

\$2.38
 + GST =
\$2.50

The East Shore Mainstreet

KOOTENAY LAKE BC

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



When most people in the UK, Canada and US think about Santa Claus they picture a jolly old man with a white beard and red suit. In our childhood dreams, he came bearing gifts on Christmas Eve for all the nice children in the world. But this isn't the case for everyone. Check out the other stories to see how different countries around the world represent Santa Claus



United Kingdom

Whether you know him as Santa Claus, Father Christmas or Kris Cringle, in the UK, before he wore red, he used to wear a green suit. But this Santa didn't carry any gifts, instead, he was associated with eating and drinking.



Italy

She might look scary, but Italy's La Befana is a kind old witch who makes up for her past deeds by giving children presents and sweets on 6 January every year.



Germany

Traditionally Santa skips the homes of naughty children and visits the nice ones to leave them gifts. But in Germany, some kids lie awake on Christmas Eve in fear of Krampus, a terrifying devil who's said to travel with Santa and beat bad children.



Liberia

Santa who? In Liberia, you're more likely to see Old Man Bayka, the county "devil" who – instead of giving presents, walks up and down the street begging for them on Christmas Day! And instead of hearing the usual "Merry Christmas" greeting, expect to hear Liberians say, "my Christmas on you." It's basically a saying that means, "Please give me something nice for Christmas."



Thailand

Christmas is not widely celebrated in Thailand and the 25th is just a normal working day. Thailand is about 85% Buddhist, 14% Muslim and the remaining 1% accounts for other religions and non-religious citizens. The King's birthday on December 5 is the biggest holiday at the end of the year, where celebrations can continue until the end of the month. Christmas decorations can be seen in Bangkok and major tourist hot spots but it's more of a commercial exercise (probably just to make tourists on holiday feel even more welcome).



Finland

In Finland, *Joulupukki*, the Yule goat, is meant to represent a man turned into a goat on Christmas Eve. But luckily for Finnish kids, this goat doesn't come empty handed. Along with a chaperone, the goat goes from door to door looking for well-behaved children to give presents to.



Spain

Traditionally Los Reyes Magos, the three kings, give sweets and pastries to Spanish children during a street parade. You can find them riding through town centres on January 6 every year.

Photos & Stories From:
bbc.co.uk

RETURN UNDELIVERABLE ITEMS TO:
The East Shore Mainstreet Box 140, Crawford Bay, BC V0B 1E0
Agreement#: 40718537

IN THIS ISSUE:

- * Letters of Love: 2,3
- * RDCK Area A Report: 3
- * December Horoscope: 4
- * 2nd Sunday Soup: 6
- * Economic Action Plan: 7
- * Your Christmas Greetings: 11
- * Reindeer Tales: 15

Subscribe to The Mainstreet online!
Get your copy emailed directly to your inbox days before anyone gets it in store! \$40 for the year. Go to www.eshore.ca to sign up.

www.eshore.ca



Mainstreet Meanderings

by Editor Ingrid Baetzel

Timothy Leary's famous words (reportedly borrowed from Marshall MacLuhan), "Turn on, tune in and drop out" have been bouncing around my brain lately. In Leary's 1983 autobiography, *Flashbacks*, he explained the phrase as follows:

"Turn on" meant go within to activate your neural and genetic equipment. Become sensitive to the many and various levels of consciousness and the specific triggers that engage them. "Tune in" meant interact harmoniously with the world around you – externalize, materialize, express your new internal perspectives. "Drop out" suggested an active, selective, graceful process of detachment from involuntary or unconscious commitments. "Drop Out" meant self-reliance, a discovery of one's singularity, a commitment to mobility, choice, and change. Unhappily my explanations of this sequence of personal development were often misinterpreted to mean "Get stoned and abandon all constructive activity."

To me, these words have sporadically been an anthem, or perhaps a hymn - a reminder to re-centre and consciously engage with my surroundings, while discarding the unnecessary or the toxic.

Thoughts on Engaging

My job is one of engagement. I work intently to reach people, to connect with them and to get them tuning in. This community is also one that depends heartily upon people engaging in their surroundings and *making it happen*. If one starts to consider the multitude of events, causes, organizations and jobs

that exist on the East Shore, it is remarkable how many of them are due, nearly entirely, to one person choosing to make it happen. We are developers... and creators.

What I worry is happening, though, is that we are *tuning out*. We are becoming something of slaves to our technology and sense of connection (which could very easily be deemed as false) through social media and the world at our fingertips. I cast no judgement while saying this – rather, I am speaking to myself, my kids, my community, the human spirit?

We are missing each other. We are not borrowing a cup of sugar from our neighbours. We are not gathering in person the way we once did. My internal perspectives have been screaming this to me for years, and I've written about it before. We are almost overstimulated with information and options, so much so that we can miss the deep value in the labours of love around us – the events created to build community – the music – the art – the learning. I went out with a friend recently to listen to music and was, again, astounded at the gift of talent. The venue was quiet; very few were present. It was a bit heart-breaking, but also up-lifting and spicy with good, unequivocal talent. I nearly didn't go, simply because of fatigue. I'm glad I did. I'm ALWAYS glad when I get out with my actual body, in my actual car, and go see what magic is being offered. That is my commitment to mobility, to choice and to change. That's what's turning me on.

So, this New Year, despite a nagging resentment of buying into the whole resolution thing – I'm going to do the following, taking advice from someone else who took the advice and spread it outward. I'm not going to look at my phone first thing in the morning. I'm going to get out of bed, drink two glasses of lemon water, and do some stretching. And I'm going to do my damndest to keep experiencing life in real life. Yes.

LETTER TO THE EDITOR

A LOVE NOTE THANK YOU TO OUR PEOPLE

Dear Editor:

I have been trying for a while now to come up with a huge thank you card for this community (and for my community from away). It has proven to be one of the most difficult things I've ever attempted to write. So, I won't try to be clever. I'll just spit it out.

As most of you may know, my pottery studio and the upstairs apartment (where we lived and raised our kids when we were building the house) went up in flames in the middle of the night of October 21, 2017. While I'll spare you the depressing details, I lost over two decades of accumulated art supplies (pottery, dyes, print-making, painting, mosaics, etc), teaching supplies, inventory, inspiration, plus all garage contents (chainsaws, power tools, hand tools, lumber, building materials, every screw and nail I had accumulated from the years). All gone. Though it is true that nobody was irreparably hurt, we are devastated and shocked, and I am at a loss at how to replace that two thirds of my income and the stuff needed to operate a house and farm.

The confusing thing for me has been the strange mix of emotions. My anger and fear are intense, but my GRATITUDE and LOVE are fierce. I need to thank so many people. A huge number of folks have come to the rescue and I cannot possibly name everyone by name. Our angelic helpers have come in the form of actual labourers, of donors of supplies and tools, and of money. Though every single HOUR, HAMMER and DOLLAR has helped my family unimaginable amounts, I need to make a few exceptions and name a few amazing souls who have gone to extremes.

I want to thank our amazing neighbour Donna for my first morning hugs and for setting up the GoFundMe page (exclusively for pottery supplies, to get my busi-

ness up again). To our other amazing neighbours Garry and Alexis for helping to rescue our animals, photos, and weird important things when we thought we'd lose the house too. To Gina for giving us a safe place to (not) sleep while the land was a-flame. To Ante and Noelle for the van and taking care of us on many levels.. To Natalie for her role as operations manager, getting an amazing work party together a week after the fire. To Ingrid for helping me sort through the losses and pointing me in the right direction. To Dave Hough for a full weekend of excavation and water-line rebuild. To the dynamic-duo Allan and Ted for constructing a most adorable new portable shed for our stuff. To work party builders who crawled all over scaffolding to work on our surviving house (it being the reason for having no insurance as it was getting a new roof this year): these builders include coordinator Dave R, Mautz, Kevin B, Stu, Dan S, Claus P, Anne-Marie P, Félix W-D, Garry S, Matt W, and Brian H. I want to thank Jake K for the dump truck borrow and Cassia W for driving (and letting me sit shotgun.) I am in love with those who came to put our garden to bed for the winter (I think they knew I wouldn't get to it with this new distraction)- including Laura K, Susan H, Fran and Julia K, Alicia P, Alexis P, Debbie T, Darrel S and Nicole P, Randy, Carol VanR and the East Shore Youth Council kids. I'm so grateful.

To Stu from Gold Leaf Plumbing for numerous hours put in to getting water back into our house. To Grant E for setting us up with the house's west window replacements (the panes broke from the fire's explosions). The work-party food: Nicole and Bernard, Shirley W, Sharon Z, Cathy W, Nicole P, Betsy-Anne, the Ashram, Kristy W, Brigitte P, and Jett D and Teeka F. To Corey Wells for the truck load of tools, and others who dropped off tools so there was something here to work with. To Cathy F and her husband for the behe-



OFFICE DESK

Box 140, Crawford Bay, BC, V0B 1E0

Editor: Ingrid Zaiss Baetzel (since 2002)
Retail Distribution, Subscriptions, Advertising, Layout:
 Ingrid Zaiss Baetzel
 (Subscriptions: \$40/year within Canada,
 \$50 to the US, and \$75 Internationally)
 Phone: 250.227.9246/250.551.7697
 Email: mainstreet@eshore.ca
Proof Editor: Doreen Zaiss
Writers: Community

Article? Letter? Etc? Drop off at Gray Creek Store drop box,
 mail to Box 140, Crawford Bay, V0B 1E0
or Best Yet, Email to: mainstreet@eshore.ca

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

Copies every issue: 700-1000

The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake, written by community volunteers. Send in January 2018 issue items by:

Next Deadline: December 27, 2017

SUBSCRIBERS: DID YOU KNOW?

You can buy a one year digital subscription and get your newspaper online, nearly a week before it comes out in stores! Go to www.eshore.ca and click Subscribe! Then follow the steps to purchasing a digital subscription. A link will be sent to your inbox once a month and your fresh, new Mainstreet is a click away.

LETTERS

moth dump run.

It's impossible to thank everyone who has so kindly put money into either the GoFundMe account, the Credit Union account, or donated at the CB Market or the Gray Creek Store. It would take up this entire page. If I started I wouldn't be able to stop. Just know that I'm in love with you and your donations are going into clay, glazes, tools, as well as into building supplies, renos, and the clean-up of the apocalyptic disaster that sits glaring at us like a cruel monster.

My wish is for everyone to know that without this community's incredible support, our little family would be lost. We are so unbelievably grateful and thankful to be living in such a generous, loving place. I am prone to forgetting how much love is here, but I've had a big reminder this autumn. This fire was a stupidly awful way to come to this realization and I shall forever be in adoration and smitten with how you have all held us up as we get back on our feet.

*Blessings from Jacqueline Wedge
and Olivia and Félix Wedge-Darchen.*

GRATEFUL HEARTS

Dear Editor:

It is with very grateful hearts that Donna and I would like to say thank you to everyone that contributed to the GoFundMe and the weekend work party in support of Jacqueline Wedge who lost her pottery studio and rental apartment to a fire in mid-October.

So far, we have raised over \$4000 with GoFundMe, donations still trickling in.

For the work party we had over 30 generous people, including the East Shore Youth Group, contribute with either their skills and time, donations of food, donations of building materials, tools, scaffold and safety gear (even an excavator and a dump truck!) and of course lots of love and support.



RDCK Area "A" Update

by Garry Jackman, Director - Area "A"

2018 DIRECTOR'S PRIORITIES

This time of year, each of us on the RDCK board are asked to list our priorities to incorporate, where possible, into the 2018 staff work plan. I say *where possible* because some directors have priorities which take several years to reach fruition and which may be dependent on the actions of others, such as provincial ministries, in order to move forward. We also have a set of board priorities which include increased outdoor recreation facilities and improving our resilience to urban interface wildfires. In past years I have seen success in some priority areas and frustration or delay in others.

In 2015, I formally requested another look to identify options and costs to **extend fire and rescue service from Riondel into Crawford Bay with a satellite hall**. This has not as yet progressed to the stage where residents could vote on a satellite hall. It remains a priority, as the volunteers who support both the Riondel fire service and our road rescue service are distributed along the East Shore well south of the Riondel fire service area. Our volunteer fire services are also being equipped with fire suppression unit trailers which can be deployed to protect clusters of houses with sprinkler systems during wildfire events. The greater the extent of our fire service coverage, with added volunteer base, the better our chances of responding in a timely manner when called by the South East Fire Center to assist with the protection of houses at the wildland interface.

Another priority request was to proceed with renovations and upgrades to the Wynndel Fire Hall, which remains on hold pending the larger review of the Creston area fire services.

The regional board **priority to enhance our trails and access to water across the regional district** has resulted in the completion of master plans for all areas except Arrow Lakes and the Kootenay Lake/Creston area. We have seen some progress on eight sites recommended for improved lake access along the East Shore but again not at a fast pace. A call for proposals to hire a consultant to review leisure and recreation opportunities across Electoral Area A, B and C as well as the Town of Creston has now been authorized. The proposal call is out and closes on December 8. Ideally we will have a recommendation for award at the December Board meeting allowing a start sometime in January 2018. The master plan should be finished by fall 2018.

I have asked that work on priority sites along the lake continue to proceed, with the consultant study being added input, so we can make some improvements for the 2018 season. Sites at Kuskonook (just south of the harbour) and Martel beach have been examined in greater detail as well as the Crawford Bay headlands area. Note a small parcel of land was acquired by the RDCK near the Crawford Bay headlands back to 2010/11. This parcel is along the unopened road allowances, close to the wetlands, so would preclude any landowner from trying to purchase and close some of the public road allowances without public consultation.

There are very site specific items which I have requested over the past years, such as an **updated flood evacuation map for Crawford Bay** with the intention to avoid shutting down the credit union and local store (both built above flood level) during the time when they are needed. The hazard mapping is

being updated for the entire regional district, which is taking more than a year, but the data for Crawford Bay and our other creeks will be part of the results.

Other past requests were to press the provincial government to exercise provisions within the Dike Maintenance Act to allow residents at Mountain Shores and Crawford Bay to formalize their dike status with proper landowner agreements and commitments to maintenance. With a change in provincial government I will be seeking input from residents to see if they want to have discussions on these or other dikes reopened with the RDCK acting as an advocate. There are substantial federal grants offered from time to time, but a plan and management framework need to be in place.

Please let me know what your priorities are whether they regional in nature, applicable to all of Wynndel / East Shore Kootenay Lake or very localized.

MORE ON PRE BUDGET THOUGHTS

Our budget discussions planned for our November 9 Creston Valley Services Committee meeting have been postponed until the December 7 meeting so you can still sit in if you wish. The December 7 meeting will be at the Creston and District recreation complex and will begin at 10am. The budget update planned for the November 16 RDCK Board meeting was also postponed, now to occur on December 14. Agenda packages for our meetings are available to the public on the website at rdck.bc.ca. Agendas are typically published one week prior to the meetings.

I had asked for input or concerns around the budget topics I brought up last week and so far have had zero input. Last month I covered possible changes to the building inspection, bylaw enforcement and cemetery service budgets. This month I want to touch base further on regional parks.

REGIONAL PARKS

As noted above, a master plan will begin this coming fiscal year to look at recreation and leisure opportunities across Electoral Areas A, B and C plus the town of Creston. This study is expected to run in the order of \$70K, with Area A paying for around 27% of the total depending on how our relative tax assessment base looks for 2018. This will necessitate some increase in the Area A regional park service budget.

The budget impacts of the larger project of a possible regional park at Crawford Bay plus relatively minor upgrades at other lake access sites cannot be determined as yet. Opportunities for cost sharing, donations, formation of stewardship groups and other mechanisms to reduce costs are being explored.

I wish you all a safe and happy holiday 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.

LETTERS

All of you were so generous and amazing, thank you for making both endeavours a success. With all of this wonderful, determined people power we achieved a lot in a short period of time, helping Jacqueline to start moving forward.

Thank you as well to the Gray Creek Store and Pyramid Building Supplies for your generosity and caring sentiment. To everyone involved, thank you,

Donna Sussums and Natalie McCoy, Crawford Bay

A Special Canada 150
CHRISTMAS
IN THE CAMPGROUND (RIONDEL)
DEC. 19-21, 3:30 - 6pm

Come join the board members for hot chocolate, hot cider, Christmas goodies & carolling around the bonfire. *Joy to the World!*



Curling

For beginners or curlers wanting to try it for the first time. Saturday, December 2 at 2pm at the Riondel Curling Club. Wear clean shoes for the ice.

JK Excavation Ltd.
250.354.7055
jkexcavationltd@gmail.com
trucking. excavation. snow removal

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 12

Next Deadline: December 27, 2017

www.eshore.ca / mainstreet@eshore.ca



December Horoscope

by Michael O'Connor

Tip of the Month: Jupiter entered the power sign of Scorpio in October and on December 20th Saturn begins its 2.5-year transit through its own power sign of Capricorn. Scorpio can be understood to basically symbolize banking institutions and Capricorn governmental institutions. Jupiter and Saturn are regarded as a pair in astrology and are specifically called the 'social planets'. With both in these two major power signs, those institutions will assert their power and authority even more than usual. Uranus in Taurus in spring 2018 will add to this theme. Get ready, big changes at societal levels are destined to begin.

Aries (Mar. 21-Apr. 19): You have begun to make some big moves. The momentum of change is powerful. You are on the threshold of new ambitions, initiatives and/or career positions. Financial interests and returns or perhaps inheritances are highlighted.

Taurus (Apr. 20-May 20): Over the past few years you underwent a veritable metamorphosis. Now a new round of big and deep changes are underway. These include important learning curves and an increase in your social and cultural outreach.

Gemini (May 21-June 20): A cycle of deep changes has already begun. These will likely affect your lifestyle and your overall state of health. This is a good time to be more disciplined with your diet and ratio and quality of physical activity. Focus on the facts.

Cancer (June 21-July 22): You are entering an exciting cycle that indicates original, creative interests and pioneering urges. Perhaps you will express yourself in new ways and discover latent talents or become an adoring fan. Either way, commitment is the keyword.

Leo (July 23-Aug. 22): Some exciting and powerful shifts are destined to occur this month. Adding to a bold, willful attitude, you will feel more confident, yet may need to exercise more faith. Your resolve will synchronize with digging deeper than ever. A powerful learning curve is indicated.

Virgo (Aug. 23-Sep. 22): The pace is accelerating and you are about to get a lot busier. New initiatives on a variety of fronts are likely. Your energy levels will rise along with a growing passion and drive. This includes increased involvement with others.

Libra (Sep. 23-Oct. 22): Answering the call of a greater sense of purpose, continues. Whether by choice or circumstances, your financial flow could increase. Yet, you will have to get clear on your direction and confront some fears, a process that will continue in 2018.

Scorpio (Oct. 23-Nov. 21): Your next round of big moves includes risk and venture. Deciphering how exactly may require some soul-searching. An important learning curve is indicated which will include and require a steady pace over many months.

Sagittarius (Nov. 22-Dec. 21): Commitment is a keyword these days. A new cycle has begun that will test your faith and resolve. Get ready to dig deep to access your hidden reserves. You will be expected to 'pay your dues' and put in extra time.

Capricorn (Dec. 22-Jan. 19): Whatever was destined to end has or will before 2018. This process could prove extra challenging this month. Yet, it could also leave you feeling strong and determined. Get ready to break through walls, a revolutionary cycle has arrived.

Aquarius (Jan. 20-Feb. 18): Deepening your involvement will become even more apparent this month. It includes increased social activity and outreach. It will include overcoming old habits and moving on from long-standing lifestyle rhythms and patterns.

Pisces (Feb. 19-Mar. 20): A powerful and exciting cycle is underway. It includes visionary activity and creative expressions. Ambitions to make important investments are featured. Returns for prior efforts will begin to roll in and this will deepen your resolve.

Small business accounts for 98% of all business in B.C.

You may have a hobby or skill that with a bit of help could turn into a viable business. If you want to explore this more, call us for a free appointment.

The Self Employment Program offers income benefits for up to 52 weeks as well as business management training & counseling for qualifying entrepreneurs.

Call Alison Bjorkman at 250-428-6356 to book a free appointment in Crawford Bay...
www.futures.bc.ca



Growing communities one idea at a time.



Hidden Taxes

by David George

Happy Holidays - More Good News To End 2017

December is known for many holidays for many people. In keeping with the festive spirit, this month's column features only good news, mainly taken from a little publication put out by a couple of Aussies and called Future Crunch. Find them online.

China has now stopped construction on more than 150GW of coal plants and in June and July they installed more solar than Australia's entire existing capacity. They've also invested more than \$100 billion into treating and preventing water pollution, and launched nearly 8,000 water clean-up projects in the first half of 2017. In the past year, China has carried out its largest ever crackdown on pollution, reprimanding, fining or jailing officials in 80,000 factories, 40% of the country's total.

The cost of solar plants in the United States has dropped by 30% in one year and in the United Kingdom, the price of offshore wind has dropped by half in less than two years. A new report says that nearly 1.2 billion people around the world have gained access to electricity in the last 16 years: 500 million of those people live in India.

On Saturday October 28, a record 24.6% of electricity came from wind power in the 28 countries of the European Union, enough to power 200 million homes.

France will pass legislation later this year to phase out all oil and gas exploration and production by 2040, becoming the first country to do so.

Women now occupy 23% of parliamentary seats around the world, up from 12% in 1997. The Middle East and North Africa have seen a fourfold increase in that time.

September 2017 was a great month for the war on plastic. Kenya became the ninth country to ban plastic bags, then Western Australia announced a ban starting in 2018, and now Chile says it will be the first country in the Americas to ban plastic bags in coastal cities.

The Minamata Convention, the first global treaty on mercury pollution, was ratified, and 156 countries are meeting to discuss further action.

One of the world's largest marine parks has just been created off the coast of Easter Island, and will protect 142 species, including 27 threatened with extinction.

In more than 60 regions across the globe, more populations of large sea turtles are improving than declining, a big change from a decade or two ago.

Peru has reduced the prevalence of chronic malnutrition and stunting in children under the age of five from 39% in 1990, to 16% in 2016.

Following news that England has achieved a 95% vaccination rate, the World Health Organisation has announced the elimination of measles in the UK for the first time. New research from the CDC estimates that between 2000 and 2016, the measles vaccine has saved 20.4 million lives worldwide.

New figures from the American Cancer Society have revealed that between 1989 to 2015, deaths from breast cancer dropped by 39%, saving the lives of 322,600 women.

The Dutch government has confirmed a plan to make all new cars emission-free by 2030, meaning new combustion engines will be banned within the next 13 years.

A new report by the ILO says that global child labour has plummeted. In 2016, there were 98 million

fewer boys and girls being exploited than in 2000.

Brazil has started the largest tropical reforestation project in history: 73 million trees will be planted using improved techniques across the Amazon's "arc of deforestation".

The October 25 meeting with Fortis at the Boswell Hall was a good one. More than 25 people heard news that Fortis is continuing to improve the power lines all along the East Shore, including better fault location. Also, the old lines to the Kimberly mine will be removed in 2018. Full marks to Fortis for being responsive.

Remember the loud, bright meteor which blew up over the East Shore? Bits of it were found by a team from University of Calgary in two local back yards, and there will be more searches in 2018.

There---you see? There is good news in the world if you take a few moments to look for some.

Before the end of this year, take a few moments to think about how fortunate many of us are to live on the East Shore, next to beautiful Kootenay Lake.

Last month quite a number of us took part in the ceremony of remembrance in Riondel for those who have served our country, many giving their lives so that we may enjoy freedom and prosperity today. Many of those freedoms were only brought home to Canada and enumerated in the Constitution of Canada and the Charter of Rights and Freedoms some 35 years ago. They are impressive documents, matched by few others in the world.

Now the old year is drawing to a close. During this holiday season there are many celebrations by many people of diverse cultures in this our land.

Be thankful that we have the right and freedom to celebrate in our own ways, and take a moment to be thankful that we live here in the True North, Strong and Free.

Happy Holidays, and Happy New Year, 2018!



Hacker's Desk
by Gef Tremblay

Work/Life Balance

Working from home is great, but the blend of personal life and professional life can have its downside. One of these downsides comes from prioritizing.

One of the techniques I loosely use is Eisenhower's Urgent/Important Principle. The idea is to categorize all my tasks into categories:

- 1 - Urgent and important task
- 2 - Urgent but not important
- 3 - Not urgent but important
- 4 - Not urgent nor important

So all the tasks that have a close deadline and that are important to my work have priority over the tasks that are not urgent, or are not that important. This works great to help understand what are my priorities. Where it fails is when urgent tasks keep on creeping in and I never get to #3 or #4, where most of my personal and home projects are located.

What is important in my work might not be important in my life. For example, it has become clear that I need to stretch once or twice a day, for general health but also due to a recurring blood clot in my legs. Is this urgent or important to my work? Not at first sight, but in the long run, if I don't stay alive, then not much can be done. Take another simple example: flossing. Is it urgent? Not really. Is it important? Kind of, but if it was mixed into the many tasks required for my work, it would just fall off my list of priorities.

Even in my professional life, marketing myself is an important task, but never an urgent one. So it, like most of the tasks, tends to creep up in the urgent, pushing away some foundational work that would help me a lot.

One reason where my work affects my personal life is that I don't have a set schedule. I will work on my business as long as I have energy, and until I have no more energy for anything else. So then my 'home' task list ends up being pushed away forever.

So what can be done? I don't have a perfect solution yet, just a work in progress.

Using a different tool for listing the tasks:

What I've found is that my personal task list has to be on a different scale than my work. For example, for my studio tasks, I use a straight up task list, with steps 1,2,3 etc, but on the personal level I work with a mind map. Often the things I have to do at home depend on many layers of possibilities. For example, when I work with a client I need to: 1-setup an appointment, 2-meet the client, 3-work on the tasks decided upon. For personal/home related tasks there are often more alternative paths, more of "first this, then that, and possibly not this". This organic form requires then a different visual, for which the mindmap works very well. (I use Freemind to mind map stuff, although I often simply draw it on a piece of paper.)

Interweaving tasks:

The best break I can take from a creative/digital task is to move around. Which is great since I have all these personal tasks that needs to be done. Need a 20 minutes break? Perfect time to do the dishes. Waiting for an email before I can continue on a task? How about a bit of yoga? Tired of fixing my water line? Let's code some web pages instead. This back and forth movement of task helps me keep my focus all day while checking off my task list at a greater rate.

Taking time away from the urgent:

Urgent tasks often can wait until next week. I used to not take weekends off, plowing through at a slower rate. But now I see the importance of stopping. The more I stop, the faster I work when I start again. If I would only work two hours a day, I'd be really fast at what I am doing. I'd probably lose a lot of skill though, so I still have to keep on working enough to become better at my work.

Separating priorities:

Work, learning, marketing, personal life and wellness are a few different parts of my life and work. All these parts need attention, and if I can give the same amount of attention to each part, then I not only feel better about myself, but I become better at my work and happier. Even if a work task might seem more important than anything else, I have to let go and make sure it doesn't affect other parts of my life.

It's quite a balancing act and, unfortunately, work often takes over peoples' lives, so that happiness and contentment are lost in the mix. It gets even harder when working from home without clear boundaries between professional and personal life. But at one point I have prioritize happiness and family over what I can accomplish at work. At the end of the day spending time with my loved ones is a lot more enjoyable than pushing the next great design.



Happy Holidays from East Shore Internet Society
by the ESIS board and staff

We are happy to report that all new infrastructure & tower sites for the Connecting Canadians project are complete. We are continuing to improve connections in Crawford Bay by migrating subscribers from several heavily-used access points, connecting them to the new sites. The project is on-schedule for completion by the end of March, 2018.

Recently we have received several inquiries about VOIP (Voice Over Internet Protocol), which is a technology used for making telephone calls over your internet connection. There are many services available - both free and paid - to enable this use. ESIS subscribers want to know "Do I have enough bandwidth/speed on my ESIS connection to allow me to use VOIP?" Let's investigate this further.

VOIP is 2-way communication, meaning that both the download and upload capacity are used to make calls. The amount of capacity used depends on the specific VOIP service. Some examples of well-known free VOIP services are Skype, Google Hangouts, and Face-time. A primary concern with VOIP is latency. Latency means the delay between you speaking into the phone and the other side hearing your voice. High latency can make for frustrating call experiences. ESIS uses a vari-

ety of wireless frequencies, some of which experience more latency at times than others. Generally speaking, if you have a clear line-of-sight connection, your latency will be lower and VOIP performance better than if your wireless link passes through foliage.

If you're thinking of replacing a landline with VOIP, there are a few other considerations to take into account. Will the VOIP service be able to give you a local number? At the time of writing we aren't aware of a service which can provide (or allow you to keep) a local number for the East Shore. This means that locals calling your VOIP phone may have to call an unfamiliar long-distance or 1-800-style toll-free number. Importantly, VOIP emergency 911 calls may not show where you are located making it impossible for emergency service to track your call and come to your aid if you are unable to give your location.

A feature of wired landlines is that they are still able to function in the event of a power outage. ESIS has ample backup power at all of our sites, meaning that if you have backup power for your home, you can power-up your ESIS internet and still be online. We've long felt that connectivity during power outages is important for our community's sustainability.

We encourage ESIS subscribers to call us at 1-844-776-3747 if you're wondering about VOIP performance on your internet connection. And yes, that is a VOIP number!

With that, we'd like to wish you all a very Merry Christmas, Happy Solstice & Happy New Year!

Next Deadline:
December 27, 2017

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!

From his amazing work with the Regional Park Initiative, the Enhanced Tourism Education Program, Tipi Camp and more. James Gates is a true community hero and a delight to work with.

To Gina Medhurst for her many years of dedication to the Christmas Food Hamper program and now to Richard and Ramona Dannhauer for taking over the reigns.

Doreen Zaiss for years and years of dedicated proofreading for this little community paper... Thank you.

To all the new younger mothers and fathers who are taking over the Christmas Party in Crawford Bay - thanks for stepping up!

encreLibre
Kootenay Lake Publishing House
Hardcover, Paperback & eBook
pub@encrelibre.com

Second Sunday of a month is Soup Day

by Mautz Kroker

It was good. No ... it was very good.

Just imagine you enter a restaurant and are received by a bunch of smiling, friendly and keen young servers, hosts and cooks eager to do something kind for you. I have been there - at the first East Shore public Second Sunday Soup and I was impressed. It was as I described above.

The East Shore Youth, under the guidance and supervision of youth coordinators Ingrid Baetzel and Carol Vanr, organize and put on the Second Sunday Soup event. This event is part of the Youth Volunteer Program where kids learn various skills and provide help and good energy to the East Shore community.



I had a potato leek soup. Meat eaters got served potato cheddar bacon soup. There were different kinds of bread, tea, coffee and juice to round out the menu. It was delicious.

This soup day is not only for food. Games, music and fun are available and whatever visitors would like to contribute to a fun, happy Sunday afternoon is welcomed.

What this event wants to be is a family day, a community date where kids, youngsters, adults and elders can meet, laugh and connect with each other. It's a great idea.

And you can be sure this will be held every month on the second Sunday, now from 2 to 6pm. There will always be one dish for vegetarians. Every month the dishes will be made considering a different theme, Mexican, Italian, French etc.

It's for free (no scam or poison) and if somebody wants to donate, just drop two bucks in the jar for the next food purchase or load your elder neighbour in your car and bring her or him or both with you.

There is also a ride by Better at Home available. For this please contact Rebecca at 250.505.6717.

Spread out the message into the community... Parents, save on cooking Sunday dinner and watch and taste what local girls and boys can stir together. Kids, refuse to eat this Sunday at home and take your parents by the hand and go out with them. Elders, please come and join us. Come out and see some young happy smiles and discover how tasty the world can be and how much those little farts grew up in the last years.

Nobody will be happier to receive all of you than this bunch of young, smiling, friendly and keen waiters and cooks.

Temple Update and Ashram Report

Submitted by Yasodhara Ashram

Looking Back & Looking Forward

November is planning month at the Ashram. We look back over the past year to see our victories and we look forward to imagine 2018.



2017's theme was constructing Sacred Space and our significant victory was completing the Temple of Light. A few weeks ago building inspector, Darryl Plotnikoff, presented us with our Occupancy Permit. Thanks to everyone who contributed over the past 3.5 years from fighting the fire, to constructing a temporary structure, to supporting our efforts to rebuild. We now have an architectural masterpiece on the East Shore and a dedicated space of beauty open to those from all faith traditions or none.

The Temple's first community-wide function was to celebrate Alvin Dunic's life, gathering us together in the fullness of our love and sorrow. The Temple, while still under construction, also held the inspiring young voices of Allison Girvan's Corazon choir, Anusha Fernando's solo Bharata Natyam performance, and the Kootenays Interfaith climate change vigil. Most recently a Temple tour followed an informative presentation on the Columbia River Treaty by Eileen Delehanty Pearkes, author of Capturing a River.

2018 will be the Year of Invitation for the Ashram. You can look forward to more special events including an April retreat on Reconciliation with our friends Pahan Pte San Win and Wanbdi Wakita from the Lakota and Dakota bands. In June, the Corazon Choir will collaborate with a Western University choir to offer performances at various locales throughout the Ashram, culminating in the Temple. On June 23, our annual Strawberry Social will be the official grand opening of the Temple, with special guests and a ribbon cutting ceremony. And in the fall, there will be a workshop with the architects and fabricators of the Temple.

We invite you to visit anytime and bring your guests. We're open from 10-5 each day. Please stop by the gift store to check in and pick up a map.

Check our website yasodhara.org to stay updated on our new schedule of events, courses and retreats.

C.B. Hall & Parks AGM a Success

by John Edwards

The evening of November 21 saw a good turnout at Crawford Bay & District Hall & Parks Association's AGM at the Crawford Bay Hall.

Reports were presented by Treasurer Gina Medhurst, showing that our association remains in good financial shape while we await a successful transaction with School District 8 to purchase the old school property that our hall occupies.

The chair's report gave those in attendance an idea of how that transaction is progressing, and that we hope to have a positive outcome very soon. Once we officially hold title to the hall land, we plan to start a complete renovation of the 1938 building in order to bring it up to current insulation standards and improve its deteriorating appearance.

It was also reported that Crawford Bay Park and Kootenay Bay boat launch had good years, with the successful return of Starbelly Jam Music Festival after a year's hiatus.

All of the existing directors (Gina Medhurst, Helene Carter, Marion Johnson, David Wells, Doug Stokes, John Edwards, and Jayanti Holman) were acclaimed as re-elected, and a new director, Susan Hulland, was also elected. Susan has past experience on our board, and we eagerly welcome her back. We're also hoping to soon appoint Janaki Pogreba as a director, which will bring us to our full complement of nine.

All in all - a good evening for our association, and a big thanks to all of you who came out to show your support.

6 Mainstreet December 2017

NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

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

- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL HALL

Booking/info: Rose at 250.223.8288

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

Kootenay Lake EAP – Economic Action Partnership

Submitted by Laura Heycamp

A plan is beginning to emerge. Over the past three months, the Creston Valley-Kootenay Lake Economic Action Partnership (CV-KL EAP) has been asking community members, business owners and leaders for their ideas on how to improve the local economy.

From surveys, kitchen table meetings, school workshops and other activities, communities contributed well over 1,000 action ideas. In addition, a treasure trove of other valuable information was brought forward. The CV-KL EAP project team combed through this information - looking for common themes, areas of agreement or disagreement, and actions we can get started on right away. One of the “quick starts” chosen is local participation in BC Buy Local Week from November 27 to December 3, 2017. BC Buy Local is a campaign that celebrates local business to promote the contributions that BC businesses make to our economy and communities.

On November 8, around 50 community and business leaders came together to review community input and ideas. They spent the afternoon analyzing ideas received from the community and evaluating their impact on the local economy. For both community members and businesses, two goals emerged to the top for improving our local economy: resident attraction of families and young people, and, building a thriving local business sector (which includes attracting new business and investment).



In the next few weeks, the CV-KL EAP team will continue to examine feedback and outreach to more businesses and employers to get their take on the emerging priorities.

Follow us on Facebook @CrestonValleyKootenayLake to view updates, information about the local economy, and how to get involved in this initiative. Remember to support local businesses during BC Buy Local week! Stay tuned for more information.

Survey Prize Winner: Local purchasing in action: Almost 700 people responded to a paper and online survey, and one lucky participant – Robert Agnew of Crawford Bay – won a \$50 voucher to a local business of his choice. Robert chose BareFoot Handweaving in Crawford Bay.

This survey prize is a great example of how shopping locally has more impact than shopping in other towns or online. Based on a study by The Institute for Local Self-Reliance in 2003, results indicated (on average) 48% of each purchase at a local owned business is recirculated locally, compared to less than 14 percent of purchases at chain stores. These numbers are nearly identical to later results across other Civic Economic studies.

Can you shift 10% of your spending to local businesses? Tell us where you will shop locally this holiday season @CrestonValleyKootenayLake on Facebook or at economy@kes.bc.ca.

Everything Can Grow Here

Submitted by Laverne Booth for the Economic Action Partnership

“Everything can grow here” remarked Tom Lymbery in a recent focus group held in Gray Creek. We live in an inland rainforest and virtually everything will grow here.

Lymbery was one of 55 residents who attended small community conversations in homes, businesses and halls in 8 of the East Shore communities between October 23 and 30, 2017. The conversations are part of the Asset Based Rural Development project underway in Area A, as well as providing input to the Economic Action Partnership (EAP) that is forming in the Kootenay Lake-Creston area.

The topic of the conversations was our dwindling population and what can we (citizens and local government) do? “Ambassador” Laverne Booth says, “I got to attend all of the eight kitchen table focus groups and Garry Jackman sat in in all, except the meet in Crawford Bay, which Mike Jeffry attended. What I found interesting was the local flavor that really did seep out of the gathering of a diverse group of people- youth, young families, longtime residents, new residents, seasonal or part-time residents, and active people. Different themes seemed to emerge out of each locality.”

Here are some of the questions/themes that emerged- see if you can figure out which community along the lake these questions arose from.

- How welcoming are we to new residents?
- How can businesses cooperate to support each other?
- How connected up are our communities?
- How can we employ younger people so they can live here?
- How can aging residents be supported to remain at home? What is working well now?
- How can we support local agriculture and food businesses to thrive?
- Where can our communities meet? Where are the meeting places?
- How do we leverage our local assets like Duck Lake and support small, home-based businesses to flourish?

These small group conversations were held in: Riondel, Kootenay Bay, Crawford Bay, Gray Creek, Boswell, Armstrong Bay, Sirdar, and Wynndel. This is just the start of the larger conversations between all the communities of Wynndel/ East Shore. There will be more information coming out about the conversations and all of the input is going into our talks with the new Economic Action Partnership (EAP) with Areas A,B,C, town of Creston and Yakan Nukiy (Lower Kootenay Band).

We have the opportunity to grow our collaboration with Creston district communities. Lots of cooperation is already going on: in tourism through Jesse Willicome and the Creston Valley Kootenay Lake Tourism Advisory Committee: in food and agriculture through Nicole Schreiber of Food Roots offering events, markets, and the fruit tree project, thanks to support by Fields Forward, KES and the impact team. In trails and lake access, ESTBA and Farley Cursons collaborate with the Trails for Creston Society. Thanks to the many residents who became members of the Creston

and District Investment Coop, Red’s Bakery is the first business in the region to work with the coop to get loans and support. That is a lot of good stuff already happening, and looking like things keep on growing out here, just like Tom Sez.

Garry Jackman and the Economic Development Commission (EDC) thank those who participated in the October 12 meeting at Gray Creek and the 8 kitchen table meetings in 10 communities along the beautiful shore of Kootenay Lake. We are grateful for



all the support by Colleen and Will of Eco-Plan International, Heidi and the staff at Kootenay Employment Services, and the Rural Development Institute of Selkirk College.

On behalf of the EDC, we look forward to meeting with you in the spring when we will bring people together from all parts of the East Shore/Wynndel Kootenay Lake, to talk, think and act together to leverage our considerable assets.

The East Shore Mainstreet
KOOTENAY LAKE BC

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

Contact: Ingrid Baetzel, Editor
 Phone: 250.505.7697
 Box 140, Crawford Bay, B.C. V0B 1E0
 Email: mainstreet@eshore.ca
 Web: www.eshore.ca

ADVERTISING RATES

\$35 - 3.25 wide X 1.75 tall (inches)
\$40 - 3.25w X 2.5t
\$45 - 3.25w X 3t
\$50 - 3.25w X 4t

\$55 - 3.25w X 4.5t **OR** 6.75w X 2.25t
\$65 - 3.25 X 6t **OR** 6.75w X 3t
\$85.00 - 3.25w X 9t **OR** 6.75w X 4.5t
\$100 - 3.25w X 10.25t
\$130 - (1/4 page) 5w X 7t
\$150 (1/3 page) - 6.75w X 7t
OR 3.25 w X 14.5t **OR** 10.25w X 4.5t
\$225 (1/2 page) - 10.25w X 7t
\$400 (full page) - 10.25w X 14t

Sample Sizes - more sizes available.
Column Width: 3.25 inches - double width: 6.75 inches - full width: 10.25 inches
Services Directory: \$5/month, up to 3 lines.
Classified Ads: \$5/first 30 words, 10¢/word additional

****THESE RATES ARE FOR B/W ADS ONLY****
FOR FULL COLOUR, ADD 30%

Tom's Corner

by Tom Lymbery
Bus Manufacturing in Nelson BC



Kimberley taking men to work at the Sullivan Mine and back. What did they need their new *Supercoach* for? Tours to Calgary or Spokane? Certainly for taking the Kimberley Dynamiters to games and even possibly if Kimberley went on to contest the Allan Cup again against an Eastern hockey team. Kimberley beat Sudbury to win the Allan Cup in 1936 and went on to win the World Cup in 1937.

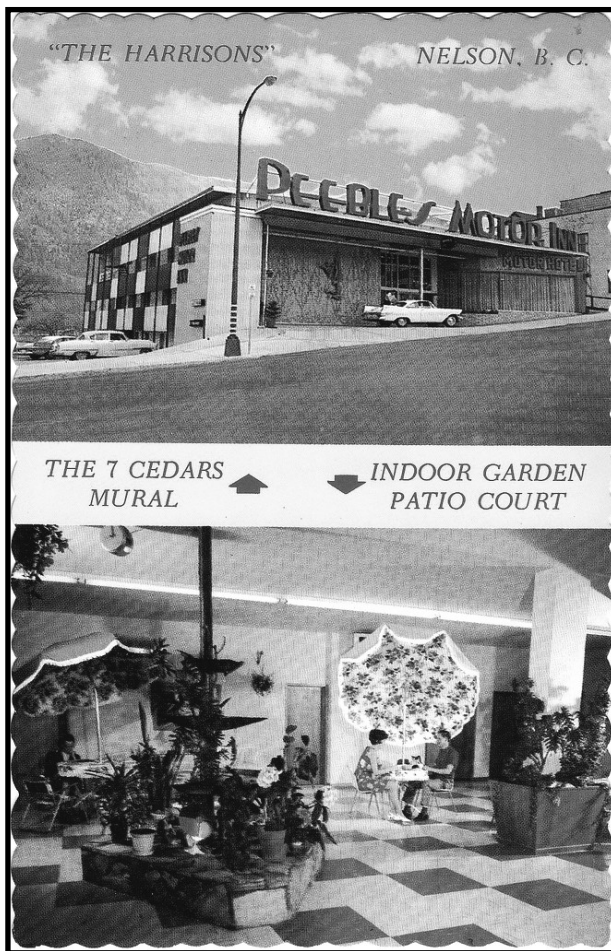
I am always on the lookout for a half page advertisement in the Nelson Daily News 1940s Pictorial Edition for Peebles Motors *The Largest Bus Manufacturer Between Winnipeg and Vancouver*. For Peebles did build over 30 highway and school buses in Nelson in the 1940s and 1950's.

I got to know Harry Harrison (his wife Louise was a Peebles) in the days of the late night Kootenay Lake ferries when I often attended Nelson Masonic Lodge meetings. When Harry found I was interested in the Peebles story he told me quite a bit about how the operation grew. R A Peebles started Peebles Motors, a car and truck dealership in 1920 on Baker Street in Nelson.

In 1922 Johnny Learmonth started a bus service from Willow Point on the North Shore to Nelson, using a truck with benches for passengers to sit on. As the road was gradually extended to Balfour his business grew so he needed a more substantial bus and since he also worked at Peebles Motors he was able to do his construction and modifications there.

Before the early roads were built all passenger service on Kootenay lake was served by the CPR sternwheelers – one alternative was a rowboat. Johnny's initial service from Willow Point to town included a trip back to Willow Point for his lunch so this made it very convenient for a quick trip for those on the North shore. When he improved from his original truck style to a real bus he named it Miss Margery after his daughter. Next a partnership with Herb Harrop formed a company that was sold to be incorporated as Canadian Greyhound Coaches in 1929 – the origin of Greyhound in Canada.

Presumably all the Peebles Motors records perished when a major fire destroyed much of the building so there is virtually no record of the coaches they constructed. Harry said that they employed about 30 people and also brought in a coach builder from England as they had no one with the necessary skills. I have seen a photo of a *Gold Line* bus that ran from Granite Road to Nelson, but the one built for Star Stages in Cranbrook was the best of all. Harry said that Star's order gave them a \$10,000 figure – which was almost unheard of. The carpet was so nice that Harry saved the pieces for his boat. They always hoped for an order from Western Canadian Greyhound in Calgary but were never successful.



After the fire Peebles Motors was rebuilt into Peebles Motor Inn – frugally using the same sign, just taking the 'S' from Motors and adding 'Inn'. This gave Nelson a 50 room hotel with a large meeting room where the bus construction had been. This was sufficient in January 1974 to host the ICBC AUTOPLAN classes for insurance agents to learn the entirely new system of insurance and license plates welded together. Sharon and I went through a high intensity course from 8 am to 9 pm for 3 days. Today this is the Best Western Baker Street Inn.

From...

A - Zed

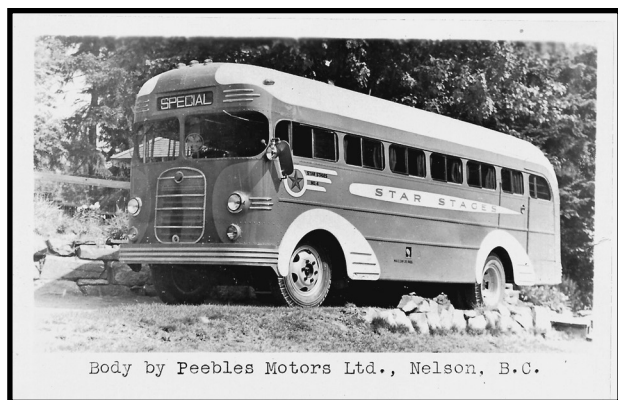
Need insurance? Remember 3 things:

- a) It doesn't matter what letter of the alphabet it begins with.
- b) A lot of things can be insured.
- c) We insure a lot of things.

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



When I found the postcard of this bus on sale (above) by a postcard dealer in Saskatchewan I knew I had to have it for this story even though the seller insisted on \$80. The reverse has 1947 pencilled on it and I think the date is about right as Motor Coach Industries of Winnipeg had started building buses with a somewhat similar look by that year.

Star Stages was a profitable bus line that made their money running between between Cranbrook and

Tom Sez

by Tom Lymbery

Santa Claus, North Pole, Canada with Postal Code SHOH OHO, receives over a million letters each year. Each letter is replied to in the language in which it is written – mostly by retired postal workers.

Slide snow – please don't lift it. A Snow Float is the solution even for snow lumps over 100 pounds. Store staff will demonstrate if you have never used one. You can also clear pathways more easily with a float – save your back and your heart.

Scott Jeffrey, publisher of *Propane Canada*, says that the Transmountain Pipeline extension project WILL BE BUILT, even though Horgan and Weaver made election promises to stop it. This expansion will take 2800 tanker trucks or almost 900 railcars PER DAY out of service.

The *Mainstreet* article on the lease termination for the Tipi Camp at the end of the 2018 season doesn't appear to mention that the property owner has never charged anything for this lease – entirely a contribution.

If the ferry terminal is to stay at Balfour why is the parking area pavement so terrible? Perhaps because Balfour people almost never use the ferry they haven't noticed all the potholes?

If you are using mothballs to repel mice, skunks or other animals (no animal can put up with the smell) the old balls have been replaced with packets. Please don't open these packets; just put them out as you would have the balls. They dissipate too quickly if you open the individual packets.

The new gravestone – type signs for Balfour need a parking area so that you can stop to decipher what the emblems are. Perhaps not likely to happen as we are always highballing for the ferry.

Before they started sanding the roads about 1955 one type of winter tires were sawdust retreads which tires shops in Nelson would make by forming hot rubber around a worn tire – including sawdust in the rubber. As the flakes of sawdust fell out the gaps would improve the traction. We also used to wipe bleach on our tires as this softened the rubber somewhat. But for climbing hills there was no alternative but to use chains.

How about doing your own interface forest fire protection if you have trees on your property or close by? Cut off low lying branches, cut up and use any fallen trees for firewood, thin out any poor growth – in other words leave it park like. And much of this can be done in the winter when its safe to burn the debris. Use 5 gallon buckets to save bark and smaller pieces for your woodstove kindling and then there really wont be many brush piles to burn.

Thanks to all those who in contributing their cans and bottles, keep the glass separate in cartons -this prevents broken glass in the bin and also make it easier for the Lions to sort.

New Employment Support In Crawford Bay

by Kootenay Employment Services



Kootenay Employment Services would like to introduce you to Monique Arès, your local employment counselor for the East Shore. Monique believes that people find purpose in employment and enjoys helping people identify and pursue their employment

goals.

Monique grew up in Edmonton and moved to Creston with her family as a teenager. She attended College of the Rockies in Creston and Cranbrook, and then went on to complete a degree in Justice Studies at Royal Roads University in Victoria. Monique is an avid swimmer and hiker, and enjoys reading and gardening. She is fluent in English and proficient in French. Monique moved back to the Creston Valley – Kootenay Lake area because she enjoys spending time in nature and loves the people and community in this area.

Monique started working at KES in January 2017 as a job coach, supporting clients in their place of employment and in May 2017, Monique started employment counselling. As an employment counsellor, Monique provides workshops and advice on finding, obtaining, and maintaining employment. She can also help eligible clients access skills training, short term courses, wage subsidies and self employment training.. Monique is available every month in the upstairs room at Barefoot Weaving in Crawford Bay.

"I love connecting with people and discussing their employment objectives. It is so rewarding to see people find purpose and succeed in their goals."

Be sure to call 250-428-5655 today to book an appointment and get a head start on reaching your goals. For more information on KES programs and services, please visit us online at: www.kes.bc.ca.

Riondel Seniors News

by Fran O'Rourke

Riondel Community Christmas Dinner

Friday, December 15, Riondel Community Centre. Many Bays Band starts 5:00, dinner at 6:00. Admission: bring side dish to share or a donation toward turkeys.

Ongoing Seniors Programs

- Whist: Friday, December 1, 7:00 pm. \$3 for members, \$4 for non-members.
- Walk a Mile 10:00 and Essential Strength Training 10:30 – Monday, Wednesday, Friday
- Pool 12:00 Monday & Thursday
- Bingo 6:30 pm Wednesday
- Wednesday Afternoon Bridge First and third Wednesday; for more info – 250.225.3312
- Yoga: For more info contact – 250.225.3383

Traditional Christmas Service

by Deberah Shears

Harrison Memorial (Anglican) is delighted to announce that there will be a traditional Christmas service this year on Sunday, December 17, at 1 pm. This service is called a Crib service, sometimes called a Cradle service or a Christmas Pageant. It re-enacts the Nativity Story using the manger scene.

Everyone is welcome to attend and we especially hope to see families with children... or grand-children! There will be lovely music and the singing of traditional Christmas carols.

The Anglican diocese (Creston and the east shore) is delighted to welcome a new priest to the area, Rev. Leon Rogers. Leon has come from England to serve our area; he comes with his wife, Carina, and his 3 children: Alma, Joseph and Reuben. Leon's name and phone number is now published on the church page of this newspaper if you have any pastoral needs.

Riondel Arts Club

by Sharman Horwood

November has been a very good month. Shirley Wyngaard's workshops on colour theory have been inspiring for everyone.

With only one more week to go, the artists are settling down to paint, draw, do mosaics, or quilt to their heart's content.

On November 18, the art club hung some sample work in the Crawford Bay branch of the Nelson & District Credit Union.

Drop by and see the broad range of work our artists create.

On December 1, the club will hang a slightly larger exhibit at Cowan's Office Supplies in Nelson. Take a break from all that shopping and stop by the store to see the art work.

From the Art Club, have a good December, and a very happy Christmas.

Next Deadline: December 27, 2017

www.eshore.ca / mainstreet@eshore.ca



*Happy Anniversary
Will & Amanda! December 22, 2002*

Turlock Electrical Contracting Ltd.
Your Local Electricians
Commercial, Residential
Over 20 Years Local Experience

- New Construction
- Service Panel Upgrades
- Money-Saving LED Lighting
- Additions & Renovations
- Electric Heating Systems
- Service Calls

Ph: 250.2279688 Cell: (250) 551-4671
brandon@turlockelectric.ca

MUSIC LESSONS
with
GREG LOSTRACCO
turn your thoughts into sound
ALL AGES, STYLES AND LEVELS
250-777-4378 · greg.sonix@gmail.com

CUSTOM HOMEBUILDING
DESIGN SERVICES
REMODELING

HULLAND & LARSEN
CONSTRUCTION LTD
www.hullandandlarsenconstruction.com
(250) 551-2915 or (250) 505-3570
contact@hullandandlarsen.com Licensed and Insured
Serving the communities of Kootenay Lake.

Kate Page, Proprietress
Book ahead: 250.505.6950

**SAPPHIRE
HAIR
SALON**

16210 Hwy 3A, Crawford Bay
UNIT NINE

**Small business accounts for
98% of all business in B.C.**

You may have a hobby or skill that with a bit of help could turn into a viable business. If you want to explore this more, call us for a free appointment.

The Self Employment Program offers income benefits for up to 52 weeks as well as business management training & counseling for qualifying entrepreneurs.

Call Alison Bjorkman at 250-428-6356 to book a free appointment in Crawford Bay...
www.futures.bc.ca

Community Futures Central Kootenay
Growing communities one idea at a time.

**NOT YOUR AVERAGE
VOLUNTEER GIG**
Serving the East Shore.

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

Buying? Selling?
Have a business/commercial property to sell on the East Shore? Want to invest here? Know someone who does? YOU could be listing with imaginekootenay.com for FREE to increase your results and/or exposure ...and there's no obligation.

Call 250-227-9218 ext 5505 and we'll help to make your listing potential bigger & broader.

**JUNCTION
CREEK
HUB**

WINTER HOURS:
MON/TUES: 5-11PM
WEDS-SUN: Noon - 11PM
(Open later for special events/parties)

- ◇ Tuesdays: Karaoke
- ◇ Thursdays: Jam Nights
- ◇ We have bands booked almost every weekend in December.
- ◇ Call to book your staff party!
- ◇ NYE party - Watch for details...

250.227.9339
And find us on Facebook for updates!

A Special Canada 150
CHRISTMAS
IN THE CAMPGROUND (RIONDEL)
DEC. 19-21, 3:30 - 6pm

Come join the board members for hot chocolate, hot cider, Christmas goodies & carolling around the bonfire. **Joy to the World!**

ESIS
EAST SHORE INTERNET SOCIETY

HIGH-SPEED INTERNET
1 (844) 776-3747
www.eastshoreinternet.ca

Central Kootenay Lake's community non-profit ISP.

Looking to start your own business?

- Learn how to write a business plan
- Startup supports for new businesses
- Financial supports for eligible clients
- Gas money to travel to Creston for eligible clients

If you have been on E.I. in the last 5 years, or have a disability, you may be eligible. Self-employment program intakes are every 5 weeks. Next intake is August 29th - 30th.

CONTACT KES TO BOOK AN APPOINTMENT TO DISCUSS YOUR OPTIONS.
Call 250-428-5655

WorkBC
Employment Services Centre

East Shore Dates
BOOK YOUR APPOINTMENT TODAY!
Call 250-428-5655
FOR NEXT AVAILABLE DATES
Monthly Upstairs at Barefoot Handweaving
Kootenay Employment Services Society
119 - 11th Ave N, Creston BC

The Employment Program of British Columbia is funded by the Government of Canada and the Province of British Columbia.



Christmas Greetings To Your Community

You send your Christmas Greeting to the community
and the East Shore Christmas Food Hamper 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.

The Board Members of the Riondel Community Campground Society wish everyone a Merry Christmas! We look forward to a New Year that is happy and healthy for all!

Wishing you all the timeless treasures of Christmas...The warmth of home, the love of family and the company of good friends. Season greetings from Susan, Karol, Victoria and Catherine at NDCU, East Shore Branch

Many blessings to everyone in this season of love, light, and new beginnings. Happy Solstice and Warm Holidays – Tipi Camp

The East Shore Mainstreet sends boundless love and appreciation to all of her readers, subscribers, advertisers, writers and supporters this holiday season. May you all have enough.

The Hexagon Players are stoked to be stomping the boards in Christmas cheer for all lovers of theatrical antics and overly dramatic moments. Let's rip it up in 2018! We love our East Shore audiences.

May the holiday season fill your homes with joy, your hearts with love and your life with laughter. Love, Dave, Natalie and Ocean.

My Holiday Resolution: Pick up an extra item for the Christmas Hamper each time I go into one of the local markets. I wonder how many boxes we could fill. Merry Christmas all and one. Doreen Zaiss.

Happy wishes to families, friends, neighbours, and all those who pass by - Eastshore Garden of Remembrance.

May the blessings of Christmas remain with all those near and dear to you. - Riondel Community Church.

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

Books! Yes! Stories! You Bet! Merry Christmas everyone! Riondel Community Library

Very best wishes for the season to one & all from Lindero correspondent, H. Porpoise

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.

Peace on earth, goodwill to all! From the staff at The Lakeview

Merry Christmas and Happy New Year from Kootenay Lake Community Church.

Wishing Everyone Joy, Health and Happiness this Holiday Season from Tom & Sharon, Dave & Kris, Christy, Dan, Rose, Bryce, Bob, Daniel, Jan and Oliver at Gray Creek Store!

To our family, friends, and community: may your hearts be light, your tummies full, your toes toasty, and the new year full of blessings. John Smith and Lorna Robin

From the young, to the old and the new, we are wishing every one of you a lovely holiday season. Better at Home East Shore

A Christmas blessing and good wishes to all our clients, friends and community of the East Shore. Blanche & Harreson Tanner

On behalf of Gerry, Graeme, Leah, Helder, Sean and Pam, we would like to wish everyone all the best of the season. Thank you for your continued support. Here's to 2018. May it bring you and yours health, happiness and peace of mind. Happy New Year from Newkey's.

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

the MARKET

- *Deli Meats/Cheeses *Groceries *Gas
- *Liquor agency
- *Natural foods *Fishing tackle
- *Holiday gifts and wrap
- *Delectable goodies! *Fresh flowers

OPEN Mon-Sat: 9-6:30/Sun: 10-5

HAPPY HOLIDAYS!
Closed: Christmas, Boxing and New Year Days

Bottle Depot: Sundays only, 10-3

Phone: (250) 227-9322
Fax: (250) 227-9417
Email: cbstorebc@gmail.com

December Hours:

Open 7am-3pm

- Weds/Thurs
- Sat/Sun

(250) 777-2537

We thank you for your continued support...



A Special Canada 150 CHRISTMAS

IN THE CAMPGROUND (RIONDEL)

DEC. 19-21, 3:30 – 6pm

Come join the board members for hot chocolate, hot cider, Christmas goodies & carolling around the bonfire.



Joy to the World!

Astrology & Numerology Readings

With Michael O'Connor

www.sunstarastrlogy.com

sunstarastrlogy@gmail.com

By Phone - Recorded and Sent by Email

(250) 352-6871

Insightful * Inspiring * Empowering * Confidential



Seldom Scene

by Gerald Panio



“The silent photoplay attracted over eighty million spectators each week in the United States. Every two months the entire population of the globe was exceeded in number by the total of all who visited the silent movies.” —James Card

Because of the continuing popularity and frequent revivals of the great silent film classics—featuring the timeless American clowns like Chaplin and Keaton, the eerie cinematic children of German Expressionism, the Russian avant-garde, D.W. Griffith’s masterpieces, the surrealism of Buñuel and Cocteau, French serials such as *Fantômas*, and so much more—I think an impression has been created that we have access to a full spectrum of the work created in the first decades of the twentieth century. Wrong. Reliable estimates indicate that 75% of all silent film titles have been lost forever, and perhaps 90% of American films made before 1929. Taking these numbers into account, it’s not surprising that headlines are made when copies of lost films turn up in a barn in France or an attic in Argentina. One of the most remarkable of such finds turns out to be a made-in-Canada story.



Bill Morrison, an award-winning American documentary filmmaker, released *Dawson City: Frozen Time* in 2016. Morrison uses period photographs and recovered silent films (with a bare minimum of live interviews) to tell the story of the 1987 recovery of 533 films from the permafrost beneath an ice rink in downtown Dawson City. Along the way, he gives us windows into the world as it looked when cinema was first being invented, and shows us why only a small fraction of the products of that time have survived.

Narration for *Dawson City* is via text-on-screen. The only voices one hears are those of a couple of the key players in the recovery story. I’d guess that Morrison chose to avoid any voice-over narration out of respect for the aesthetic qualities of the silents. Most of the film consists of both fictional and newsreel footage from 1896 to 1929, and pan-and-scan views of Eric Hegg’s glass slide photographs from the days of the Klondike Gold Rush. (The photos are a tale in themselves—discovered packed into the walls of a cabin and very narrowly missing out on being used as glass for a greenhouse.) Sound effects are added, and there is a minimalist musical score by Alex Somers.

Morrison also incorporates some footage from an award-winning 1957 Canadian short documentary, *City of Gold*. This documentary, narrated by Pierre Berton, pioneered the pan-and-scan cinematic treatment of photographs that has become part of the documentary tradition ever since—including Bill Morrison’s work and that of Ken Burns.

Why has so much of the silent film heritage been lost? The main problem was the film stock itself.

Nitrate film is named after the chief ingredient in its production, cellulose nitrate. In essence, this was the “gun cotton” used in explosives in World War I. It’s a close relative of nitroglycerin. Nitrate film burns 20 times faster than wood, has a tendency to spontaneously combust at temperatures as low as 105 degrees Fahrenheit (40.6 C.), and bursts into flame when immersed in water. It’s also chemically unstable, and begins decomposing the moment it’s manufactured. Moisture creates water damage on the negatives which, when projected, looks eerily like flames. The first cinema disaster, in Paris in 1895, claimed 126 lives when a reel of film caught fire and ignited the venue. Infernos that have consumed entire film collections are legion. Alice Guy-Blaché’s Solax Studios burned in 1919. The entire Fox Film Corporation silent library went up in smoke in 1937. Universal’s newsreel collection combusted in 1978. Canada’s own National Film Board lost its entire nitrate collection in a fire in 1967. The only stored collection of silents in Dawson City went the same way.

The other great disaster was the advent of sound films around 1929. Prior to that date, Dawson City could have been the Mecca for the preservation of silent films. Dawson was the end of the line for the movie distribution chain of the time. It could take two to three years after a film’s release to make it that far north, and by then no one wanted the films back. They literally had nowhere to go. The Bank of Commerce, which was the local agent for the movie industry, wound up filling the basement of a downtown theatre with abandoned nitrates. Had they been preserved, this would likely have been the most complete collection still in existence. As it was, however, the Bank ran out of storage room and someone came up with the idea of using the cans of film as landfill for the abandoned swimming pool that once shared a space with the local hockey rink. Those cans spent the next 49 years in the permafrost, occasionally surfacing when work was done in the area. Local kids would tug on the exposed celluloid and light it on fire.

Other collections of silent films held by other theatres in town fared even worse. Local theatre owners, unable to compete with sound, dumped tons of silents into the Yukon River. In a single day, the owner of the Dawson Family Theatre burned 400 films in a massive bonfire.

Fast-forward to June 1978. A local Pentecostal minister/alderman/backhoe operator is doing some excavating when he notices that he seems to have hit a celluloid motherlode. He has the presence of mind to contact Michael Gates, a Dawson City journalist, who in turn invites Kathy Jones from the National Archives to visit the site and check out the find. All of the surviving films are eventually recovered and boxed for shipping to Ottawa. A semi-trailer hauls them from Dawson City to Whitehorse, but no one is willing to risk moving such a volatile cargo any further. It will take the intervention of the Canadian military and a Hercules transport plane to get the movies to the Archives for cleaning and restoration. For Michael and Kathy, collaboration on this project has a memorable fringe benefit—marriage.

What can we see in this miraculously-preserved footage, and the equally miraculously-preserved Hegg photographs? Glimpses of Chief Isaac and the indigenous Tr’ondëk Hwëch’in people. Gold Rush-era Dawson city. The giant dredges of the Yukon Consolidate Mining Corporation. Hydraulic mining. A Klondike-era cast of characters that includes Klond-

ike Kate, Apple Jimmy, Sid Grauman (who went on to build three of Hollywood’s most opulent motion picture palaces), Alexander Pantages (whose Dawson City Orpheum was the first of his 84 vaudeville theatres), Jack London, Frederick Trump (who laid the groundwork for Donald Trump’s fortune), David & Solomon Guggenheim, and William Desmond Taylor (who in 1922 would be at the center of one of the most famous unsolved murder cases in Hollywood history). The World Series from 1917 and 1919. The 1917 Ludlow Massacre. A W.E.B. Du Bois protest rally. Judge Kenesaw Mountain Landis’s attacks on organized labour. Anarchist bombings. The White Pass Railroad. Elephant races.

And more melodramas than you can shake a stick at: *The Little Orphan*, *The Social Buccaneer*, *The Stolen Paradise*, *It Happened to Adele*, *Polly of the Circus*, *The Unpardonable Sin*, *The Strange Case of Mary Page*.

Bill Morrison’s first full-length documentary, *Decasia* (2002), also focused on silent films. In the case of *Decasia*, it was a meditation on their destruction by time and chemical decomposition. One of journalist Lawrence Weschler’s comments on that earlier film applies equally well to Dawson City: *Frozen Time*: “...for all the sorry ugliness of the situation, the actual pictures that this relentless disintegration was producing could be more than just pretty. Sometime, indeed, they were ravishingly, achingly beautiful.”

(*Dawson City* is currently available for purchase or rent through iTunes. You can stream *City of Gold* for free through the NFB website. For more information on nitrate film, check out Weschler’s “Sublime



Decay” available online. Some excellent histories of the silent film days include George C. Pratt’s *Spellbound in Darkness*, Kevin Brownlow’s *The Parade’s Gone By...*, Terry Ramsaye’s *A Million and One Nights*, James Card’s *Seductive Cinema*, and Peter Kobel’s *Silent Movies*.)



JK Excavation Ltd.
250.354.7055
jkeexcavationltd@gmail.com
 trucking. excavation. snow removal

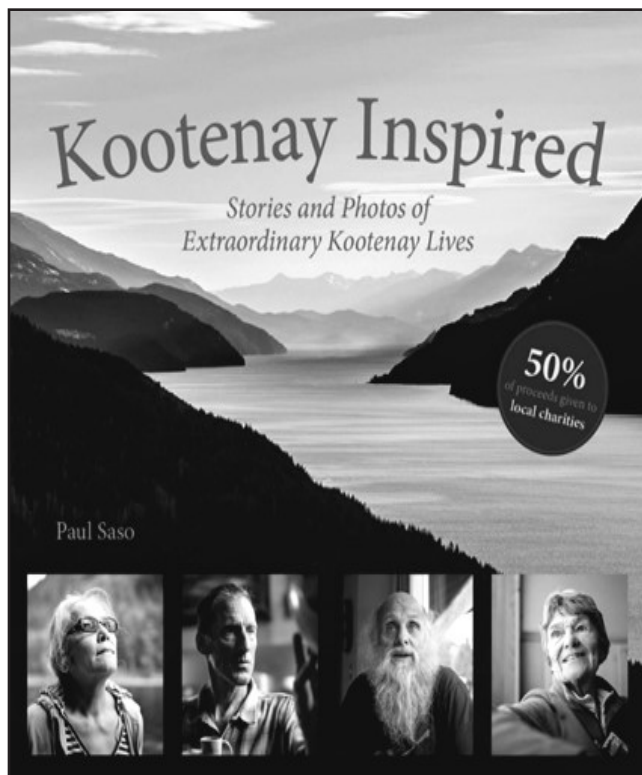
Kootenay Inspired: A Look at 12 Amazing Kootenay Residents

Submitted by Nicole Plouffe for
Guiding Hands Tipi Camp

Paul Saso, an author from Nelson, has written a rich, vibrant book about the many talented, colorful people of the Kootenays called *Kootenay Inspired*. The book tells the inspiring life stories of 12 amazing Kootenay residents including: **Luanne Armstrong, John Cooper, JJ Verigin, Lucas Myers**, and more, and Paul describes his book with the following:

"Delve into the lives of twelve remarkable individuals who call the Kootenay region of British Columbia home. Featuring entrepreneurs, artists, outdoors people, activists, farmers, community builders, teachers, nurses and more, Kootenay Inspired shares their secrets for overcoming enormous challenges, following passions against all odds, and achieving the one goal we're all striving for: meaning."

With stunning photography and intimate life stories you'll never forget, *Kootenay Inspired* offers deep insight into the region's most precious resource: its extraordinary people. Step into their shoes, and share in their wisdom for living a purposeful, authentic and inspired life.



The book is photographed with the absolute skill and care of **Louis Bockner**, a well-known and respected photographer from Argenta. **Paul is graciously giving 50 percent of his proceeds from his book to Guiding Hands Recreation Society's Tipi Camp and Wild-sight Education Program.** Tipi Camp is more than honored to receive this gift and it will be designated to our bursary fund to send kids in need to camp.

Books arrive in Nelson on December 1, 2017, and there will be a launch event at Touchstones Nelson Museum of Art and History on December 7, 2017, 6:30-9pm and in Creston at the Creston Library on December 9, 2017. Any retailers on the East Shore that wish to carry Paul's book for little or no commission would be greatly appreciated and will help fund two great organizations and distribute a Kootenay work of art.

You can find more information about Paul's project at <https://www.kootenayinspired.ca/> or follow him on Facebook <https://www.facebook.com/kootenayinspired/>.

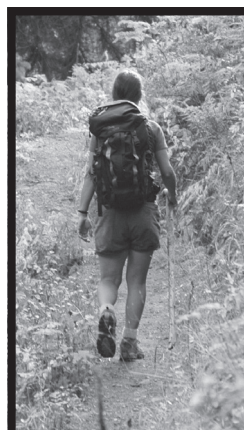
Riondel Library News

by Muriel Crowe

The Riondel Library has had another lovely afternoon at Dutch Harbour with the marvellous company of four very talented authors. Thanks go to Wendy Scott who year after year talks authors into making the long trek to Riondel to share their work. Once an author has been here they seem to be willing to come back but Wendy has the patience to get them here the first time.

On the not so fun side, our library is responding once again to attempts from the Creston Library to take us and the Eastshore Reading Centre under their wing. Their librarian, Aaron Frances, is only doing his job in trying to expand their finances. That said I take it as part of my job to explain again to him that we are happily independent and rather than share our meagre finances with them we would be happy to have a share from them. Though he claims otherwise we would end up becoming a branch of that library and ultimately would lose that unique connection we have with our patrons. We do appreciate the fact that we can all have Creston Library cards which enables those interested to download e-books and e-magazines. Those cards are available in both reading centres but all credit for membership is theirs.

On a less sombre note please remember to think of your library as a source of inspiration for the coming holiday season. There are many books with ideas and instructions. If instead you promote bah humbug we have many books that could become a defensive wall. In any case we wish you joy and lots of library books.



Need help getting back
to your activities?

EAST SHORE PHYSIOTHERAPY

ANNA ROSE BScPT

Health Centre, Crawford Bay
250-227-9155
eastshorephysio.com

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)

Small business accounts for 98% of all business in B.C.

You may have a hobby or skill that with a bit of help could turn into a viable business. If you want to explore this more, call us for a free appointment.

The Self Employment Program offers income benefits for up to 52 weeks as well as business management training & counseling for qualifying entrepreneurs.

Call Alison Bjorkman at 250-428-6356 to book a free appointment in Crawford Bay...
www.futures.bc.ca

Community
Futures
Central Kootenay

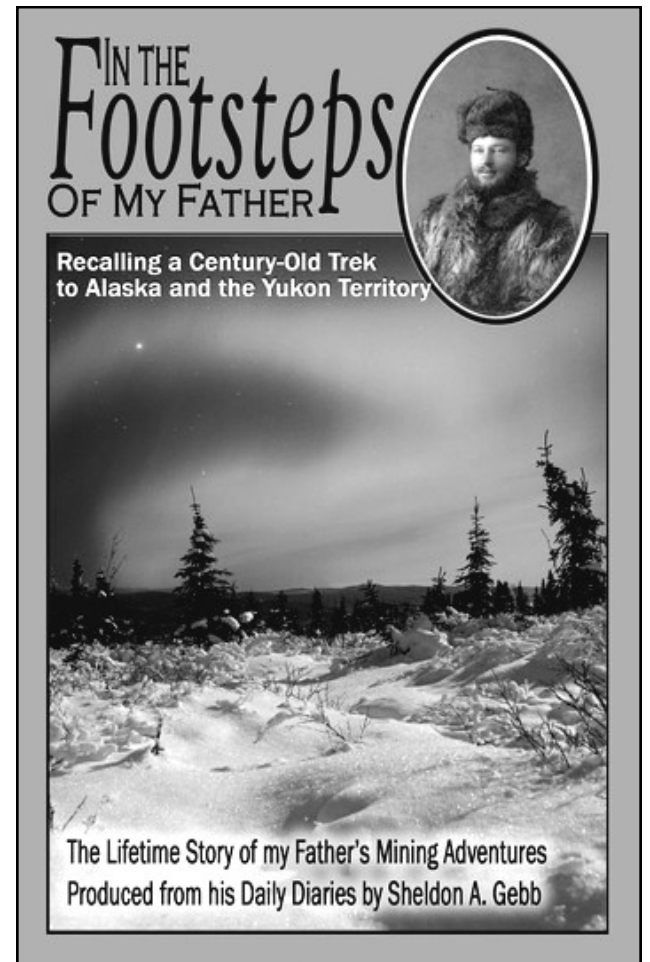
Growing communities one idea at a time.

Book Review

by Tom Lymbery

IN THE FOOTSTEPS OF MY FATHER – *Recalling a Century – old Trek to Alaska and the Yukon* by Sheldon A. Gebb, self published, 320 pages, \$19.95.

The author's father became a mining engineer in Arizona and continued to make legible daily entries in his diary that he had started at age 16. After working for a year at a prospect in Arizona he made a trip north in 1909. This was a full ten years after the great gold rush of 1898 so he experienced very different



conditions from the earlier years. He takes a steamer to Skagway, train to Whitehorse and a sternwheeler to Dawson City – an easy trip compared to those who struggled over the Chilkoot Pass 11 years earlier.

He gets employed by Harry Boardman, chief electrician for the Guggenheim corporation that was engaged in setting up the electrically operated gold dredges that had replaced the individual miners. He works on surveying power lines and also the Twelve Mile Ditch – an enormous construction to bring water – for these dredges actually floated as they chewed their way through the gold fields.

After the author finds his father's diary he and his wife make an annual trip to the Yukon trying to trace where he worked. They take photos of current remains and post these next to 1909 pictures. I have also seen the remains of the Big Ditch and Dredge number four but Sheldon Gebb finds many more remains, even cabins surviving in the bush. Unfortunately he needed a Warren Clark to improve the quality of his photos as they are often all too misty, similar to those of 1909.

The mining engineer Gebb could have continued working for Boardman and the Guggie operation but instead he partnered with 3 other men to stake a claim at a lake nearly 70 miles from Dawson. The route there was mostly served by roadhouses, some good and some mostly tents. They spend some time building a log cabin. At the same time they start digging a shaft down through the permafrost and setting up a steam system to thaw the ground. This means a lot of wood to cut to make steam so it is slow going but after a winter's work with 4 men their shaft goes down over a 100 feet. **BUT NO GOLD – NOT EVEN A FLAKE.**

So here's a different gold rush story, but I must admit that it has no comparison to my favourite – Laura Berton's, *I Married the Yukon*, which is even better than those of her son Pierre.

The festive season in Lindero is a time of tradition, sentiment, and ice damming. Cherished rituals like tucking into plates of liver and onions with good friends, or hanging our Xmas stockings with care in the philodendron warm our very cockles, as does our annual Non-Denominational Pageant.

So it was on a snowy, pitch-dark December eve, the entire populace filed into the Lindero Memorial Somewhat-Derelict Hall to watch the local kiddies perform the town's time-honoured passion play, Love in the Lindero Unconsolidated Mineral Particles Mine [Lumpy Mine to the locals]. This year, in a special community outreach effort, the cast was composed entirely of the East Shore Youth at Risk Program. They proved to be up to the task and then some.

As the last of the latecomers took their seats, the music provided by the Many Trombones Band [everyone signed up for the same instrument] swelled. The beloved play began with our favourite heart-wrenching scene: beautiful young Lynn Darrow bringing cups of tepid tea and crusts of stale bread to the toiling Lumpy miners. We waited breathlessly for her eyes to lock on those of her true love, Ryan Dell, and the uplifting drama to unfold.

The first hint that this year's production was to take a different tack was when the female lead, Lynn Darrow, played by local aspiring vegetarian Lizzie Lightfit, marched across the stage and into the familiar plywood Lumpy Mine prop and whacked a tankard down beside young Ryan Dell (played by Little Jimmy "The Woodlouse" Gyrbel) who proclaimed his affection with a startled, "Oi! Er, I love you an' all that." There were a few snickers in the audience. Many Trombone Band leader Cornelius Hornblat hustled his charges through a few perfunctory bars of the love ballad.

As the two ostensible lovers glanced vaguely at each other, the villain of the piece, Lynn's Disreputable Uncle Rodney (acted by young Terrence Fairchild proudly displaying his recent piercings), overheard the conversation and realized that should the two youngsters become a couple before Lynn turned 17 this Non-Denominational Eve, he would forfeit a sizeable inheritance left by her wealthy but deceased parents. He must therefore thwart their budding relationship posthaste. Fortunately, Linderians were so familiar with the story that they filled in the details around Uncle Rodney's terse, "No you don't."

At that point both the music and the action really picked up. Trombone slides whizzed past each other perilously. Disreputable Uncle Rodney lurched toward the young couple, who fled into the Lumpy Mine simultaneously, exceeding the capacity of the door-frame. The rickety prop toppled into a heap, trapping Lynn underneath. Her hero Ryan somersaulted out the back while quick-thinking Uncle Rodney snatched Lynn from the wreckage by her apron strings. The curtain fell perfunctorily, pitching the band into darkness and disrupting their playing noticeably. When it was yanked open seconds later, the mine was propped against the back of the stage and the Darrow estate (a cardboard shack, veteran of previous performances) was front and centre. Uncle Rodney and a disheveled Lynn stood woodenly out front. The beloved female villain, Auntie Madder, played by "Babyface" Dean Deringer, in drag for the role due to the shortage of girls in the Youth at Risk Program, appeared from inside the diminutive shack door on all fours to dash Lynn's hopes of love in her lifetime. "Ferget him Lizzie," he shouted, himself forgetting her stage name.

Improbably, the audience began to warm to this earthy production and at-risk cast. Behind me in the audience, greengrocer Bob Bagley murmured "plucky!" with grudging admiration as the action careened forward with the escape of Lynn and Ryan into the mine, pursued by the Disreputable Uncle Rodney brandishing a toilet plunger in place of the customary, but infinitely more dangerous, hatchet. Inspired by the drama, two trombonists knocked their scores to the floor and unwisely attempted to soldier on. As the cast fled into the semi-collapsed mine, Ryan/Jimmy proclaimed his undying affection, "I love ya, Lizzie", quite insincerely. The audience took this in stride, well aware that Jimmy's boyfriend Melville had handed out the programs at the door. Ryan's amorous words were traditionally followed by The Passionate Kiss that always made the young folks squirm. By mutual agreement, this Kiss was a stiff nod and Lynn's sarcastic, "Ditto".

At this point, the action heated up again as Auntie Madder hobbled onstage in stilettos shrieking some necessary exposition: "Come 'ere Lizzie, we want yer inheritance!" Conductor Hornblat tried to wedge a familiar melody into the truncated production but only managed a discordant bleat from the now hopelessly lost trombonists. The audience was at the edge of our seats as the young couple were cornered in the nearly-collapsed mine. As Disreputable Uncle Rodney brandished his toilet plunger, we gasped in anticipation of the climactic arrival of The Spirit of Non-Denominational Eve. And waited. And waited. The curtain fell again and expletives were whispered, which were audible given the band chose that moment to regroup. When the curtain was yanked open once more, the Spirit marching forward was revealed as a ringer, Hemispherical Theatre's leading man and good sport Trimble Sawyer, in an ill-fitting robe and shepherd's crook.

Our chests swelled at his heart-rending soliloquy: "In the name of Non-Denominational Eve, I am here to save True Love, not only for you, Lynn Darrow and Ryan Dell, but for all true lovers, everywhere!" Kerchiefs dabbed at eyes. "Begone wicked Disreputable Uncle Rodney and greedy Auntie Madder, and leave young love to blossom, in the name of Non-Denominational Eve!"

Or so it usually went. In this case, Auntie Madder/Dean caught a heel on a corner of the debris and landed flat on his face. This proved too much for the young actor who ripped off his wig and heels and jumped from the stage to join his two howling brothers in the front row. The Spirit of Non-Denominational Eve spun around to address his adoring audience and caught Uncle Rodney in the chest with his staff, sending him toppling backward into the orchestra pit. He grabbed wildly at Lynn/Lizzie for balance and took her with him, prompting Spirit/Trimble to dive to the rescue. The audience was treated to the unforgettable finale of three thrashing thespians amidst twelve tangled trombonists. The last man standing, Jimmy, was rooted dumbstruck at centre stage for a painful moment until the audience erupted in a standing ovation which morphed, as these things inevitably do, into a dash toward their cars in a vain effort to avoid the rush, creating a snarl that took half an hour to clear.

Glancing back as I sprinted for the door, I spied Melville ushering a shaken Jimmy to the wings in a touching tribute to the season. The scuttlebutt in the parking lot proclaimed this beloved Lindero tradition an especially smashing success.

[Filed by Lindero correspondent H. Porpoise]

**Next Deadline:
 December 27, 2017**

Common Mistakes in Writing Some General (and Mainstreet-Specific) Rules to Follow

a Mainstreet submission

- Only capitalize proper nouns, titles, the first word in a paragraph and the first word after a period. In other words, capitalize the names of people, specific places, and things. For example: We don't capitalize the word "bridge" unless it starts a sentence, but we must capitalize Big Orange Bridge because it is the name of a specific bridge.
- Exclamation marks are overused and therefore lose emphasis. They are meant to indicate yelling or great excitement/surprise. Less is more.
- Last names should always be included in newspaper submissions.
- Numbers under 10 should be written out. "Seven times I wrote the number 17."
- Mainstreet prefers the date format as follows: March 20, 2017 or March 20/17. We remove the little date suffixes (22nd, 31st) as a policy, and always change the format of 20th of April, 2017.

While Mainstreet loves, adores, cherishes and is eternally grateful to her submitters and writers, small adjustments to formatting like those stated above make the job much more smooth and efficient. But, don't worry, we'll fix them if you don't.

Barefoot Handweaving



Come for a mid-winter colour fix!

OPEN Every day 10 - 4:30 227-9655

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!

From his amazing work with the Regional Park Initiative, the Enhanced Tourism Education Program, Tipi Camp and more. James Gates is a true community hero and a delight to work with.

To Gina Medhurst for her many years of dedication to the Christmas Food Hamper program and now to Richard and Ramona Dannhauer for taking over the reigns.

Doreen Zaiss for years and years of dedicated proofreading for this little community paper... Thank you.

To all the new younger mothers and fathers who are taking over the Christmas Party in Crawford Bay - thanks for stepping up!



pebbles by Wendy Scott

Words Flowing

Four writers came together at Dutch Harbour Lodge in Riondel each tugging threads nurtured beside river banks and lake shores and across oceans of thought, memory and imagination.

Other worlds revealed communities of shifting fantasy and we yearned to peek around a corner to discover where the story must take us.

We leapt across oceans to the South Atlantic into Africa's southern quadrant and the country of Zambia, to find home; to leave home and to try to understand the loss of home and the enduring pull of a country from the other end of a lifetime.

But come full circle, for a moment, to the lake we call our own; to the place around the corner of a cliff; to a spot we can't quite reach from here. Come to a town on a mountainside and listen to a shifting, roaring, tumbling, mass of rocks, dirt, water, debris and the detritus of lifetimes that clung to Johnsons Landing.

But we can gather convoluted but somewhat gentler tales of towns, hamlets, cities and villages that we can point to and recognize, but not quite comprehend without the guidance of a person willing to reach into the tangle of confusion that comes along with tales of fortune seekers, curious travelers, and competing would-be land barons. And our town? Well, how do you pronounce, Riondel?

All this to say that thanks to the generosity of Nils and Bonnie Anderson, Dutch Harbour Lodge was again the venue for the Riondel Community Library's Celebration of Words.

And what a celebration! Antonia Banyard journeyed with us from Zambia to Vancouver Island; south to Queensland; back again to the UK and then to join home and family in Nelson, BC. She took us by the hand to search and wonder where and what home really means.

Antonia's adult books include *Dangerous Crossings!* and *Never Going Back*. Her children's stories, *Water Wow!*, and *Eat Up* are full of colour and laughter.

Amanda Bath began her life in London, England and became a fluent translator of the language of Catalonia. After ten years in London, Amanda and her husband, Christopher, were drawn away from the glitter of concerts and operas, fancy dinners and symphonies; away from the cosmopolitan culture of London's streets to follow the lure of peace and quiet to Johnsons Landing, on Kootenay Lake to the north of Riondel. They lived in their chosen idyllic town for twenty years, until, on July 12, 2012, a summer morning turned into a nightmare. The devastation of Nature's crippling power crushed their home and their land. Four of their neighbours died in the two landslides that echoed across Kootenay Lake sending mini-tsunami waves to rush towards Kaslo and enter the river familiar with fire, flood and violent wind storms. Amanda and her friends from Kaslo took the boat across to see if they could save Amanda's cat. They had to run for their lives as the second landslide roared down the hill, destroying what was left of their land and shivering the lake further with huge crushing flows of mud, dirt and rocks. Amanda's book, *Disasters in Paradise*, vividly describes that warm July morning.

Take a break, take a vacation; tag along with Sharman Horwood and discover the puzzling delight that comes with a trip into another world, another place, another people. Be frightened with the unknown, dazzled, bewildered, and turn quick pages to discover

much more than you could ever have imagined. In short, enjoy the unknown world, dip into Sharman's *Once of the Wind*, and you will come back for more.

After all that you might be ready for a stroll down more familiar streets, even though you may not recognize the corners or the lack of street signs (although some of those are still absent in today's nearby towns) but it takes an historian, a journalist, a man with the curiosity and determination of Greg Nesteroff to trace our Kootenay place names and help us understand the strange twists and turns, (often equivalent to our streets,) that the sometimes stubborn, occasionally deadly, act of naming takes. Greg says he has turned the name of our town inside out and onto its head. And is now working on the W's – Wynndel perhaps, and then maybe Ymir? We'll have to anticipate his book, which must remain nameless at present – how do you title a book of names?

Greg did, however, take us to Vancouver's North Shore where a chance meeting led Swami Sivananda Radha to the Yosadhara waterfront at Walker's Landing. Since Yosadhara, was the name of the wife of Siddhârtha Gautama, the founder of Buddhism, there was surprise, but no hesitation on Swami Radha's part. The property was purchased from Dorothy and Bob Graham Brown and became the home of the Yosadhara Ashram and a part of Riondel's continuing history.

Words seem to flow sometimes of their own volition and end up in a totally foreign place. Often the beginning is lost or slips into a curious side swipe of unrecognized creation to be re-born into the tangle of etymology so often discovered, and despised, in the rules of English grammar.

Come to Riondel Library and take a look. Watch for the new titles. Go on line to <riondel.ca/library> and reserve a book, request a title, search for an author.

Flow on words! Leap hurdles and smash walls; paint pictures; conduct symphonies; sing lullabies – we will take up the chorus and sing along. Keep talking.

Smarter Than Jack or Jill

by Sharman Horwood

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

By a Nose

Reindeer are such unique animals that they have worked their way into many myths in a number of cultures. In the Christmas stories, they fly Santa's sleigh around the world, and Rudolph (a 1939 invention) has a glowing nose to guide them. In reality, reindeer are smart animals, with some special talents and many humans in the northern tundra have learned to use those talents.

For many of the northern nomads, like the Chinese Ewenki herders and the Sami people of the Scandinavian Peninsula in northern Europe (who used to be called Lapps or Laplanders), reindeer are their livelihood. They herd them, and depend on the animals for meat, use their fur for clothing and shelter, as well as for transportation. The reindeer will pull sleds and some reindeer can be trained to let "cowboys" ride them. The European groups of nomads follow the reindeer on their migratory routes, accompanying them as they search for food and warmth. These herds can be enormous: the Taimyr herd of migrating tundra reindeer in Russia number between 400,000 and 1,000,000. Canada supports the second largest herd, the George River herd, with numbers that vary between 28,000 and 385,000. The reindeer can swim up to six miles per hour in the frigid water if they have

to cross any streams or rivers. Their coats keep them very warm because the hair itself is hollow and traps the heat inside, thus insulating the animal from the low temperatures of northern winters.

Reindeer eyes change colour through the seasons, too. This is thought to be an adaptation that helps them see in the dark as well as in the bright summer light. The colour changes from gold to light blue through the seasons, and they can see in wavelengths that humans can't. This helps them detect predators such as wolves. Their hooves, too, change with the seasons. In summer they are soft and pliable, helping the animals run through the soft tundra, and in winter, the hooves harden. The hooves can then cut through ice and snow for firmer footing.

Because of their role in the lives of northern peoples, reindeer are important in many beliefs, such as shamanism. Tungu shamans, who live in eastern Russia in Siberia, try to transform themselves into reindeer. They believe that the animal then gives them certain powers: speed, vigilance, as well as an acute awareness of what is about them. They regard the antlers as symbols of power, too. They can be weapons, and they transfer essential spiritual power to the shaman in his or her rituals. Both male and female reindeer sport antlers, which could be why the shamans regard them as particularly powerful. Reindeer are known as caribou in North America (according to Wikipedia). In Canada, the Gwich'in of the far north believe humans and caribou originated from the same entity, equating the caribou with people in importance in their creation myths.

A reindeer's strongest asset, however, is actually its nose. Their noses have a large inner surface area, and if the temperature outside is around -40 degrees C, when they breathe in, that nose warms it. When the air reaches their lungs, the temperature is approximately 38 degrees C, warming the air about 79 degrees in less than a second. Also, when they breathe out, their

noses keep back the warmth so that the air blown out through their nostrils is quite cool, conserving body heat as well as moisture. Since finding drinkable water is difficult in the winter, those noses help them retain essential fluids.

The Ewenki reindeer herders in northern China on the Greater Khingan Range also rely on reindeer to find food for them. One of the staples of their diet is mushrooms. Like the pigs that search out truffle fungi, reindeer noses can locate mushrooms. They can also tell the difference between the poisonous varieties, and those that are safe to eat. Like their human herders, the reindeer love mushrooms. They will roam throughout the mountains to find them. The Ewenki hunters thus claim their reindeer are very intelligent.

The story of Rudolph and his red nose was created by Robert L. May in 1939. The booklet was then published by the department store, Montgomery Ward in the U.S. The tale has become a Christmas staple, trotted out each year. Researchers in a study for a Christmas issue of the *British Medical Journal* have claimed on their website that the nose has to be red because it needs a heartier supply of red blood cells to keep the animal from freezing. When measured, they found that there is a 25% higher density of blood in a reindeer's nose than in a human's. This is particularly important for an animal that is flying, pulling Santa's enormous sleigh behind it in the cold air of Christmas Eve. The researchers claim the nose isn't important for the light it provides Santa. Instead, it gives the reindeer the ability to navigate and stay warm on a dark winter's night.

Given their other remarkable abilities, maybe reindeer can fly.

**Next Deadline:
December 27, 2017**



Holistic Health Tips

by Kim Young

Is Raw Food Healthier Than Cooked Food?

Do you eat a variety of healthy foods, but aren't sure if you're getting the most vitamins and minerals out of them?

As with most everything, there isn't a one size fits all approach to maximizing the vitamins and minerals your body absorbs from foods.

The answer isn't as simple as "raw is always better" or "cooked is always better." As with most nutrition science, it depends on several factors. Some vitamins are destroyed in cooking, while others become easier to absorb.

Of course, in the grand scheme of a well-balanced, nutrient-dense, varied, whole foods diet, the cooked vs. raw debate isn't that critical for most people.

Where this can become important, though, is for those with vitamin and mineral deficiencies (or insufficiencies). These may be due to digestion or absorption issues, or avoidance of certain foods (due to allergies, intolerances, or choice).

Let's go over which types of foods are best eaten raw, and which ones are best eaten cooked to maximize their nutritional benefit.

Foods to eat raw

As a general rule, water-soluble nutrients, like vitamin C and the B vitamins, found mostly in fruits and vegetables, are best eaten raw.

The reason is two-fold - First, when these nutrients are heated, they tend to degrade; this is from any heat, be it steaming, boiling, roasting, or frying. Vitamin C and the B vitamins are a bit more delicate and susceptible to heat than many other nutrients.

Of course, the obvious way to combat these nutrient losses is to eat foods high in vitamin C and B vitamins in their raw form (like in an awesome salad). If you prefer your food cooked though, do it for as short a time as possible (like quickly steaming or blanching).

Fun fact: Raw spinach can contain three times the amount of vitamin C as cooked spinach.

The second reason why foods high in vitamin C and the B vitamins are best eaten raw is that they're water soluble. So, if you cook them in water, all of those healthy vitamins and minerals get dissolved right into the water; this is particularly true for fruits and veggies that are boiled and poached but also for foods that are steamed.

Of course, if you're a savvy health nut, you'll keep that liquid to use in your next soup or sauce to preserve those nutrients that are left after cooking. Just don't overheat it or you may lose what you were aiming to keep.

How much loss are we talking about? It ranges, but can go from 15% to over 50%.

In short, the water-soluble vitamins like vitamin C and the B vitamins degrade with heat. Some of what's left over after they're heated also dissolves into the cooking water. So be sure to cook your fruits and veggies as little as possible, and keep that cooking water to use in your next recipe.

Foods to eat cooked

Cooking certain orange and red "beta-carotene rich" veggies (e.g. tomatoes, carrots, and sweet potatoes) can help make this pre-vitamin A compound more absorbable.

Fun fact: One study found that absorption of beta-carotene was 6.5 times greater in stir-fried carrots than in raw carrots!

Eating your fat-soluble vitamins with a bit of fat will also help you to absorb more of them as well.

One vegetable that's best eaten both raw and cooked: Spinach! And I'm not just saying this to get everyone to eat spinach any way possible (although, I would love for this to happen...unless you're allergic, of course). Spinach contains so many beneficial compounds that it's great eaten both raw and cooked. Eating raw spinach preserves the water-soluble vitamins C and the B vitamins.

Eating spinach cooked allows the pre-vitamin A, as well as some of the minerals like iron to be better absorbed. Moreover, spinach reduces in size when it's cooked, so it's easier to eat way more cooked spinach than raw spinach.

Conclusion:

The old nutrition philosophy of making sure you get a lot of nutrient-dense whole foods into your diet still holds true. Eating both cooked and raw foods will help keep your meals interesting and ensure you are getting plenty of vitamins and minerals. In the long run, don't worry so much about whether your fruits and vegetables are cooked or raw, just make sure you eat them.

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

Massage Therapy

Harreson Tanner, RMT
Over 30 years clinical experience



* Knowledgeable * Skilled * Experienced

For appointments, call 227-6877/505-6166



Need help getting back to your activities?

EAST SHORE PHYSIOTHERAPY

ANNA ROSE BScPT

Health Centre, Crawford Bay
250-227-9155
eastshorephysio.com

Better at Home on the East Shore

by Rebecca Fuzzen

The month of November brought forth growth to the Better at Home program on the East Shore. Thank you to both the old and new volunteers in our community, (you know who you are) who have stepped forward and offered to visit and drive seniors. Because of you this program is possible. We are also extending a warm welcoming hand to our new clients who have recently joined the program. As the Better at Home program on the East Shore continues to grow and offer transportation and friendly visits to seniors we hope also to be a resource for what services and events are available for seniors on the East Shore.

If you have any questions, comments or concerns about Better at Home East Shore, we can be reached by phone Wednesdays only at 250-505-6717, or by email at betterathomeeastshore@gmail.com.

Health & Happiness

by Dr. Sid Kettner

Last month we noted the devastating stress that grief may cause after a loss, especially through death, divorce or accident. The painful symptoms were listed. We learned that "Grief isn't something you get over. It's something you go through." And it is likely to strike any one, any time, anywhere and by any means. But the good news is that healing will occur despite the long time it may take and the deep pain and the intense fears that may occur on that journey.

Traditionally we have known that there are five stages of grief—shock and denial, anger, bargaining, depression and finally acceptance. They may not always occur in this order and not everyone spends the same amount of time at each phase. Now we refer to the 6 R's of Grief—Recognize that the loss has occurred, React to the loss (anger, depression), Recollect or re-experience the relationship with the person, Relinquish your attachments to what can no longer be, Readjust and move into the world in which the person no longer lives (but without forgetting the person) and finally, Reinvest and set new goals. But remember: This all involves pain, this all takes time, often a minimum of 18-24 months. For adequate healing, these steps should not be short-circuited. And remember: The loss will always be there, but the fear and the pain should continue to lesson. Hope will change everything. Hope will win out. Joy will return.

Cameron Johnson, noted stress management counselor, burnout coach, author and international speaker offers the Process to Reach the Destination of Grief Healing as one way to work through your grief. But these should be done deliberately and consciously.

- Choose a quiet place to spend alone daily for a few minutes
- Take reminders of the lost to that place
- Take a journal and pen to that place
- Completely relive in mind just ONE aspect of the relationship (painful but necessary)
- Completely review ONE hope for the relationship (also painful but necessary)
- Record your true feeling in the journal
- Write a farewell to what you can no longer do
- Read and say the farewell aloud many times
- Allow emotions to flow until they diminish
- The next day repeat that farewell note to that one item and then proceed with another expectation, another hope and another farewell
- Repeat for as long as it takes to diminish the loss, sharing your farewells with friends if you wish
- Hope will slowly return. Joy will again come into your life. Don't forget to call on your personal faith and spirituality.

But, if all this is not sufficient for your healing and you find that your joy not returning, be sure to see a professional counselor to advise and support you further. I wish you the best of outcomes in any present or future grief.

Barefoot Handweaving



Come for a mid-winter colour fix!

OPEN Every day 10 - 4:30

227-9655

East Shore Hospice Tree of Remembrance 2017

by Susan Dill, Hospice Coordinator

Once again, the grade 4, 5 and 6 students at Crawford Bay school are involved with making cards for the East Shore Hospice's Tree of Remembrance. We are grateful for their help.

The tree will be on display initially at the Bevy of Angels craft faire before being moved to the lobby of the East Shore branch of the Nelson and District Credit Union. The local Credit Union has hosted our Remembrance Tree seasonally for many years. They have become an integral part of honouring those we love and are no longer with us. We thank them for helping to continue this tradition.

Remembering our loved ones who have died gives us an opportunity to slow down and reflect on the needs of our community. Help is needed by people caring for someone who is dying. Caregivers often underestimate their own needs while they are caring for others.

Quite often respite comes from Hospice Volunteers who are trained to care for the person who is dying, as well as being there for the caregivers.

We have all experienced losing someone we love. Ultimately we all face our own deaths. East Shore Hospice is here to assist those who wish to die in their own homes with the care and support of their families and community. The Remembrance Tree serves to remind us that Hospice is here at a time when help is needed the most.

To participate in our Tree of Remembrance, pick out a card and write the name of your loved one on it. You can add a personal message for your friend, family member or loved pet. The card is then displayed on the tree. Hospice Volunteers will remove the cards after the holiday season and a ceremony will be done at that time to honour the remembered.

We gratefully accept donations in the donation box near the tree. These funds will go directly to the East Shore Hospice. We thank you for your support.

If you or anyone you know on the East Shore needs our services, please contact Susan Dill the Hospice Coordinator 250 227 9006.



A Special Canada 150
CHRISTMAS
IN THE CAMPGROUND (RIONDEL)
DEC. 19-21, 3:30 – 6pm

Come join the board members for hot chocolate, hot cider, Christmas goodies & carolling around the bonfire.

Joy to the World!

Notice of Passing

Gail Isabella Scott - 1939-2017

Gail passed away peacefully on Oct 23 2017 at the Swan Valley Lodge in Creston. She leaves behind her brother Bruce Thornton (Fran), her niece Kimberly Prysclak, and nephew Scott Thornton.

Gail loved animals, nature, teaching and reading. She started her working career as a landscape architect in Vancouver. Later she moved to Delburne Alberta with her husband David, and started sheep farming. Her sheep won several awards for their wool quality. Her most prized award was for best fleece from an Australian competition. She also breed Lippitt Morgan horses, Sharpei dogs, and milking goats.

Her farm was full of life, and a real hit with the young children from the elementary school nearby. Every spring she hosted school field trips where she would show off her animals and teach the children about animal care. Gail loved teaching children, especially when it came to the ways of farm animals.

Her next adventure was a move to Crawford Bay, where David and her bought some raw land, and moved there with six horses, several goats, a few dogs and three cats.

In a matter of ten years, two houses were built, along with several outbuildings and, of course, fencing for all the animals. She designed both homes and helped build them alongside David. She named their new homestead Hill Song.

Gail eventually sold Hill Song and moved alone back to New Westminster to help her mother who was struggling with Alzheimer's. After a few years in the city she once again set out to buy a farm - this time in Creston. She continued to surround herself with horses and cats, and occupy her time with farm chores and reading. She spent several years on the farm before she too succumbed to Alzheimer's and moved into the Swan Valley Lodge. There she received compassionate care for five years, from the wonderful, dedicated staff.

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

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

Remembrance Garden

by Wendy Scott

It is the time of year when memories are very close by even though family members may not be. It is the time of year when childhood nudges and the excitement of small children bubbles up and overflows.

It is also a time of many fill-ups, short trips, long trips, and visitors; airline schedules are front and centre and the weather report is checked more than once a day.

By now your Christmas dinner will be decided, cake and pudding soaked (with just a touch of rum) and ready to go.

And it is time for a pause. Bring your memories with you for a walk. Try the beach. If the lake is low, you might notice a slight smell of salt – a left over memory from a watery eon when an in coming tide could reach the Rocky Mountain Trench.

Or if the weather is too slippery, or snow has fallen, put on good boots, bring your walking stick and take a drive to the Remembrance Garden, brush off a bench and sit for a while.

Notice of Passing

Laurence Bruce (Red) Sutherland:
June 23, 1930 – October 29, 2017

It is with sadness that we announce that Laurence Bruce (Red) Sutherland took his last trip on Sunday October 29 in Penticton, BC.

Raised in the Slocan Valley (Winlaw) in the West Kootenays, Red was the youngest and last survivor of 12 children born to Rita and William Sutherland, and often said, there were so many kids there was no room at the table so he had to eat the scraps off the floor. It wasn't true and he was actually the much-loved baby of the family.

He was very proud of the fact that a boy from the country could create an interesting and accomplished life for himself and his family. Known for jumping on freight trains as a kid, dispatching taxis in Nelson, to being a deckhand on the SS Minto on the Arrow Lakes in the 1940's, it seemed that Red was destined to work in the transportation industry. The early 1950's were exciting times and Red was right in the thick of things driving an ore truck in the historic mining town of Sandon, to driving logging trucks and then on to his passion of driving bus for Greyhound Canada. After 15 years he was promoted to the position of Regional Manager in Vancouver and for the next 15 years he made a positive impression and impact on everyone he met and worked with.

Red never forgot a friend keeping in touch with everyone from his boyhood friends in the Kootenays to his neighbors in Penticton and retired work mates throughout Western Canada. He will be missed by Muriel (Min), his wife of 68 years and daughters Carol Ann (Barry) Quibell and Barbara (Larry) Coghlan. His grandchildren Michael (Tiffany) Collier, Danielle (Wes) Tyre and Ryan (Maysa) Coghlan have many wonderful memories they share with his great grandchildren Jillian, Maxwell, & Lucia Tyre and Grace and Nicholas Collier. He will be missed. There will not be a service by his request. In lieu of flowers please donate to a charity of your choice.

Too Cold To Run Outside?



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

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

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

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

April & November 3 for 2 Specials: \$60

12-18 year olds: free 70+ Seniors: optional donation
Disabled/lower income: subsidized up to 50% off on request.

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

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

Contact us! eastshorefacilities@gmail.com

SERVICES DIRECTORY

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

AUTOMOTIVE/MARINE

EASTSHORE AUTOMOTIVE - Service & Repair 250-227-9370

NORTHSTAR CRESTON - 1-800-551-9351 Full service 8-bay shop featuring Certified Service lube,oil and filter starting at \$22.95 plus parts & eco fees. Full line of major tire brands, GM & AC Delco parts and batteries.

BUSINESS SERVICES

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

CONSTRUCTION/CONTRACTORS/TRADES

GRAY CREEK MECHANICAL - Marine Repairs and Surveyor: Serving the Eastshore since 1994 15295 Oliver Rd. Gray Creek. 250-227-9285 - Jerry or Sharon

HULLAND AND LARSEN CONSTRUCTION - experienced residential construction & custom finish work. 250.551.2915 or 250.505.3570. (see ad in contractor section)

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

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

TURLOCK ELECTRICAL CONTRACTING LTD. (See colour ad in this issue for more information.) 250-227-9688 or 250-551-4671

PERSONAL CARE/HEALTH

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

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

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

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

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

GERALDINE ALTER - MASSAGES & WELLNESS FOR WOMEN - European deep tissue, energetic reflexology, Breuss spine-vertebras massage, relaxing massage, hot and cold stone therapeutic massage, Reiki. I am a certified professional therapist in Europe, over 15 years practice, 250-227.9890.

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

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

RECREATION/TOURISM/WHAT'S ON

RIONDEL GOLF COURSE - Beautiful nine hole executive course. Power carts available. Tee times not required. For information : 250 225 3584

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

RESTAURANTS

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

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: FireSmart Canada Consultant - Assessment and Mitigation of Wildfire Hazards - Brushing, Thinning, Limbing, Clearing - Burning Permits - Multi-Use Trail and Access Road Clearing/Maintenance. Farley Cursons - 250.505.6489/interface.strategies@gmail.com

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

Next Deadline:
December 27, 2017
mainstreet@eshore.ca

CLASSIFIED SECTION

BUSINESS

ANNOUNCEMENTS

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

BUSINESS SERVICES

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

RENTALS/RL EST.

2 bdrm home for rent in Riondel. Furnished, waterfront, \$800/mo + utilities. Phone Anna at: 1-604-807-5022

NOTICES

Community Christmas Potluck: Delicious dinner, visit from Santa, songs, games and raffle! Don't miss this special community event! Check out our Facebookgroup "Community Christmas Potluck"

Bevy of Angels Christmas Craft Faire: Sunday, December 3 at the Crawford Bay Hall. Locally made artisan gifts, delicious lunch, raffles, kids crafts, beautiful people and more! 10am-4pm.

MERRY CHRISTMAS AND A VERY HAPPY 2018!

- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL HALL

Booking/info: Rose at 250.223.8288

From...
A - Zed

Need insurance? Remember 3 things:

- a) It doesn't matter what letter of the alphabet it begins with.
- b) A lot of things can be insured.
- c) We insure a lot of things.

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 12

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 2017

Note: Call to cancel if you can not make your appointment. We always have a wait list for patients needing to get an appointment.
None provided for December - watch bulletin boards.
Please Note: Lab hours 7:30 - 10:30 am, Weds
Call to make appointments at 227-9006
on doctor days and Thursday morning.
Tues, Weds & Thurs (8:30 to 12:30)
Phone: 250-227-9006 Fax : 250-227-9017

HEALTH PHONE NUMBERS

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

BOSWELL HALL HAPPENINGS

Yoga - Wednesdays, 9:30 - 11:00am. Contact is Merilyn Arms 250-223-8058
Fitness - Mondays and Fridays 9 - 10am, Contact is Darlene Knudson 250-223-8005
Carpet Bowling - Tuesday at 7pm. Contact is Tom Sawyer - 250.431.8404
Book Club - Thursday, Dec 14 at 2pm. Contact is Melody Farmer - 250.223.8443
Quilters Guild - Tuesday, Dec 19 at 1pm. Contact is Linda Brown: 250.223.8607
Vinters - Sunday, Dec 17 at 2pm. Contact is Alan Mader: 403.467.5720
BADEV - Monday, December 4 at 10am

Winter Solstice Kundalina Workshop

Sat Kaur is offering a Winter Solstice Kundalini Yoga workshop on Tuesday, December 19th, 5:30-7pm at Tara Shanti Retreat Centre, 134 Rondel Rd, Kootenay Bay ~ Pay as You Will, All Levels Welcome, No Experience Required. To register please email moving-centre@gmail.com

Riondel Community Christmas Potluck Dinner at Riondel Community Centre on Friday, December 15, 5:00pm

THANKS FOR TRAIL SUPPORT

The East Shore Trail and Bike Association would like to thank the Boswell Hiking Club for their continued support and donations toward our trail maintenance activities. See you on the trails!



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

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

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

Email: mainstreet@eshore.ca

Web: www.eshore.ca

ADVERTISING RATES

\$35 - 3.25 wide X 1.75 tall (inches)
\$40 - 3.25w X 2.5t
\$45 - 3.25w X 3t
\$50 - 3.25w X 4t
\$55 - 3.25w X 4.5t OR 6.75w X 2.25t
\$65 - 3.25 X 6t OR 6.75w X 3t
\$85.00 - 3.25w X 9t OR 6.75w X 4.5t
\$100 - 3.25w X 10.25t
\$130 - (1/4 page) 5w X 7t
\$150 (1/3 page) - 6.75w X 7t
OR 3.25 w X 14.5t OR 10.25w X 4.5t
\$225 (1/2 page) - 10.25w X 7t
\$400 (full page) - 10.25w X 14t
Sample Sizes - more sizes available.
Column Width: 3.25 inches - double width: 6.75 inches - full width: 10.25 inches
Services Directory: \$5/month, up to 3 lines.
Classified Ads: \$5/first 30 words, 10c/word additional

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

FOR FULL COLOUR, ADD 30%

Kootenay Lake Ferry Schedule

Winter: Sept 6/17-June 13/18

All times listed in East Shore time.

Subtract one hour on Balfour side for PST.

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

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH

December 2017 SCHEDULE

Dec 3: Catherine Rose, Utd Church, 11am Music: Marie Gale
Dec 10: Brenda Panio, Anglican, 1pm Music: Brenda
Dec 13: Concert at Harrison Memorial Church
Music: Many Bays Band and Singers. 4pm matinee and
7pm evening performance
Dec 17: Derrick Smith, Anglican, 11am Music: Brenda
Also Dec 17: Cradle Service, Harrison Memorial, 1pm
Lessons and carols
Dec 24: Christmas Eve - no service
Dec 31: Happy New Year - no service

CHRIST CHURCH & EAST SHORE CONGREGATIONS

ST. ANSELM'S CHURCH BOSWELL (Anglican)
No services at the present time. Contact Christ
Church Creston for info - 250.428.4248

HARRISON MEMORIAL COMM. CHURCH, ANGLICAN

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

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Come & join us Sundays at 10 am.

Coffee fellowship after the service.

Pastors Richard and Ramona Dannhauer
16190 Hwy 3A, Crawford Bay 250.227.9444

YASODHARA ASHRAM

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

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

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 27, 2017
mainstreet@eshore.ca
www.eshore.ca

**WANT TO SUBSCRIBE AND
GET MAINSTREET DELIV-
ERED RIGHT TO YOUR DOOR
OR TO YOUR INBOX?**

You can buy a one year digital subscription and
get your newspaper online, nearly a week before
it comes out in stores! Go to www.eshore.ca and
click **Subscribe!** Then follow the steps to purchas-
ing a digital subscription. A link will be sent to your
inbox once a month and your fresh,
new **Mainstreet** is a click away.

Next Deadline:
Dec 27, 2017

MEETING PLACES

LIONS CLUB - meets at the Kootenay Lake Community
Church - 16190 Highway 3A, Crawford Bay.
Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

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

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

PARENT ADVISORY COMMITTEE

(PAC) Meetings held at 5:15 pm at the Crawford Bay School
Email cbess.pac@gmail.com for info or to add to the agenda.

December 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
						Intro to Curling, Rio Curling Rink, 2pm
Full Moon 3	4	5	6	7	8	9
Bevy of Angels, CB Hall, 10am to 4pm		Tara Shanti Yoga, 9:30-11am	Volleyball, CB School, 7pm Yoga @ Bos Hall, 9:30-11 Ashram Hatha, 6-7:30 Ashram Dreams, 7:45	Tara Shanti Yoga, 9:30-11am		
10	11	12	13	14	15	16
Second Sunday Soup, CB Hall, 2-6pm		Tara Shanti Yoga, 9:30-11am Creston Vet Clinic Lions Mtng, 7 pm	Volleyball, CB School, 7pm Yoga @ Bos Hall, 9:30-11 Ashram Hatha, 6-7:30 Ashram Dreams, 7:45 Christmas Concert - Harrison Memorial, 4 and 7pm	Tara Shanti Yoga, 9:30-11am		
17	18	19	20	21	22	23
Anglican (Crib) Service, Harrison Memorial, 1pm		Tara Shanti Yoga, 9:30-11am Christmas in Campground, Riondel, 3:30-6pm	Volleyball, CB School, 7pm Yoga @ Bos Hall, 9:30-11 Ashram Hatha, 6-7:30 Ashram Dreams, 7:45 Christmas in Campground, Riondel, 3:30-6pm	Tara Shanti Yoga, 9:30-11am Christmas in Campground, Riondel, 3:30-6pm		
24/31	25	26	27	28	29	30
HAPPY NEW YEAR!	MERRY CHRISTMAS!	Tara Shanti Yoga, 9:30-11am Lions Mtng, 7 pm	Mainstreet Deadline Yoga @ Bos Hall, 9:30-11 Ashram Hatha, 6-7:30 Ashram Dreams, 7:45	Tara Shanti Yoga, 9:30-11am		

Nelson & District
CREDIT UNION *Logically. Locally.*

What does local mean to you? To us it means enriching lives locally. Being a part of, not apart from, your community means we will offer thoughtful advice and make local decisions to ensure we remain the financial services provider of choice for you and your family.

Downtown Nelson On the move nelsoncu.com

MERRY CHRISTMAS & HAPPY NEW YEAR!

THE HISTORIC GRAY CREEK STORE
EST. 1913

250-227-9315
graycreekstore.com

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

ARE YOU READY?

- Nepal Hand Woven Hats, Winter Gloves, Wool Long Johns to Beat the Chill...
- New Fireworks Arriving for NYE!
- Gift Certificates Available for the "Hard to Shop For"

Note: Stove Department closed Dec 20-Jan 2

PLUS: WETT inspections & Free In Home Consults

MUSIC LESSONS with GREG LOSTRACCO
turn your thoughts into sound

ALL AGES, STYLES AND LEVELS

250-777-4378 • greg.sonix@gmail.com

Buying? Selling?

Have a business/commercial property to sell on the East Shore? Want to invest here? Know someone who does? YOU could be listing with **imaginekootenay.com** for FREE to increase your results and/or exposure ...and there's no obligation.

Community Connections **imaginekootenay**
Your better life

Call 250-227-9218 ext 5505 and we'll help to make your listing potential bigger & broader.

Transfer Station Hours

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

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

East Shore Reading Centre:
Tues & Sat: 12-3 Thurs: 7-9 pm

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