together, but also gives it a flavour. Narrow margins around your content will give the feeling of tension and an overwhelming amount of

content, while strongly uneven margin create a feeling of disproportion.

2. Alignment

Every element on your page should align to another element. This is where the margin all around your page is useful, you can align image and text to this margin.

When you add a new element in your page, make sure it's aligned to something else. This is why having center aligned text is problematic as it's not aligned to anything. Try to avoid centre aligned text.

Align your image to your text, your text to your margin, your margin to your page. Once everything is aligned, you can decide if one of the elements can be taken out of alignment. This will create contrast and bring focus to this particular element.

3. Typography

Keep your design to one font. You can add a secondary font to complement, but it's generally not needed. With that one font you can use bold and italic, all caps and 1 accent of color when you need variation.

Use one or two sizes of that font. Less variation in your typography makes your design a lot more readable.

Creativity doesn't come from a lot of different fonts, but from the rhythm and the use of space. Your typography is your voice, using different fonts in your composition is like using multiple voices to deliver one message, it will confuse the viewer.

4. Contrast

Keep high contrast in your design. If you put text on top of an image, make sure the colour or brightness has a lot of contrast. Squint while looking at your design and notice the first elements that become unreadable. Contrast your titles with the body of your text. Contrast the placement of images with your text.

Use contrast from the background to the foreground colour. If you are using a white page, use a dark shade of grey or blue to contrast.

Use complementary colours of the same brightness for a full contrast. Use more space around important information on your design to create a contrast with less important information.

5. Rhythm

Design is all about rhythm. From the number of letters per line, to the font size compared to the line height, to the position of images compared to the text, your are creating musicality through your choices of design.

Create a hierarchy of your elements. From your most important information you want to convey to the least important. Then create emphasis with contrast, spacing, typography or alignment for that element.

We often want to put a title as the biggest element on the page. But is this title relevant to the message? What do you want the viewer to leave with? If you want them to remember a date, or take note of a phone number or an email, make sure that this is the most readable element of your composition.

6. Break the Rules

Now that you know the basic rules, apply them and then break the rules. Do it purposefully, not because you don't know better. When you break the rules, when you bring an element out of alignment it will bring the focus to this element. Use that dissonance astutely. When you break the rules be assertive about it. Don't put an element a little bit out of alignment, make sure it's visibly out of alignment.

I hope these rules will help you in your next design! Visual design is about communication but it's also about creating a nicer reality all around us.

(1) Proverb from the Shakers, taken from Frank Chimero's book The Shape of Design.

**GET ON BOARD
CHOOSE QUEENS
BAY**

- ** Safety ** Environment ****
- ** Cost Effectiveness ****
- ** Increased Sailings ****
- ** Reduced Travel Times ****

by Ivy Jeffery

Twenty-two thousand people to date have signed the petition to have the Kootenay Lake Ferry moved to Queens Bay, with over 1000 people in this riding. Over 500 visitors have also signed. A further 625 have signed on the change.org site (The Kootenay Lake ferry terminal currently located at Balfour must move to Queens Bay.) It is amazing that once the FACTS are told, and people understand then people are very much in favour of moving the ferry to Queens Bay site.

The FACTS ARE:

- Total of 350,000 - 450,000 travellers per year. (Kootenay Lake Capacity Study)
- 38,000 vehicles in August alone (2015)
- During the summer months ferry demand can more than triple, resulting in significant volume pressure on the ferry route. Currently average summer traffic demands result in a 10% of all travellers experiencing at least a one sailing wait. This increases on long week end when up to 31% of travellers experience waits. These waits amount to 11,700 hours of traveller delay annually. (Kootenay Lake Vehicle Capacity Study 2.5)
- The Balfour can take a total of 140 vehicles in its 5 crossings. Total of 280, both directions.
- The Osprey can take a total of 800 in its 10

crossings. Total of 1600 for both directions. GRAND Total 1880 vehicles per day.

- If the Osprey alone was at Queen's Bay there would be 6 more crossings per day meaning 1280 vehicles would be able to cross one way with a GRAND TOTAL of 2560 vehicles travelling across the lake in one day.

An increase of 680 vehicles per day, as well as hourly crossings. This would mean little chance for ferry wait

FACT:

- Queens Bay route is shorter
- Queens Bay route would not have to navigate the channel
- Queens Bay route is more environmentally friendly as there is less fuel consumed per crossing
- Queens Bay is less costly than revamping the Balfour site and adding an extra ferry

FACT:

- The MOTI was asked a number of times to have a presentation on the Eastshore to educate and have input from those affected and was repeatedly refused. And yet 21% of people on the Eastshore responded and gave input.

FACT:

Many people are now very concerned that our voice will not be heard and are writing letters to the Ministry of Transportation and Infrastructure, Michell Mungall and the Marine Branch.

Every other inland Ferry route has been designed to be the shortest possible route between the two points. (Inland Ferries- Provincial government). Just because we "chose" to live on the East Shore should not mean we are not listened to. When the Ministry offered suggestions of improving the ferry we were not given a voice.

The time is now to write letters, sign the petition and be heard!



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.

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DIY Fooding

by Elisa Rose

Lacto-fermented Vegetables

Lacto-fermenting your summer harvest is very easy and delicious. Admittedly, there are a few important steps involved, and various ways to execute them, and it does take time before they are eatable, but once you get the hang of it, it is a delicious way to use your summer harvest. I've been using radishes, cauliflower and baby turnips, and now that there are fresh local carrots available, I am starting a jar of those as well. The turnips, for some reason went quite mushy, but, I still eat them. The texture is not ideal, but it still tasted fine on top of a cheese smokie.

I will now try my best to explain the method I use as simply as possible.

Boil at least a liter of water, whether it's chlorinated or straight from the lake or a creek, to get rid of any impurities. Pour the liter of water over coarse kosher salt, and stir it until the salt dissolves. When the water cools, put aside and go to the next step.

Use a clean quart or pint mason jar with shoulders, not straight sides.

Crush one garlic clove and place it at the bottom of the jar. Cut the vegetables into bite sized pieces. I cut cauliflower into small chunks, radishes sliced, and carrots into sticks approximately the length of the height of the jar if it's a pint, or half the height if it's a quart jar, and stack them into two layers. These are not rules, however, just guidelines. For example, radishes could also be cut in half, and carrots sliced like coins, as you prefer. Fill the vegetables just up to the shoulder of the jar, no higher.

Pour the cooled salt water over the veggies. An outer cabbage leaf, if available, is the ideal thing to tuck over the veggies and under the shoulder of the jar, as it is flexible enough to do the trick. If you don't have a cabbage leaf, cut a plastic container lid to fit inside the jar, and wide enough that the veggies won't float past it. Put a rock on top of it to weight it down, making sure it is scrubbed clean first. The salt water should be a half inch above any veg, leaving a half inch to an inch of space at the top.

Place a snap lid on top of the jar and a ring loosely placed on it, not screwed down; it just needs to gently hold the lid in place. Bubbles of carbon dioxide will appear after a few days and will raise the liquid levels, so you may want to put the jar on a small saucer to catch any possible spills.

Place the jar in a cupboard and check on it in a few days. You can poke it with a chopstick down the edges or tap it gently a few times to release the bubbles. After 5 days to a week it should be ready to taste and put into the fridge. You may discover that the cabbage leaf or some veg has risen to the top of the liquid and gone moldy. I've seen it go pink and I've seen grey fuzzy mold on top, and I just gently pick it off, scooping with a spoon anything else that looks suspect floating there.

The vegetables continue to ferment after going into the fridge, only at a much slower rate. They should taste a bit tangy, and definitely salty. If they taste really bad, just throw them out and try again! I made some fermented cauliflower once that just did not taste good, for whatever reason, and after a month of chances, I threw them out. And when I made broccoli once, I threw it all out and never made it again because it was horrible!

Lacto-fermented veggies can be eaten on their own as a crispy salty snack, or chopped up and put on burgers, hotdogs or into a potato salad. Yum!

Digging Deep Reveals Well of Water

Submitted by Yasodhara Ashram Society

In 1964 Swami Radha recognized the site for the Temple from her childhood dreams, located on a rocky outcrop overlooking Kootenay Lake. What lay below she did not know. Recently during the construction of the new Temple, drillers for the geothermal - Wild West Drilling from Creston - struck water, doubling our current water capacity. The well was discovered at an important juncture - the increasing need for more water to fight wildfires and to support our growing irrigation needs.



On Friday, July 20, the completion of the irrigation for the Temple grounds was celebrated in satsang. Swami Lalitananda shared the story of the ancient Saraswati river that dried up 4,000 years ago. "Saraswati, the patron deity of the lineage of teachings at the Ashram, is symbolic for art, music and wisdom. As many artists know they have to dig a deep for the well of inspiration." For many of us at the Ashram the discovery of the aquifer is symbolic of a treasure hidden below, discovered by digging deeply. Now it is free to help nourish the land and protect it from fire. The Temple has given us a valuable gift and one that began more than 50 years ago with Swami Radha's vision.

Contact Mainstreet

250.505.7697

Deadline: Aug 29/18

RDCK Seeking Public Input on Agriculture in the Creston Valley

View on the RDCK website: <http://www.rdck.ca/EN/meta/news/news-archives/2018-news-archive/rdck-seeking-public-input-on-agriculture-in-the-creston-valley.html>

Nelson, BC: The Regional District of Central Kootenay (RDCK) is asking residents of the Creston Valley for input on changes to farmland regulations. An online survey is being used to gather feedback from residents about possible changes to agricultural land uses. Participants will be eligible to enter a draw to win a \$100 gift certificate for a local farm and garden business. This initiative is part of an Agricultural Bylaw Review that will help enable farmers to diversify their incomes, while also protecting farmland.

"The RDCK wishes to engage residents in farming areas and ensure that options considered by the Board

Actions that Build Community

by Nicole Plouffe

The Temple of Light opening is now a wonderful memory that will endure as a symbol of hope for years to come. With that symbol of hope, Yasodhara Ashram continues to build on our foundational relationship with the East Shore.

As pressures on community-based organizations increase, the idea of cross-organizational partnerships holds much promise. Through partnerships we can contribute our part and also reap the benefits of others' efforts. It is a way to accelerate learning and distribute skills and knowledge. The Ashram can add depth and breadth while furthering our commitment to the community.

As well as our involvement on various boards and organizations (Ambulance, Community Connections, Chamber of Commerce, Riondel Volunteer Fire Department, Friends of Kootenay Lake, Crawford Bay School) this year, for the first time, the Ashram is collaborating with Guiding Hands Recreation's Tipi Camp to offer a Yoga and Nature workshop, which combines both organizations' resources, strengths and skills. For the second year, the Ashram worked with Starbelly Jam Music Society by contributing a meditation workshop to their lineup of diverse workshops.

As we move forward the Ashram will continue to participate in opportunities to strengthen our sense of interdependence on the East Shore. By learning together, we build hope for a healthy future in this, our most beautiful land.

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are responsive to community needs and interests," said Karen Hamling, RDCK Board Chair. "We encourage all Creston Valley residents to take this opportunity to let us know their thoughts about how to support farmers and farmland."

Community input will help inform changes to zoning regulations in Electoral Areas A, B and C. Depending on the level of interest, a community workshop may be held to evaluate the feedback and prioritize alternatives. The RDCK Board will review the community feedback, data from the Agricultural Land Use Inventory, recommendations from the Agricultural Area Plan and best practices when considering bylaw amendments this fall.

To complete the survey, please visit <https://www.surveymonkey.com/r/ZZHZ3SJ>. Paper copies of the survey are available at the Creston Building Inspection office or by calling 250-352-6665 or toll free at 1-800-268-7325. The survey will close on August 10th, 2018.

To learn more about the Agriculture Bylaw Review project, please visit <http://www.rdck.ca/EN/main/services/community-planning/agricultural-bylaw-review.html>.

Tom's Corner

by Tom Lymbery
Chicken Fried Steak



In 1951 I was mobile, having bought a used 1947 Morris Eight sedan. I took a couple of days off and drove to Spokane where I found Chicken Fried Steak on every menu. This is never seen in Canada so it was entirely new to me. It's a fairly cheap flank steak, hammered hard to tenderize it, and then fried in batter. This was the first long trip I took in that 1947 Morris Eight and it performed well, except for one flat tire. English cars were all the thing in those years. Since Britain had gone bankrupt financing the Second World War, they set about to earn dollars by shipping their cars to Canada. British-made Austin, Standard, and Morris cars became familiar sights on our roads. Cars were badly needed then as no new cars had been made during the war after 1940.



First-time car owner Tom Lymbery proudly poses with his 1947 Morris 8 at the old Gray Creek Store in 1951. In the background is the Cemetery Trail. Photo: Tom Lymbery, GCHS accn. 2014.010

My car had no heater, water pump, oil filter or sun visor, - in fact, it was exactly the same as the pre-war models. However, it had a six-inch long turn indicator with a light which popped up between the doors when activated. And it had an excellent manual four speed synchromesh gearbox - very necessary with such a small engine of about 30 HP - and it could get about 40 miles to the Imperial gallon. I hardly ever drove it in the snow, but everyone found these imports actually had better traction than heavier and bigger cars. It was very economical on gasoline, so many car owners were trying to outdo each other. When one lady said she couldn't get such good gas mileage results as other people, she was told to do what they were doing - lie about it.

Previously I had only crossed the US border riding in Greyhound buses, so when Customs asked me where I was going, I replied, "Spokane, maybe." That got me a stern rebuke. "No 'maybe' about it, where are you going?" Once I only said Spokane, I was allowed across the border.

In Spokane I found a \$2 room at the Parsons Hotel which had good showers down the hall. After a movie and a couple of draft beers (after proving I was 23), when I got back to the hotel I found the police were there. The front desk had just been held up at gunpoint. The cops were asking questions trying to find the size and shape of the suspect. Big town excitement for me!

Many years later Sharon and Dave and I were driving through Texas, heading for Nacogdoches to visit Mark Lymbery, who I had found out about in *Chainsaw Age Magazine*. Mark had been featured in an article in the magazine, and since "Lymbery" is an uncommon name, we expected to find a connection.

At supertime we stopped in Dallas, and went to a restaurant for a meal. Sharon and Dave ordered steak which arrived pan-fried, and almost impossible to cut even with a steak knife, and no easier to chew. I had ordered chicken-fried and my steak was tender. Dave had to have a piece of mine to establish that it actually was steak, as he didn't believe that I had no problem eating it..

Look for chicken-fried in Canada - and let me know if you ever find it. Since it is the National Dish of Texas, someone from that state must have persuaded Ramones Restaurant in Barre de Navidad, Mexico to put it on his menu, so I quite often order that. Señor Froys (a photo of his bar is featured in the March *Mainstreet*) even has poutine listed, as 90% of his customers are Canadians.

Even though Elwin had never heard of it, surprisingly I found that his partner, Fran Schultz had cooked and served chicken fried steak in her restaurant in Tofield Alberta.

Gray Creek Pass Report

by Tom Lymbery

The pass opened early this year (June 22) in spite of last winter's heavy snow load but the earliest ever record remains at June 14. We are seeing a much greater number of motorcyclists this year.

BC EPIC 1000 CYCLE RACE saw most of the 67 entrants completing the most challenging long distance route in Canada. Most started from Merritt BC heading for Fernie 1030 kilometres away, but some went west instead of east arriving in Merritt some days later. If you pull up Trackleaders.com you can find other long distance cycle events in the US but Epic 100 appears to be the only one in Canada.

South Slocan Tunnel

by Tom Lymbery



This is the new tunnel under Highway 3A at South Slocan where there used to be a bridge over the former CPR rail line to Slocan City which is now part of the Trans Canada Trail. The sign requests that cyclists dismount and push their bikes through the tunnel. All of the walls of this tunnel have been painted by Peter Vogelaar and many volunteers from the Slocan Valley Heritage Trail Society and include bears, fish, elk and much more. Peter is an artist who has won many prizes for sand sculptures as well as those made of ice. Photos: Tom Lymbery

Tom Sez

by Tom Lymbery

Many thanks to Nicole Schreiber for giving out maple seedlings at the park on July 1. And thanks to all those who helped with games and everything from burgers to music to fireworks - we are so fortunate to have great people who make this a day to remember.

We did post a Gray Creek Sign at the Signpost Forest in Watson Lake even if the actual sign didn't appear in the July *Mainstreet* photo. **ED: Sorry, Tom - got over-eager in the cropping, trying to make sure that your handsome mug was visible...**

The Gray Creek Sailing Regatta will be on the Labour Day weekend at the Lakeview in Gray Creek, where the south wind grows at 10 am daily.

Watch out for those throwing cigarettes out of cars - phone *5555 on your cell - get the vehicle license number and hope that inconsiderate person gets jail time.

Isn't there a Grope and Mail news source, now that someone has raked up a *Valley Advance* 18-year-old story about Justin Trudeau?

Time to think about Stanfields for the coming winter while our stock is complete.

Both Part I and Part II of *Tom's Gray Creek* have finally turned up at Packrat Annie's used books in Nelson where people have been asking for them for some time.

Wooden artistic blocks priced from \$175 to \$350 made by Joern Wingender of Procter are featured at the Rail Station in Nelson. Joern did much of the insulating and finishing work when the Station was reconstructed to become the Chamber of Commerce Information booth as well as offices and a coffee shop.

The two-day East Shore soccer tournament is scheduled for the August 25 and 26 weekend. This is exciting with six or more teams from Rossland, Cranbrook, Creston, Nelson, Slocan and our own Eastshore United competing. Watch for posters confirming this year's entrants.

Pine Profiles Inc is a new Creston value added manufacturer producing one-inch boards for interior or exterior finishing.

Sandon's Music Festival featured a stage that could be handy for Starbelly Jam - a B train flat deck.

Inter Pipeline Ltd. of Stathcona, Alberta is building Canada's first propane-to plastics petrochemical plant. This will convert propane into 'polymer grade' plastic pellets. The pellets are used to build everyday consumer plastic products such as toys and bottles.

If you saw 100s of bikes going every direction on July 14 these were part of Trans BC 6-day Enduro organized by the BC Single Track Society helped by locals Sandy Oates, Klaus Plaumann and Farley Cursons. They are exploring steep, technical mountain bike trails - please look at www.transbcenduro.com and you will see riders carrying bikes above their heads to attain seemingly impossible rides.

Googling 23andMetoo.com led me to a website that explains how many people are finding their DNA can help them in many ways, especially finding out about genes they have inherited - leading to lifestyle changes to avoid medical problems. As well your DNA can let you find out much about your ancestry.

FOLK, COUNTRY, BLUES AND ROCK TO GOSPEL

a Concert at Harrison Memorial
by Deberah Shears

Horizon Ridge, from Calgary, AB, are performing at Harrison Memorial church (Crawford Creek Rd.) on Friday, August 10, at 7 pm. This wonderful touring group of four musicians have played at the Calgary Stampede as well as at festivals and concerts in Canada, the U.S. and the U.K.

Their music is influenced by both traditional and contemporary styles and includes original compositions as well as covers. Their close harmony vocals will warm your hearts; their ability on a wide-range of instruments (guitars, banjo, mandolin, bass, dobro, keyboard, violin, harmonica) will amaze you!!

All the concerts at Harrison Memorial help to cover the cost of maintaining this beautiful historic church. Admission is by donation and children quietly seated are welcome to attend.

Contact Mainstreet

250.505.7697

Starbelly Jam 2018 is a Wrap!

by Ben Johnson on behalf of the
Starbelly Jam Music Festival team

And what a fantastic weekend it was: not too crowded, not too hot, the performances were spectacular - our local East Shore musicians set the bar very high right from the start - every one of the workshops was well-attended, all the volunteers made wonderful contributions with smiles all around, and there was a palpable feeling of love and community surrounding us all weekend. That love was evident in the clean-up as well.. Virtually no litter was left on the grounds on Sunday night, and thanks to the Green Planet team only 12 bags of garbage went to the dump from the entire festival. Monday's tear-down was, I'm told, one of the smoothest ever.

We want to express our sincere gratitude to all our local sponsors & neighbours:

- Kokanee Chalets
- Kokanee Springs Golf Resort
- East Shore Internet Society
- Crawford Bay Market
- Crawford Bay RV Park
- Newkey's Place
- Greg Garbula Realtor

Thanks to the Crawford Bay Hall & Parks board and to the East Shore community as a whole for welcoming and embracing our event. We hope that the positive vibrations we all felt on the festival site rippled out and were felt all the way to Creston, Nelson, Riondel and beyond.

From the Starbelly Jam Board Chair, Lee Reidl

Hello! This was my first year as Chair of the Starbelly Jam Society and from that position I would like to deeply and sincerely express my gratitude and appreciation towards all the people who made this year's festival happen - the committed core group of managers, the hundreds of volunteers, the amazing musicians and vendors and, of course, the audience.

Stay tuned for up-coming Starbelly news as we head towards the 20th year. Thank you all.

8 Mainstreet August 2018



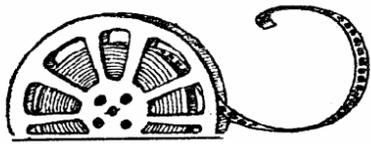
Aerial photo of Starbelly Jam Music Festival by Daniel Seguin Photography



Photo of Morgan Rael, Galadriel Rael and Kenji Fukushima of The Duvets by Christina Kisling



Zyan Fukushima-Rael on guitar, Zoe Zaiss-Baetzel singing... Photo by Leah Wilson



Seldom Scene

by Gerald Panio



Although it's highly unlikely that I'm going to pass up a chance to watch the latest blockbuster from the Marvel Comics or DC Comics universes (I'm still a comic-loving nerd at heart), most of these CGI-stuffed opuses are about as memorable as the popcorn I buy at the concession stand. Too often the only impression left after the lights come up is that an awful lot of people spent an awful lot of money & an awful lot of energy to kill off a couple of hours. It doesn't matter that technology has reached the point where almost anything that can be imagined can be translated convincingly to the cinema screen. If the storytelling lacks mythic sweep or dramatic density, all you're getting is a celluloid soufflé. But there are exceptions, where the translation from comic book or graphic novel to film works some magic: Heath Ledger's Joker in *The Dark Knight* (2008), the moral ambiguities of Zack Snyder's *Watchmen* (2009), the uber noir of Frank Miller & Robert Rodriguez's *Sin City* (2005).

And now we can add Ryan Coogler's *Black Panther* (2018), possibly the best adaptation of the spirit of 1960s-era Marvel Comics ever captured on screen.

First of all, this movie gives us a vision of Africa that we've never really seen on film. We've been shown the extraordinary cultural richness; we've been shown the magnificent landscapes of mountains and deserts and veldts and thundering waterfalls; but this is the first time we've been shown all of this overlaid with cutting edge 21st century technology. Just as contemporary China looks nothing like the China of Pearl S. Buck's novels of the 1930s, and modern India is not the India of Satyajit Ray's magnificent films of the 1950s, so we have no reason to believe that the African continent will not undergo a similar radical transformation during the course of this century. *Black Panther* affirms that tradition and technology aren't mutually exclusive, that their synergy can be a source of wonder.

I was never a reader of Stan Lee and Jack Kirby's *Black Panther* comics of the mid-Sixties, but the two Marvel maestros pulled off the same synergy with their *Thor* and *Tales of Asgard* series. Lee and Kirby took Norse mythology and gave it a cyberpunk feel that still looks avant-gardish 50 years later. The recent *Thor* films have tried to capture some of that Viking-tech look, with only middling success. *Black Panther* pulls it off with brio. Kudos to Costumer Designer Ruth E. Carter, Production Designer Hannah Beachler, the Art Direction team led by Jason T. Clark, Set Decorator Jay Hart, everyone in the Makeup Department, Director of Photography Rachel Morrison, and composer Ludwig Göransson. These people have done their homework, researching the infinite varieties of African geography, art, architecture, dress, body art and music, along with the continent's political evolution. Wakanda may be the very first African utopia in the history of cinema, and that's way cool.

As much it stimulates thought about Africa's present and future, *Black Panther* triggers reflections about its past. When I was a student in high school, social studies classes had zero content related to pre-colonial

Africa. Until relatively recently, I had no idea that the continent once hosted a number of powerful empires and world-class cities, apart from Egypt and Carthage. The Social Studies courses I taught for a couple of years made no mention of the Kushite civilization of Nubia, the Axum civilization of Ethiopia, the Songhai Empire of Mali. There was no mention of remarkable urban centres such as Kilwa, Tambo, the Great Zimbabwe, and Benin. It won't be the least of *Black Panther*'s accomplishments if its invention of the fictional kingdom of Wakanda helps a new generation shift its historical perspective away from just colonialism and its aftermaths. If it doesn't already exist, I'd love to see a history of Africa as vision-altering as Charles C. Mann's *1491: New Revelations of the America's Before Columbus*.

The *Black Panther* screenplay, by Ryan Coogler and Joe Robert Cole, also manages to touch on themes of isolationism, betrayal, racism, and revolution in ways that don't seem contrived. The film's villain, the not-so-subtly-named Killmonger (Michael B. Jordan), still wants to rule the world—but at least here his motivation isn't simple megalomania. Ironically, he's partially the product of counterinsurgency terrorist programming designed by the bosses of one of the screenplay's secondary heroes, CIA agent Everett K. Ross (Martin Freeman). I'd be curious to hear why two such politically aware black writers as Coogler & Cole would have chosen to make their audience empathize with a white representative of an organization that uses assassination, torture, propaganda, and economic --

to destabilize foreign countries. Then again, they even allowed Killmonger a death with dignity. His last words—"Just bury me in the ocean with my ancestors who jumped from ships, 'cause they knew death was better than bondage"—are unrepentant.

I may have my doubts about a CIA hero, but I have none

about the women in this film. Having recently watched *Wonder Woman* and found the Amazons in that film rather lackluster, *Black Panther*'s all-female Praetorian guard restored my faith in the sisterhood. They kick ass. Martial arts acrobatics are all well and good, but if they're not combined with some psychological fire, and maybe a little ritual warrior bravura, all you've got is pretty bodies in motion.

The movie has three strong female roles—Lupita Nyong'o as King T'Challa's ex-girlfriend & possible Queen-to-Be Nakia, Danai Gurira as the intimidating General Okoye, and Letitia Wright as Shuri, King T'Challa's younger sister & Wakanda's answer to James Bond's Q—that makes one wish the filmmakers could have included a little more goddess worship to go along with the patriarchal posturing. All three women are a joy to behold in the film's two major action set-pieces—an epic high-speed Korean car chase and the final battle for Wakanda's throne. In an admirable break with comic book tradition, suggestive female costuming is nowhere in sight.

The guys aren't slouches either. Chadwick Boseman brings dignity to the role of T'Challa and slinky sex appeal to his Black Panther alter ego. Michael Jordan's Killmonger is a perfect foil, brutal, bitter, and sardonic. As a lover of languages, I enjoyed the contrast between the stately rhythms of T'Challa's Wakandan

English and native Xhosa, and Killmonger's Oakland, California, ghetto speak. Principal cast members come from Zimbabwe, Kenya, Uganda, Guyana, and Tobago, as well as the U.S. Their varied origins enrich the vocal tapestry.

Incongruous language also plays a part in the film's humor, with jokes about hover bikes and Bugattis. *Black Panther* captures as well as any Marvel film I've seen the humour that Stan Lee wove into all his comic book scripts, no matter how apocalyptic their themes. King M'Baku's line about being a vegetarian

is priceless, as is Shuri's reaction to her brother's choice in royal footwear. A little irreverence goes a long way in purging pompousness. Both Steven Spielberg and Peter Jackson are masters in combining the epic with the antic (a balance, I'll mention in passing, that's been sadly lacking in virtually every attempt

to transfer the King Arthur stories to the screen). Screenwriters, take note.

Black Panther's secondary characters are essential to the film's success: Angela Bassett as Queen Ramonda, Forest Whitaker as shaman Zuri, Daniel Kaluuya as best friend W'Kabi, and Winston Duke as tribal leader M'Baku.

In case you're wondering, Lee & Kirby created the Black Panther character three months before that name came to designate a less benign black power movement mobilized by Bobby Seale and Huey P. Newton. Not surprisingly, Marvel quickly changed the name of their new superhero to Black Leopard. The new name didn't catch on, and Black Panther reclaimed his title.

As well as anyone, B.C. film critic Dorothy Woodend understands why most of us need a Black Panther, a Silver Surfer, a Batman, a Superman, a Wonder Woman in our imaginative lives. Here's the opening to her review of *Black Panther* ["Black Panther' is a Hopeful Story of Radical Change":

"When I was in Grade 4, our school principal was Satan. Not actually the Devil himself, but close enough to terrify a class of a nine-year-olds into catatonic levels of fear and submission. You never knew what would bring on a sudden violent outburst. It could be anything, a random comment, or a missed assignment, and BOOM! Some scrawny little body was being slammed against the chalkboard while the rest of the class watched in horror, glad that it wasn't us, for the moment.

At night I would spin elaborate fantasy sequences, derived from episodes of *The Incredible Hulk* and comic books, where Principal Satan would push me too far, and I would transform into a black panther, kill the evil overlord of our elementary school and liberate all of the kids. Peace and happiness would reign for evermore....

Evil tyrants, racist demagogues and horrible school principals beware, there is a new hero in town, and he is fueled by noble ideals and a skintight sexy suit, complete with claws and fangs."

I actually had a wonderful grade 4 principal, but I can think of another blustering bully whom I wouldn't mind introducing to, say, Wolverine.



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Kokanee Springs Ladies Club

by Anne Olthof

Mark Twain is often credited with saying "Golf is a good walk spoiled" but our club members would disagree. No matter how inconsistent our golf game may be, walking our lovely course is always a pleasure. Our members gather each Tuesday from Boswell, Riondel, Crawford Bay and Nelson and all points between. We've also been pleased this summer to welcome some ladies who are only able to join us occasionally.

As a club we've been participating in our annual Peggy Stocker Match Play competition and the "A" side winner has already been decided. Congratulations go to Linda Margitan and to runner up Terri Stocker.

We meet at 11:30 outside the clubhouse for a 12:00 tee-off. All ladies are most welcome to join us.

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PUBLIC MEETINGS

**August 21st in Boswell
Boswell Hall 2PM-4PM**

**August 21st in Crawford Bay
Crawford Bay Hall 6PM-8PM**

Contact melder2005@yahoo.ca or 778-848-3485 for more information



Book Reviews

by Tom Lymbery

MOUNTAIN FOOTSTEPS – Hikes in the East Kootenay of Southeastern British Columbia by Janice Strong, publisher Rocky Mountain Books, 400 pages, \$30. This is Janice Strong's fourth edition and on the BC Bestseller list – with good reason. Such impressive colour photos along with detailed advice on how to find the wonders of a mostly little travelled mountain paradise.

Not only for hikers but for people like me with a fear of heights that gets worse as I age – reading her book and looking at clear photos that she must have scrambled high for – such as Hourglass Lake. I am truly able to feel the joy of taking in the best of all views without the least sense of vertigo. And she interjects memorable trips, as well as the reasons that many roads or trails were built some hundred years back to access long forgotten mines.

I first met Janice when she was working on her first book and I was looking for Old Town and the Jewellery Canyon of Perry Creek. (named because of the pear shaped nuggets that early miners found). Hisre-building these antiques. I have made sure that we have continued to stock the current editions of Mountain Footsteps as Janice has kept improving her delightful descriptions of hard to find views. She includes necessary advice for hikers, particularly emphasizing how fast the weather can change at high elevations – sunshine one moment and sleety snow the next.

Directions to the Dewar Creek Hot Springs are often requested by people heading over the Gray Creek Pass, and Janice makes no bones about it – this is a tough hike, and the hot springs are some of the hottest anywhere – take some eggs to boil. You may wonder that a non-hiker can sit down and read every word of a *travel the heights* volume but I truly can. Even to finding that Gray Creek is spelled correctly once but incorrectly twice with that invasive *Grey*. I haven't had much success with replying with *Crenbrook*.

CULTURE DAYS IS RETURNING TO THE KOOTENAYS:

Artists, organizations and community groups in Nelson are hosting free, participatory activities and everyone is invited!

Nelson, BC – July, 2018: Taking place September 28, 29, and 30, 2018, the public is invited to discover the “behind the scenes” world of artists, creators, heritage experts, curators, designers and other creative people in Nelson. The public is encouraged to check out culturedays.ca and search Nelson under the Activities tab to see what's happening in our community. Everyone is invited to share what cultivating Kootenay Culture means to them by hosting an activity free to the public, in their area of expertise. This could be something about dancing, singing, gardening, hiking, biking, being outdoors or local food. Anything that represents the Kootenays to you! There is sure to be something for everyone!

Nelson will be on the provincial stage for all to see: Through a competitive process, Nelson was awarded the 2018 provincial opening, which will take place on Wednesday, September 19 at several successive locations, showcasing downtown Nelson and featuring ‘Kootenay Culture’, with presentations ranging from music, dance, theatre, clowning, circus, sports teams, and jump rope athletes.

A Great Way to Acquire NEW Patrons, Clients or Customers: In 2016, 70% of arts organizations reported that their past participation in Culture Days led to increased public interest in their work. By participating in Culture Days, individuals, organizations and businesses find a unique opportunity to share what they do with the public, expanding on their current audience or clientele.

An Exciting Opportunity for us all to Better Understand Our Community: Culture Days partici-

Crawford Bay Reading Centre

by Cathy Poch

A big THANK YOU to all who came to our AGM in June and stepped up for positions on the board; it is so nice to have new members. Thanks as well to Susan Hulland, Heather Sandilands and Dave Hough for the tidy-up of the budielia and rose bush at the front of the Reading Centre... it has made such a difference, both inside and outside. Welcome to new volunteers Cam and Taryn Stokes, who have recently moved into our community.

New items are being brought into the library continually. Come on down and see if your favourite author is there. We can order books, over one year old, from our connection with the province-wide Inter-library Loans, and, of course are always looking for suggestions for new authors to bring into the Library. New reads that might interest, *Children of the Kootenays* by Shirley Stainton (long time family from the Balfour area), *Breaching the Peace, Site C dam* by Sarah Cox, as well as new releases by Brad Thor, Clive Cussler, Conn Iggulden, Daniel Silva and Robyn Carr are awaiting new readers.

We have, as well, a nice selection of gently used books that can be purchased, for a nominal cost, for you or your company's summer reading, so there's no need to worry about books taken back home, dropped in the lake or buried in the sand. Brenda Panio, busy person that she is, has graciously taken some of these books into the Riondel Market on Saturday morning, for the visitors to purchase. Thank you so much.

We have regular open hours during the summer, Tuesday and Saturday from 12 – 3pm, and Thursday evening from 7 – 9pm. We hope to see you in the library some time over the summer.

pants report a better understanding of how artists and arts organizations make a positive contribution to their communities. They also find they attend more arts and culture events throughout the entire year than they would have otherwise. This is a way for us all public to explore and discover what goes on in our community.

Organizing an Activity is Easy: Activities can range from arts to heritage to local cultural recreation activities. They must be free to the public and offer some sort of interactive or behind-the-scenes experience. People who attend your activity should leave feeling they learned something.

These are the steps:

1. Create a cultural activity
2. Ensure it's free to the public
3. Takes place during Culture Days (Sept. 28-30)
4. Encourages participation, engagement or dialogue
5. Register at www.culturedays.ca
6. Promote your activity on social media and in newsletters using the hashtag: #findingawesome and #bcculturedays #onbeat.

This year's theme is # OnBeat! #OnBeat is a collective drumming and rhythm-inspired event bringing together thousands of Canadians from coast-to-coast-to-coast, both in-person and online, to celebrate making the arts accessible, inclusive and fun! Maybe you have a way to add rhythm and music to your event Deadline to register is September 14, 2018 but register early to maximize your event coverage on the Culture Days website! Register before July 31 and Culture Days will promote your business.

Register before August 10th and you will be entered into a draw for a week long screen ad at The Civic Theatre!

Nelson Civic Theatre Society is a charitable organization operating The Civic Theatre, a cultural media arts centre serving Nelson and surrounding areas. We are dedicated to the presentation of film and a wide variety of cinematic and media experiences for the cultural and educational enrichment of the community we serve.

Riondel Library News

by Muriel Crowe

Friend. By definition a friend is a person whom one knows and with whom one has a bond of mutual affection. In addition to what the entire dictionary had to say I will add that a friend is one who says yes when asked to submit an article to *Mainstreet* for a procrastinating friend. Said friend who was wishing to be weeding instead was arguing with two computers. I lost! Thank you Wendy for your help and a good article about the library.

I love my garden and enjoy working in it almost as much as I enjoy eating our produce. We cannot grow everything and as the garden does not produce year round we have learned how to store or preserve summers bounty. I know you have made the connection and that my next word is “books”. We do have a multitude of books that will take you from establishing your own garden right through to all of the ways to store your bounty.

If these food facts don't excite you come and visit the library anyway. We have informative books about how to build or make just about anything. If you just want to relax then borrow a few books to read or DVDs to watch. If all else fails come and borrow the bocce set and have an exciting game and enjoy the rest of our wonderful summer

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pebbles
by Wendy Scott
**WILD COLOURS
OF SUMMER**

Brilliant purple; soft pink and pure white – wild sweet peas blanket the highway from Balfour to Nelson, and on the East Shore it is the blue, mauve, and purple of corn flowers, bachelor buttons, chicory – all these make late summer in the Kootenay very special.

Our mountains claim sunset long before more northerly (or southerly) climes where the sky meets the sea and spreads brilliance from the horizon to your feet.

But dusk lingers here as the black silhouettes of trees and mountains fade into the darkness of night.

And then, as children, we wait for that first star, not really concerned at that point, that it might be a planet, and if it's moving a bit too fast, perhaps the International Space Station.

And I remember, as many do, when the milky way was pointed out. I was in Grade four and coming home from an operetta, "Zurika The Gypsy Maid" (really) and curtain rings hung from my ears to supposedly turn me into a gypsy. I couldn't be in the show since I was recovering from surgery due to the normal (at that time) childhood appendicitis, but I could be an usher – with very sore ears.

My mother always wished on the first star *Star light, Star bright, the first star I see tonight, I wish I may, I wish I might, have the wish I wish tonight* It's a good wish and many adults recall what they wished for. As a child, I wanted to fly, and it took a few years, but eventually I did fly. But the grantor didn't quite

get it right – wrong time, wrong place – I wanted to be able to fly over the schoolyard – myself. But I suppose my first actual flight – to Mexico – was a decent substitute.

I never did discover my mother's wish, but she never passed up an opportunity to make that wish, and I hope that somehow it did come true.

In 1969, our family was on holiday at a beach cabin in Parksville and our radio announced that Apollo 11 was about to land on the moon. With the help of a great big TV, we saw the spacecraft land and we watched Neil Armstrong's now iconic first steps and his words: "One small step for man; a giant leap for mankind" What I remember very well is the joy and excitement of his moon-walking and the slow, careful leaps that seemed to take him into the air gently; he floated, and that was as close to my childhood flights as I could imagine them to be.

We've come a long way from Jackie Gleason's frequent words, "to the moon Alice." Now NASA has an orbiter passing close enough to the surface of Mars to receive information and photos from the Rovers already on the surface: Sojourner, Opportunity, Spirit, and Curiosity.

Now there have been at least six missions to Mars and so many more into space discovering more planets and many more moons.

Lets skip right to Jupiter. Along with Saturn, Uranus, Neptune and many more in the outer system, this big planet – this huge planet has plenty of moons – in fact astronomers, astronauts and those dedicated folk who sit in front of computer screens to watch space telescopes have discovered moons and more moons around the big guy. How many? 79 to date – that's a lot of moonlit nights. Seventy eight of those moons race around Jupiter in the opposite direction to the spin of their home planet. But #79, the new fellow, is rushing against traffic in the other direction.

Scott Sheppard and his team at the Carnegie Institute for Science in Washington is saying this new orb is an oddball – going down the highway the wrong way, and his girlfriend has suggested its name should be, Valetudo – the great-granddaughter of the Roman god, Jupiter. (sorry, can't find Scott's girlfriend's name)

Scott Sheppard is an astronomer studying magnetism and small bits of stuff floating around in space – yes, they can be as small as one or two km across – small by observable solar system standards. Scott and many other scientists and astronomers study the formation and migration of larger planets in our own Solar system and as far away and beyond a more recently discovered planet, Sedna, named after the Inuit goddess of the sea.

On my desk there's a jar of small pebbles. I know they are from one of Riondel's beaches, but strangely, they could be from Mars or the moon. The difference would only be in their formation. Round pebbles on the surface of Mars seem to have formed by rolling down ancient rivers, while those from our moon show a much dryer environment with little oxygen. Samples range from beautiful green glass to darker hues of basalt and silvery titanium. Are there pebbles on Jupiter's moon, Valetudo? Maybe a flyby will reveal the answer, but a nose-dive into the planet might be necessary. Tricky stuff these space puzzles.

My handful of pebbles tell their own tale of creation and the environments where space rocks were formed to crash, crumble and diminish into these small stones; their colours echo the sweet peas and corn flowers brightening the roadsides for only a season – ephemeral amidst the eternal. But no, these pebbles will themselves become the sands of our time and will cushion feet well past our own decades until their dust blows from some future e-vehicle into the unknown mists of space-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.

From Performer to Killer - Part I

Dolphins are the friendly creatures of the oceans and seas. There are many stories about them assisting people in difficulty, such as aiding sailors when their boats sink. My favourite, one that I've mentioned before in this column, is the story of Adam Walker, a distance swimmer. His goal was to swim all seven most difficult straits on the planet. One of these was Cook Strait, lying between New Zealand's North and South Islands. He knew it would be a severely hard swim, "one of the hardest swims in the world," said Adam. The journey would take him eight hours to complete. The water is cold, 18 degrees Celsius, making his marathon more a test in endurance than in swimming.

Everything was going well. Suddenly he found himself closely surrounded by a group of dusky dolphins. They swam around him, to the side, some far below, around and about, as if they were playing, inviting him to join in. However, they weren't playing. As he looked about, Adam realized that a great white shark was behind him, following. The dolphins were

swimming between him and the rather large predator. He didn't know whether he should swim to his support boat and leave the water, canceling this particular challenge, or to keep on. He decided to continue, to trust in the dolphins. They stayed with him for more than three hours, until the shark gave up and left Adam alone.

Dolphins can be very smart. A group of Shark Bay bottlenose dolphins at Monkey Mia Beach on the west coast of Australia are quite friendly with people. A group of about 20, out of a larger group of 2,500, often come close into the bay while fishing, willing to interact with people. They've become habituated. Researchers are taking advantage of this to observe the animals' natural behavior. The dolphins have developed one distinct skill that other groups don't display, and this technique shows their ability to plan as well as make tools. They break off a piece of basket sponge, mount it so that it covers their faces, and hunt small fish. When they find them, the dolphins drop the sponge and scoop up the fish, returning to pick up the sponge again and continue. This is a technique passed down from mother to daughter, since only the female dolphins use this method. Male dolphins don't learn the behavior, maybe because they like to hunt differently. Females, however, have to secure regular food. When they're pregnant they have to consume more calories. Only this group practices "sponging" as a method of hunting. However, other groups have developed their own techniques. Outside of Florida, one group will cooperate to herd fish into shallow water so that they're more easily caught, another example of planning within one group's pattern of behavior.

One of the tests of intelligence for all creatures, including humans, is to have a sense of self. Dolphins are one of the animals that do this. (Elephants are another.) They have signature whistles, individual to each dolphin in the group. They use these to call another individual. Sometimes a mother will use the signature call to their young, as if to say, "come here!"

or to one of the others, and then tell it to do something, such as pull on the other end of a tube to help get at the fish hidden inside. Dolphins can differentiate between themselves and another dolphin when they look in a mirror. They know that the image in the mirror is of them. They also like looking at themselves, and display a variety of swimming abilities while they're looking just so they can see how they look as they twist and turn around. Unlike gorillas or leopards, they don't think the mirror is showing an intruder. (Or in the case of one leopard, that the other was a female come there to mate. I don't recall ever hearing a leopard purr before.)

Dolphins also seem to be able to count, in a general sense. They understand "greater than" and "less than," two abstract mathematical concepts (nine is greater than eight, but less than ten, for example). Trained to select between two different boards showing a variety of sizes and numbers of dots, the dolphins will accurately count the dots in a complicated arrangement, indicating which image has more dots than the other, usually in less than five seconds. In some cases, faster than many humans can.

And aside from the research and the testing, just to show how intelligent dolphins are, sometimes they approach humans for help. A research group off the west coast of Australia was filming underwater at night, using flood lamps to record large manta rays feeding. A group was feasting on a swarm of plankton in the warm water. The rays, measuring as large as nine feet across, were swimming in a vertical circle, rising up on their backs then down onto their stomachs, over and over again in huge arcs. Their mouths were wide, the scoops on the sides open (called cephalic fins) to filter the food from the water. They weren't at all bothered by the people gathered around to watch. They were enjoying themselves too much.

One of the cameramen, though, was suddenly approached by a young dolphin. It swam up to him, and

Lindero News & World Report

~ News and Views from a Fictional East
Kootenay Town ~ August 2018

Who doesn't love a Venn diagram? We're fascinated by those interlocked circles that tell us what we have in common with other circles. Or, as we often suspect, that we have nothing at all in common, when the circles fail to touch each other.

Linderians love a Venn diagram as much, or perhaps a little more, than the next person. And here, in the early days of August, a Venn diagram uniquely captures the local situation. Picture three interlocking circles. One is our beloved early August festival, Lindero Haze. The second is our up-and-coming entry in the regional Polo League. The third is the crime wave currently sweeping the district. What, I hear you ask, can possibly represent the intersection of these wildly dissimilar spheres?

Let's begin with tradition: Lindero Haze summer festival goes back decades to a time when Lindero was known far and wide for the richness of its mines and flamboyance of its parade. This year, festival organizers hit upon a modern twist to Lindero's proud heritage: a limbo parade. Musicians, athletes, and mechanical devices alike would have the opportunity to shimmy their stuff under bars of various heights set at 40m intervals. The head organizer, supple Brenda Akwid, promised the limbo aspect of the parade would be a real crowd pleaser, of which there was little doubt.

Venn circle number two is the Chukka Chargers, our local polo team. Getting together a polo team in Lindero wasn't an easy task, given the food, shelter and educational needs of at least four hay-eating chargers for each team member, plus one spare. Donations were sought, cookies were baked, family pets were raffled (unsuccessfully), and finally an unlikely

nudged him with its nose. He didn't know what to do, or why the dolphin had come to him, until he noticed it was having trouble swimming. The movement of its head was restricted on its right side. Its pectoral fin was bound up with fishing line, a hook embedded into the animal's flesh so the fin couldn't move. The dolphin made sure the cameraman could see the problem, staying in front of him, laying on its side to display the line and hook. The dolphin hadn't approached another dolphin: it approached a man, which meant that the animal understood what the problem was and in some way, believed a human could and would help it.

The cameraman quickly began to unwrap the line, pausing at one point to pull cutters from his harness to snip the fishing line in places. The dolphin stayed calm and still, certain that the cameraman was doing what needed to be done. Fortunately he was successful, and the dolphin was able to swim comfortably again.

Dolphins are amazing creatures. Intelligent, funny, sometimes they even enjoy the company of humans. They are a valuable part of the community of creatures that inhabit this planet.

benefactor stepped forward. Now Lindero's very own Chukka Chargers are entering their second year in the East Shore Polo League. Despite initial misgivings by established clubs, who frankly looked down their noses at the Chukkas, Lindero's team has gained fame for its feistiness and maneuverability. Moreover, they've managed to rack up a few victories, to the gloating satisfaction of patron and benefactor Dale Klyde of Kong's Donkey Farm. Dale is tickled that his diminutive braying herd are granted the traditional title of "pony" when they step onto the pitch, riders masterfully manipulating their miniature mallets.

The third Venn circle is a blot upon our peaceable, generally law-abiding region: crime. Locals report a series of brazen robberies in past weeks, from a souped-up riding mower vanishing early one Monday morning from Zac Cutacre's shed, to a rather nice boat trailer disappearing from under Marina Defitch's decrepit boat on a Tuesday afternoon. Then, the most cruel crime of all, the daring daylight theft of Diane Raya's brand new, never used biffy on a Sunday morning while she was at church, an outrageous outhouse heist that occasioned outpourings of outrage. In fact, crime statistics chronicle nefarious pilferings such as these every day of the week. Except Thursday, which Zac observed, "Makes sense since the police only head up the lake on Thursday afternoons" from their base in Cresstown. Marina's experience is typical: "When I noticed my boat just laying on the ground, no trailer under it, it took the constable in Cresstown three hours to get here. And they told me the trail was cold." In their defense, Constable Craig Chissel bewailed the current crime wave. "It's like I have to go everywhere at once! And what with the price of gas ...". Nonetheless, Const. Chissel claims he has no shortage of leads and hopes to secure additional funds to stamp out crime very soon.

Then, in early August, to everyone's surprise these three disparate Venn circles came crashing together and we were finally able to see what was in their common bullseye: the Lindero Haze Limbo Parade.

As predicted, the new Limbo aspect of the parade proved popular and a larger than usual crowd gathered along the parade route. They weren't disappointed: The Many Trombones Marching Band provided side-splitting entertainment as they negotiated the limbo bars. In a show of skill, the Tandoori Twirlers - a baton-troop sponsored by the Crawfish Bay India Bites restaurant - wowed the crowd with their impressive flexibility. And Constable Chissel's bid to improve public relations with East Shore communities was a hit, too, more for his bravery than his technique. Even the floats that lumbered over the hastily dropped bars drew general chuckles. And then the surprise entry trotted into sight.

First, I have to admit I had no idea that donkeys can crawl under fences and limbo bars and whatnot on their knees. Who knew? Second, nimble polo players can hop off and scoot under limbo bars pretty deftly themselves. Third, a shriek of "Somebody stole my horse trailer" originating at the beginning of the parade route can pass to the end in a matter of seconds. And fourth, the Cresswell Constabulary's response time is pretty impressive over 150 meters.

As the law closed in on the scene of the crime, a number of things happened simultaneously. The road out of town, clogged with the parked vehicles of parade participants, was the scene of a loud crunching braying bang. Upraised voices provided a cacophonous play-by-play, "What was in the trailer?" "Asterix and Maurice!" "Ha Ha Ha!" "Is that it on its side?" "Damn I just had it painted!" "Who are the donkeys dragging?" and "Look out! They're coming this way!"

When the dust settled and the prizewinners of the 2018 Lindero Haze Limbo Parade were tallied, the indisputable top act was donkeys Asterix and Maurice and accused felons [names withheld pending legal proceedings] hurtling over, under, and mainly through the limbo bars, with Constable Chissel (sweating in his dress uniform) in hot pursuit. At about the half-way point they were met by the rest of the Chukka Chargers who took a page from the Musical Ride and reversed in a neat right wheel to block their escape from the opposite direction.

Which brings us to the very very centre of the Venn diagram: donkey teeth marks. Ouch.

[Filed by Lindero correspondent H. Porpoise]

Next Deadline:

Aug 29/18

*Creativity, Community,
Conscience...*

Contact Mainstreet

250.505.7697

mainstreet@eshore.ca

East Shore Hospice

by Barb Kuhn

East Shore Hospice is a service that is provided by volunteers. We are here to help the dying and their loved ones as they are nearing the end of their life.

Life review often happens as a person is preparing to die. The individual memories of their experiences are often relived and related to those around them. They may choose to share with a family member or a hospice volunteer.

The associated emotions are often experienced and shared as well.

Many people have time and good cognitive functioning as they are approaching their death. In this case a person wanting to write their memoirs can do so on their own or have someone help them in the process. The sad part is that when an individual dies, their memories, unless shared, will die with them.

I recently went to Selkirk College and picked up a publication that listed the courses offered. I was pleasantly surprised when I saw that they offered two courses on writing your own memoirs. Immediately, I was struck by the fact that many people who are in the process of dying suffer from dementia and therefore

could not give an accurate recounting of their lives. What a wonderful tool these courses would be before having our experiences robbed from our memories by disease. Many of us, unless we are diagnosed with such a disease, don't know when or how this would happen to us. Something to think about.

Some people don't want to write about their lives. Some simply want to be remembered. The dying person can share with their family members or friends. If there are memories that they want to share with someone (but not a family member or a friend), these things can be related to a Hospice volunteer and they will be kept confidential without judgement. We will be there to listen.

Please call East Shore Hospice if you or a loved one is in the process of dying. We are here to help.

If you or someone you know is in need of hospice care or you would like more information, please contact Susan Dill, East Shore Hospice Coordinator at the East Shore Community Health Centre in Crawford Bay at 250.227.9006. Hospice related books on palliative care, self-care, grief and mourning as well as some articles and brochures and DVD's are available through the Hospice office. The library is best accessed at the Hospice office on Tuesdays between 10 am and 2pm. Call for different arrangement.

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Holistic Health Tips

by Kim Young

Listen to Your Body for a Healthy Life

"If you listen to your body when it whispers, you won't have to hear it scream" – adapted from a Cherokee Proverb

For many of us, good health doesn't just happen. It's something we need to work on every day if we want to lead healthy lives and have overall excellent health. Listening to your body and understanding what it's telling you is important if you want to have a life that's sustained by good health.

Here are some ways your body speaks to you when it needs some attention.

Watch the Scale

Your body is talking to you every time you put on your clothes or step on the scale. Do your clothes fit right? Are they becoming too loose or a bit snug? Is the scale tipping one way or the other?

If you find that you're progressively gaining weight, you may be eating too many foods that don't serve you. Good health comes from eating a balanced diet of whole foods – fruits, vegetables, legumes and meat.

Remove processed foods such as cookies, cakes, processed meals, and candies from your day to day diet. Processed foods have excess calories, preservatives and other chemicals that your body doesn't recognize as food.

If you're losing weight, it may be a signal that you're eating too little. When you eat less than what your body needs, it won't be able to function properly. Eventually, you'll get sick from a lack of the nutrients that are needed to support a healthy system.

Listen To Your Digestive System

Your digestive system not only retains all the good nutrients from your food, it also helps protect you from pathogens. The digestive system is a big part of the immune system so you need to pay attention and treat it with care. An upset digestive system will produce episodes of diarrhea that can strip the colon of protective bacteria. Constipation and indigestion from being under excess stress or eating the wrong foods are also a result of digestive problems.

Give your digestive system some love by eating healthy whole foods and by taking probiotics, which can replenish the gut with good bacteria. Eat probiotic rich foods like plain yogurt with live cultures or fermented foods such as sauerkraut and kefir for a healthy digestive tract.

Taking a good quality probiotic supplement will also benefit a healthy digestive system. Some of the best probiotics are those that come in spore form. The spores can survive the acidic environment of your stomach and then release the live bacteria in the intestines, where they take root and drive out the bad bacteria and fungi.

Listen To Your Cardiovascular System

Monitor your blood pressure and pulse very carefully. If you are inactive or have a family history of high blood pressure, you may already be suffering from high blood pressure and not even know it.

The blood pressure machine at your local drug store or grocery store is a good way to start monitoring your own blood pressure. Commit to checking your blood pressure whenever you see one of these machines, and take note of the results. If you're finding it is consis-

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tently elevated, you need to see your doctor. Modify your diet and exercise program now so you can avoid some of the many complications of high blood pressure.

You should check your pulse on a periodic basis as well. A high pulse can mean that you're too inactive or are under a great deal of stress. Regular exercise can help your heart to function better and will slow your pulse to normal levels. Exercise is also a wonderful way to relieve stress.

Listen For and Respect Signs Of Stress and Fatigue

Feeling tired, but keep pushing yourself past your limits? Are you fighting fatigue on a regular basis, instead of taking the time to rest and rejuvenate? Fatigue and low energy are both ways your body is talking to you and letting you know that you need to rest and relax. If you don't listen you will end up with a serious illness.

Are you ignoring anxiety, instead of looking to erase its sources and lower your stress level? Stress kills, and you are the only one that can take care to reduce its load on your body, mind, and spirit. Great ways to fight stress and its impact are Tai Chi, meditation, yoga and taking vacations on a regular basis.

Body Scan

Another great way to listen to your body is to do your own "scan". I find the best way to do this is while lying in bed, either first thing in the morning or before you go to sleep. Close your eyes, and in your minds' eye, scan your entire body – from the top of your head to the tips of your toes. Is there a part of your body that needs attention? Do you have any sore muscles or joints? Is your heart racing? Do you feel "flushed"? Is it time to schedule an appointment with your doctor?

Your body talks to you every single day....are you listening?

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

JOHANNES

By Wendy Scott

It was springtime in 1935 and a ten-year-old boy in the town of Helviort in the Netherlands made a decision. He was already a choir-boy, but his voice was about to change and he knew he had more music in him. He could hear different music from a Roma caravan camped close by and he needed to know how to make those sounds. He hung around the camp until a gypsy came out playing a violin and Johannes decided quickly that that was the instrument for him. The gypsy laughed and was happy to accept what little money the boy had, thinking the child would tire of his new toy. But the first thing the boy did was to find a teacher.

Johannes asked his parents where a teacher might be and travelled by train from Helviort to Amsterdam as many times as it took to understand the technique that would bring music to his violin. He learned to tuck the instrument under his chin and allowed his fingers to guide the bow. Simply put, Johannes fell under the spell of the violin and the magic he could bring from strings.

What he had in his hand, on his shoulder, under his fingers was a seventeenth century instrument with a bow that held its own long, exceptional pedigree and when the gypsy wanted to buy it back, Johannes absolutely refused to give it up.

Not long after his purchase Johannes's voice settled into a very acceptable lyric tenor and Johannes continued his schooling to graduate with a Bachelor of Social Work and, with all that music helping him along, he met and married his first wife.

Wartime (1939 – 1945) was difficult all over Europe (and the world, for that matter) and by 1953, with Holland still recovering, Johannes and his family decided to emigrate. With a sponsorship from his younger brother in Winnipeg, Manitoba, Johannes brought his wife and their children to Canada, where he was surprised to discover he had immigrated as a "farmhand" and had to ask what that was. At the time, it was simply one of the categories available in Canada for immigrants. He also found, to his surprise and dismay, that his degree was not accepted in Canada and had to attend a Canadian university for another year for another BASW. During this year he worked at Safeway to help cover the unexpected cost of additional schooling.

But it was in Winnipeg that Johannes's life would again take another turn and he would pick up a paintbrush and discover his skill and his artistry that we are so familiar with here on the East Shore. His tutor in Winnipeg, Nick Bjlijas, gave him complete artistic freedom and Johannes explored every avenue and opportunity that came his way.

By the 1970's, Johannes had met Wai Yin Fung (Winnie) who has her own convoluted tale of her education in Edinburgh and Toronto; at that time, they were both employed in their field as Social Workers and it did not take long for Winnie and Johannes to fall in love and marry. In the 1980's they moved to the Lower Mainland and Johannes took an early retirement, rented a small studio and continued to paint and to learn as much as he could about the art form he had taken as his own. At the age of sixty-six he entered the Bachelor of Fine Arts program at Emily Carr College of Art in Vancouver. Later, after moving with Winnie and their daughter, Jennifer, to Riondel, and joining the Riondel Art Club, he attended the Kootenay School of the Arts and completed the Diploma in Ceramics. He did all this with the encouragement, enthusiasm and delight of Winnie, who had convinced him in the 1980's to take a Chinese brush painting class. (rather than learning to be a farmhand?)

Whether it was with his lyric tenor voice, his intricate violin music, or his vibrant art work, Johannes held true to his permanent license plate: "Carpe d" And, as Winnie's greeting card to Johannes said: "You embrace all laughing, loving and living." Music and art wound around this man; Johannes had a generosity of spirit that flowed for as long as he was able to give... and we are that much richer for it.

JOHANNES van der KRABBEN

May 2, 1925 – March 19, 2018

Carpe Diem, Johannes

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Notice of Passing

Anna Gomola
July 25, 1923 – June 24, 2018

Anna Gomola passed away peacefully on June 24, 2018 at Crest View Care Village in Creston, BC at 94 years of age.

Anna was born in Derewno, Poland on July 25, 1923 and immigrated to Canada in 1955. She worked in Calgary, AB as a business person until moving to Creston, BC in July of 2004. Anna married Walter Gomola and had two sons Richard and Michael.

Anna was Roman Catholic and involved with the Polish Combatants' Association for most of her life in Calgary, AB. She loved animals and supported many animal causes.

Anna is predeceased by her son Henryk in 1953, husband Walter in 1985, and partner Walter Korczak in 1997.

She is survived by her sons Michael of Glenwood, AB and Richard (Geri) of Gray Creek, BC and their children Tracey (Greg) Wujcik (children Ellena, Brayden, Jacob, and Kate of Spruce Grove, AB), Gregory of Vancouver Island, BC (sons Darian, and Richard), and Aimee (Chay) Foss (children Skyla, Gavin and Bowden of Duncan, BC).

A service was held on Saturday, June 30, 2018 at Holy Cross Catholic Church, officiated by Father Sylvester Ibekwe.



Notice of Passing

Barbara Zyha

**Mar 20, 1963 –
 Apr 30, 2018**

It is with great sadness we announce the passing of our daughter Barb after a lengthy illness.

Barb was predeceased by her stepbrother Daniel Turner in 2006.

She is survived by her father William Zyha (Irene) of Destiny Bay, BC; mother Marjory Brulotte (Lou) of Okanagan Falls, BC; daughter Samantha Baker (Nick Olafson) of Penticton, BC; the light of her life 3-year-old granddaughter Kara Olafson of Penticton, BC; sister Carolyn Zyha of Victoria, BC; Half brother Cory Dean of Dawson Creek, BC; stepbrothers David Turner (Irene Semak, deceased) of Edmonton, AB and Dean Turner (Pam) of Fort St. John, BC; nieces Cassandra Turner (son Nixon) of Armstrong, BC and Jessica Turner of Nelson, BC; nephew Matthew Turner (Amy and children Adalynn and Blake) of Fort St. John, BC; and numerous aunts, uncles and cousins.

A Celebration of Life was held in Penticton, at the Providence Funeral Home on May 8, 2018.



Notice of Passing

**Richard Arundel
 "Rich" Drew**

**March 19, 1934
 – June 28, 2018**

Richard Arundel Drew passed away peacefully at Jubilee Manor in Nelson,

BC on June 28, 2018 at the age of 84. Born in Exeter, England, Rich's family immigrated to Canada in 1935 to Gray Creek, BC. Rich had many fond memories of the small community and starting school in the one room schoolhouse. During the war, when the school closed, the family moved to Nelson and then to West Vancouver for a short time before returning to Nelson in 1947. As one of the graduates of Nelson High School, class of '52, he enjoyed the lifelong friendships formed there.

In 1957 Rich married his sweetheart, Sharon, and together they raised their five daughters. He had a 36-year career with B.C. Lands and Forests that had him stationed in numerous communities around B.C. including Rock Creek, Beaverdell, Greenwood, Grand Forks, Invermere, Cranbrook, Kaslo, Pouce Coupe, Creston and Nelson.

Rich is survived by his wife of 61 years, Sharon, and by his daughters, Barbara (Steve Millar, children Gavin, Susan), Heather (Tom McNow, children Melissa (Dennis Smith), Ashley), Jennifer (children Daphne, Scott, Jaron), Valerie (Brett Nichols, children Graham (Maria), Stephanie, Darren), April (Alan Fodor, children Jack, Piper) and three great grandchildren Tyler, Khloe and Julia. He will be lovingly remembered by his brothers, Brennan, Dinham (Cathy), Steve (Viola), brother-in-law Don Wilkins (Kathryn) and their families, as well as his cousins in the UK. Rich was predeceased by his parents Frank Drew and Betty Drew and his many beloved canine companions.

The family would like to extend their heartfelt thanks to the staff at Jubilee Manor for the care and devotion given to Rich during the past two years.

In lieu of flowers, donations may be made to Kootenay Lake Hospital Foundation or Nelson United Church.

Next Deadline: Aug 29, 2018

mainstreet@eshore.ca

Creativity, Community, Conscience

Notice of Passing

George John McLeod
January 12, 1929 - January 7, 2018

It is with sadness, but with gratitude for a life well-lived, that we announce the passing of George McLeod, while on vacation in California, after visiting with all his family. Left to honour his memory are Elizabeth, his wife of 67 years, his children Jolie (Dan) Peach, Kim (Lee) Montgomery, Lachlan (Gail) McLeod, Meredith (Rick) Merkel, his grandchildren Kenton (Liz) Peach, Kayla (Gerard) Prieto, Skye Montgomery, Connor Montgomery, Ariana McLeod, Jared McLeod, Carmen (Jason) Merkel, Jeffrey Merkel, Madelaine (Hassan) Sayed, and great-grandchildren Gabriel and Amelia.

Predeceased by his siblings Hazel Jourdin, Mildred Derrick, Carl McLeod, and Don McLeod.

George was born and raised in Saskatoon and attended Nutana Collegiate. While at the University of Saskatchewan he discovered his passion for geology, specifically in the field of oil exploration. His career spanned 65 years, with positions at Canadian Superior of California, Trident Drilling, US Mining and Smelting, Canadian Devonian, and Samedan Oil of Canada. He was the Canadian manager in Samedan's Calgary office, and was promoted to Vice President of the company in their head office in Ardmore, Oklahoma. He retired in 1986 as President of Samedan's parent company, Noble Affiliates.

Unwilling to leave the oilpatch behind, upon his return to Calgary he formed Geolock Resources with his son Lachlan. He reluctantly retired from active participation in Geolock in 2016.

He was inducted into the Saskatchewan Oilpatch Hall of Fame in 1993 and the Canadian Petroleum Hall of Fame in 2003. He also funded the George McLeod Chair in Geology at his alma mater, the University of Saskatchewan, Saskatoon.

Dad was able to indulge another of his passions -

flying. He had his pilot's license and a Cessna 182, and he was happiest to be in the air. He enjoyed a game of golf or two, playing bridge with good friends, driving with no particular destination in mind, and travelling the world, especially to Britain.

But the way he will be chiefly remembered is for his generous spirit. There are countless people he helped both professionally and personally, some of whom will never know the name of their benefactor. He believed that the truest generosity lives in silence.

A celebration of his life will be held on a date yet to be determined. The family asks, if you are so moved, to make a donation in George's name, to the Ore Gangue Alumni Bursary Fund.

Note from Tom Lymbery: George McLeod and Samedan Oil were a most important part of having Kokanee Springs Golf Course built - the fabulous course that sustains local tourism. Some years ago George presented me with a cowboy hat and almost every time he saw me would ask why I wasn't wearing it - but I do cherish that hat and resolve to wear it more often in George's memory.

Remembrance Garden

by Wendy Scott

Hello again. Right now the town is waiting for some relief from seriously hot days, but yes, it did rain last night, so there is hope.

But for comfort in this kind of weather, take a walk in the Remembrance Garden. You will find it pleasantly cool and calm.

Watch for those new plaques: Cora and Dave Fowler; Larry Ireland; Joy Bracken.

Memories flow with these names. Time to sit with your own thoughts in a cool place.

Info: Wendy Scott – 250-225-3381 or Muriel Crowe – 250-225-3570

Contact Mainstreet

250.505.7697

mainstreet@eshore.ca

Next Deadline:

Aug 29, 2018

Memorial Wall

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

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

SERVICES DIRECTORY/CLASSIFIEDS

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

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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.

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MUTUAL FIRE INSURANCE of B.C. Quotes on Homes, Mobiles, Farms & Tenants. Seniors discounts at 55. Home Protection; No Claim; New Home. ph/fax 250-428-7937, broker Virginia Harder.

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ALEXIS PHILLIPS, M.A., R.C.C. - Registered Clinical Counsellor specializing in complex trauma, relationship issues, grief & loss, anxiety & depression. Apptmnt/consultation, call 250-509-0368. Email: alexandralianephillips@gmail.com

BLANCHE TANNER - Breath Practitioner, (Family Constellation) Heart-Centred Therapy (Meditation), Healing Emotional, Physical & Sexual Abuse, Addictions, Relationships, Anxiety, Depression. 227-6877

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

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

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

KOOTENAY SOUND HEALING CENTRE on Riondel Road, offering sound healing treatments, gong meditations and Acutonics® classes. Theresa Lee, certified Acutonics® teacher and practitioner, 250-225-3518 kootenaysoundhealing.com

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

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

REGISTERED MASSAGE THERAPIST: Harison Tanner - Over 30 years clinical experience. Treatment of Lumbo/Sacral Strain, Whip Lash, Frozen Shoulder, Migranes/Headaches, TMJ problems, & Stress. No doct refl req'd. 227-6877/cell: 505-6166.

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

RESTAURANTS

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Next Deadline:
Aug 29, 2018
mainstreet@eshore.ca

Memorial Wall

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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.

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

PHYSICIAN COVERAGE FOR August 2018

*Note: Call to cancel if you can not make your
appointment. We always have a wait list for
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Wednesdays: Dr. Moulson

Thursdays: Dr. Lee

NO DOCTOR Aug 15/16 and Aug 23.

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Call to make appointments at 227-9006
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Tues, Weds & Thurs (8:30 to 12:30)

Phone: 250-227-9006 Fax : 250-227-9017

HEALTH PHONE NUMBERS

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

BOSWELL HALL HAPPENINGS

Yoga - Thursdays, 9:30 - 11:00am. Contact is Marilyn
Arms 250-223-8058

Fitness - Mondays and Fridays, 9 - 10am, Contact is
Darlene Knudson 250-223-8005

Aug 18: Fabulous Fish Feast: steamed mus-
sels, veggies, clam chowder and oyster crackers, had-
dock and chips, coleslaw and ice cream with berry top-
ping. Doors open at 5pm. Tix at Boswell Post Office.

Contact Mainstreet

250.505.7697

Kootenay Lake Ferry Schedule

Summer: Jun 20 – Sept 10, 2018

(before June 20, no MV Balfour ferry runs)

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
Osprey	9:40 pm	10:20 pm

RIONDEL DAYS HUGE BOOK SALE

RIONDEL LIBRARY, AUGUST 4 & 5
SATURDAY & SUNDAY, 10:00 am – 3:00 pm

join us and bring your friends

SEE YOU AT THE SALE!!

250-225-3414

250-225-3242

250-225-3381



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.

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

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

Email: mainstreet@eshore.ca

Web: www.eshore.ca

ADVERTISING RATES

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

\$40 - 3.25w X 2.5t

\$45 - 3.25w X 3t

\$50 - 3.25w X 4t

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

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

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

\$100 - 3.25w X 10.25t

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

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

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

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

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

Sample Sizes - more sizes available.

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

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

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

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

FOR FULL COLOUR, ADD 30%

Join the Gym - Beat the Heat



COME IN TO THE GYM. We've got you covered.

THE EAST SHORE FITNESS PLACE WELCOMES YOU
(located at the Crawford Bay School)

**WE HAVE PUNCH CARDS! Buy a punch card for \$30
for 6 visits (doesn't expire) & your 7th visit is FREE!**

PRICES: Drop in: \$5 Monthly: \$30

April & November 3 for 2 Specials: \$60

12-18 year olds: free 70+ Seniors: optional donation

Disabled/lower income: subsidized up to 50% off on request.

Mon-Sat, 8-10am AND Mon-Fri 6-8pm

*Please watch the Fitness Place Facebook and
Instagram pages for notices/closures.*

Contact us! eastshorefacilities@gmail.com

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH

Aug 2018 SCHEDULE

Aug 5 -- no service today.

Church open for Riondel Days visitors.

Aug 12 - TBA

Aug 19 - Ramona Dannhauer, 1pm.

Music: Richard and Ramona

Aug 26 - Leon Rogers, 1pm.

Music TBA

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

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

HARRISON MEM CHURCH, ANGLICAN

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

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Come & join us Sundays at 10 am.

Coffee fellowship after the service.

Pastors Richard and Ramona Dannhauer

16190 Hwy 3A, Crawford Bay 250.227.9444

YASODHARA ASHRAM

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

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Fr. Sylvester Ibekwe Phone: 428-2300 Fax: 428-4811
Sun Mass at 2pm. 1st Sunday of month,
Fellowship Sunday.

CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church, 8151 Busk Rd, Balfour
Sundays, 9:30 am
All welcome!

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

MEETING PLACES

LIONS CLUB - meets at the Kootenay Lake Community
Church - 16190 Highway 3A, Crawford Bay.

Meeting Times: 7 pm. Second and Fourth Tuesday of the Month
For More info call Lion Mike Jeffery - 250-227-6807 or Lion David
George at 250-227-9550 or Lion Fraser Robb at 250-227-9636.

TOPS - Take Off Pounds Sensibly: meets every Thursday morn-
ing at 8:30 am in the Kootenay Lake Community Church base-
ment. Call Myrna for more info: 227-9420

PARENT ADVISORY COMMITTEE

(PAC) Meetings usually held at 5:30 pm at the Crawford Bay
School on the first Weds of the month.
Email cbess.pac@gmail.com for info or to add to the agenda.

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August 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EVERY SUNDAY CB Dump open: 9-3		EVERY TUESDAY CB Dump open: 9-3	1 EVERY WEDS Boswell Dump open: 11-3	2 EVERY THURSDAY CB Dump open: 9-3 Tara Shanti Yoga, 9:30-11 Yoga w/ Melina, Bos Hall, 9:30 - 11am	3 Fit Class, Bos Hall, 9am	4 EVERY SATURDAY Boswell Dump open: 11-3 Saturday Market, Rio Campground, 10-2
5	6 Fit Class, Bos Hall, 9am	7 Kokanee Ladies Golf, 11:30 * Creston Vet, CB Motel, Unit 6 Tara Shanti Yoga, 9:30-11	8	9 Tara Shanti Yoga, 9:30-11 Yoga w/ Melina, Bos Hall, 9:30 - 11am	10 RDCK Agri Survey Ddline Horizon Ridge, Harrison Church, 7pm Fit Class, Bos Hall, 9am	11 Taste of the Ashram Saturday Market, Rio Campground, 10-2
12	13 Fit Class, Bos Hall, 9am	14 Kokanee Ladies Golf, 11:30 * Lions Meeting 7pm Tara Shanti Yoga, 9:30-11	15	16 Gong Orchestra, Ashram, 7pm Tara Shanti Yoga, 9:30-11 Yoga w/ Melina, Bos Hall, 9:30 - 11am	17 Fit Class, Bos Hall, 9am	18 Devotions Indian Dance, Ashram, 7pm Taste of the Ashram Saturday Market, Rio Campground, 10-2
19	20 Fit Class, Bos Hall, 9am	21 Community Wildfire Prep Plan Meetings: Boswell: 2-4pm CB: 6-8pm Kokanee Ladies Golf, 11:30 Tara Shanti Yoga, 9:30-11	22	23 Tara Shanti Yoga, 9:30-11 Yoga w/ Melina, Bos Hall, 9:30 - 11am	24 Fit Class, Bos Hall, 9am	25 Taste of the Ashram Saturday Market, Rio Campground, 10-2
26	27 Green MLA Event, CB Hall, 11am Fit Class, Bos Hall, 9am	28 Kokanee Ladies Golf, 11:30 * Lions Meeting 7pm Tara Shanti Yoga, 9:30-11	29 MAINSTREET DEADLINE	30 Tara Shanti Yoga, 9:30-11 Yoga w/ Melina, Bos Hall, 9:30 - 11am	31 RDCK resource recovery survey deadline	SEPT 1: Saturday Market, Rio Campground, 10-2

lunch·dinner·espresso 250-227-9596

BLACK · SALT · CAFÉ

blacksaltcafe.net your eastshore bistro in Crawford Bay



**EAST SHORE
COMMUNITY FORUM**
MON AUG 27, 11AM - 1PM
CRAWFORD BAY HALL

An open forum with BC Green MLA
SONIA FURSTENAU
a hero of Cowichan Valley
watersheds. Gain insight into
effective community organizing,
discuss Retallack's proposed
expansion and other issues facing
our area and province.



NEED BUSINESS ADVICE?

The Basin Business Advisor Program provides free business consulting to business owners and social enterprises.



Introducing Creston & Area Advisor:
Alison Bjorkman,
Business Advisor
(250) 428-6356
abjorkman@bbaprogram.ca

A PROGRAM OF OFFERED & MANAGED BY



www.bbaprogram.ca



**REGIONAL DISTRICT
OF CENTRAL KOOTENAY**

**Have your say in the future of
resource recovery services in the
RDCK!!**

The RDCK has commenced a process to review the days and hours of operation at the following Waste Transfer Stations:

BOSWELL / CRAWFORD BAY / YAHK

Residents can provide feedback by filling out a short online survey posted at www.rdck.ca/RRFacilities.

Fill out the survey before August 31st

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