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YEAR 26, NUMBER 12

DECEMBER 2016

The East Shore Mainstreet

KOOTENAY LAKE BC

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



Drone Photo: Daniel Seguin Photography

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Mainstreet Meanderings

by Editor Ingrid Baetzel

Another fun Facebook exchange led me recently to a deeper analysis of an underlying unease about this particular cultural phenomenon that I will call “Contrarianism”... no, how about “Spoke Pokery”? Hmmmm... “Debbie/Dave Downer Disease”...? You get the idea - those people who sit behind their computers as keyboard warriors, whose apparent purpose is to negate popular opinion, debunk every posted fact or figure, even sometimes shed dark shadows into well-lit corners. I think that is what gets my happy goat the very most - those who take the good that someone is doing in this world, and look up as many speculative, negative stories that they can reference in order to throw shade on that person.

Case in point, Leonardo di Caprio. This particular Facebook discussion involved someone posting a link and powerful praise for his new documentary, *Before the Flood*. Another person then commented below a series of maligning and cranky facts about the hypocrisy of Mr. di Caprio spreading the word on climate change and carbon footprints while cavorting about on yachts, driving numerous sports cars, and jetting all around the world on a regular basis. It read as though, according to Mr. Contrary, such behaviour should hereby disqualify Leo as an authority on any subject of environmental awareness and thereby make all the good he does disappear, all with a deft stroke or two of the keyboard.

So, I keyboarded him back... I told him that I found his comment beyond frustrating, that negating all the good that this particular celebrity does is nothing short of creeping in the bushes on the sidewalk and jamming your cane into the spokes of a passing biker.

The truth is, Leo is one of a very small group of people using his celebrity meaningfully, yet the nay-saying focus falls on the hypocrisy inherent to him successfully spreading the message. Yup, he flies a jet around the world. Seems kind of like the best option to get informed and also spread his message - unless that Transmogripher has finally been invented by Calvin...

We have created this celebrity-fascinated world and the vast majority of us don't listen to the educated and well spoken scientists who are warning about our global consumption and road to oblivion. Then a celebrity uses his clout to bring awareness, more successfully and broadly reaching, and he's called out. The unfortunate truth is that we are spoon fed fame and glamour, misled about greater truths (like presidents who deny hard science) and indignant about those who try to shine light. Nearly every other celebrity (who we've MADE) sits inside their sasquatch sized carbon footprint and languishes and we just throw money and glory on top of them.

At least a celebrity like Leo asks the questions and uses his fame for some kind of good. I don't begrudge him his parties and jet-setting, not as long as I'm watching his movies and supporting Hollywood in general. That's the greatest hypocrisy of all. If only we could throw as much money and encouragement at those who live the life and speak the scientific truth. How twisted it all is... I'm grateful for the fact that he is a conscious citizen in an oblivious, semi-conscious culture.

Oh, yah, and teenie point of fact: all of Leo's cars are hybrid electric cars and his homes are all eco-friendly green homes whose primary source of energy is solar. So yah, he walks the walk, when he doesn't have to fly. In the meantime, go Leo, go!

LETTERS TO THE EDITOR

ANOTHER SWAMP TO DRAIN?

Dear Premier/Editor/Readers,

Below is a copy of a letter to Mr. Todd Stone who seemed to have scuttled his plan to shorten the crossing of the Kootenay Lake ferry in response to pressure from a few business people in Balfour. Would you please remind Mr. Stone that this ferry does not cross the lake for the benefit of the Balfour community, but that is an essential service for all persons needing to get across.

*The Honourable Todd Stone,
Minister of Transportation and Infrastructure
Dear Sir,*

Re. retaining Balfour as the destination for the Kootenay Lake ferry

As an MLA and a Minister, you are in a position of leadership. The electorate looks to you for leadership. Yet, you are not leading, you are following. You are following the wishes of vocal Balfour residents who resist change. These residents represent a special interest group, one that is at loggerheads with the common good, the greater good, the public good.

At this time, you have an opportunity to cut the ferry's traveling time roughly in half, increase the number of sailings, and generally improve the connection between the East and the West Kootenays. To do so would be in the interest of **everybody**, whether they be people transporting goods, seeking services, doing business, or working on the other side of the lake. Surely you understand that the greater good is represented by those who use and depend on the ferry, not a small segment of the general population that does not really use the ferry but stands to benefit from its docking where it does.

Recent election results in the United States and Iceland have shown that voters are rather disenchanted with conventional political processes and that they are seeking change. Donald Trump called Washington DC a 'swamp', and what he referred to was its being

a swamp of lobbyists, influence peddlers, and special interest groups.

The message is clear, politicians need to re-acquaint themselves with the greater good, the public interest, and stop catering to special interests. Would you please show some leadership and demonstrate that Victoria is not just another swamp that needs to be drained?

*Jon Wyngaard, retired ferry user
Riondel, BC.*


Why I Live Here... TELUS is Not the Reason

Dear Editor:

I moved to the East Shore of Kootenay Lake in 2002. After having grown up in Berlin, Germany, I enjoyed the calmness, the lake and the clean air of this region. But now, if someone asked me the reasons for living here, I would likely list some rather different ones for them.

Here, I design and create my own life in a community of people who do exactly the same - design and create their own lives. Living in the West Kootenays (Nelson) taught me to participate and support the things I like. Nelson has the most cooperatives and not-for-profit societies per capita in the whole world. Here, people care for each other and take care of what they need. With all the worries and fears regarding our Eco-systems, mass migration due to wars and inequalities, I feel that here at home, my decisions in life can still have a strong, positive impact. I have learned to support the organizations that I regularly rely upon.

By being a member of a variety of cooperatives and giving my support with my energy, dollars and patronage to societies, I have gained control over the fulfilment of my own needs. I own and am invested in my own radio station, my own supermarket, my own youth outdoor camp, my own online dictionary/the-saurus, my operating system for my computer, **and my own internet provider.**



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RIONDEL HALLOWEEN THANKS

Dear Editor:

Thanks to everyone for another great Halloween in Riondel. Thanks to everyone that donated candy and money. Thanks to the Riondel Market for collecting the donations and making us hot dog buns and to Bobs Bar and Grill for making us delicious pizza and delivering it. Thanks to the firefighters that volunteered and helped from start to finish and thank you to Geoffroy Tremblay for being the DJ and filling the firehall with great fun beats. Thanks to Garry Jackman and Rec9 for providing the funding and thanks to Community Connections for supporting this event. Thanks to everyone that came out and celebrated Halloween in Riondel.

Danielle Rogers, Riondel



RDCK Area "A" Update

by Garry Jackman,
Director - Area "A"

COMMUNITY VOLUNTEERS FOR RDCK COMMISSIONS:

Each year many residents put their names forward to be appointed to assist the RDCK on commissions such as Economic Development, Recreation 9, the Riondel Commission of Management, the Advisory Planning Commission and as of this year the Agricultural Advisory Commission. This is the time of year when some of the volunteers who have served out their current term will be indicating they do not wish to continue, others whose terms are coming to an end are asked to renew their commitment and new members are sought out.

Serving on a local government commission can be equally rewarding and frustrating, based on my personal experience when I started on the Economic Development Commission and the Solid Waste Management Plan Advisory about 18 years ago. When the groups are reasonably well focused, we have some funding and have regional staff support the process will be more rewarding. If you are interested in what is happening in any of the commissions or have new ideas which you want to introduce, please give me a call. I will be making recommendations to the RDCK board for new and/or renewed appointments in January and I need to know who is interested early in the month of January.

The **Advisory Planning Commission (APC)** is the only from the group above which the provincial government requires a local government to have in place. Their role is to review and comment on some of the land use proposals which may affect the character of

our communities. Not every application which comes to the RDCK falls into this category, so although an electoral area may have dozens of applications in a year the APC may only be asked to review a handful of them. Like all commission meetings, the meeting time, date and location is to be advertised locally and the meetings are open to the general public. For some applications, the applicant must also be directly notified of the meeting details so they can attend and listen to the discussion or answer questions. The APC will also look at major reviews of the official community plan which should occur every five years. Not being able to predict the numbers of routine applications, ideally the APC will schedule one day per month (usually an evening meeting such as the first Wednesday) for regular meetings and will cancel on months when there are not any referrals. The APC will ideally have about eight representatives evenly distributed from Wynndel through to Riondel.

The **Riondel Commission of Management** is a unique body within this regional district (no other commission operates under the same structure) and is primarily vested with routine maintenance of the community center and recreation center. A local staff person also looks after some of the maintenance at the regional park (ball field) and the commission is involved in coordinating the garbage transfer service, calling for repairs to the street lighting and advising on the water system and drainage works. This commission does not currently have an upper limit on members, which is also unique, but tends to work well with 5 to 7 commissioners who are nominated by local residents from within the catchment area which pays into the service to support the community and rec centers.

The **Recreation 9 Commission** can have members who reside within the area from Cow Creek (just north of Kuskonook) to north of Riondel. This commission makes recommendations on disbursement of tax funds to support recreational programming and minor purchases (not capital works) such as recreational equipment. The commission bylaw states they should meet 4 times a year. Recently two of the meetings have been

to review and make recommendations on applications for funding and the other two meetings have been to discuss timing for calls for applications, trends in funding needs and recommendations for future years' budgets.

The **Economic Development Commission (EDC)** is enabled but not mandated through a portion of the Local Government Act. That is to say the existence of this commission is optional for local government but if it is put in place there are some provincial guidelines on how it operates. Generally, economic development is intended to fund activities which create new or enhance existing economic activity within the area. The fund is not intended to sustain ongoing operations or activities which may have been funded during start up stages. One recent focus has been on public access (lake access, trails and parks) which can serve to attract tourists and new residents.

The **Agricultural Advisory Commission** is new this year. In the past, some of the active farmers in the Creston area had played an informal role in advising local government on land use issues which impacted active farming. Earlier this year the RDCK enacted a new bylaw which established a more formal commission to take on this role. This is largely due to the recent growth in interest in expanding agricultural output, in part in response to rising food prices. The commission has eight members, three to be appointed from each of electoral Area B and C and two to be appointed from the Wynndel portion of electoral Area A. Currently there is only one Area A rep. The reps must live in the Wynndel area (as defined in the bylaw) and should be active in the production, marketing or direct sale of local food products. If you want to know more about any of these volunteer positions, please give me a call.

HAVE A SAFE A HAPPY HOLIDAY SEASON

Whether you are staying in the Kootenays or spending time away, I wish you all a safe and happy season. 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 Mirror, Mirror... Part 2

Who are BC's next ten best loved brands? Look no further and accept no substitutes. Step right this way: none genuine without this signature.

Last month we looked at the top ten most loved brands in this province. This month we look at the next ten, with their place last year also noted.

#11- The Vancouver Canucks (6) - They have never won the Stanley Cup, but back in the early years of the 20th century, the Vancouver Millionaires, who existed from 1911 to 1926, played for the Stanley Cup five times, winning over the Ottawa Senators in 1915 on home ice. It marked the first time the Stanley Cup was won by a West Coast team in the trophy's history. The first Vancouver Canucks were a minor-league team. An NHL franchise finally happened and the Canucks began playing in the 16,000 seat Pacific Coliseum in 1970, moving to General Motors Place (now Rogers Arena) with almost 19,000 seats in 1995. Back in the 1970s when I worked for CBC Vancouver television, the best place to watch Canuck games was from the press gondola high above the Coliseum ice. Find out more at www.nhl.com/canucks

#12- A&W (26) - What do the initials stand for? The founders of the chain, of course: Roy Allen and Frank Wright, who began it in 1923. A separate entity in Canada since 1972, A&W began in Winnipeg in 1956, and now has 850 Canadian locations, second only to the 1,400 of McDonald's. While A&W now has sit-down restaurants, the original ones were drive-ins with boys and girls on roller skates serving people on those trays hanging from your car. Remember "Follow

the Great Root Bear"? Visit www.aw.ca. With profits in Canada of \$10 million from sales of about \$100 million, the chain is doing well. Wonder what you can get for \$100 million? If you want your own Boeing jet, a new 737. If you are Donald Trump, you could get to be president.

#13- The Fair at the PNE in Vancouver (18) - The Pacific National Exhibition has been held in Hastings Park since it first took place in 1910. The Fair lasts 17 days, usually ending on Labour Day. Attendance was a record 1,100,000, in 1986, the year of Expo-86. Playland's signature attraction, the wooden roller coaster built in 1958, has a maximum drop height of 23 m (75 ft) and speeds of up to 76 km/h (47 mph). Find out more at www.pne.ca

#14- Chevron (10) - In Canada, Chevron gasoline stations are found only in BC. Their charge card is good also in the USA at Chevron and Texaco stations. They used to give Save-On More points, but this has ended as of 31st October 2016. www.chevron.ca

#15- Pacific Blue Cross (17) - *Hidden Taxes* has already written about and given 'two thumbs up' to this not-for-profit organisation. If you have extended medical, dental, life, or travel insurance with them, you probably are a happy customer. You can find out more at www.pac.bluecross.ca.

#16- Best Buy (20) - After the demise of Future Shop this is the remaining well known big box store for electronics. Founded in St. Paul, Minnesota in 1966 as Sound of Music and selling high fidelity equipment, Best Buy operates world wide with sales by its 125,000 employees of more than U\$42 billion. It has a service department called Geek Squad. Its New York Stock Exchange symbol is BBY, and the Canadian website is at www.bestbuy.ca

#17- Thrifty Foods (19) - founded by Alex Campbell and Ernie Skinner in 1977, operates 25 stores on

Vancouver Island and the Lower Mainland. In 2007 it became a division of Sobeys Inc. and operates independently of the larger company. Website is www.thriftyfoods.com

#18- Boston Pizza (21) - Boston Pizza began in Edmonton, Alberta, on 12th August 1964, when a Greek immigrant, Gus Agioritis, opened Boston Pizza and Spaghetti House. With headquarters now in Richmond, BC, there are 350 locations in Canada, and 40 in the USA and Mexico, with sales of around CDN\$1 billion annually. It trades on the Toronto Stock Exchange as BPF.UN, and the website may be found at www.bostonpizza.com

#19- The Vancouver Sun (15) - Daily newspaper published six days a week, the Sun first appeared on the 12th February 1912. It is now owned by Postmedia and has a weekday circulation of about 156,000, and Saturdays around 185,000. There is an extensive online presence at www.vancouver.sun.com

#20- ICBC (16) - No, this does not stand for the Industrial and Commercial Bank of China. Icky-Bicky insures your car if you register one in BC, and is a Crown corporation with 5,200 employees. It had revenue of about \$5 billion over the last year. Rates are governed by the BC Utilities Commission. It has a monopoly on basic insurance, but additional insurance may be purchased from it and other companies. Brokers including one in our own Eastshore branch of the Nelson and District Credit Union sell for ICBC. ICBC is the most likely of the twenty brands listed for people to have a negative experience dealing with it. An extensive website is at www.icbc.com

This concludes a look at the 20 best loved brands in British Columbia, and as this is my December column, I wish everyone on or from our beautiful East Shore a very happy, healthy, and wealthy Holiday Season and New Year.



December Horoscope

by Michael O'Connor

Tip of the Month: December begins with the New Moon in Sagittarius (Nov 29.) underway promising a dynamic and eventful year end. All the 'personal planets' will change signs. Mercury in Sagittarius enters Capricorn on Dec 2nd then turns retrograde on the 19th. Mars moves from Aquarius to Pisces on the same day. Venus leaves Capricorn and enters Aquarius on Dec. 7. Sun enters Capricorn on December 21st marking Winter Solstice. The New Moon in Capricorn occurs on Dec. 28. 2017 is year 1 of a 9-year cycle; get ready for a pivotal year.

Aries (Mar. 21-Apr. 19): Increasing the scope of your social and professional outreach is important now. Cultural interests peek earlier in the month. By Solstice, your mood sobers to make key moves to support a confident launch into 2017.

Taurus (Apr. 20-May 20): A steady flow of change in your overall status quo continues. You are pensive and perhaps a bit worried about things, yet you feel more empowered as well. Uncertainty could sneak back in this month. Don't let it; stay faithful.

Gemini (May 21-June 20): Despite lingering tensions, you are able to focus on the good and have fun. Intuition will guide you to be extra selective in your communications as the month progresses. Despite the politics, your commitments deepen and confidences grow.

Cancer (June 21-July 22): Key efforts to create beauty and harmony close to home feel important and right. Innovative ideas take hold. Sharing your dreams and schemes proves inspiring. You could get resentful if pressured to compromise too much from mid-month on.

Leo (July 23-Aug. 22): Creative inspirations abound early this month. At worst, there are too many. Time management will prove necessary. Your ability to concentrate deepens as the month progresses and you are better able to attend to the details.

Virgo (Aug. 23-Sep. 22): You are enjoying a boost of confidence to confront lingering issues, fears and blocks. This inspires a steady flow of thoughts and strategies. Yet you have to give more than usual to succeed. Fortunately, you want to.

Libra (Sep. 23-Oct. 22): December begins on a busy note. You are determined to breach barriers. Efforts to concentrate steadily increase. You want to play and socialize especially prior to Solstice. You are quieter and more reflective in the final stretch.

Scorpio (Oct. 23-Nov. 21): Digging deep into a well of faith and optimism feel right, perhaps even necessary. Hovering close to home brings peace and inspires appreciative sentiments. A playful, imaginative and creative mood grows steadily all month.

Sagittarius (Nov. 22-Dec. 21): Practical interests must progressively contend with social activities. The dilemma increases steadily all month. The social appeal takes the lead and you may wrack-up the cards but, all things considered, you assess it is worth it.

Capricorn (Dec. 22-Jan. 19): Focused on business and other more serious matters, your mood is strategic and conservative. Key developments close to home are more important than social affairs. Important decisions are made before the year ends.

Aquarius (Jan. 20-Feb. 18): Themes of ethics, principles, justice and politics are forefront on your mind. You are concerned about the state of the world and your own future plans. Working inwardly to allay fears feels necessary. A bold resolve steadily grows.

Pisces (Feb. 19-Mar. 20): Your career, social status, and reputation are important areas of focus. You are determined to increase social approval and improve business. Implementing new and better strategies feels important. Partying holds little appeal.

- Planning a wedding?
- Holding a meeting?

Consider renting the **BOSWELL HALL**

Booking/info: Rose at 250.223.8288

The East Shore Joins The Kootenay Rideshare Network!

submitted by Greg Blackwell for Community Connections

Check out this great service at kootenay.ride_share.org. East Shore communities are now included.

Community Connections and the Kootenay Lake Chamber of Commerce have co-sponsored for the East Shore to join this exciting ride-sharing network which makes it easy, safe and free to share rides. It remains 100% free to use for drivers and riders. Arrange rides between towns on the east shore or anywhere in North America quickly and without hassle. View ratings other people have left from past rides before deciding who to travel with. Chat with potential companions about details, ask questions and make arrangements for pickup. Then have a great ride and enjoy the company!

With Rideshare you simply enter the starting and ending point of your trip and choose whether you are driving or need a ride. After providing a few specifics about your ride you get a chance to connect with any compatible rides on that day. If you use Facebook, you'll be done in less than a minute. If not you can register using your email address and a password.

Once a request is posted, anyone driving that route on that day is prompted to connect with you - even if their route is longer than yours.

The arrangements for sharing trip costs is up to drivers and riders, but drivers can set a requested gas donation when posting their trip.

Once you've connected with someone about a ride, you can send them messages from with the Rideshare application. For your privacy and security, your email address and full name are never revealed to other users.

This year Rideshare will have have over 50,000 unique users. And, 95% of posts are for out-of-area rideshares, many of which are from tourists visiting from the coast and other areas.

To contact Community Connections www.cconnections.ca or call or email our Administrator Greg Blackwell at 250-227-9218x5505 or cell 250-509-0751, at skootenaylakeccs@gmail.com or blackwellgregw@gmail.com, or drop by our office 1-4pm Wednesdays at Crawford Bay School.



A Big Project Offers Big Results: New Huge ESIS Internet Packages Coming!

submitted by Daniel Seguin for the ESIS Board

Since the start of the East Shore Internet Society, we have strived to offer members the best possible service at the best possible price. Due to technical limitation, we've been unable to do so... until now.

The Connecting Canadians Project has been proceeding close to schedule and budget. We are currently engaged in the second stage of a 3-stage project. This stage, encompassing the major changes and upgrade of equipment within the existing ESIS network, is due for completion March 2017. As of this time 85% of subscribers have equipment upgraded.

What this means for ESIS subscribers is a more robust network that allows us to take a leap step in package offerings!

Big Package Upgrades for All Subscribers

For starters, as of December we are upgrading everyone's speed - depending on your location, you will receive speeds up to those listed in the table below. Then in January, look for new huge data increases to ESIS packages, meaning up to twice the amount per subscriber.

Package	New Speeds
Bronze	2Mbps down / 1.5Mbps up
Copper	3Mbps down / 2Mbps up
Silver	5Mbps down / 2.5Mbps up
Gold	8Mbps down / 3Mbps up
Platinum	12Mbps down / 3Mbps up

Merry Christmas and Happy New Year from the ESIS Board and staff.

Barefoot Handweaving



Raining? Watch for rainbows.
Dark? Look for stars.
Snowing? White is all colours.
Visit for a Colour hit.

OPEN Every day 10 - 4:30 227-9655

Christmas Eve Candlelight Service

Koot Lake Comm Church, Wadds Road & Hwy. 3A

December 24 - 6pm



Hear the Christmas Story
Sing some Christmas Carols
All are welcome...



Hacker's Desk
by Gef Tremblay

The Attention Merchants

We pay attention not only to shape who we are but what we think about and what we purchase every day. In that sense attention is quite valuable but is it more valuable to others than to ourselves? Do we care about where we put our attention? What happens if we put our attention to everything outside of us?

Tim Wu in his new book, *The Attention Merchants: The Epic Scramble to Get Inside Our Heads*, explores the reality of billions of dollars spent to resell every second of our attention.

Through newspaper, radio, television, computer or portable phone, our attention is more and more under siege. The attention merchant, the advertiser and architect of systems that bridge the gap between the consumer and the producer, have a common history, and Wu creates an entertaining narrative that is quite captivating and instructive.

From a graphic designer's perspective, I found the reading quite rich, as it follows a lot of the similar trends and history that graphic design follows.

But the book takes another approach and extracts only the advertising aspect of the history. Starting from the penny newspaper, to the two great wars, Nazism, Rock and Roll, email and Google, Wu brings all the best know merchants of attention to the table.

One of the strong points in the book explains how the UK used the media to help recruit bodies for the first world war. With strong imagery and strong polarized messages of the Barbarian invader, the UK was able to recruit millions of able bodied people to help with the war. Advertisers learned from these war time techniques, and use that (to this day) to continue to

create fear and attachments in order to create a fertile ground of consumption.

Wu somehow curtains the whole government mind control conspiracy and focuses on the simple concept that there are people who want to sell and they want to have a platform as close as possible to the consumer. This candid approach is so simple that it struck a chord with me about how a lot of the media we consume has a singular root. It has been created for us to consume more. Although it seems like a huge part of the story was left aside, his perspective was refreshing and still pushed forward strong ideas and questions.

If we cannot choose what we consume as media, how can there be democracy? If we cannot have access to true information, what freedom do we possess? Through the book, Wu explores fundamental principles of how we use our attention. He questions, if our attention is misguided how can we make clear choices and move freely in the world?

We have now realized that a lot of the news in the last few months was fake news crafted to draw millions of visits a day (and thus generate good income). So not only advertising, but now even fake news is competing for our attention.

"There's an entire political team and a massive office in D.C. that tries to convince political advertisers that Facebook can convince users to vote one way or the other," Garcia-Martinez says, a Facebook employee who was working with advertising. This is only to prove how our views and opinions can be drastically manipulated by the media we consume.

Bringing his concepts closer to home, early in his book, Wu quotes:

"It is only the disconnected - rural dwellers [...] who are truly immune to propaganda, while intellectuals who read everything [...] are in fact easy to manipulate."

Which explains why it feels so good to live in the Kootenays. Yet if we're not careful we can still be

enough to ignite adjacent materials in the roof or attic. Should this happen to you, call 911, throw a cup of water in the wood stove and close the dampers and all oxygen sources. The steam from the water should be enough to douse the flames, and we will be on our way to help. With newer chimneys/flues, water may crack the insert so you should check with your installer, or call the experts at Gray Creek Store.

With Christmas and the holiday season approaching, we would also like to remind everyone to use prudence with trees and decorations. Never leave your house or fall asleep with your tree lights on. Three out of four house fires in the month of December are caused by unattended Christmas Trees (www.NFPA.org). Candles can present an ambient atmosphere during the holidays, and can help in the "unlikely" event of a power outage; we encourage you to please be vigilant when using candles, never leave one unattended for any amount of time. Also, never use BBQ's or generators inside your home.

Lastly, we would like to wish everyone a fun, happy, and safe holiday season; use a designated driver for those holiday spirits and arrive alive. Merry Christmas and all the best for a great season from the members of the Riondel VFD. The New Year will see us engaging in a plan to recruit new members, please consider giving us a hand.



Christmas Trees and Chimney Fires

Cory Medhurst, Fire Chief RVFD

With our unusually warm weather this fall many people have only just begun to light their wood stoves, turn on baseboard heaters, and pull out the oil/electric heater for those especially cold rooms. The members of the Riondel Volunteer Fire Department would like to remind everyone to keep the areas around baseboard and portable heaters free of flammable or combustible materials (such as curtains or furniture); and inspect the heaters for any mechanical or electrical issues. We also encourage all wood stove/fireplace owners to clean and inspect your chimneys, if you haven't done so already. Don't forget the "clean out" door at the bottom of the chimney, a common place for creosote (the flammable black tar that builds up on the walls of your chimney) to collect. If money or mobility is an issue, ask a friend for help. We have an awesome community.

Chimney fires can burn explosively and are generally noisy and dramatic enough to be detected by neighbors or a passerby. People who have experienced these fires compare the sound of the fire to a low rumbling noise like a freight train or low-flying airplane. Flames have been known to shoot from the top of the chimney accompanied by dense smoke. The first indication of a chimney fire is usually the noise, as the fire intensifies the temperatures can reach up to 2,000 F (1093 C); hot

bombarded with a lot of media. If you're to watch a few hours of a tv show, spend some time on social network and the internet, you still can be reached.

That made me think about how much advertising I see every day, and I realized that it's only a very small percentage of my reality. Here are some ideas to help reduce your online ad consumption even more:

- Adblock and uBlock origin are two plugins that you can install on Firefox and Google Chrome which will effectively block ads

- Wikipedia is a major source of knowledge without any advertising. Using the site and supporting it as much as possible goes a long way.

- Any 'free' email from gmail, hotmail, yahoo are free because they can use your information to resell for advertising. Using a paid email or a domain that you own (i.e. if you have a website you have a domain) will help with privacy

- Even if you are using gmail/yahoo you still can use what we can an e-mail client- instead of visiting gmail.com you can use thunderbird for instance and you'll be less bombarded with ads.

- When you check your email, how many emails do you actually receive that you want to have? How many newsletters and ads do you receive? You can go through the list and unsubscribe but you can also use a service call <http://unroll.me> which will help you eliminate and unsubscribe from all these list.

- There are many way to gather news online and I find this is one of the most important ways to filter through mass media. There is a technology that has been around for a while, which is called RSS feed. With these you can 'subscribe' to different news feed and thus design your own daily news. I subscribe to artist blogs and other sources of news around the internet, and through the rss I don't receive ads.

- But one of the best way to avoid advertising on the internet is: go play outside.

Our attention is our freedom. What we decide to pay attention to shapes our reality and influences other people around us. At the end of the day we do control capitalism through consumerism. To a certain extent we could create a healthy capitalism, by modifying consumerism and only buying goods that are healthy for us and respecting our ecosystem and international trade.

I hope the attention I got from you was helpful or at least entertaining. If not, you can let me know and I'll give you some of my attention for free next time we meet.

COMMUNITY HEROES

a Mainstreet Feature

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

Nicole Plouffe, for all her work with the Learning Hub, the Fitness Place, Tipi Camp and more, not to mention being willing to step up into the secretary position for the PAC.

Tina Craddock-Henry, for her gentle patience, her kind heart and easy smile. You are loved.

The NEW CBay Potluck Crew: to all of you who chose to step forward and fill the mighty big shoes of the crew who's put this party on for so many years - well done, and thank you!

The OLD Cbay Potluck Crew: thank you for the many years of making this party one of the best Christmas celebrations in the area.

Russ Anderson: for stepping up in so many ways including sitting on the Starbelly Jam board and being so available as a chaperone and driver for youth events.



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BALFOUR FERRY TERMINAL TO STAY

a *Mainstreet* report

In early November 2016, it was announced that the western port of the Kootenay Lake ferry would not be moving to Queen's Bay; rather, it will remain in Balfour. Many residents on both sides of the lake expressed surprise over the decision, with activists against the move happy to see that their voices were heard when they were beginning to doubt that they would be, and others (including many East Shore residents), who were in favour of the move to Queen's Bay feeling like their ideas were not considered despite being the most frequent users of the ferry system.

According to the Ministry of Transportation and Infrastructure, the decision was made following the close of consultation on the future of the Balfour inland ferry terminal. The Ministry decided to continue to do further work on the "community's preferred option", which is to retain the terminal at Balfour.

"We presented options to the community, and residents of Balfour and the Queens Bay area overwhelmingly supported the terminal remaining in its present location," said Transportation and Infrastructure Minister Todd Stone. "We know there are challenges with keeping the terminal at Balfour. However, as a result of what we heard, we will focus on doing the technical analysis and work to retain the terminal at Balfour, including the potential dredging of the west arm."

There were and will continue to be challenges that need to be addressed at the existing terminal include the narrow channel and shallow lakebed. In addition, safety improvements may have to be made at the terminal to eliminate conflicts between highway and ferry traffic. Further, to maintain the current service levels, the second vessel, the MV Balfour, will have to be replaced. These elements will all play out over the coming years.

Several East Shore residents have indicated frustration with the decision and expressed disappointment that the Ministry didn't arrange to have an open house on the East Shore during the consultation period. There were many aspects to consider in the decision, and it has been stated that the advantages of moving the landing to Queen's Bay may have been overlooked. Many said that the move presented a good opportunity for the Ministry to go about building a right-sized vessel which would improve efficiency, increase capacity per trip and reduce traffic congestion, and create opportunity to allow the restoration of the beach at Balfour, neutralizing the impact to the foreshore there, particularly if the foreshore in Queen's Bay would be disrupted. Other East Shore residents have expressed pleasure at the decision, saying they are content with the ferry travel time, and don't see the benefit of such a dramatic change when it could severely disrupt and injure pristine shoreline and potentially damage or ruin several location-dependent Balfour businesses. The issue remains divided.

The ministry received more than 2,600 online and mailed submissions (survey questionnaires, emails and postcards) during the public consultation, held between June 15 and Oct. 6, 2016. Over 300 attended the open house at Redfish Elementary school on June 15.

Members of the public from communities surrounding Kootenay Lake, business operators in Balfour, Queens Bay residents, local public-safety and community organizations all took the opportunity to express their views, however many residents feel that there was never a real effort made to give an opportunity for East Shore residents, those who most frequently use the ferry system, to have their voices heard in a meaningful way.

Ferry service on Kootenay Lake currently operates between Balfour on the west side and Kootenay Bay on the east side. The distance is about nine kilometres, with a crossing time of about 35 minutes. The MV Osprey provides year round service with the MV Balfour supplementing summer service. The Balfour ferry terminal has been in place since 1947. The Government of British Columbia invests approximately \$29 million annually into operation of its 14 inland ferry routes.

6 *Mainstreet* December 2016

New Creston & District Co-op is Putting Your Money Where Your Life is!

by Edén Yesh

In today's interconnected world, it's easy to see how your hard earned money can end up going towards projects and businesses all over the world. In 2013, tax filers in the Town of Creston alone contributed \$4.4 million into their RRSP's, much of that money leaving the valley and Canada to be put to work elsewhere in the world. Imagine what an impact we could have by re-directing just 5% of that money back into our communities? The idea of Community Impact Investing aims to do just that.

Community Impact Investing is the process of connecting local investors to local investment opportunities. An investment committee will screen local investment opportunities for risks and rewards, and bring their top choices to a group of local investors. While the demand for investing locally is increasing, the traditional investment options available to investors limit where they can invest. The result is that almost all local investment capital leaves our community and is invested into far off stock markets and corporations. An unintended consequence is that while our investments create significant jobs and wealth elsewhere in the world, the places we live, work and play are overlooked.

Kootenay Employment Services Society (KES) and a group of twenty regional stakeholders have been motivated by stories from around the world about local investment vehicles successfully meeting community needs. In particular, the group has been inspired by examples that have funded rural affordable housing, renewable energy and agri-food infrastructure – projects that can be extremely difficult to finance through traditional methods. Local investments tend to generate not only employment and economic activity, but also civic pride and new attitudes about local ability to drive positive community change.

The Creston & District Business Retention and Expansion Study (2016) revealed that just under half of businesses in our region plan to expand within 3 years, yet availability of financing was identified as a top barrier to business expansion. Over the past year KES staff, guided by the twenty regional stakeholders, completed a robust feasibility study and business plan to establish a local investment tool: The Creston & District Community Investment Co-op (CDCI CO-OP).

"The CDCI CO-OP aims to direct new, or pre-existing, investment capital from local residents into local businesses and projects and will service communities from Yahk to Riondel." – says Edén Yesh, project coordinator.

The CDCI CO-OP is looking for a maximum of 150 Creston & District residents to become member/investors. An information session for East Shore residents will be held at the Crawford Bay Community Hall on Tuesday December 6th, from 6:00-8:00pm. This presentation will explain the CDCI CO-OP business model and the opportunity for local investors to become involved. Food and drinks will be provided and admission is free.

RSVP to the December 6th session at community-investmentccop.ca or contact Edén Yesh at cdic@kes.bc.ca or 250.428.5655, ext 401.

Next Deadline:
Dec 28, 2016

The Temple of Light Rises

submitted by Guenevere Neufeld

In early November the primary structure of Yasodhara Ashram's Temple of Light in Kootenay Bay, BC was assembled. Eight timber arches surround a central steel ring to form the support of the lotus-like design to come.

This stage of construction sees a dramatic visual transformation in the process of rebuilding.



The reconstruction of this building with its cutting-edge design and powerful message of inclusivity serves as a testament to the resilience of Yasodhara Ashram's international and local community.

Award-winning Vancouver firm Patkau Architects is the team behind the design of the Temple of Light. "We've been practicing architects for over thirty years," says John Patkau of himself and his partner Patricia Patkau, "and this will certainly be the most remarkable thing that we've constructed."

With the supporting structure in place, the petal design of the building will be put together incrementally over the coming months. Construction is expected to be completed by summer 2017.

"Seeing the vision begin to manifest is a joy. It's a process of innovation and collaboration among our community, the architects, fabricators and builders all coming together in harmony," says Swami Lalitanda. Go to yasodhara.org/temple for updates.

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NYE PARTY & COMMUNITY SINGING EVENT
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FAQ by Will Chapman

Who can enter? ANYONE, ANY AGE, ANY MUSIC STYLE

Do I have to sign up? YES, IT'S ESSENTIAL

Why do I have to sign up? SO THAT WE CAN HAVE YOUR BACKING MUSIC READY TO PLAY (there is no WIFI at the hall). YOU HAVE TO SEND ME A LINK TO YOUR YOUTUBE TRACK, SO THAT I'M SURE TO HAVE THE RIGHT VERSION AVAILABLE FOR YOU TO SING ALONG WITH ON NYE

How do I sign up and send you the music link? BY EMAIL, OR PHONE: 227-9600

When do I sign up? CUT OFF IS BOXING DAY

Can I play guitar too? NO, SINGERS ONLY

Can my friends and I do a duo, duet, or multiple singer thing, like the Supremes or the Beatles? YES

What does is cost to sign up? IT'S FREE

What audio do I sing to? WE RECOMMEND THAT YOU FIND A KARAOKE VERSION OF THE SONG YOU WANT TO SING, THERE ARE LITERALLY MILLIONS TO CHOOSE FROM ON 'YOUTUBE'

What if I have my own 'backing track' I want to use? NO PROBLEM, BUT WE NEED A COPY IN ADVANCE

What happens on NY Eve? YOUR VERSION OF THE SONG WILL BE PLAYED AT THE HALL, THROUGH A PROFESSIONAL SOUND SYSTEM. YOU'LL HAVE LIGHTS, A MONITOR AND A MICROPHONE - YOU COME UP AND SING YOUR HEART OUT...

How many songs can I sing? WE EXPECT EACH SINGER TO HAVE TIME FOR TWO SONGS

DURING THE NIGHT - DEPENDING ON HOW MANY PEOPLE SIGN UP - (IT WILL BE DEPENDENT UPON TIME, ETC.)

There's a cash prize? YES, BASED ON AUDIENCE RESPONSE, THE 'STAR OF THE NIGHT' WILL WE AWARDED \$100

What do people look for when watching live Karaoke? PEOPLE SEEM TO LOOK AT THE WHOLE PACKAGE:

- singing ability
- stage presence
- style (wardrobe, etc.)
- audience reaction

Will there be food there? YES, GREAT, HOT FOOD WILL BE FOR SALE

Where is it? GRAY CREEK HALL

When? NEW YEARS EVE - 10 - MIDNIGHT

What happens after the competition ends? DJ WILL D'BEATS WILL PLAY DANCE MUSIC, AND THERE IS ALSO A STRONG POSSIBILITY THERE WILL BE SOME LIVE MUSIC

What does it cost to get in? ADMISSION IS \$10, EVEN IF YOU ARE PERFORMING, \$5 FOR THOSE UNDER 10 YEARS OLD

The Mainstreet
CREATIVITY,
COMMUNITY,
CONSCIENCE

Molière Caught with His Bloomers Down

by Doreen Zaiss

We are taught to respect our elders. When the elder in question is not only elder by four centuries, but is also referred to as France's Shakespeare, a great deal of respect is due. Sorry *Molière*, you won't be basking in respect when Hexagon Players presents *Molière Plays Paris* in February.

Playwright Nagle Jackson introduces us to his cast of travelling actors who have just performed a Greek tragedy for King Louis XIV in Paris. *Molière* has devoted years of writing, acting, leading his company, just waiting for this opportunity. The play is a flop. The actors humiliated. The audience bored. They aren't Greek and tragedy is not what they came to see.

But *Molière* comes to his senses just in time and begs King Louis for patience while they replace the Grecian pillars for a comedy ... one, no two of *Molière's* own writing. Those plays actually are comedies by *Molière* but loosely translated by Nagle Jackson. The acting challenge is formidable as our actors play members of the company as well as playing the actor playing the characters in the play. And if that's not enough *playing* for you, well, you'll find more confusion on the stage.

We offer no edifying moments, no remedies for the current political malaise, and no pathways to enlightenment. We do offer you atrocious French accents, outrageous tomfoolery and enough laughter to fill your lunchbox for a week at least.. There is so much slapstick that one character chases another around the stage with an actual slapstick.

A large cast has taken on this challenge, and we all invite you to join us. We only aim to please.

Join us in February, exact date to be announced next month.

Next Deadline:

Dec 28, 2016

www.eshore.ca



The PAC Box

Your Parent Advisory Council works hard as a liaison between school and families & would like to take a moment to let you know about what's going on...

PAC MEETING: The next PAC meeting is not until January 16th at 5:30pm (note earlier time!) Email Nicole (nrlplouffe@gmail.com), Palma (palma.wedman@gmail.com) or at the new PAC email cbess.pac@gmail.com to be put on the agenda or with any questions.

GROCERY GIFT CARDS: The next round of gift cards has a deadline of January 15. Remember to order your cards monthly (on the 15th!). It's a great and easy way to support music, travel and the hot lunch program. To order, call/text Maria at 250.509.1155 or posturebeads@gmail.com or Sandy at 250.227.9218 or clerical.crbay@sd8.bc.ca.

CALL OUT TO ALL PARENTS: What would inspire you to attend a PAC meeting? What do you want to hear about and talk about at a PAC meeting? Do you want to see some specific programming for children and/or us as parents? Do you have some time to help with a specific project? Let us know at cbess.pac@gmail.com (new email!)

HOT LUNCH: Tyler welcomes feedback about Hot Lunch at cbess.hotlunch@gmail.com.



Seldom Scene

by Gerald Panio



"I have a feeling in a few years people are going to be doing what they always do when the economy tanks. They will be blaming immigrants and poor people... and teachers...."

"Let me put it this way: I'm standing in front of a burning house, and I'm offering you fire insurance on it."

"I thought we were better than this, I really did.... It makes me feel sad."

-quotes from the film version of
The Big Short (2015)

In the light of recent events south of the border, I don't think I'm the only who'd find the above quotes from a pre-Trump film eerily prescient. If, like most of the planet, you're wondering how President Trump happened, you might want to watch Adam McKay's *The Big Short*. It's an economic thrill-ride (no, that's not an oxymoron) that helps to explain why an awful lot of people were sufficiently pissed to jump off an electoral cliff. Outside of any issues of racism, xenophobia, and anti-intellectualism, American voters wanted to drive a harpoon into the predatory economic status quo that journalist Matt Taibbi memorably called "a great vampire squid wrapped around the face of humanity, relentlessly jamming its blood funnel into anything that smells like money." After a year of stewing in unhinged rhetoric, those voters delivered their harpoon into the hands of their own Captain Ahab. So what if he's also a prime exemplar of the predatory economic status quo? It takes a predator to kill a predator, right?

The Big Short makes some interesting choices in the way it chooses to deliver its narrative. For one thing, rather than the standard protagonist/antagonist set-up, we're presented with a large cast of characters whose moral compasses range from variable to non-existent. No one here can claim to be making the world a better place. This isn't about slaying dragons, it's about force-feeding the goose that lays the golden eggs until it explodes. Nor is there any hint of a manufactured love story to punch things along. And instead of trying to overlay the economics with a veneer of "just the facts, m'am" objectivity, *The Big Short* never lets you forget you're watching a movie—characters suddenly speak to the camera, celebrities like Anthony Bourdain, Selena Gomez, and Margot Robbie (in a bubble bath, no less) are roped in to get your attention, and the soundtrack is in-your-face loud and ironic.

The first character to whom we're introduced is an eccentric, socially inept hedge fund manager, Michael Burry (Christian Bale), that we can as easily picture planting kale at an ashram as manipulating millions on Wall Street. Burry's the first to see that sub-prime

mortgaging is a giant house of cards and, when he can't get anyone in government to care, bets over a billion dollars of his clients' money against it. The banks he's betting against treat him like a sucker because precedent says that mortgages are the most secure market out there and have never, ever even hinted at failure. Burry's only mistake was to underestimate how thoroughly corrupted the system had actually become—not only had the foxes gotten into the hen house, they were feeding the barnyard dog.

One of the most profitable wrong numbers in history tips off another trader, a dyspeptic Mark Baum (Steve Carrell), along with his partners, about a Deutschebank operative (Ryan Gosling) who starts to realize that Michael Burry is more prophet than court jester. At first, Baum is incredulous that the system he's always treated with contempt could actually be venal beyond his wildest dreams. Could it be possible that he wasn't cynical enough? A trip to a Las Vegas American Securitization Forum opens his eyes to the new reality of party-like-there's-no-tomorrow. No one gives a damn that they're steering the Titanic straight into the iceberg. Hey, it's unsinkable.

A couple of two-bit players, Charlie Geller (John Magaro) and Jamie Shipley (Finn Wittrock), also get into the game when they pick up a stray copy of the same Deutschebank prospectus that's presented to Mark Baum. They can't believe it either, and travel to Florida to run onsite checks on mortgaged properties and mortgage holders. They find abandoned developments and clients like a stripper holds mortgages on five houses and a condo. Conversations with mortgage brokers confirm that absolutely no one is doing due diligence on the deals going down. With the help of retired investment banker Ben Rickert (Brad Pitt), Geller and Shipley hop on Burry's bandwagon. Imagine Doug & Bob McKenzie teamed up with Jim Flaherty. Why does Rickert do it? On a whim. Geller and Shipley desperately want to be rich, so he gives them their wish.

On their way to fantastic profits, all the characters we've described get an education in the Orwellian newspeak of high finance—collateral debt obligations, sub-prime mortgages, credit default swaps, tranches. High-sounding jargon that stood in for the systematic looting of pension plans, city and state governments, and unwary home buyers. When the end came, five trillion dollars went up in smoke, 8 million people lost their jobs, and 6 million people lost their homes. And that was just in the U.S.

The Big Short does a superb job in helping viewers understand the mechanics of the collapse, and communicating a sense of outrage that the system can be gamed so cavalierly with so few consequences to the individuals doing the gaming. Trillions of dollars later, one banker goes to jail. The firms that colluded into the collapse received billions in taxpayers' dollars to stave off collapse, while simultaneously paying huge dividends to their directors. Anyone who finds *The Big Short* an eye-opener should pick up the book by Michael Lewis on which it's based. Lewis has also written several other well-received books on high (or should it be low?) finance.

What *The Big Short* fails to do, however, is to explain how banking laws and regulations put in place after the Great Depression were ignored or gutted in the decades prior to 2008, and how any attempts to seriously reform the system after the collapse or prosecute

those responsible were also ignored or gutted by the powers-that-be. It's in these before and after pictures that we'll find the source of some of the anger that fuelled the recent American election. One wouldn't



have expected the Bush dynasty to make much of an effort to rein in the financial market, and it didn't, but it was Bill Clinton whose Congress repealed the Glass-Steagall legislation enacted in 1933 to regulate banking. And it was under Barack Obama's watch that operators like Goldman Sachs and Morgan Stanley washed their hands of the disaster (to this date no corporate firm has been convicted of criminal charges for any actions leading to the 2008 collapse), and that even the subsequent Dodd-Frank law's attempt at reform died the death of thousand cuts.

I'd like to end this review with a couple of longer quotes from Matt Taibbi, a journalist who has spent at least the last decade trying to make sense of what's gone wrong. He's worked hard at it, and you can check out the results at a website called "15 Great Articles by Matt Taibbi," courtesy of The Electric Typewriter group. The first quote is from "Too Smug to Jail" from November 1, 2016:

"[from The Economist] 'Most corporate crime is the result of collective action rather than individual wrongdoing—long chains of command that send (often half-understood) instructions, or corporate cultures that encourage individuals to take risky actions. The authorities have rightly adjusted to this reality by increasingly prosecuting companies rather than going after individual miscreants.'

Yikes! This extraordinary argument is cousin to the Lieutenant Calley defense, i.e., that soldiers bear no responsibility for crimes they were ordered to execute. *The Economist* here would have you believe that there's no such thing as an individual crime in a corporate context."

The second is from "Obama's Big Sell-Out" from December 13, 2009:

"What's taken place in the year since Obama won the presidency has turned out to be one of the most dramatic political about-faces in our history. Elected in the midst of a crushing economic crisis brought on by a decade of orgiastic deregulation and unchecked greed, Obama had a clear mandate to rein in Wall Street and remake the entire structure of the American economy. What he did instead was ship even his most marginally progressive campaign advisers off to various bureaucratic Siberias, while packing the key economic positions in his White House with the very people who caused the crisis in the first place. This new team of bubble-fattened ex-bankers and laissez-faire intellectuals then proceeded to sell us all out, instituting a massive, trickle-up bailout and systematically gutting regulatory reform from the inside."

Bitter words. But Taibbi may simply be speaking with the candor that Michael Burry used in 2006. Something is rotten in Denmark. The new American administration may decide to check in the basement, or just keep on tossing more bodies down there.



Here We Come A-Wassailing

by Deberah Shears

Another year has come and gone. The Many Bays Band and the Many Bays Singers would like to invite all of you to our third Celebration of Christmas Music at Harrison Memorial Church on Crawford Creek Road in Crawford Bay on Sunday, December 18, 2016.

For the first time, there will be two performances this year: a matinee at 2:30pm and an evening performance at 7pm. This celebration has become popular so we wanted to make sure that no one was turned away - as happened last year.

Performed by local musicians from Twin Bays to Riondel, the music will be a collection of carols from traditional to contemporary. Some will be performed by the singers, some by the band, and some by both. Of course, you, the audience will also get a chance to sing along with some of your favourite carols.

Admission will be by donation; please be generous as the concert donations go to support a maintenance fund to keep this beautiful, historic church open. Children quietly seated are welcome to attend.

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Riondel Reading Centre

by Muriel Crowe

On November 19 we celebrated our fifth annual Celebration of Words at Dutch Harbour Christian Camp. This event is a treat for all who attend as well as the Riondel Library volunteers who organize it. In a stark contrast to the election rhetoric from the USA these words were intended to entertain and broaden our understanding of this world. Bonnie Anderson read excerpts from a novel written by her great grandmother; Winnie Fung shared memories of her family's life in Hong Kong. Doreen Zaiss entertained with a selection from a new novel about northern Norway while Luanne Armstrong shared parts of a new juvenile novel involving riding rehabilitation, a subject very dear to her heart. A change of pace was created by Ashley Laframboise with three very powerful poems bringing the afternoon to a close. We thank the readers and are already dreaming of next year's celebration.

We are progressing slowly with new spine labels and changes to the cataloguing of DVD's. All will be changed to the first three letters of the title; however you will still be able to search our catalogue for actors or authors. We will be changing all of our computers to Linux in hopes that the problems we have had with windows 10 will cease.

A dear friend who lives in England has forecast our winter weather, "Expect warmer than normal temperatures due to huge volumes of hot air from the USA. "We look forward to the warmer weather and coming holiday season and hope that you and yours find peace and happiness in your lives. Keep happy, borrow books and DVD's from your library and make us happy too.



pebbles by Wendy Scott The Music of the Spheres

There is geometry in the humming of the strings, there is music in the spacing of the spheres

-Pythagoras c500 BC

Who can forget the iconic theme from the *Phantom of the Opera*: Christine's chord progression urged higher and further still by her taskmaster and demonic spirit, her duende, the Phantom. And yet that familiar scale of incremental tones and puzzling, but correct, half-tones reaches back to 500 BC when Pythagoras lived in the Greek city of Metapontum in old Italy.

Born on the Greek island of Samos in the Aegean Sea which at these tumultuous times on our continent serve to remind that beauty can bloom beside fear and shock. Pythagoras looked to the heavens and conceived of the intervals – the spheres – between earth, her moon, the planets and the fixed stars as the most perfect harmonic intervals of an octave. All this without the Hubble telescope or an International Space Station and yet in his earth and sun centric universe, Pythagoras predicted and believed in the concept of space and time. Even though it would take centuries before we could listen to the echoes of the Big Bang, Pythagoras was speaking and writing while biblical scholars composed the stories of Ezekiel and his vision of a "wheel within a wheel a-rollin way in the middle of the sky."

During the past few weeks we have watched the confusion south of our border with dismay, but almost at the same time experienced the grace, excitement and sorrow of the familiar. As we mourn the death of the man we knew as, Leonard, who embraced his own Greek island of Hydra, we are again imbued with an intense and beautiful balm that comes with music and poetry.

Pythagoras believed in the transmigration of souls, both animal and human, and was so couched in Greek myth that, like an electron, he was said to be seen in two places at once; or expected, revealed, imagined and perceived; could these truths of a poet, philosopher, musician, have been channeled by our own 21st Century and affirmed anew in the music of the spheres.

It is the time of year when beauty shines on the hillsides; Tamaracks are golden gems in groves of deep green conifers; maples fling scarlet carpets and clouds upon clouds reveal the multi-layered breadth of mountain ranges extending impossibly east and west beneath Pythagoras's imperfect canopy of space and time.

Could the New Music some perceive as tangled and rootless, be nothing more (or less) than true voices from outer space; galaxies lost and found: real and imagined: hidden moons; tiny elusive planets; a parallel or distant universe of stars spun into black holes: string theories to catch and follow to the cosmos and into the entanglement of the firmament. Then, *Hallelujah!*

.....Throw something on/and whoever it is you must tell/ that you are leaving/ tell them, or take them, but hurry: they have sent for you/ the call has come/ they will not wait for ever. They are not even waiting now.

-Leonard Cohen

Next Deadline:
Dec 28, 2016

Book Review

by Tom Lymbery

RIVER CAPTURED—the Columbia River Treaty and Catastrophic Change. By Eileen Delehanty Pearkes, Publisher Rocky Mountain Books, 288 pages, \$20.00.

I am amazed at the amount of research that Eileen has put into her book, also making it very readable. Weaving into the story of the river the supposedly extinct Sinixt People and their livelihood – the fish with the coming of David Thompson and the Hudson's Bay Co until the building of the supposedly *Eighth Wonder of the World* – the Grand Coulee Dam. The Dam that took no regard of the fish and forever destroyed the salmon runs that used to climb the river all the way to Invenemere.

Surely you've read all this before, but not the way she travels downstream to see for herself and connect with the remainder of the *people who came before*. This is a preliminary to the way BC and WAC Bennett sold us down the river to build the High Arrow against all the efforts of our M P for Kootenay West, Bert Herridge and versatile Engineer Richie Deane. They proved that a Lower Arrow dam would be as effective without destroying all the valuable farms and orchards. I knew so many of those who fought this impossible battle.

She visits the Spicer Family in Nakusp where Christopher Spicer even hauled valuable garden soil up above the rising water where his daughter Janet still manages to grow large crops of vegetables on the remaining acres that her father held out against the take over officials.

She visits Brian Gadbois while he is employed to plant rye grass at low water to try and suppress the Arrow Lake Dust Storms – a system that eventually works after residents had to suffer through annual dust storms. She very much compliments the efforts of my late friend, Dutchy Wageningen who looked after the Duncan Dam for many years. Even though his ideas were dismissed by Hydro officials, Dutchy found a way to allow Dolly Varden (now called bull trout) to make their way up through the dam gates to spawn and feed in the Duncan Lake. This took ingenuity to open and close more than one dam gates extremely carefully so that the fish could handle the swift water. Have you ever watched that blast of water when the exit is open? Something to see.

And the Libby Dam that Canada had little input into because the dam itself is in Montana, though the water is backed up 43 miles into Canada flooding out farmland which was dismissed by the officials as *virtually worthless*. However, we have benefitted from this impoundment of the Kootenay River as the trees in front of Gray Creek Hall attest to, while a previous high water in 1961 actually went right under the Hall.

Again – this is a very readable book that covers so much and more of what we may have forgotten about the disasters that all the dams have created. I fully expected a tough read but found I couldn't put it down.

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Snacks will be provided and admission is free.
To RSVP visit communityinvestmentcoop.ca or contact **Eden Yesh** at cdcic@kes.bc.ca or 250-428-5655 ext. 401

Christmas Greetings To Your Community - 2016

You send your Christmas Greeting to the Community and the East Shore Christmas Food Hamper Program gets your donation! Thank you, East Shore - you give with full hearts.

Peace, love & much merriment and blessings of the season from the crew at **Black Salt Café**.

Western Pacific Marine Ltd. wishes our ferry passengers a safe and happy holiday season.

May this time of year be cozy and delicious for all. A warm colourful thank you to all who brought friends and family in to support us this year. Happy and Merry!
Barefoot Handweaving

"Feeling gratitude and not expressing it is like wrapping a present and not giving it" - William Arthur Ward. We gratefully extend our warmest holiday wishes. May all that contains joy, all that brings peace, and all that has meaning, be yours this holiday season and throughout the year to come. Season greetings from Susan, Karol, Victoria and Catherine at **Nelson & District Credit Union - ES Branch**.

This year; this week; this day, walk through the garden - rest, reflect and remember friends, relatives and neighbours. Send off a Christmas wish for peace throughout the coming year. **Eastshore Garden of Remembrance**.

Riondel Community Church sends the blessing that is Christmas to citizens of all faiths and religious beliefs worldwide.

Riondel Community Library wishes a gift of stories under the tree and enough to last until that Merry Christmas season comes again.

Merry Christmas and Happy New Year's greetings to our Eastshore friends and neighbours with special blessings to those who supported the recent fundraising activities for our niece, Annabelle, from Nelson.
The Hullands

Peace and Goodwill to all from **The Lakeview** staff...Tina, Faith, Marion, Lois and our most appreciated maintenance staff.

Share joy - **Doreen Zaiss**.

The Stocker family along with the staff of **The Crawford Bay Market** would like to wish everyone a warm and joyous Holiday Season and a New Year filled with Happiness and Peace.

Tipi Camp would like to extend our heartfelt wishes to this beautiful community. May you all have a much light & love during the Solstice & Holidays.

Wishing Everyone Joy, Health and Happiness this Holiday Season from Tom & Sharon, Dave & Kris, Christy, Dan Rose, Bryce, Steve, Daniel, Jan, Oliver and Ian of **Gray Creek Store**.

Wishing you all have happy gatherings with friends and family this season - **Garry and Tina Jackman**

Wishing you all a blessed holiday and a new year full of learning and fun! Laverne Booth (**Selkirk College and the East Shore Learning Hub**)

Merry Christmas & Happy New Year - **Kootenay Lake Community Church**.

To all our families, friends, customers and acquaintances, the best of the season to you. May 2017 bring you peace, enlightenment and joy from the gang at **Newkey's** - Gerry, Carol, Matt, Chris, Jake, Kerry, Leah, Helder and Pam.

Wishing everyone a safe & happy Christmas & New Years! Thank you for all of your support in spending local!
Kootenay Lake Chamber Members

Wishing every one a safe and magical Christmas & New Years!
The Crew at **Kootenay Forge**

The East Shore Mainstreet wishes everyone deep connections, powerful memories, sweet moments and excessive joy this year, next year and every year.

Joyeux Noël de votre groupe préféré de clowns - **The Hexagon Players**.
Merde Royale!!!

Community Potluck Christmas Dinner

Saturday December 10th at 5pm

Carols, Crafts and a visit from Santa!

Register to volunteer/sign up for the Christmas Dinner Potluck by December 3rd. Space is limited. Sign up sheets at the Credit Union and at the Crawford Bay Market

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What I Have Seen

a message from
**CBESS Principal,
Laury McPherson**

School has been back in session for a few months now, and once again I am struck by the generosity of the people in our community. The number of people who volunteer at our school is astounding and they make such an enormous difference. We have a range of volunteers, from regulars who come weekly, to some who are in multiple times a week, to some who volunteer for different activities and classrooms when they can. Each and every one of them makes a difference. There is always the danger of overlooking someone when recognizing the generosity of spirit volunteers bring, and I apologize in advance if I leave somebody out; however, I will do my best to highlight some of the ways our school is the recipient of so many gifts of time and energy.

Food is important at our school. We have regular volunteers who come to school to chop vegetables, set up the hot lunch table, clear away the mess, and wash all the dishes. I shall repeat that last one: wash all the dishes! These volunteers donate their time so that our children have access to fresh, healthy, local vegetables four days a week. We have regular volunteers who are committed to growing those same vegetables at the local greenhouse; picking them; washing them; and delivering them daily: all donated. We have teams who spend time learning about how to increase the amount of healthy, local food on the minds and plates of our children, and who meet and actively research new possible sources and work together towards this goal. We have volunteers who come to tend different flower beds. We have volunteers who come to help our students go on field trips to farms and other places where they can learn about preserving food, sharing food, and growing it in a healthy and sustainable manner. Volunteers help us learn about opportunities, and help to make them happen. They then help to fundraise so that we can continue to have our special hot lunch program. We are welcomed into local venues where volunteers guide students and teach them about permaculture, raising bees, canning food, and so on. Food and garden-wise alone, there are so many people who volunteer to make it happen.

We have volunteers who donate time to help out in classroom, help supervise on field trips, and bake for bake sales. We have PAC members who work hard to help make the school a better place, to fundraise, and to support school programs. We have people who help us by organizing the food at special events, like taking care of the hot dogs during the Terry Fox Run afternoon. Parents and caregivers also meet with us to help us work on our Positive Behaviour Plan for the school and to be part of our Farm to School team. When we need help with driving, I can always count on parents to help out. When we need someone to collect compost to feed to their farm animals, there will be someone to help. And every year we run our successful mentorship program, where a large number of community members volunteer many, many hours to work with our students to teach them new skills. We have volunteers who come into the classroom to teach meditation, yoga, and mindfulness. We have someone who comes in to do music and movement in the primary classroom, and we have help on outdoor education trips. We have people who come to help whenever we are in need.

I know that I have inevitably overlooked people in this short list. My hope is that they know that we value everything they do for us, and that they have made a difference to our children. We are grateful to this special community that takes care of their children's learning in such a special and generous way. Thank you all.

Employment Opportunity Guiding Hands Recreation Society's Tipi Camp

Position - Operations Manager

Tipi Camp is a remote wilderness immersion facility providing innovative programs designed to prepare people for the future by experiencing the outdoors with an intentional and supportive approach. Tipi Camp believes in respect for self, respect for others, and respect for nature.

Job Summary

- ◆ OM reports to GHRS Board of Directors
- ◆ OM works closely with: *Executive Administration Assistant, Bookkeeper, Camp Managers and Program Facilitators*

Duties include, but not limited to:

- ◆ Coordination of camp set up/take down
- ◆ Maintenance of camp infrastructure to ensure programs success
- ◆ Coordinating camp access logistics for staff and guests
- ◆ Health & Safety oversight
- ◆ Ensure camp managers & staff are clear on policies and procedures
- ◆ Facilitate logistical assistance to staff providing services
- ◆ Monthly reports to GHRS Board of Directors

Qualifications

- ◆ Physically fit
- ◆ Prior management experience in a related field
- ◆ Off-grid wilderness experience
- ◆ Environmental education and social justice knowledge desirable
- ◆ Class 5 Drivers License
- ◆ Boat driver license (pleasure craft operator)
- ◆ Criminal record check
- ◆ Familiarization w/ GHRS programs (post hiring)
- ◆ Able to work with wide range of people, including children

Please send cover letter and resume to:
Guiding Hands Recreation Society
Box # 20 Crawford Bay BC V0B 1E0
or email tipicamp.ghrs@gmail.com
web: www.tipicamp.bc.ca

Apply Now For Recreation Infrastructure Grants

press release by CBT

Create new or upgrade existing recreation spaces

Columbia Basin) – Columbia Basin Trust is once again looking to provide funding support to groups and organizations wanting to create new or upgrade existing recreation amenities in your area. This funding can be used for outdoor and indoor sport and recreation facilities like parks, trails, courts and fields.

“We’re fortunate here in the Basin to have many world-class recreation opportunities,” said Kindy Gosal, Columbia Basin Trust Director of Special Initiatives. “Residents want to take advantage of these opportunities so they can lead active, healthy lifestyles and enhance our tourism industry. Acting on this is a priority for us and we’re really pleased the program has received such a positive response to date.”

If you are interested in applying for funding, read the application guidelines for more information and eligibility criteria. The guide can be found at ourtrust.org/recreationgrantsapply.

Once you have reviewed the guide and want to apply for a Recreation Infrastructure Grant, contact Rick Allen, Manager, Special Initiatives, to discuss your project: 1.800.505.8998 or recgrants@cbt.org. If deemed eligible, proponents will be emailed an application form.

The deadline for submitting applications is February 15, 2017 at 1 p.m. PT/2 p.m. MT.

The Recreation Infrastructure Program is a 3-year \$9 million initiative of Columbia Basin Trust. The program has already distributed more than \$4.5 million to 62 recreation-focused projects over the first two intakes. To read more about these projects visit: ourtrust.org/recbythenumbers or ourtrust.org/recquicklook.

Columbia Basin Trust supports the ideas and efforts of the people in the Columbia Basin. To learn more about the Trust's programs and initiatives, and how it helps deliver social, economic and environmental benefits to the Basin, visit ourtrust.org or call 1.800.505.8998.

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Tom's Corner

by Tom Lymbery
PM CANADIEN
CHAINSAWS



Power Machinery Ltd was one of the earliest North American manufacturers in Vancouver BC. Power saws had come to West Coast loggers in the 1930s made by Stihl in Germany. As soon as the war started in September 1939 no more parts were available so Vancouver people had to machine parts to keep the saws running. Thus before long those companies making parts started manufacturing complete saws.

Most were two man saws as they were designed for big timber but a one man saw was also needed. P M came out with their Universal model in 1947 which at 35 pounds was relatively light. The chain had teeth somewhat similar to those on a crosscut saw so took considerable skill to sharpen.

The Pennington family had purchased the Gooch home in Crawford Bay (close to Wedgwood Manor) in the late 1930s, and this has two large fireplaces so Henry had his work cut out cutting or buying enough wood. He was a manager of a Montgomery Ward Department store in Idaho Falls and purchased a Universal from a dealer in Ogden, north of Salt Lake City, feeling that he now had a firewood solution. However he was not mechanically inclined so found he needed help to keep the machine running. He left it with me about 1970 and I'm sure it doesn't have 25 hours on it. Please have a good look at this one hanging up in the store and see that most unusual cutting chain.

PM was in competition with I E L (Industrial Engineering Limited) who produced the first direct drive saw which revolutionized the industry in 1953, because with this saw you could underbuck, bore into logs and cut off branches, which were impossible with gear drive units. P M soon followed suit with direct drive but continued making gear drives and marketed many of these in Australia where they were suitable for their tougher trees, such as gumwood. They then began branding their units CANADIEN – hoping to tap the French-Canadian market. But this sometimes backfired with westerners who were anti French. Had they seen the future and used a symbol for the “e” as Canadi*n Airlines International did they might have achieved more sales.

I E L began branding their saws Pioneer shortly before they were sold to Outboard Marine and manufacturing moved to Peterborough Ontario. When the Pioneer Model 700 came out it performed well in the bush until the snow came. When you turned the machine on its side to fall a tree the air filter was in the snow on the lower side and this cooled the engine too much as well as plugging the filter with sawdust and snow. We needed a better winter performer so added the Canadien model 275 to our stock and this solved the winter problem – it was a powerful saw with the filter on top.

Before this Bristol Aero Industries had purchased PM and with the infusion of some capital Canadiens became almost as popular as Pioneers. There are similarities between aircraft and chainsaws because the weight factor is so important. The plant also moved out to the Vancouver Airport and I went there a few times to see the operation. I talked to a one-legged worker who was welding drive sprockets - in water! (The star sprocket that drives the chain must be hardened before being welded to the clutch drum

and conventional welding would destroy the hardening). He told me that he had worked for IEL before they moved east and had welded a million sprockets. Canadien came out with smaller lighter saws and with a solid distributor, Woodland Supplies, we sold many units, even though we also stocked Pioneer, Homelite, McCulloch and Stihl.

Woodland Supplies of Nanaimo had a very good sales rep – Wayne McDougal who became a good friend. He bought membership in the Kootenay Lake to Kimberley Road Assn (Rose or Gray – there has to be a Way) as he had two sons attending the Kimberley Hockey School.

Bristol Aero sold the company to Peter Dueck who had no interest in saw manufacturing so he sold to Skil in 1967. Skil soon closed the Vancouver operation as they were only looking for saw expertise to manufacture Skil branded units and that was the end of the Canadien line. Will Holt had worked for Skil for a short time in Vancouver before he came to run our saw shop for quite a few years. I was disappointed to no longer stock Canadien as I had always been confident in their machines.

The entire remaining stock of parts, bars and chains in Vancouver was sold to Joes Lawnmower owned by Joe Rybak who had come from Winnipeg and had expanded a grocery store into lawnmowers and chainsaws, close to White Rock BC. He made a successful bid for the entire PM Canadien stock which included complete saws and enough parts to assemble many more. Will and I visited his store a few times when we were in Vancouver for service schools. Joe told me that he had a truck load of saw flywheels – these are magnetised to run the magneto and listed for about \$55 each – but the best he could get was 4 cents a pound for scrap aluminum. Joe's son Albert Rybak still has many parts as well as bars and chains and a collection of over 200 antique saws.



Next Deadline:
Dec 28, 2016
www.eshore.ca

That Frustrating Ferry Problem

by Tom Lymbery

Here's what Jon Wyngaard of Riondel had to say when he heard that the terminal will stay in Balfour -- "It's not about later sailings. It's about more frequent sailings during the entire day. And its about more progressive thinking and realizing that what was adequate twenty years ago may no longer be adequate today. It's about the government short-changing those who actually use the ferry and rewarding those who simply benefit from the ferry's docking where it does now."

"It's about running a ferry service for those who need it and use it and not just for those who reap some benefits from having it docking where it does. It's about the greater good, and not about noisy special interest groups.

"And if you deduce from my statements that I am angry and disgusted, you are entirely correct."

Tom Sez

by Tom Lymbery

The announcement that the ferry will stay in Balfour makes no sense at all. Listening to the signatures of 3000 tourists who were coerced into signing by a pretty girl. Those who use our ferry daily for work or school have been snowed by Westshore businesses.

This year's show of fall colours demonstrates how far those wings carry the maple seeds – where there was one maple now there are 100s.

Energy Logs are cleaner and more efficient than firewood. These contain only shavings that are compressed at 20,000 pounds per square inch. Two logs will burn eight hours in your woodstove, and a pallet of these is comparable to two cords of firewood.

Why does English Ivy bloom in November/December? I see this is listed as an invasive species as it can climb and throttle trees.

Tom's Gray Creek Parts I and II are in stock in Nelson at Otter Books, Touchstones and the Rail Station, in Balfour at Gill and Gift, Figments in Kaslo, Kingfisher books in Creston, Cranbrook's Lotus Books, Crockett Books in Trail, and Tara Books in Salmo.

Those listings of invasive species we were warned about at the Kootenay lake Summit hosted by the Ashram includes many that will only grow at the coast or beside Kootenay Lake – such as yellow broom, ivy and holly. Global warming may allow these in Creston but a colder winter will kill them off.

Toyo winter tires have pieces of walnut shell embedded in the rubber to provide traction.

This extremely wet fall will ensure that every forest tree makes its full annual four feet of growth next season. Living beside these in our southern interior rain forest that growth doesn't seem to affect you – until you find you cant see much lake any more.

We are all familiar with the prefix Ms. But how about Mz? This one is used for those you may meet wearing a dress, but with five o'clock shadow. But perhaps because of the US weird pronunciation of zed they may say "Mzee".

Because of improved access to the Trail Airport (YZZ) Pacific Coastal Airlines expects their completed flights record this winter to be double that at Cancelgar.

Highways now says that there is not enough traffic to warrant increased ferry sailings. How about the 526,000 vehicles who annually avoid the ferry route because its virtually impossible to memorize the ferry times?

Christmas Eve Candlelight Service

Koot Lake Comm Church, Wadds Road & Hwy. 3A

December 24 - 6pm



Hear the
Christmas Story
Sing some
Christmas Carols
All are welcome...

December 2016 Mainstreet 13

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 shorwood@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.

Christmas for the Puppies

Irish setters are smart dogs. They are also very good thieves, as I learned with my setter, Carey.

In the days before caffè lattes were available, I used to top off my after-supper coffee with a bit of whipped cream. On one occasion, as I was settling down to enjoy it, the doorbell rang. I left my cup sitting on the coffee table quite certain that dogs had no interest in coffee. When I returned Carey was sitting exactly where I'd left her. With cream covered lips. Another time I brought home a box of chocolate éclairs for company who were coming for dinner. As I was tidying up the living room, I noticed that Carey was sauntering back and forth from the kitchen to the dining room a bit too frequently. Curious but a little slow to realize what was happening, I found an empty box sitting on the counter, exactly where I'd left it. She'd nosed open the lid, mouthed out one éclair at a time, hid under the dining room table to eat it, then returned for another, again and again, until they were all gone. Very casually, very quick. Like all dogs, she had a sweet tooth.

That fall, Carey had a litter of puppies, nine of them, an enormous responsibility for even an active

dog like herself. It was winter, close to Christmas in fact, so they were kept in a pen in the basement.

Every year, I made Christmas cakes, a family favourite: thick with candied peel and cherries and almonds and raisins. I'd spend all day chopping and mixing, before finally putting them in the pans. They were a big project, and they weren't ready to take out of the oven until eleven-thirty that night. I covered the three loaf-sized cakes, hot and fragrant, with a tea towel, and left them to cool overnight. I was tempted to break off a corner, just to taste one and make sure they'd turned out. Of course they had but I could wait.

In the morning one of the cakes was gone. Entirely gone. Someone hadn't been able to resist the temptation. And I knew who.

I pounded on my nephew's bedroom door. "Brad! How could you?"

He emerged from his room, half asleep. "Wha...?" "A whole cake! That's outrageous!" I was furious. So much work gone so quickly. "You didn't have to eat the whole thing," I went on.

"I didn't!"

I didn't believe him. He had the family sweet tooth just like I did and a teenager's appetite to go with it. Angrily, he dressed and went downstairs to feed the puppies. He returned very quickly.

"They're sick. They're not eating."

I went down to look. Sure enough, the puppies were just lying in their pen. Normally they swarmed all over their plates of food. Not today. They weren't touching them.

I went back up stairs and grabbed the phone book. I'd have to call the vet and ferry the puppies all in to the clinic. This was turning into an expensive, very bad day. Brad lifted the tea towel.

"Don't touch those. You've had enough already," I snapped at him.

"I didn't eat it." A corner of one was breaking off.

He prodded it free and offered it to Carey. She loved cake.

She dropped it.

The truth began to dawn on me.

I picked up the knot of cake, offering it to her again. She turned a mournful nose away and went to lay under the table, rolling her eyes at me.

I went downstairs to look at the puppies again. There they lay, swollen tummies turned up like beached whales.

They'd already eaten. In fact, they'd eaten an entire cake.

Carey had lifted it carefully from the countertop—just like the éclairs. Then, like any good mother, after she'd eaten, she'd carried the rest to her pups. There wasn't a crumb left on the floor, nor on the counter, and the tea towel looked as neat as if I'd just laid it there. She was a dog with very dainty tastes and manners.

For two whole days, the puppies didn't eat, their bellies full of the rich cake. I phoned the vet, just to be sure, and he said if they weren't getting sick, they would be all right.

I did apologise to Brad, many times, and I hope to this day he sees the funny side of Christmas cakes.

Carey, however, the smart mother that she was, had provided her puppies with the best food she could find. After all, that was her responsibility.

I learned, however, never to leave food on the countertop again.

Creativity, Community, Conscience
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Katy Hutchison and the Dynamic Process of Forgiveness

submitted by Guenevere Neufeld

International speaker, author and restorative justice advocate Katy Hutchison spoke at Yasodhara Ashram on November 21 as part of her trip to the Kootenays during this year's International Restorative Justice Week.

Tragically widowed and left with young twins after the murder of her husband, Katy went against the advice of those around her and listened to a powerful voice within. Rather than allow her husband's death to dismantle her life, Katy chose forgiveness. Knowing she had to move forward in a healthy and positive way, Katy unwittingly chose the path of restorative justice.

Restorative justice focuses on the questions and people left behind in the typical justice system. It is a voluntary process in which the person responsible for causing harm and the affected person engage in a supported

dialogue. At its root, the restorative justice process focuses on repairing harm done to relationships.

Howard Zehr, the man instrumental in creating the current concept of restorative justice writes that ultimately, "Restorative justice provides an alternative framework for thinking about wrongdoing."

Today, Katy presents her inspiring message internationally. She's spoken alongside Ryan Aldridge, the man who beat her husband to death, sharing her message of social responsibility and forgiveness to students and organizations worldwide.

Her best selling memoir *Walking After Midnight: A Journey through Murder, Justice and Forgiveness*,



TEDx talk and work with The Forgiveness Project have inspired her to co-found Full Circle Facilitation & Consulting. She works alongside Shannon Moroney bringing a workshop called The F Word to those who

can benefit. Together, they've travelled to the arctic to bring healing to the traumas residential schools survivors carry.

Katy's story is one she's told hundreds of times, yet her passion for transforming the way our society deals with conflict and harm is evident. "It's hard to work with the justice system," she says. Instead, her grassroots aim is to "educate a generation of children using a restorative way of dealing with harm."

Five years after her husband's murder, Katy sat across from the newly arrested Ryan out of a strong desire to speak with him face-to-face.

Her journey since then has led her through the continual process of forgiveness. "Our conversation was the start of something rather than the end of something," she says.



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DIY Fooding

by Elisa Rose

Hobo's Quinoa Salad

As you may know, I'm not one to follow recipes or to give others an exact recipe, but in the spirit of this season of giving, I have decided to share a recipe with you with some pretty specific directions. Just for fun. It is a recipe that I perfected when I was a private chef. The people I cooked for loved it so much and requested it every week, and I eventually had to get the formula down so that it was pretty much the same every time. Also I made a large quantity of it to sell at a craft faire a few years ago, and in the spirit of making things easy for myself, I made sure to follow and then record exact measurements beforehand that I could multiply for a big batch.

This is called Hobo's Quinoa Salad, named for a transient lifestyle I enjoyed for a short spell between my daughter having left home and my son gifting himself to the world. It's very delicious and also very festive, which is good timing because this is a festive time of year. This is dedicated to all those brave souls who are too afraid to cook without following a recipe and don't really like to cook but do it anyway. Here is the recipe:

Cook the following for 20 minutes on low, after it comes to a boil:

- 1 cup dry quinoa
- 2 cups water

While the quinoa cooks, chop and throw the following into a large bowl:

- 1 bell pepper (or two halves of different colours, for fun!), seeds and white stuff inside removed
- 1 gala apple, cored
- 1 stalk celery
- 1/3 cup toasted pecans
- 1/2 cup feta
- 1/2 cup pitted kalamata or canned black olives
- 1/3 cup cranberries (no need to chop them)
- 1/2 or one small red onion, sauteed lightly or raw, as you like it, or green onions
- A handful of chopped parsley and/or cilantro

For the dressing, combine the following in a cup or small bowl:

- 4 TBS olive oil
- 2 TBS apple cider vinegar and/or lemon juice
- 1/4 tsp cinnamon
- 1 tsp mustard (the better the mustard, the better the overall flavour - duh.)
- 1 TBS (runny) honey or maple syrup
- 1 TBS tamari or Bragg's sauce

Add the dressing to the large bowl, tossing it with the mixed ingredients. Add the quinoa and mix everything thoroughly. Add pepper and salt to taste.

That's it! Yes, you can of course substitute many of the ingredients for others that are similar. For examples; use a combination of white rice and quinoa, a pear instead of an apple, hazelnuts or another nut or seed, raisins instead of cranberries. I recently made it and forgot the nuts and cranberries altogether, didn't have enough feta so I added chopped goat cheddar, and it was still good.

Happy cooking!

Health & Happiness

by Dr. Sid Kettner

A Vegan Advantage for Men

The prostate: the site of the most common cancer in men. Most men who reach age 75 have it, although usually it is quite small in size, very slow-growing and rarely comes to one's attention so most often it is never diagnosed. But in 20% of cases it can be fast-growing and more aggressive. The 14 year AHS2 study of 96,000 men showed that there is a 35% reduction in the risk of both types in men on a vegan diet. Unfortunately, if they were merely on a lacto-ovo-vegetarian diet (basically plant based, but still using dairy and eggs) that reduction in risk did not occur. So why the vegan advantage?

Mainly because their diet was totally plant-based. Even the dairy and eggs were replaced by plant-derived foods. The research continues with the spotlight particularly now focused on all dairy products. Look for a report on that aspect in the next year. The other factor is the simple fact that when cutting out dairy and eggs, vegans end up eating many more fruits, vegetables, nuts, grains and also soy. Does that matter? Yes, particularly for those who have a family history of prostate cancer—if their fathers or brothers had it as well. For then your risk is somewhat higher than normal.

A vegan diet is, admittedly, a little more challenging to prepare but it can be very tasty, colorful, beautiful in texture and quite varied. Just ask those people in our valley who are presently taking the CHIP program (Complete Health Improvement Program) or who have taken it anywhere world-wide in the past 28 years. They will even share their favorite healthy recipes.

Eat well men—save your hearts and your prostates.

Remembrance Garden

by Wendy Scott

Memories become somehow more poignant with Christmas just around the corner – especially if the last-minute gifts have been gathered and we have managed to locate the outdoor lights packed away so carefully last year.

It's time now to take a breath before the turkey has to be stuffed and the requisite brussel sprouts, yams and baking spuds lined up – time perhaps to take a stroll.

The garden is peaceful and quiet. Stop for a while; rest for a bit; say hello to old friends.

And if December has already drifted past, then it is certainly time to step into a new year and anticipate the warmth of spring.

~ Power & Peace ~ a Yoga workshop



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Yoga & Asana Basics

Tree Pose ~ Vrksasana

This posture is simply a very good start

Benefits

Practice increases memory
Strengths concentration and co-ordination
Stabilizes emotions & mind
Alleviates mental disorders
Increase mobility in the back, hips, & knees
Improves postural anomalies
Tones all of the leg muscles
Lengthens and stretches the groin & thighs
Develops strength, agility, endurance, stamina, & will power.
Is heating, increasing circulation to the periphery of the body
Invigorating and energizing



Doing the Pose

Stand in mountain pose
Focus the eyes on a point about 6 feet in front of you
Bend the right leg at the knee, place the right foot at the ankle, calf, thigh or root of the thigh (advanced students can place the foot in half lotus pose)
Rest the foot on the leg, where you are most comfortable and challenged, toes toward the floor
Balance on the left leg, palms out to sides, at the heart in prayer, or over the head palms together
Stay for a few seconds, breathing deeply ~ 5-10 long deep breaths
Lower the arms and release the leg to the starting position
Repeat on the other side

Focus in the Pose

Gaze softly, directly ahead keeping concentration fixed on an immovable object (advanced students can try closing eyes)
Keep standing leg firm.
Do not sink into left hip.
Keep body well aligned.
Relax your face, move through balance, without clinging...

For More Info - Jai Holman – Jayapie@icloud.com

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Creativity, Community, Conscience

Permanent MRI Machine Approved for Cranbrook

IHA press release

CRANBROOK – Health Minister Terry Lake and Kootenay East MLA Bill Bennett joined representatives from Interior Health, Kootenay East Regional Hospital District, East Kootenay Foundation for Health, and Cranbrook Health Care Auxiliary to announce a \$5.3 million investment in a permanent Magnetic Resonance Imaging (MRI) machine for East Kootenay Regional Hospital.

“Through the provincial MRI strategy announced last year, we are already seeing significant increases in MRI scans across B.C., including 20 per cent more tests last year at the East Kootenay Regional Hospital,” says Health Minister Terry Lake. “This announcement paves the way for even more testing closer to home and is great news for all residents of the region.”

“With this announcement, we continue to build on the long list of investments that have made East Kootenay Regional Hospital a world-class facility,” says Kootenay East MLA Bill Bennett. “Our priority is to give staff and physicians the tools they need to provide excellent care right here in Cranbrook.”

Interior Health anticipates the permanent MRI will be operational some time in 2018. Currently, MRI testing for East Kootenay residents is done through a shared mobile MRI unit that comes to East Kootenay Regional Hospital one week in four. When the new MRI machine becomes operational, East Kootenay residents will have consistent weekly access to scheduled MRI testing.

“A permanent MRI in Cranbrook will increase local access to this important diagnostic test and will all but eliminate the need for East Kootenay residents to travel outside the region for MRIs. It will also free up the mobile MRI unit that currently serves East Kootenay Regional Hospital, thereby providing more access to MRIs for other areas of Interior Health. This is good news that goes beyond the East Kootenay,” says Interior Health Board Chair Erwin Malzer.

Ministry of Health and Kootenay East Regional Hospital District are each contributing \$2 million to the MRI project, with East Kootenay Foundation for Health and Cranbrook Health Care Auxiliary committing to fundraise \$650,000 to cover the remaining \$1.3 million. The \$5.3 million will cover the cost of the new machine and required renovations/additions to create the space at East Kootenay Regional Hospital, where the unit will be located.

“Recognizing the importance of having a permanent MRI at our Regional Hospital, the Kootenay East Regional Hospital District included funds in our 2016 Financial Plan hoping this project would become a reality,” says KERHD Chair Dean McKerracher. “Today’s announcement is great news for the entire region, and we look forward to the benefits a permanent MRI will create.”

“East Kootenay Foundation for Health has been eagerly awaiting the opportunity to support a new MRI machine for the region,” says Wes Rogers, Chair of EKFH. “The foundation will be launching our MRI campaign in the weeks ahead and I’m confident our communities will show the same tremendous support they always have for health care initiatives in the East Kootenay.”

“Good health is a basic necessity of a happy life, but sometimes we suffer from illness that is very difficult to diagnose,” says Bonnie Close, Cranbrook Health Care Auxiliary president. “As East Kootenay Regional Hospital is central to many communities in the East Kootenay, it is ideally located for diagnostic equipment such as an MRI. With closer access and reduced wait times, more people will receive ear-

lier diagnoses and quicker treatment. The Cranbrook Health Care Auxiliary is delighted to be able to contribute towards this very worthwhile project and we offer our full support.”

MRI is a safe and painless test that uses a magnetic field and radio waves to produce detailed pictures of the body’s organs and structures. MRIs are used to diagnose a number of medical conditions, including abnormalities of the brain, as well as tumours, cysts and soft-tissue injuries in other parts of the body. MRI scans are important diagnostic tools that do not use radiation; however, other types of diagnostic imaging – x-ray, ultrasound, or computed tomography (CT) – are more appropriate tools for many types of medical conditions.

In addition to the current mobile MRI unit (which also provides service in Penticton and Trail), Interior Health has MRI units at Kelowna General Hospital and Royal Inland Hospital in Kamloops. Another permanent MRI machine has been approved for Penticton Regional Hospital thanks to a major community donation through the South Okanagan Similkameen Medical Foundation and is expected to become operational in 2019.



Caution Urged When Considering Cosmetic Tattoos

IHA press release

Given the emergence of relatively new cosmetic procedures such as eyebrow microblading, Interior Health is reminding the public to exercise caution when considering such services. Specifically, users should ensure the establishments they visit have safeguards in place to protect their health.

Microblading, also known as eyebrow embroidery, microstroking, and feather touch, is a technique used to apply semi-permanent makeup. This form of cosmetic tattooing uses ink and a very small blade to fill out or re-shape eyebrows.

Microblading, as with any type of tattooing, involves breaking the skin. It’s important that equipment used, including microblades and needles, be sterilized to prevent the transmission of infection diseases such as HIV, hepatitis B and C, as well as skin infections. A single use disposable microblading pen is recommended for this type of procedure. To ensure microblading equipment is sterile, Interior Health recommends individuals ask for packages to be opened in front of them.

Members of the public are strongly advised to receive cosmetic tattooing, tattoos and body piercings from premises inspected by Interior Health. Home-based microblading and tattoo services advertised on social media or websites like Facebook, Kijiji and Craigslist, may not have been inspected by Interior Health.

Interior Health inspects regulated tattoo and body piercing businesses at least once a year to review practices with respect to general sanitation, disinfection, and infection control procedures.

To view inspection reports for licensed facilities in the Interior Health region, please visit our website: <https://www.interiorhealth.ca/YourEnvironment/TattooPiercingTanningHair/Pages/default.aspx>

Interior Health is committed to promoting healthy lifestyles and providing a wide range of quality health-care services to more than 740,000 people living across B.C.’s vast interior. For more information, visit www.interiorhealth.ca, follow us on Twitter @Interior_Health, or like us on Facebook at www.facebook.com/InteriorHealth.

New Phone Line And Email Address To Help Report Elder Abuse

IHA press release

Interior Health has launched a new, confidential toll-free number to report the mistreatment of older adults.

“Research shows that seniors are the most likely to suffer physical, psychological or financial abuse or neglect from a family member,” says Minister of Health Terry Lake. “World Elder Abuse Awareness Day reminds us to treat everyone, at any age, with dignity and respect. There is no excuse for abuse.”

Anyone within Interior Health who has concerns regarding elder abuse can call 1-844-870-4754 to be connected with an Interior Health staff member who is trained to respond to such situations. The phone number and corresponding email address ihadultguardianship@interiorhealth.ca were launched in May this year. (Always call 9-1-1 if the situation is an emergency and you require immediate help.)

Elder abuse takes many forms, including physical, financial, emotional, verbal or sexual abuse, and neglect or self-neglect. It can affect anyone, regardless of their health, financial background or social standing. It can occur anywhere and anytime, whether an individual is living independently, with family, or in a residential care home or other facility.

“Seniors are trusting and open-hearted, they are willing to help, and it’s troubling that sometimes people prey on that kindness,” said Parliamentary Secretary for Seniors Darryl Plecas. “It’s essential for all of us to be aware and take action, because we have a responsibility to promote a culture of respect and protect the safety of seniors.”

“The new toll-free number is one more tool we’re providing to assist one of the most vulnerable populations. As designated agencies under the Adult Guardianship Act, health authorities across B.C. have a role and responsibility to keep seniors safe,” says Interior Health Board Chair Erwin Malzer. “Nobody should have to suffer silently. We all need to stand up and speak out on behalf of those who may be unable to advocate for themselves.”

Almost 16 per cent of B.C.’s population is over 65-years-old. Within Interior Health, that number is higher, with more than 22 per cent of residents over 65, and climbing. As our society ages, it is increasingly important to be able to recognize elder abuse and give people the tools they need to stop it.

The BC Association of Community Response Networks, which supports a local community coordinated response to the abuse, neglect and self-neglect of vulnerable adults, applauds the launch of the new phone line.

“The BC CRN provides mentorship, resources and support to service providers and encourages public education activities to help residents understand the signs of abuse and how to help prevent it from happening. The launch of this number will further help communities to help address this important issue,” says Sherry Baker, Executive Director of the BC CRN. “I am pleased to add our support to this initiative being taken by Interior Health.”

June 15 is World Elder Abuse Awareness Day. Wear purple to show support for the elimination of abuse and neglect of older adults and to promote independence, dignity, and security. For more information visit the Adult Abuse and Neglect page under Your Health at www.interiorhealth.ca.

Interior Health is committed to promoting healthy lifestyles and providing a wide range of quality health-care services to more than 731,000 people living across B.C.’s vast interior. For more information, visit www.interiorhealth.ca, follow us on Twitter @Interior_Health, or like us on Facebook at www.facebook.com/InteriorHealth.

Notice of Passing

Anne Hawkes (nee Deane)
March 14, 1915, to Nov. 4, 2016



Daughter of Richard and Dorothy Deane, Anne was born on March 14, 1915 at the family home at Deanshaven, on the eastern shore of Kootenay Lake, the fourth of seven children. Anne spent most of her childhood there, except for four years at a boarding school in England. She left Deanshaven on a more-or-less permanent basis in the

mid-1930s to study French and orthopedic nursing in Switzerland. But she never lost her love for or connection to the Kootenays, returning again and again over the years, before finally settling in Riondel some sixty years later and completing the last quarter century of her long life in its embrace.

But back to the beginning - upon the outbreak of war she fled the continent (with the sound of guns resounding in her ears) to take up a nursing post at the Royal Cripples Hospital in Birmingham (itself the recipient of a direct hit from German bombs during her service).

There she met and married Job Hawkes, a recent Cambridge history graduate and Anglican minister. He took a job with the Flying Angel Mission, an international network of hostels that served as a home away from home for merchant seamen. This took them to the ports of Cardiff and Newport in Great Britain, and, in 1951, to Port-of-Spain in Trinidad.

Anne, arriving in the tropics from grey and war-torn Britain at the age of 36, found herself in paradise. Carnival, steel bands, beautiful beaches, crewing on luggers across the Caribbean, and falling in love with her camera (sadly, all her West Indian photos are lost) were high points in their five years on the island.

And then it was on to another five years on another island on the other side of the globe. Anne and Job, with their two sons, shipped to Australia in 1955 - leaving Port-of-Spain on Anne's 40th birthday. Their trip across the Pacific, with stops in Tahiti, Fiji and New Zealand added another chapter to her adventures.

Situated on the 40th parallel and site of innumerable shipwrecks, King Island is home to ten times as many cattle as people and even more mutton-birds and crayfish. Job took up the position of vicar of the Anglican parish on this 60 kilometre-long windblown, but enormously fertile, outcrop in the middle of Bass Strait. They quickly became deeply engaged in the life of this tiny community. Anne became the chief organiser of their popular parish periodical, 'Don't Throw It Away' - a phrase that encapsulates a significant element of Anne's approach to life. She knew that everything had a potential further use, even if unapparent at the time.

In 1959, they moved to the parish of Ranelagh in the Huon Valley, Tasmania, at the time a world centre of the production of apples, hops and small fruit. Again Anne quickly adapted to, and embraced, a new community. The next few years saw changes as Job gradually transformed from Anglican minister to history lecturer. In 1961, Anne did time as Matron of the University of Tasmania's Christ College before, the following year, they moved to Melbourne where Job became the inaugural Anglican chaplain at what was then Australia's newest university, Monash. Before long he was a full-time history lecturer as Anne continued her explorations of art and craft.

In 1968, now in their early 50s, Anne and Job's version of the mid-life crisis was to embrace the hippie life, travelling first up and down Australia's east coast and then North America from Alaska to the Yucatan in a Volkswagen camper van.

In 1970, they settled in Saint John, NB, where Job took up a position teaching history at the university. It was here that Anne blossomed as a painter, photographer and creative rugmaker. She exhibited her work,

received many commissions and much praise.

They spent the next twenty years in Saint John - or at least that was their postal address. For they travelled far and wide - combining their regular camping explorations of North America's national parks with many visits to the Kootenays and more than a few overseas journeys. One of these, in 1975, saw a 60 year-old Anne attending the London Art School.

Upon Job's retirement in 1979, their travelling went up another notch. Anne got to have extended stays on the Kootenay Lake shores, they visited old friends in Australia, New Zealand, France, Germany, Sweden and Britain and, in 1989, celebrated their 50th wedding anniversary in Saint John by making, for a change, all their friends come to them.

In 1990, and now in their mid-seventies, Anne and Job moved to Riondel where Anne continued her arts and crafts activities while also applying her design talents to her backyard garden. Job passed away in 1998, leaving Anne to live alone which she embraced with her familiar enthusiasm, continuing to garden, dance, draw and paint. In 2002, at age 87, she made her last international trip, this time back to Melbourne. In October 2008, her sister and best friend Katharine died. In hindsight, this was probably the moment at which her gradual withdrawal from the day-to-day began. She had always insisted that her 99th birthday would be her last, but despite her best efforts, she managed two more. In July and August this year she visited the eastern shore for that last time before, on November 4th, making her final and peaceful departure.

It is impossible to adequately describe Anne's contribution to the lives of those that came in contact with her, not least because she regarded herself as insignificant (I once told her a story of an Indian mystic who, after listening to a student tell how keen he was to make a mark on the world, responded by saying that he - the mystic - would be happy if he could, upon departing this earth, demonstrate that he had left no mark at all. Anne completely understood and shared this perspective). Her humility, her desire not to be a burden on others and her intuitive and deeply-held certainty that we are all just ephemeral particles in natural processes that pay no heed to individual achievements led her to consistently discount her own qualities.

Although there is no doubt that Anne was a talented artist, it was something she was uncomfortable acknowledging: rather, she saw herself as a maker - two strapping sons, an efficient and comfortable domestic environment, an adventurous partner for Job, rugs, photographs, paintings, drawings, clothes, gardens and lists (this piece would have been way less informative without access to her extraordinary documentation).

Perhaps Anne's most fundamental relationship was with wood. She found, enhanced, scraped, sanded and oiled pieces of wood that she liked until they took on their own unique identities. 'If coming back were an option, I'd return as a Tamarack'. Many of her friends and relations now treasure pieces of Anne's handiwork as souvenirs of her remarkable life.

She loved to share - not just stuff and stories and food but techniques, tricks and skills. Her last project was to pass on to her granddaughter Lucy her skills and enthusiasm for making stuff.

Anne's inventiveness, practicality, love of life, enthusiasm, independence, curiosity, and grace will be long celebrated by those with whom she shared her time on this planet.

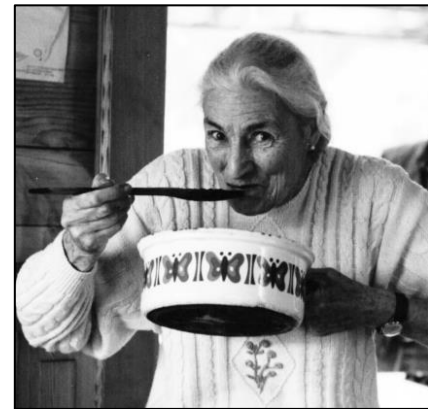
Anne is survived by her sons Digger and Jonathan, grandchildren Blake and Lucy, daughters-in-law Barb and Suzie (and Ponch), one surviving sister, Barbara, and a huge extended family, most particularly her niece Sylvia who has been her rock for the last twenty years. "Have a good party for my wake" were her last words. A Celebration of life will held in the summer at Deanshaven.

Creativity, Community, Conscience
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To Departures Jennifer Wah Remembers Her Great Aunt Anne

Anne Deane Hawkes was born at Deanshaven on Kootenay Lake in 1915, and died on November 4 just down the lake in Nelson, age 101. She was Great Aunt Anne-with-an-e; my mother's aunt. I have her name in mine.

I have never known anyone with such optimism, happiness and wonder. Life amazed her; myriad details



enchanted her; most of all, the places she'd seen, and the place that made her who she was - Kootenay Lake. She was an inspired photographer, and taught me by example about seeing things differently. She hooked rugs and

licked huckleberry spoons and remembered extraordinary details. It was as delightful to lose oneself in Anne's raspberry patch as her home. Her lists told stories.

But my favourite memory right now is of last New Year's Eve in Nelson, when my sister Erika and I looked at our watches, and thought we'd go give Anne a hug before midnight. She was up still, and we asked if she had some apple juice or ginger ale to drink a new year's toast together. "Why would we bother with that?" she scoffed. "I've got Bailey's behind the curtain!"

We lifted our glasses expectantly toward each other, wondering what to toast. "To departures," said Anne.

Being with Anne

A Tribute by Linda Moreau

Being with Anne was like walking in a wild garden with towering trees, framed by snow-covered peaks. Each day with her was like being near a cool stream or crystal clear lake that refreshed and soothed those around her.

Anne did not see herself as a teacher, but whoever entered her house was rewarded with lessons in life: she encouraged people not to give up, and she also blessed them with her bountiful wisdom.

Anne and I had many discussions on crocheting, painting and photography. She inspired and encouraged me.

I can still see her hands with long thin fingers which never gave up when she wrote in her daily journal. She kept a record of the people who came to see her. If I forgot when I was last there, or the last time Charlie, my husband, came to do the lawn, she would just look into her journal and there it was.

Anne was not too fussy. She enjoyed Charlie coming and cutting her lawn. There were many times when she would let me know about the bush he pruned or how happy she was to look out her picture window and see the lawn cut in perfect rows. She would have a good laugh and tell me all about her lawn care.

Her meals had to be just right: the way her oatmeal was cooked in the microwave; how much tea to put in her creative plastic tea pot; she had to have her peanut butter and the marmalade which she'd made; her dinner always had to have a sauce or gravy. She showed me her unique way to make mashed potatoes, and how to combine turnip and carrots. Anne also taught me how to make carrots last longer in the fridge.

Anne's smile would lighten the room every time she had visitors. She would listen to them very intently.

I will not forget being with Anne. I have her book shelves and her wooden pig and they remind me of her daily. I am so glad to have been with Anne.

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

REGISTERED MASSAGE THERAPIST: Harreson 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 Level 4, Fibonacci tuning fork alignment, Astrological Counselling. 250- 225-3520

RESTAURANTS

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

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

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

YARD/LANDSCAPING/SITE PREP

INTERFACE WILDFIRE PREVENTION STRATEGIES: Services: Assessment & Abatement of Wildfire Hazards, Brushing, Thinning, Limbing, Clearing & Removal, Prescribed Burning, Multi-Use Trail & Access Road Clearing/Maintenance, GPS Services, Rooftop Sprinkler Systems. Farley Cursons: 250.354.8553. Certified/Insured.

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

SUNSET SEED COMPANY



Your Complete Farm, Garden & Pet Care in Creston, BC 250-428-4614

NOW OPEN! We look forward to seeing you. 1628 Canyon St, Creston (right next to 7-eleven)

Creativity, Community, Conscience

CLASSIFIED SECTION

BUSINESS ANNOUNCEMENTS

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

NEW!!! The Lakeview Store now has extended hours every Friday! OPEN until 8:30pm.

Resumes, Writing and Editing: 25+ years of experience writing letters and preparing documents in government, at churches and for law firms - no job is too small - from a one page resume to a 600 page manuscript - great at online research - this past year I've worked on many resumes and cover letters, I've helped people prepare for job interviews, someone else with a presentation they're doing to a Mayor and Council, I've drafted artist statements for exhibitions, each month I proofread most of the articles in a community magazine, I've proofread quite a few student essays - it's a long list of clients I've helped and I'd love to help you - Darren Lowe - darrenlowe1222@gmail.com

Bevy of Angels Christmas Craft Faire: December 4 at the Crawford Bay Hall. Locally made artisan gifts, delicious lunch by Red's Bread and Bakery, kids crafts, raffles. From 10-4.

BUSINESSSERVICES

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

NOTICES

Christmas in the Riondel Campground: 3:30 to 6 pm Dec 20 to 23. Come and join the board members for hot beverages and Christmas goodies and caroling around the bonfire

RENTALS

For Rent: Nice furnished studio with separate bedroom area at The Lakeview, 14729 Hwy 3A, Gray Creek. Suitable for one person. All utilities including satellite TV and internet. \$550/month. Call 250.227.9126

Winter is on the Way.



2 things before you go...

1. Talk to us soon about your travel insurance policy.
2. Don't forget your toothbrush.

Our Hours:

Tuesday - Friday 9 am - 5 pm
Closed from 1 - 2 pm
Saturday 8:30 - 12:30

Kootenay Insurance Services Ltd.

#16030 Hwy 3A, Crawford Bay
Phone: 227-9698

YOUR HALL IS AVAILABLE!

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

CRAWFORD BAY HALL

Your community hall

A non-smoking facility

NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

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

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

Mobile veterinary clinic available in Crawford Bay.

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

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

Mobile Clinic Dates:
December 13 and January 10

BULLETIN BOARD

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

CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

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

EAST SHORE HEALTH CENTRE Call 227-9006

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

PHYSICIAN COVERAGE FOR DEC 2016

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

Dec 1: Dr. Lee
Dec 6: Dr. Piver
Dec 7: Dr. Moulson
Dec 8: Dr. Lee
Dec 13: Dr. Sawyer
Dec 14: Dr. Moulson
Dec 15: Dr. Lee
Dec 20: Dr. Piver
Dec 21: Dr. Moulson
Dec 22: No Lee
Dec 27: Dr. ?
Dec 28: Dr. Moulson
Dec 29: Dr. ?

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

BOSWELL HALL HAPPENINGS

Yoga - Wednesdays 9:30 - 11:00am. Contact is Merilyn
Arms 250-223-8058

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

Carpet Bowling - Tuesdays 7pm. Contact is Tom Saw-
yer 250-431-8404

Vintners - Contact is Alan Mader 403-467-5720

Book Club - Contact is Melody Farmer 250-223-8443

Quilters Guild - Contact Linda Brown 250-223-8607

Focus on Health - Contact is Margaret Crossley 250-
223-8445

**East Shore Kootenay Lake Community Health
Society** - Contact Tom Wishart 250-223-8445

CHRISTMAS IN THE RIONDEL CAMPGROUND

3:30 to 6 pm Dec 20 to 23.

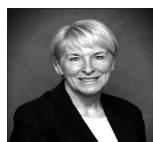
Come and join the board members for hot beverages and
Christmas goodies and caroling around the bonfire

Next Deadline:
December 28, 2016

THINKING OF SELLING YOUR PROPERTY?

CHECK OUT WHAT TEAM CRESTON CAN DO FOR YOU!

- Provide you with a prelisting info package, outlining what we will do to help sell your home. **NO OBLIGATION**
- Provide information on how to prepare your home for sale.
- Show you how a **VIDEO TOUR** is an open house that is available all day every day.



Shelley Voight
Managing Broker/Owner
250.254.9599
svoight@telus.net



www.teamcreston.ca
250.428.9040



Wayne Dunbar
Personal Real Estate Corporation
250.428.1400
waynedunbar@gmail.com



Find our food truck by
Kokanee Chalets

Weds/Fri, 8-5 & Sun, 9-5

Baked goodies,
sweets/savories, fresh
bread AND NOW: soup
& sandwiches, from
noon onward.

250.777.2537

WE ARE NOW SERVING ESPRESSO!



Located above Crawford Bay School gym -
second right on Walkley Road.

Elevator available if steps are a problem.

Our Hours

8-10 am Monday - Saturday

6-8 pm Monday - Friday

Call during open hours: 250.227.9218, ext: 5542

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Winter Schedule in effect

All times listed in Mountain "East Shore" Time

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

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH

DECEMBER 2016 SCHEDULE

Dec 4: Ramona Dannhauer, 1pm

Music: Richard and Ramona

Dec 11: Derrick Smith, 1pm

Music: Deberah Shears

Dec 18: Harrison Memorial Church

Christmas Concert, 2:30 and 7pm

Dec 25: Merry Christmas! No Service.

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

For information call Christ Church Creston 428-4248

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

HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

For info, please contact Karen Gilbert: 227-8914

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Come & join us Sundays at 10 am.

Coffee fellowship after the service.

Pastors Richard and Ramona Dannhauer

16190 Hwy 3A, Crawford Bay 250.227.9444

YASODHARA ASHRAM

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

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

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

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.

Meetings begin at 10 am, every Sunday. Info call, 250-227-9522

CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church, 8151 Busk Rd, Balfour

Sundays, 9:30 am - All welcome For info, call: 250.229.5237

Next Deadline:

December 28, 2016

mainstreet@eshore.ca

MEETING PLACES

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

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

For More info call Lion Mike Jeffery - 250-227-6807 or Lion David
George at 250-227-9550 or Lion Jim at 250-227-9622.

TOPS - Take Off Pounds Sensibly: meets every Monday morning
at 8:30 am in the Kootenay Lake Community Church basement.
Call Myrna for more info: 227-9420

PARENT ADVISORY COMMITTEE

(PAC) Meetings held at 7 pm at the Crawford Bay School
Email cbes.pac@gmail.com for info or to add to the agenda.

Next PAC Meeting:

CBESS Library, 5:30pm, JANUARY 16

December 2016 Mainstreet 19

November 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Tara Shanti Yoga, 9:30-11am Dr. Lee	11-3
4	5	6	7	8	9	10
Bottle Depot, 10-3	Mosaics, Rio Art Club, 10-3 Yoga w/ JAI - Comm Corner, 9:00-10:30am	CDIC Coop Info Session, CB Hall, 6pm Painting, Rio Art Club, 10-3 Tara Shanti Yoga, 9:30-11am Dr. Lee	Yoga Bos Hall, 9:30-11 Dr. Moulson	Tara Shanti Yoga, 9:30-11am Dr. Lee		CB Christmas Potluck Party, CB Hall, 5pm
11	12	13	14	15	16	17
Bottle Depot, 10-3	Mosaics, Rio Art Club, 10-3 Yoga w/ JAI - Comm Corner, 9:00-10:30am	Vet Clinic, CB Motel Painting, Rio Art Club, 10-3 Tara Shanti Yoga, 9:30-11am Lions Mtng, 7 pm Dr. Piver	Yoga Bos Hall, 9:30-11 Dr. Moulson	Tara Shanti Yoga, 9:30-11am Dr. Lee		
18	19	20	21	22	23	24
Power and Peace Yoga Work- shop, GC Hall, 10:30am Christmas Concert, Harrison Mem. Church, 2:30 & 7pm Bottle Depot, 10-3	Mosaics, Rio Art Club, 10-3 Pac Meeting, 5pm, CBESS Yoga w/ JAI - Comm Corner, 9:00-10:30am	Xmas in Rio Campground, 3:30-6pm Painting, Rio Art Club, 10-3 Tara Shanti Yoga, 9:30-11am Dr. Piver	Xmas in Rio Campground, 3:30-6pm Yoga Bos Hall, 9:30-11 No Doctor	Xmas in Rio Campground, 3:30-6pm Tara Shanti Yoga, 9:30-11am Dr. Lee	Xmas in Rio Campground, 3:30-6pm	Xmas Eve Service, KLCC, 6pm
25	26	27	28	29	30	31
CHRISTMAS DAY Bottle Depot Closed	Mosaics, Rio Art Club, 10-3 Yoga w/ JAI - Comm Corner, 9:00-10:30am	Painting, Rio Art Club, 10-3 Tara Shanti Yoga, 9:30-11am Lions Mtng, 7 pm Dr. Piver	MAINSTREET DEADLINE Yoga Bos Hall, 9:30-11 Dr. Moulson	Full Moon		NEW YEARS EVE New Years Eve Karaoke Party, GC Hall

THE HISTORIC GRAY CREEK STORE
EST. 1913

250-227-9315
graycreekstore.com

Mon-Sat 9-5:30 & Sun 10-5



**Socks, Gloves & Extras
for your Stockings!**

**Fireworks for the New
Year Celebrations!**



MERRY CHRISTMAS & HAPPY NEW YEAR TO ALL!

Holiday Hours: Dec 24: 9-3, Dec 25/26: Closed, Dec 31: 9-3 and Jan 1: Closed

PLUS: WETT inspections & Free In Home Consults

ADVERTISER	PAGE		
		Lisa Skoreyko Org/Clean	11
Bake Shop	5	NYE Karaoke Party	7
Barefoot	4	PAC	7
Boswell Hall	4	Power and Peace Workshop	15
CBAY Potluck Xmas Party	11	Riondel Market	10
CDIC Coop Info Session	10	RVFD	18
Christmas Greetings	11	Sapphire Hair Salon	10
Classified Ads	18	Sunset Seed	9
Community Futures	6	Tipi Camp OM Job	12
Crawford Bay Hall & Parks	18	Turlock Electrical	1,10
Crawford Bay Market	10		
Credit Union	20		
Creston Valley Realty	19		
Creston Vet Clinic	14		
ESIS	1,10		
East Shore Electric	10		
Eastshore Physiotherapy	9		
Fitness Place	19		
Gray Creek Store	20		
Harrison Tanner	6		
Hulland and Larsen	10		
Imagine Kootenay	10		
Jai Yoga Classes	15		
KLCC Candlelight Service	4		
KES	10		
Kootenay Insurance Services	18		

Library Hours:
ES Reading Cntr:
Tues & Sat: 12-3
Thurs: 7-9 pm

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

Transfer Station Hours
CRAWFORD BAY:
Sun/Tues, 10-4

BOSWELL:
Weds/Sat 11-3

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At Nelson & District Credit Union we are known for our main-street perspective, member-owners, local decision-making and commitment to your community.

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Crawford Bay

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We did the math. Credit Unions > Banks!

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
For more on facility, call Kathy Smith, 227-9006