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YEAR 29, NUMBER 12

DECEMBER 2019

# The East Shore Mainstreet

## KOOTENAY LAKE BC

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

Happy Holidays and a Glorious New Year to All!



Photo: Leone's Photo Creations

Merry Christmas & Happy New Year  
from all the Ladybugs at...

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9am-5pm



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*Mainstreet Meanderings*

by Editor  
Ingrid Baetzel

**Mountain Man Mikes  
and Our Own Bus!**

As was recently discovered, when your kid leaves home, you work hard to figure out the easiest and most effective way to get them home for visits. We live in a vast, huge country and it can be ridiculously expensive to fly between cities, and then there is the added problem of getting from said city to our teeny, remote location – a struggle unto itself. Castlegar is unreliable for flights in the wintertime and Trail and Cranbrook mean at least a six-hour roundtrip to gather your person and get back home.

Although we recently purchased plane tickets for our daughter to come home at Christmas, I wanted to let readers know about another valuable service in our area. Mountain Man Mike's (<https://mountainmanmikes.ca/>) is a business out of Kaslo that is offering weekly trips to Vancouver (and just recently, Calgary!) with stops in between.

Owned and operated by Mike Hathaway, an accomplished Red Seal mechanic and a long-time school bus driver, Mountain Man Mike's wants to connect the interior communities along the Highway 3 corridor in an affordable, efficient, and eco-friendly way.

From his website: Mike's buses run on recycled restaurant frying oil and using his proprietary process for turning french fry oil into driving fuel, Mike can achieve almost three times the fuel efficiency of other buses. Being environmentally friendly and cost-conscious is important to Mike; he wants to respect

the environment and also respect your pocketbook. Offering competitive rates, no hidden fees, and a flexible hop-on hop-off fare system you can be confident you'll get to where you need to go, when you need to be there, and without any headaches.

For \$110 each way, you can get from Kaslo to Vancouver. There are stops along the way (including Balfour!), starting in Kaslo and ending in Vancouver. That run goes TO Vancouver on Saturdays and RETURNS on Sundays. For \$130, you can go to Calgary (same multiple pick up and drop off points) from Kaslo, with trips TO Calgary departing on Mondays and RETURNING on Tuesdays.

We had to go with a flight because I was too late on the draw and the shuttle one way was sold out, but I will keep this service in mind for the future. And, this is my Christmas gift to you, dear reader, in case you missed the memo and are as excited about connectivity and affordable travel options as I am!

On the subject of travel options, and a bit more locally, don't miss the opportunity that the East Shore Transportation Society is providing in the certified 11-seater bus and qualified driver, which is now available for bookings for weddings, gatherings, parties, recreational and excursion tours! Contact 250.551.9724 for more info.

Merry Christmas - I celebrate and treasure this community and the enchanting people who live here. May you have enough. May the spark remain.

**Barefoot Handweaving**



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the elves friendly ...

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**LETTERS TO THE EDITOR**

**SOME APPRECIATION**

Dear *Mainstreet*:

I'm writing to compliment *Mainstreet* on its interesting new columns and authors. Bravo!

In particular, kudos to Cory Medhurst for his Riondel Fire and Rescue Blotter piece. I found it informative, really interesting, and hilarious. I was impressed by how much work Riondel Fire Rescue does to protect the area, plus the effort they put into training and certification. Also, I'll add my thanks to Bob & Wendy of Bob's Pub in Riondel for their support - is that where all those pizzas were headed on Thursday nights?

Don't change a thing, Cory, it's wonderful.

*Shirleen Smith, Riondel*

**BETTER TO GIVE THANKS**

Dear Editor:

For all that participated in this year's East Shore Food Hamper Fundraiser (Better to Give Than Receive), a huge hats off to each and every one of you. To all the people who donated their time, to those who donated their products and/or cash, to all those who baked goodies - please know it never goes unnoticed.

Thank you to Wherz Peter for their great entertainment and to the staff, who worked that day to help. Greatly appreciated.

A special thank you to Richard and Ramona. We love working with you and all your elves.

We raised over \$2,900 and are so grateful to everyone. See you next year.

*Pam Newcomen – Newkey's Pub*

**THANK YOU FOR THE HALLOWEEN NIGHT CELEBRATION!**

Dear Editor:

I truly appreciate the effort of Will Chapman and Michella Moss in their organizing a most wonderful event for the rest of the community. The Scary-Oke

**2 Mainstreet December 2019**

event was very magical and I and friends enjoyed it so much. What Will and Michelle are providing for the community is so beautiful and always very magical.

I could not believe the extent of decoration efforts. It must have taken hours upon hours to bring all the branches and leaves into the building (and then out again!). I also found out that they received help from Stephen Albrechtson who cut the branches into more manageable pieces.... and he does not even come to the party! This is the true spirit of volunteerism that does not ask for the limelight or recognition?

I'd like to thank the three of you for a magical night full of wonder, great dancing and fun, and for including us in the karaoke portion of the night! I think that your concept is very thoughtful and kind and I truly appreciate that. Thank you, thank you!

*Zora Doval, Crawford Bay*

**HALLOWEEN THANKS**

Dear Editor:

A huge thank you to everyone that made Halloween in Riondel so much fun!

Thanks to the volunteers, the Riondel Fire Fighters, the Riondel Market and the many people who generously donated.

Thanks to Bobs Bar for the delicious pizzas.

Thanks Rec9 and Nelson District Credit Union for the financial support of this annual event.

Huge thanks to DJ Geoffroy Tremblay for the fantastic fun beats. And Angus MacDonald for the spectacular magic show.

Thank you thank you thank you! See you next year.

*Danielle Rogers, Riondel*

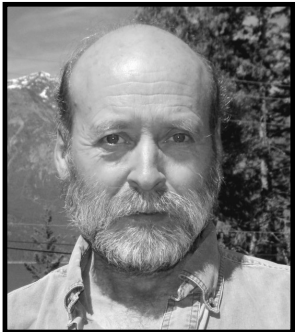
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The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake, written by community volunteers.  
Send in January 2020 issue items by:  
**Next Deadline: December 25, 2019**  
**Feel free to submit BEFORE deadline...**

**Newkey's Place**  
250.227.6911  
**We need your input, East Shore!**  
Newkey's is thinking of doing a roaring 20's New Year's Eve party. 2020 is the New Year. Looking for a) any interest and b) anyone out there who can supply music!  
*We realize that this is a strange request, but we have found that if the locals already have plans, the pub usually does a small event. This would be larger, which we'd love to do!*  
Please call 250.227.6911 if you have thoughts or message us on Facebook!



by Al and Ali George, Crawford Bay





## RDCK Area "A" Update

by Garry Jackman,  
Regional Director

### ECONOMIC DEVELOPMENT:

Last month I recapped several projects which are funded through a combination of grants (mainly provincial) and RDCK taxation. These include:

- The Economic Action Partnership (EAP) which is in the early stages of phase 2 and which will be active through the next two years supported by staff directed by a local advisory committee.

- The Enhanced Tourism Education Project (ETEP) which was operated under the Build East Shore Tourism (BEST) acronym. Funding from the province for the ETEP is expiring in a few months. The BEST project could continue as an east shore focused initiative but it requires champions. More on this below.

- The Creston Valley-Kootenay Lake (CV-KL) "route less travelled" campaign is nearing the end of its funding in the next 6 months or so. This was a strategic initiative to bring a larger group of tourism operators together across Electoral Areas A, B and C plus the town of Creston, hoping in part to encourage accommodation providers to adopt the destination marketing model described below. The CV-KL project may wind down and give way to other marketing initiatives.

- Participation in Destination Marketing Organizations (DMO's) has been approved by both the east shore and Creston Valley accommodation providers and will become active in spring 2020. East shore will align with the Nelson-Kootenay Lake DMO, completing the "map" of the entire lake as a tourism destination and the Creston Valley DMO will run from south of Area A out to Yahk.

- The asset based resident attraction project started with research funds and grew to support the BEST project, developing a web map and data base to support Area A residents and business operators. It now needs to be sustained through ongoing taxation, direct contributions from business or new grants. Look for the web map at eastshore.life.

- The Area A economic development commission continues but with a dwindling number of volunteers. Past volunteers have provided great insight and guidance but as members step back to focus on other life interests we need new faces. Contact me if you are interested in learning more.

- The RDCK has a varied model for delivering economic development services across the region and 2020 may be the year to establish some common resources to support the various services.

How to support and utilize the eastshore.life web map along with the information gathered through the ETEP / BEST project needs to be discussed. Ideally, as mentioned above, the BEST initiative could continue with the commitment of new champions or partners. The early partners included Kokanee Springs Resort, the Ashram, Selkirk College and our E-shore Learning Hub, Crawford Bay School, RDCK Area A EDC and Guiding Hands Recreation Society. The ideal champions of tomorrow would embody the groups (businesses or residents) who would benefit from a comprehensive listing of businesses and amenities. This could include the chamber of commerce, community halls or local societies. As the ETEP project winds down the resources and data collected will be placed on the eastshore.life site. Visit the site and decide if your organization can get behind a mutually beneficial tool for supporting our businesses and residents.

The first meeting with the new consultant for the EAP (Economic Action Partnership) will be held on December 5th. The consultant will be staffing an economic development office (EDO) to be shared among the 4 local government partners (Area A, B and C plus the Town of Creston) and may also involve the Lower Kootenay Band when projects are mutually beneficial. The RDCK put out a call for members to sit on the advisory

in November. I do not know as yet who will represent our business or social sectors but I look forward to the meeting on the 5. Hopefully residents from across the 4 partner areas have expressed interest. The partnership is funded by a combination of provincial grant funds and your tax dollars over the next two years. If the model is successful it can continue beyond that time frame but the costs will shift to taxation unless new grant opportunities arise. For this reason I hope Area A residents will take every opportunity to use the economic development office so we can learn how effective it is.

The EAP has identified five pillars or themes under which potential projects have been listed:

- Tourism and recreation development
- Local business matters (supporting small business collaboration and training)
- Agriculture
- Quality of life and resident attraction
- New directions – support for innovative or technology based business

Below these pillars is a list of 42 action items for the EAP advisory to begin with when guiding the new EDO in their work. I can provide you with the document which spells out the entire list on request. You would note that many of the items are what we have already been working on through the BEST and amenity map projects. As our current grant funds dry up it is time to shift the focus for some of this work to the new EDO under the economic action partnership. Other issues such as internet improvement, cell coverage expansion and transit continue to be worked on quietly in the background and may require greater attention through our Area A commission than we would receive through the regional partnership.

As I stated last month, rather than looking at each community separately, whether for economic development (trying to outshine our next door neighbor versus partnering) or promoting our amenities we need to consider whether there is a more sensible, unified approach to some of this service delivery. I continue to be interested in hearing your ideas around this. If you have questions or comments on any topic please drop a note to gjackman@rdck.bc.ca or call me at 250-223-8463.



## Hidden Taxes

by David George

### Are We There Yet?

This edition of "Hidden Taxes" is looking at several events and situations which are relevant to us here in our little corner of paradise, the East Shore of Kootenay Lake.

It is not going to look at the impeachment circus now playing before our neighbours to the south, and nor is it going to do more than deplore the mass shootings which afflict those neighbours daily.

It may or may not enter into the debate about whether the tar or oil sands in Alberta need a larger pipeline to any coast, or whether the natural gas wells in this province need a pipeline across the north to the Pacific so that foreign countries can burn these fossil fuels and add to the greenhouse gases already overloading our atmosphere. It is going to follow up on a promise made a few months ago and look at transportation in 2019, but first a detour to mention health care.

#### HEALTH NEWS

Good news from our local health centre, which many of us already know, is that we have a third doctor, Elizabeth Barbour here on Thursdays. Not only has she come out of retirement for us, but she and husband Michael are living on the East Shore. No going back and forth on the ferry for her. We are very pleased to have her here.

There is also good news for people living in the Slocan. Quoting from the *Valley Voice*, October 10th issue: "The Slocan Community Health Centre in New Denver has two new physicians as of October 1. Dr. Sean Wachtel and Dr. Svet Gueordjev join long-time New Denver physician Dr. Chuck Burkholder, stabilizing primary care and 24/7 emergency services at the centre."

#### FLU SHOT

Have you had your flu shot this year? The annual travelling clinics have been to the East Shore, but if you missed them, most pharmacies and the Nelson Health Centre at 333 Victoria Street have flu shots available, as does the Creston Health Unit at 312 - 15th Avenue North. Flu shots are available free to infants, most children, seniors, caregivers, and many at-risk adults. Pneumonia vaccine is also available free. In most years including this one, there is also a four-part, or quadrivalent vaccine available, although not every location has it. This protects against a fourth type of influenza, in addition to the three included in the regular vaccine.

We were able to get the four-part version at the Shoppers Drug in Nelson. Many of the pharmacies in stores such as Safeway and Save-On carry this. Phone and find out where you can receive either flu shot, but if you haven't done so yet, please do. You cannot get the flu from the vaccine, as it does not contain live ingredients.

#### Transportation

Is there a new Kootenay Lake Ferry contract yet? Talks finally began between Western Pacific Marine and the BCGEU, which represents our ferry workers November 13. The Arrow Lakes ferry workers have signed a contract with Water Bridge Ferries and Water-bridge Equipment; it is very much hoped that contract will be a template for the Kootenay Lake workers.

Talks are ongoing as of November 19th. Continuing with thoughts on transportation by water, a Canadian online site called *The Narwhal* - <https://thenarwhal.ca> - has some surprising information about the Trans Mountain Pipeline, formerly owned by Kinder Morgan. Since August 31, 2018 purchase by the government of Canada for C\$4.5 billion, this albatross now hangs about the necks

of all of us Canadians as added debt. The Narwhal says that despite claims that much of the oil flowing through the pipeline is sold to Asian markets, the reality is that almost all of the oil goes south in tankers to California. Very little oil has been sold to China in recent years.

Further, the largest tankers which can navigate into Vancouver's inner harbour are the so-called Afrimax size, with capacity of 550 thousand barrels. The present largest size tankers hold 2 million barrels, and cannot enter Vancouver harbour.

Putting those tanker sizes above in perspective, the Exxon Valdez spilled only about 250 thousand barrels in 1989. That is half the amount the present tankers carry out of Vancouver harbour about once a week.

There is an organisation originally formed with the cooperation of the major oil companies of the world called International Tanker Owners Pollution Federation Ltd. It is a not-for-profit ship pollution response advisers group and can be found online at <https://www.itopf.org> - their website has a large amount of material about helping deal with oil spills at sea anywhere in the world. Their publications can be downloaded for free.

As we come to the end of this column, remember that the replacement for the old M/V Balfour on Kootenay Lake does not have to be another diesel engined ferry, even a so-called 'electric-ready' one. Why not build the E/V Kootenay Bay, similar to all-electric ferries in use right now in Norway? We have time to do this and build infrastructure at both terminals to recharge batteries

If you want this to happen, call, email or write our Minister of Transportation, the Hon. Claire Travena P.O.Box 9055, ProvStnGovt, Victoria, BC V8W 9E2. Email: Minister.Transportation@gov.bc.ca or phone 1-250-387-1978. Also try Andrew.Weaver.mla@leg.bc.ca 1-250-472-8528 and greencaucus@leg.bc.ca.









## Hacker's Desk

by Gef Tremblay

### TRANCE

**What is a trance and how can it be helpful in your everyday life?**

While studying yoga I explored a few states of the mind. The wakeful state, the sleep state and the dream state. These are the major states of the mind and while bringing awareness in any of these added another layers, almost a different state in the case of lucid dreaming for example.

Then, in deep meditation, I discovered a new state, a type of deep concentration where I felt gently locked into this profound awareness. This is what is called Samadhi and it has different level of depth. The more you practice meditation the more you discover different states and 'textures' of samadhi. Is that a trance state? Or are there words which define trance in a yogic fashion?

The first time I came across the term trance was when I was tinkering with hypnosis. My grandfather had quite a library of medical books, and a few of them on the subject of hypnosis. I taught myself how to hypnotize other people. Using my friends as guinea pig, I was able to bring a few of them under an hypnotic trance. In that state, I could make them enjoy a good time on the beach or fly through the sky. I didn't really know what else to do so it ended up being more of an entertainment activities, albeit a weird one. It was interesting to see how easy it was to bring someone into a state between dreaming and awakening, and how the experience was dreamlike for them, yet quite enjoyable.

Coming out of my teenage years, I was enjoying being part of the rave sub-culture in Montreal. Techno

Trance was there for a while, but it wasn't until the PsyTrance, or psychedelic trance, that I started to understand the relationship between a dance floor and trance.

One of the shamanic ways to induce trance is to listen to a repetitive and monotonous loud drumbeat which should be quite fast, twice or thrice per second. In EDM (electronic dance music) twice or thrice per second is between 120 to 180bpm (beats per minute). Now lets see how Psytrance is described in Wikipedia:

*"Psychedelic trance has a distinctive, energetic sound that tends to be faster than other forms of trance or techno music with tempos generally ranging from 135 to 150 BPM but some psytrance songs can also reach 190BPM, 200bpm, 210bpm and even 300bpm. It uses a very distinctive bass beat that pounds constantly..."*

Another way a shaman used to get into a trance was to use dance, which is the main activity in a rave. Combine this with a fast rhythmical pounding and you get all the ingredients to get into a trance. I had moment of pure bliss on the dance floor many times during that period although I cannot tell if it was a 'trance' state. I was definitely outside my logical thinking mind and definitely more of a non-dual feeling of being.

Now, may years after my rave phase, I started studying shamanism again, from a more objective and practical point of view. What are the techniques and practices that can be used today on my own path? Are there parts of that wisdom that I can incorporate in my day to day life?

Shamanism, as an introduction, represents many different ethno-spiritual practices spread around the world. It's generally considered the most ancient spiritual practice. I've studied mostly the mezo-american tradition and its many practices form cleansing (lipias) healing with herbs and massage, to soul retrieval practices where trance can be used to 'travel' to different

realms.

So here I come across the trance concept. This time in a more personal and tamed way. The first book I read about it was Erika Buenaflor's *Curanderismo Soul Retrieval*. Although the book felt quite New Age, there was good information. The trance state wasn't explained in such a clear fashion, and requesting more information from the author, I got a 'Read the book again and follow my podcast' answer. So I kept searching.

Most books would explain how to get into a trance, how to setup the trance, but none of the books explained what the trance was, how it felt and how to differentiate it from imagination or daydreaming.

Then I came across *The Shamaic Journey* by Paul Francis. Being a psychotherapist, Paul was able to explain the trance from a different perspective. For him, it was a way to connect to the right brain, and access power and knowledge that is not normally accessible. He explained that the trance might be simply your imagination at first, and you might need to 'force' the trance state, a kind of fake it until you make it idea.

The process he defines is also very close to the hypnotic trance - using visualization of corridors and deepening of relaxation to attain a different state to visit which is called the underworld. I realized that I've had used similar techniques in my yogic practice to access different parts of my mind. So maybe the trance isn't that hard to get to?

I'm now practicing entering into a trance while using drumming to accompany the journey. Setting an intention or focusing on a certain question is primordial for a trance to have an effect. It's probably why I might have experienced trance state before, without getting much from it... from the lack of intention. I am not sure if I am really going into a trance, but the practice of drumming while focusing loosely on a concern makes the whole process relaxing and invigorating.

## Riondel Fire and Rescue Blotter

by Fire Chief Cory Medhurst

I wanted to start this article with an explanation of what our call types are. We respond to medical calls, structure and wildland fires, motor vehicle incidents (MVI's), assisting other agencies, and public service calls. Each call is unique and treated with urgency in a very professional manner. Brief explanations follow.

Medical FR (first responder) calls are those serious medical calls such as chest pain; shortness of breath; major bleeding; and major trauma that may require more resources than usual. We are dispatched with the ambulance for these calls in the event that their crew requires assistance. We are instrumental with retrieving equipment and assisting with patient movement, while ensuring the paramedics can concentrate on patient care. For extremely serious calls where an air lift is required, we set up a safe landing zone for the incoming helicopter and co-ordinate with the pilot on landing. Occasionally we are called because our local ambulance is out on another call and we attend to the patient until a paramedic crew arrives.

Structure fires can be homes, public buildings, sheds or other structures on someone's property within the Riondel fire boundary. Wildland and bush fires are those on private and public land involving trees, brush, or grass which may or may not be threatening structures. We respond within our fire boundary for these while the BC Wildfire crews usually respond outside the fire boundary; although we may be called as the initial size up crew as well.

MVI's are incidents involving motor vehicles ranging from motorbikes or scooters to transport trucks and everything in between. They can happen on all roadways including forest service roads and on main street

Riondel. These calls usually involve some form of traffic control, or scene safety as we say, and can include vehicle stabilization, the use of the JAWS of life for extrication, and occasionally rope rescue on our somewhat steep terrain.

Assisting other agencies is when another agency, such as the RCMP or BC Wildfire, and occasionally the BC Coroner's office, asks our crew for assistance. It is a wide range of calls which can include wellness checks for people with concerned family; dropped 911 calls for unknown reasons; home alarms and health alarms being activated with no communication from the home owners; searching for missing people or vehicles; as well as checking on the status of wildfires outside of our boundary; or fire complaints in and out of the boundary.

Public service calls are those calls to assist the public during power outages; major snow falls in medical emergencies; trapped wildlife in recycling containers; trees on the road; and yes, even the occasional call for a beloved cat in a tree. This category of calls is rare.

Here is a recap of our recent calls to service:

Nov 14 - 3 members attended to a medical FR incident in Riondel. The crew assisted the paramedics with patient assessment, retrieving equipment, and moving the patient to the ambulance.

Nov 20 - 7:15 saw 1 member available for a medical FR call in Riondel and assisted the paramedic on scene with note taking and patient care, until the second paramedic arrived.

Nov 22 - At around 9:30 PM our crew was dispatched to an MVI with rollover, on the Crawford Bay summit. 7 members responded to find that an east-bound, single vehicle had left the highway, flipped several times and landed on it's side approximately 50 feet down the embankment. Unfortunately one of the two occupants was pronounced deceased on the scene. The other occupant was able to self extricate and climb back up to the highway where some locals were on

scene; this person was later assessed by paramedics and released. Upon arrival our crew secured the vehicle and the scene until RCMP arrived and waited until the vehicle was removed. Our deepest condolences go out to the families affected.

Nov 24 - 2 members responded to a report of a possible wildfire at powerlines beach, on Riondel Road. The crew walked the path to look for smoke or flames but could not find anything.

Nov 26 - A call came in from the BC Wildfire service in regards to calls they received about a wildfire on powerlines beach. Four members responded with the Tender to investigate the complaints. After searching the entire beach, the crew found an area of scorched forest debris under a tree. The fire had been extinguished by one of the callers resulting in the crew standing down.

Nov 27 - a medical FR call had 5 members respond to Kootenay Bay to assist paramedics. Two members that live close to the scene arrived first and began assessing the patient until the rest of the crew and paramedics arrived.

Nov 28 - Not a call, but an evening worth mentioning. When fire departments in our regional district respond to serious incidents involving death, we are able to call upon a group of dedicated volunteers known as the Kootenay Critical Incident Response Team. This team is composed of volunteers from all over the Kootenays who are trained in Critical Incident Stress Management (CISM). When requested they travel to our hall and facilitate a group debriefing, allowing us to deal with the emotions and feelings, and help to answer questions that can come from these serious calls. These debriefings are instrumental in maintaining our mental health, and we are grateful that we have access to this amazing resource. A few quick reminders for the upcoming winter months. Winter tires are not only a good idea, but are

*Continued on next page...*



*“Riondel Blotter”Continued from previous page...*

required by law from October 1 to April 30. Make sure you have the snowflake or M + S on your tires, with adequate tread. Remember to have your chimneys cleaned regularly, and to ensure all flammable materials and objects are away from baseboard heaters. Turn off indoor Christmas lights and extinguish yuletide candles before bed; never leave Christmas lights on, or candles burning when away from home. Finally, although power outages are rare here.... please make sure you have adequate supplies to last at least 24 hours. With the holiday season just around the corner we would like to remind everyone to drink responsibly, pick a designated driver and arrive alive.

From our members to you and your families, we wish you all a safe, magical, and Merry Christmas.

## Ferry Union & WPM: Tentative Agreement

**November 28, 2019: BCGEU reaches tentative agreement with Western Pacific Marine for inland ferry service**

The communities of Kootenay Lake are no longer facing disruptions to their ferry service due to the labour dispute between BC Government and Service Employees' Union (BCGEU) ferry workers and their employer, Western Pacific Marine.

**On November 26, after 13 days of intensive bargaining and more than five months after the negotiations reached an impasse, the two parties reached a tentative agreement.**

“This bargaining process was hard work and this tentative agreement is fantastic news,” said Stephanie Smith. “I’m proud of the solidarity shown by our members and the support of the community throughout this process. And I’m grateful that the employer was ultimately willing to get back to the table and get this deal done.”

The tentative agreement includes provisions similar in principle to the collective agreement between the union and the other two inland ferries employers—WaterBridge Ferries and Waterbridge Equipment. That agreement was overwhelmingly ratified by union members in October. These provisions included wage parity with BC Ferries within the term of the agreement and a commitment to successorship training that will protect existing members.

BCGEU members will vote on the agreement this weekend (*Nov 30/19 at time of print*). The union’s bargaining committee is recommending ratification. If ratified, the WPM agreement will take effect immediately and expire on March 31, 2024.

“This tentative deal is a game changer,” said Smith. “If our members vote to ratify it, they’ll be voting for an agreement that could ensure the sustainability of the inland ferry system, and the families and communities that rely on it, for the foreseeable future.”

Inland ferry workers on the Balfour, Harrop and Glade crossings have been without a contract since March 31, 2019. After negotiations broke down in June, the union initiated job action on WPM’s Kootenay Lake route with a three-day work stoppage over the Labour Day long weekend followed by an overtime restriction as of September 18.

The communities of Glade and Harrop were unaffected by the union’s job action due to an essential service ruling made August 29. When talks resumed on November 13, the union eased up on its job action – which had been resulting in up to 70 per cent of regular sailings being cancelled per day – ensuring all regularly scheduled sailings on Kootenay Lake while bargaining was ongoing.

Community support for reaching a collective agreement has been significant, including the website and Facebook group Our Ferry Matters, organized ‘unity’ sailings, and calls to all parties for a sustainable service.

*The BCGEU is one of the largest and fastest growing unions in B.C. with more than 79,000 members working in almost every community and economic sector in the province.*

## Harrison Memorial Church Deemed for a Great Future or Doomed?

by Zora Doval

Most of us on the East Shore are familiar with the beautiful heritage church hidden in the woods on the loop road in Crawford Bay. The music lovers not only know of the church, they adore it. The aesthetics are gorgeous and the acoustics wonderful. I would certainly know as I would often visit the church in those days long gone, when the church used to be open to the public... I would go in and just sing, sing, sing to my heart’s content, enjoying the rich overtones the high ceiling would send back to me in waves. Without an audience, this was my true worship of “GOD” (which may be just shorthand for “Grand Overall Design”). It does not matter what we call it, yet it seems to convey the fact, that there are possibly much vaster realities than ourselves and the prayer or singing might be the means of accessing them.

Then one day, the church’s door was locked and remained locked forever except those occasions when it was used for concerts or religious worship. The reason for locking the church is far too juicy to mention in this respectable paper (!!!) but well, some people notoriously enjoy vandalizing and desecrating places. We can only hope that they learn in time not to do it and deliver their statements in more positive ways.

I myself was able to do a few concerts in our lovely church with musicians out of town who were very well received. As a classical soprano singer trained in Europe I myself immensely enjoyed performing in this jewel of a space. I also tremendously enjoyed all the concerts offered by the community band and choir under the guidance of Mr. Donnie Clark and Mrs. Deberah Shears both of whom worked tirelessly for years with the amateur local musicians. With the presence of these two highly gifted and dedicated musicians our East Shore music scene was a little bit of a paradise and it certainly seemed that it could go on forever.

It was a shock to hear recently that the church would no longer be available for concerts and that the Diocese of the Kootenays may be thinking of selling this historically precious building. I heard disturbing rumours about possible demolition of the church or potentially selling it to the highest private bidder. Any of the above may mean that we, the inhabitants on the Shore may never again put foot in that building. Now, this is the space with the best acoustics on the East Shore.....it is my hope that many of you would agree that this building is an amazing asset to our community and should stay our common asset for the future.

In a recent conversation with the pastor of the Harrison Memorial church, Mr. Leon Rogers wholeheartedly assured me that the diocese never entertained any ideas for the demolition of the building. On the contrary, he said that they will make every effort to make sure the building remains a heritage asset for future generations to enjoy. As locals we are invited to express our interest in the stewardship of this building into the future.

I see that this building could stay a beautiful musi-

cal venue it has already been for many years and more: with it’s diffused light it has a potential for hosting art openings, poetry readings, coffee houses, ecstatic dances, yoga, tai chi, chi kung, Halloweens, Christmases’, and more concerts.....

If you can relate to this vision for the building and you could be involved, please let us know. We have a small budding group who is interested in preserving the church as a community asset for the future. Right now, the Anglican diocese is giving us an opportunity to present a proposal; if we fail to propose, the church will enter the market and our community will have no say in its further destiny. If you care for the building, give us a call, we need your support. If you join us in our effort, I promise, there will be no gruelling meetings, no arguments, no stress involved. What we would like to honour is the spirit of remembering the loved ones with when Commander Harrison apparently built the church. If the legend has it right, he built it in memory of his two sons killed in the war and his departed wife. As he tried to transform his grief into architecture,

I’d think that he succeeded ..... I feel some great love, attempt at prayer in that little building.....and it will be nice to carry this torch into the future.....

If interested in joining the effort please call Zora 250 227 9434



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## Thoughts from the Frog Pot

by John Rayson

### Climate Change

Firstly, I would like to begin by wishing all readers a happy Festive Season and a healthy New Year. In the next three columns I will attempt to address the issues of climate change as I see them.

Is climate change real? I would think that we can all agree that it is real and happening. The major issue appears to be; is it influenced by man and his activities or in other words have we entered the Anthropocene? Anthropocene refers to the beginning of human impact on Earth's geology, including but not limited to Anthropogenic climate change; in other words, are mans' activities having an effect on the climate?

One of our major issues: why we don't react to climate change? Our recent Federal election highlighted the problem as it was not a prominent issue in the campaign; In fact, one of the major parties did not even have a significant policy.

Our first reaction is that our lack of concern is either due to ignorance or selfishness. These factors are not valid as even 10 years ago Canadians identified climate change as a significant issue and indicated that we had to take action; yet very little has occurred. It is difficult to plead ignorance.

A recent article in the *Globe and Mail* by Dan Gardner discusses this issue in detail. Mr. Gardener, in his article, discusses how we, as humans, use what is referred to as System 1 and System 2 thinking. System 1 is what we react to in our immediate surroundings

and System 2 is the more logical, long range, analytical type of thinking. System 1 thinking is reinforced by our present methods of receiving information. The majority of individuals receive information as 8 second TV clips or from social media. We tend to act on what is near to us both in time and distance. Man, as a species has always reacted to what happens in its immediate environment, and as man has only been in existence for only about 200,000 years, it would seem to be reasonable for us to react with System 1 type thinking. If we accept that we think in this manner then we are not really acting in a selfish manner but only as could be expected.

A good example is how we think about smoking. Smoking as the major cause of lung cancer was identified in the late 1950's and yet we continue to smoke. At the time it was identified, I was a young medical student and yet many of my classmates smoked and in fact our professors smoked during lectures [doesn't happen today]. However, for the individual, one cigarette does no harm and the effects are far in the future; System 1 thinking. We ground 737 Max jets, immediately, with 350 deaths but take no action with regards the 1.4 million people who die each year due to air pollution; System 1 thinking. Our governments reduce regulation, promote the use of coal and don't think we need carbon taxes

I use the above illustrations as they are not different to our reaction to climate change. Nothing happens each time I drive my car; but if I multiply this by 1 billion cars, multiple other sources of greenhouse gases, 7 billion people and 150 years of burning fossil fuels, I might think we have a problem.

The term climate is usually associated with weather and the probability of something occurring. If there is a 70% chance of a specific event occurring, there is also a 30% chance that it will not occur. Thus, if we have some cooler weather, a 30% chance, then global warming doesn't exist in spite of the fact that 18 out of the 20 of the last years have been the warmest on record. One should also note that we are presently warming at

a rate 10x the rate recorded [via glacial cores] during glacial periods 1 million years ago. Recently 11,000 scientists' world- wide [over 400 from Canada] signed a letter saying that climate change is an emergency. We can argue with the definition of emergency but not with the fact that climate change is occurring and may be a problem.

As Stalin stated: one man's death is a tragedy, 1 million are a statistic. It would seem that our statistics are killing future generations as we act with System 1 thinking and do not look at the long range effects of our activities. Do we have a responsibility to future generations? More to come.

## Who is your Community Hero?

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!*

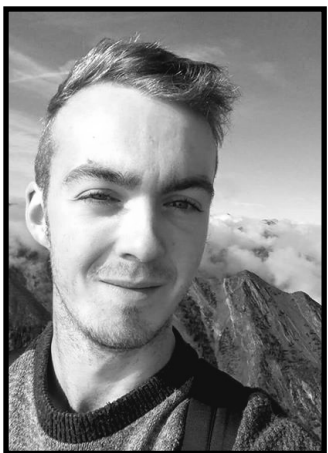
**Swami Jyotihananda from Yasodhara Ashram and her kitchen crew Steve, Garry, Dee, Jessamine, and QZ** as well as my amazing support group of friends - **Barb Wells, Carol Vanr, Ingrid Baetzel, Galadriel Rael, Janaki Pogreba, Vicky Haywood, Kate Page, Erin Cristofoli, Mandy Petrie, Reb Adams** and others who have filled in - thank you for the years of meals and deliveries. I can't express my gratitude in words.  
**-Christine Peel**

**Ben Lahneman** for his dedicated years of upkeep and maintenance at the Kotoenay Bay Boat Launch.

## Young and Dumb

by Arlo Linn

### MDMA/PTSD Exploratory Medicines



What does the psychoactive, and hallucinogenic drug Methylenedioxy-methamphetamine (MDMA) and Post-Traumatic Stress Disorder (PTSD) have to do with each other? Well besides one being my favourite acronym and the other my least favourite acronym, it turns out, a lot.

According to research done in part by UBC Okanagan, it was found that 54% of people with PTSD failed to meet the disorders criteria after only two sessions with physicians monitoring the use of the psychedelic drug MDMA.

To put that percentage into perspective, one of the most effective ways of treating PTSD is Prolonged Exposure Therapy (PET), this process of treatment relies on the idea that PTSD is caused by someone failing to process the emotional trauma as it occurred. PET attempts to have a patient relive the experience through images and memory, or through confronting their fears in vivo (which, for our purposes, means "in person"), in order to have them rewire their fear structures, using a process called exposure therapy. According to an article written in the The National Center for Biotechnology Information, this process includes breathing retraining and two types of exposure to neg-

ative stimuli, in vivo exposure, and imaginal exposure. Breathing retraining sounds how you imagine it. It teaches patients healthy breathing techniques in order to limit stress and calm oneself. Now let's talk about the two types of exposure therapy.

In vivo therapy works by having a patient confront the cause, or perceived cause, of their fear a little bit at a time in order for the initial distress to decrease until it's hopefully, non-existent. I'll give an example. Imagine someone has a deathly fear of dogs, to the point where the sight of even a young puppy would send them into hysterics. To treat this using the in vivo method, therapists would put a puppy on a leash, then they would have the patient come as close to the puppy as they could before stopping, let's say 25ft away. The patient would stay there until they felt less threatened, then they would walk forward another few feet, then stop again. This process would hopefully repeat until the patient was within the radius of the leash the puppy was tied to, having slowly removed the initial fear. This allows the patient to confront their own fear forthrightly, not making the world less scary, but making the patient more courageous.

The next type of exposure therapy is imaginal. In this the patient would tell the story that they believe caused their PTSD in great detail with a therapist, going over all the details of it while the therapist asks questions and dissects the story. The patient would tell this story as often as they could, even recording it to listen to daily, as to hopefully diminish the horror of the story by routinization. As we all know, the strange creaking in the house is a lot more frightening in the dark then it is in the light of day.

Both these types of exposure therapy have been proven to be effective, but one thing you may have noticed when reading is the large amount of hands-on-work that is involved in PET. PET requires 8-15 separate sessions with clients. At the end of these 8-15 extensive sessions, 41% to 95% of people had lost

their PTSD diagnosis and no longer showed symptoms of the disorder. When you take the average of 41% and 95% you still get a fairly high success rate of 68%, but the amount of work put in by both patient and therapist alike was extremely high.

Let's jump back to the beginning of the article, where I said that MDMA caused a lack of diagnosis of PTSD in 54% of people in only two sessions, that's only 14% less than patients who participated in PET.. xposure therapy as a whole has been around since the mid-1950's, and PET specifically, has been around since 1991. I believe it is safe to say that this particular method of therapy, which has been tried by countless therapists for nearly three decades, has been tested thoroughly enough so that the number of treated patients is a steady average of 68%, but who knows to what level psychedelics could help people with PTSD. We have not had nearly the amount of research or resources dedicated to this field that it deserves. Perhaps going forward psychologists will be able to develop a method of treatment that involves both exposure therapy and the grounding, but also transcendental effects of psychedelics.

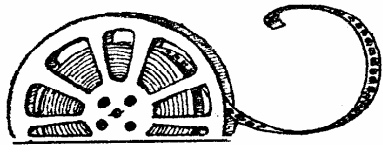
The research being done on psychedelics and their effect on the human brain is still in its early stages, and any attempt by me to predict the future on this matter would be speculation akin to that of the future-predicting found in *Back to the Future*. Regardless, I hope that this particular avenue of medicine is explored thoroughly, and we are able to treat the people who suffer from this disorder with greater success in the future.

**Deadline: Dec 25/19**

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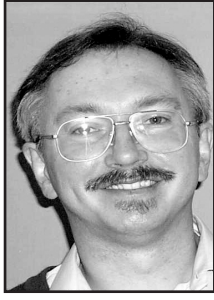
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## Seldom Scene

by Gerald Panio



*"I say only one thing, I wouldn't have missed it. It was terrible at times, but I wouldn't have missed it...I never realized there was anything unusual about it. There was a job to be done, and you just got on and did it....I was twice wounded and gassed, but it didn't worry me. I just made the best of it...I wondered what we're going to do next. We had no work to go to. I didn't want to go back..."*

--WWI veterans' voices from *They Shall Not Grow Old*

When I scheduled Peter Jackson's *They Shall Not Grow Old* (2018) for our Monday Marquee feature on the evening of this year's Remembrance Day, I knew only that this was a deeply personal project undertaken by the award-winning New Zealand director to honor his grandfather's memory. Having just finished watching this World War I documentary for the second time, I have a better understanding of what a groundbreaking achievement it is. It should be available to everyone in our local reading centers

Jackson's grandfather served in the British Army from 1910 to 1919. He died in 1940, at the age of 50, his health broken by the injuries he'd sustained in the war. For Peter Jackson, having just completed the massive *Lord of the Rings* and *The Hobbit* films and being in the position to choose any film project his heart could desire, deciding to devote the following two years to showing what daily life was like for ordinary soldiers during the First World War was an extraordinary homage to his grandfather's memory. He hoped with this film to encourage conversations in families where parents and grandparents still have direct access to memories of the Great War—access which will move out of reach with the third generation 20 years from now.

The director was given almost unlimited access to the archives of London's Imperial War Museum and of the BBC. He and his staff reviewed a hundred hours of video footage shot during the war years (much of which had never been shown to the public), and listened to 600 hours of recordings of interviews with surviving British veterans made during the 1960s and 1970s. They winnowed that down to about 7 hours of video and 40 hours of audio. This material became the basis for *They Shall Not Grow Old*.

The first choice that Peter Jackson had to make was what *not* to include, to make the project manageable. This meant setting aside remarkable footage of the British navy, the fledgling air force, the colonial troops brought over (including 150,000 Chinese), and the women in the factories on the home front. The film's goal would be to try to capture the average British soldier's (and through this, any soldier's) experience on the Western Front. This would be done entirely through contemporary film footage and the words and voices of veterans, with no extraneous narration.

The challenges were formidable. Hundred-year-old silent film footage is fraught with challenges. The original shooting speed of the hand-cranked films varied randomly between about 12 and 18 frames per second, and had to be painstakingly adjusted to the current 24-frame standard. The effect of making the transposition is uncanny—WWI footage suddenly looks as if it were shot yesterday. Most of us have

little or no experience seeing silent films presented at a speed that exactly matches what we're used to seeing on a modern screen. As Jackson mentions in a "Making of" documentary on the DVD, whenever they managed to get the speed adjustment absolutely perfect "it suddenly becomes a real living piece of film."

Compensation also had to be made for scratches, physical shrinkage of film strips & distortion of sprocket holes, loss of quality over multiple duplications, and over- or under-exposure. Modern cinema technology can handle all of these challenges, making historical film that was once though unusable absolutely pristine. There were times, when watching *They Shall Not Grow Old*, that my mind would simply not accept what my eyes were seeing. *This has to be a re-creation* I'd say to myself, despite knowing that it wasn't. The quality of the restoration was so high that Jackson was at times able to use limited zoom and tracking shots across essentially still images. What we have here is technological wizardry in the service of truth instead of illusion.

That judgement also applies to the colorization of the WWI footage. The word "colorization" sets off all sorts of alarm bells for anyone who has seen it crudely applied to old black & white film classics. Relax. This is what happens when colorization is put into the hands of someone who cares, in the hands, for example, of people who will insist on getting the khaki colors of

British uniforms exactly right, and making sure that the colors of every badge, patch, or insignia on those uniforms precisely matches those of the originals. Jackson describes how one of the hardest things to do was colorize grass and dirt—because everyone knows exactly what these should look like and any flaws in the colorization have an immediate psychological impact. The director wound up touring the actual battle sites and bringing back



thousands of photos to aid with the work on the film.

Then there was the sound. Every discrete sound, from feet marching to shovels digging to howitzers firing had to be authentic. No digital trickery. To get the sound of the artillery that was the single dominant scourge of the battlefields, Jackson's crew recorded artillery pieces from Jackson's personal collection and during the course of the New Zealand army's live heavy gun training sessions. When it was clear that someone in a film clip was speaking, lip readers were hired to determine what was being said and the voices of living soldiers used who matched the filmed soldiers for regiment and regional dialect. I think there are some 200 of these voices. (The second time I watched the film, I actually chose the option for the hearing impaired so that I could see the exact text of what was being said in subtitles on the screen; I found that the first time around I'd missed some dialect because my ear wasn't quite tuned to the accents.)

A final challenge was filling in the actual combat scenes. No cameramen were with the men who went over the top and engaged in hand-to-hand combat in the trenches. Searching for a solution that wouldn't violate his determination to include nothing that wasn't of the era itself, Jackson remembered that he had a collection of *The War Illustrated* magazine published in England during WWI. He used illustrations from these magazines to fill in the gaps, avoiding some of the uglier anti-German propaganda pieces. (The

magazine is available online)

*They Shall Not Grow Old* opens with a black & white prelude which shows the home front during the month that war was declared. We see the daily routines, the enlistments, and the training prior to shipping across the channel. One veteran describes how his team was playing rugby against a German team in London when they heard the declaration of war on the radio. The two teams decided they would postpone the war for a day so they could finish their game and have their post-game party. This highlights one of the saddest elements of the film—the British soldiers whose voices we hear acknowledging the essential decency and humanity of the German soldiers they've taken prisoner after the immense slaughter on the Somme. How was it that men who had seen most of their comrades machine-gunned in futile charges suddenly set their hatred aside when combat was over? Perhaps part of the answer was the sentiment so many soldiers expressed that they, like the enemy, were just there to do a job. Perhaps, having become inhuman during the terror of the charges over the top, they embraced the chance to become human again when it was over.

All of the Western Front footage is in color, and the movie returns to black & white for demobilization and the return to civilian life.

For me, a particularly moving moment during the film is when the guns fall silent on November 11<sup>th</sup>. We've been hearing them constantly from the moment the soldiers arrive at the front, and suddenly there's nothing. The survivors listen to the silence, too drained to even celebrate their reprieve from certain death or mutilation.

The hard times didn't end on the battlefield. War changes people. When the survivors came home, they were often met with incomprehension, apathy, or even hostility. Some resented them for having returned when other sons, father, and husbands didn't. Some didn't welcome the competition for jobs in a straitened economy. As would happen with Vietnam decades later, civilians had no conception of what those war years had been like for those who fought on the Western Front. Some things do not change.

One thing that has, is that now it's the military that controls the news cameras' access to the battlefield. The most heart-wrenching documentary footage from wars from the Western Front to Vietnam will not be reprised in an age of embedded journalism.

A fine companion piece for Peter Jackson's film is Farley Mowat's memoir of his participation in the Italian Campaign in WWII, *And No Birds Sang*. How often do we get a first-hand battlefield account from a powerful writer who lived through it? Here's an excerpt from an early letter from Farley to a girlfriend back home, and a later perspective on some of the truly heroic:

*"I'm like a kid whose been anticipating a birthday party for years and years and finally sees his mother lighting up the candles. We are about to quit the play acting and begin living the role we've worked and prepared for so long. I think we'll put up a helluva good show too., though it may take a bit longer than the propaganda merchants might like to think... Oddly, I don't feel the least bit scared. Maybe that will come later, but at the moment I can't wait for the show to open..."*

*"By day and by night the [stretcher] bearers had to make their ways across the valley, crawling forward to the lead platoon positions, if necessary. Some of them must have made the agonizing passage a score of times. For them there was no rest and no surcease; no burrowing in a slit trench to escape the sound and fury. For them there was only a journey into the inferno, then the withdrawal to momentary sanctuary, and the return to hell once more.*

*That was the hardest thing to bear. Those who remained under sustained and unremitting fire could partially armour themselves with the apathy of the half-dead; but those who had to come and go, knowing the searing repetition of brief escape followed by a new immersion in the bath of terror—those were the ones who paid the heaviest price."*



## Local Artist Profile Ted Wallace's Inner Landscape

by Sharman Horwood

Ted Wallace is an artist whose work will capture your time and your thoughts. When you look at one of his paintings, you will return again—and again—to examine it more each time. You can't look at it just once.

He is one of the more prominent and prolific artists on the East Shore. He taught art at the Crawford Bay School for 25 years, and has a gallery showing in BareFoot Handweaving (his wife, Janet Wallace's store) in Crawford Bay. He has taught adult courses in intuitive painting in Mexico and in Canada. Some of his paintings can be seen in Visionary Art in the Leoni Art Project, in Genova, Italy, as well as in the Full Circle Project, designed to connect people "to create a positive future." He was included in Widewalls, in a group of Psychedelic Artists to alter Your Sound Mind—he maintains he is not a psychedelic artist, however. In 2019, he had shows both in the Kunze Gallery in Creston, and in Gallery 454 in Nelson.

Ted graduated with a B. of Ed. in Art Education from the University of Calgary, then went on to study sculpture at Belles Artes in San Miguel, Mexico. After that, he continued his art education both at the University of Victoria and the Emily Carr Institute of Art.

His work can't be labeled easily. He isn't a surrealist, although he admits to some similarities. He doesn't have the same hyper-realism. He would prefer to think of his work as "dream-centred" or "transformational." It is certainly vibrant, very alive with colour and narrative. The images are an exploration that stutters in colour and in transformational shapes, linking thoughts and emotions to emerging forms that flow across the canvas, describing a story stemming from Ted's inner vision.

In one gorgeous painting that explores sound, the colourful threads spread out across a canvas, linking bongo drums to other listeners and their instruments, spread in a seemingly random medley of brilliant threads. It is, however, a narrative, the story behind Ted's vision that he is discovering as he paints. As he paints, he often feels he is "tuning into a story," one that already exists that is channeling through him as he works.

Another painting that struck me is his "Sinners and Saints." In this, too, a web of figures—heads, sometimes other parts of bodies—weave across the space, connecting them to partial images of their sins (I see what might be a steak in that collage and, since Ted is a vegetarian, that could well be someone's sin). With that theme of transformation, "everything is turning into the next thing, even" himself. In that sense, he is "bringing some form to things that are formless," providing thoughtful connections between objects, between people, between states of mind.

Ted thinks his work is dream-centred, and says that he is "fascinated by . . . [this] inner landscape." He says the paintings "often start as visions from meditations and dreams," and from there he explores the different possibilities that can be looked at again and again without encompassing the entire image. He also says he sees his "work as much process as product." His art is the "voice he wants to listen to," and he thinks that

should be true for any artist.

He paints four to six hours a day, almost every day. He also always has music playing while he works. He usually begins the first two hours with the harder parts of his current painting, and then spends the rest of the time working on the easier areas, always focusing on "birth and spirit," as well as channeling those images that imbue his paintings with his characteristic spectacular energy.

Not surprisingly, given his enthusiasm for teaching, he has a great deal of advice for would-be artists. First of all he says, "Don't worry about your product."

He says it is about the process. He maintains that from there, "internal connections are made and ideas explored." Through that, it is the celebration of what you are doing that gives you energy. He regards himself as an "energy miner," painting whatever transmits energy back to him. He also asserts that artists should not let anyone else comment on your work in progress. His reason is you are "super vulnerable" to influences at that point. These might cause you to deviate from your original vision.

He also says that as an artist you should "fill your tool basket with as many tools as you can. The tools will get you there." Ted worked as a carpenter until the age of forty, so he is very aware of all kinds of tools. He also says that after "100 paintings, you will be on a track that gives you energy." For him, that is the core: pursue what gives you energy.

Ted Wallace's paintings reflect his joy in life. He says he has "a preoccupation with spirit and light" though he is grounded in his everyday work. He maintains that "art is a great reminder" of these two qualities. The vibrancy of his art definitely links spirit and light with stunning images—to suggestions of forms—that won't easily be forgotten.



## Riondel Arts Club

by Sharman Horwood

Snow has barely fallen and we are already into December as well as the holiday season. The Art Club is preparing for their own holidays, and things have slowed down as a result. The art displayed in the hall at the Riondel Community Centre was successfully changed, so stop by and see what is new.

In December, because of holidays and other appointments, there will only be two of Gerald Panio's art lectures. On December 3, there will be a video from *The Private Life of a Masterpiece*, a BBC video series on famous masterpieces. This one will focus on Rembrandt's *The Night Watch*. Then on December 30, there will be a lecture on Helen Frankenthaler, an American abstract expressionist. Both will be very interesting.

The Art Club wishes you all a very Merry Christmas, and all the best for the coming New Year. Make it a creative and happy one!

**Deadline: Dec 25/19**

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## Music Review



### Meemo Comma - Sleepmoss

*Planet Mu, October 2019*

In her second album, *Sleepmoss*, Meemo offers us a gentler and dreamier sound, compared to her more intense first album. Meemo is also known to be Lararix Martin, who runs Objects Ltd., a label which features the music of female-identifying/non-binary artists.

This is a classical ambient album, mixing orchestral sounds with soundscape, bird sounds and other electronic noise. Some of the tracks get outside the ambient realm and dip into a Noise composition. I do like the psycho-acoustic effect of Noise, but as a daily listening music album, I find Noise too intense. But I like how Meemo waves in and out of the ambient on the verge of noise.

It can be hard to discern ambient music from one album to another, but in her new album, there are many textures and vibrations that are unique to her sound. Her first album was filled with a more emotional expression. This album departs from that heaviness and brings about a lighter feeling. You can listen to her album on [bleep.com](http://bleep.com)

**-Geoffroy Tremblay**  
December 2019 *Mainstreet 9*



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# CHRISTMAS WISHES TO & FROM YOUR COMMUNITY

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An abundant measure of joy joy joy to you & yours in 2020. Season's greetings from Doug & Diana Stokes

The Riondel Church Circle extends wishes to all our friends for this Christmas and the year to come.

'Tis the time of year to wander through the Remembrance Garden, recall laughter, remember a few tears, and say hello to some old friends - Eastshore Garden of Remembrance

May your fires be warm, and your homes bright. Merry Christmas! Lorna and John, the Forge and Furnace Gallery, downtown Crawford Bay.

Wishing you all health and happiness. Anna Rose of East Shore Physiotherapy.

Merry Christmas to all the elves and angels who have made my life so much brighter this season. What a wonderful community of care we have here. Love - Doreen Zaiss.

We hope reading will nourish your brain and good food nourish your body while family and friends bring love to your heart. Happy New Year - Riondel Library

Merry Christmas - Anonymous

Wishing all readers a happy Festive Season and a healthy New Year. John Rayson and Family

First we'll make snow angels for two hours, then we'll go ice skating, then we'll eat a whole roll of Tollhouse cookie dough as fast as we can and the we'll snuggle. - Buddy the Elf! Merry Christmas from Samurai Hardwood Flooring

From our Newkey's house - Gerry, Serena, Graeme, Sean, Leah, April, Jenn, Maxine and Pam, we wish each and every one all the best of the season and a very happy New Year. Thank you for your continued support and we look forward to serving you in 2020.

On behalf of the Kootenay Lake Lions Club, I would like to offer everyone our Warmest thoughts and best wishes for a wonderful Christmas and a very Happy New Year. May peace, love and prosperity follow you always. Merry Christmas.

Merry Christmas and Happy New Year from The Stockers and the Staff at the Crawford Bay Market

May Christmas bring joy to your heart and happiness to your home! From the team at Kokanee Springs Resort.

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

Warm and wonderful holiday wishes from Garry and Tina Jackman.

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

Merry, happy, light-full, safe, delicious wonderful solstice and Christmas! Thank you for all the support this year. The Barefoot Handweaving elves.

Wishing Everyone a Joyful Christmas and a Prosperous New Year! From all of us at the Gray Creek Store.

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## An Interview with Natasha Hall

by Anthony Arnold



It's mid-afternoon on the first day of winter. Gray and cold. It would be easy to feel down and dour, but I'm happy and eager for the concert to begin. We don't get live classical music on the east shore nearly as often as I would like, so when Yoomi Kim and Natasha Hall performed at the Ashram last year I was in my seat early. They are so much fun to watch. Yoomi is all over the piano, displaying a robust engagement with every note, and then she'll look up and flash a prize-winner of a smile at her partner. When Natasha raises her violin and settles the bow you can see her enter a serene universe where musician and instrument become one. A slight nod, and the music comes to life. They take us into that rare world with skill and grace.

Here's some good news: they are coming back this year, on the second day of winter, again at the Ashram, on December 22 at 2 pm. I love how an afternoon concert seems like the day's main attraction instead of its finale. Last year sold out early, so get over to the Ladybug Cafe in good time for tickets if you want to attend.

Natasha performs with the English Chamber Orchestra and lives in London, but comes home to the Kootenays occasionally to visit the mountains, friends and family, and to play a few concerts. I had a chance to e-interview her for this month's *Mainstreet*, and I began with a question about the ECO.

*Tell me about the English Chamber Orchestra. They seem to play all over the world.*

As I write this, I'm sitting in a cafe in Wells UK, a charming little town just south of Bristol. We're playing a concert tonight in the monumental cathedral which is so grand it feels nearly triple the size of the village!

The ECO is made up of a wonderfully talented group of players. They are the first group I got to play with after moving to the UK nearly seven years ago and I have learned so much from having the opportunity to play alongside such intelligent musicians. The ECO has a rich history of working with some of the most prominent musical figures

in the world including Benjamin Britten, Daniel Barenboim and Pinchas Zukerman among others.

The ECO is one of the most recorded and travelled chamber orchestras in the world. While these facts are impressive and the halls we often play in are grand and glamorous, it's the people who show up and offer their very best night after night that really leave the biggest impression on me. For me, the communication that happens between players on stage is what makes the collaborative experience one of joy. It's the subtle things - a turn of a phrase, a passage with the violas (I promise this is not intended to be a viola joke), the last note and that moment after when the world feels so still you could hear a pin drop. There is a sense of being in this together and that spirit really elevates the music-making.

*Don't they host conductors & performers from many other countries as well?*

Yes! So much so that I actually had to look up who our current artistic director is. We often play uncondacted which lends more to a feeling of chamber music than to orchestral playing.

*So how does a Kootenay person manage in city like London? Do you find yourself longing for a mountain top or a secluded lake?*

I feel most fully alive living in harmony with nature. I think my heart will always feel the most at home in the mountains. I absolutely love getting to see the world and it has been thrilling to be part of a significant cultural centre. It really is a tremendous experience to be at the centre of such a concentration of humanity! At the end of the day though, it's the simple things that bring me the most joy - genuine connection, expression, time spent in nature. That being said, I'm planning a westerly migration in the spring!

*We talked about techniques for listening to music last year, and the name Bruce Adolphe came up. I didn't realize he is a composer as well as a music educator...aren't you playing one of his pieces this year? How did that come about?*

My programming of Bruce's piece "Einstein's Light" is actually largely thanks to our interview last year! A few months after Yoomi and I played last December I received a message from a violist based in Cardiff whom I have never met. She is a friend of Bruce's from Juilliard and said Bruce had read our article and wondered if I would like to get in touch. We emailed back and forth a few times, discovering we both shared a love for yoga and an interest in the connections between music and other disciplines (science, psychology, movement etc). I had the opportunity to fly out to New York this summer to meet him, discuss his piece I will be programming and learn more about his creative process. I even got to meet his fifty-four year old parrot, Polly Rhythm, who sings opera! It is a real honour to play Bruce's music and I can't wait to share it with you!

*As a musician it must be exciting to discover music that beckons you to expand your horizons. And a challenge to introduce it to new audiences. How does this experience unfold for you?*

I try to approach a piece like I am meeting someone for the first time. Whether it's Mozart or a contemporary composer, I look to make friends with the music and find joy in getting to know the emotional landscape of that piece. It's the music I hope to share with others and my personal connection with that music. Connection creates feeling and feeling something is what music is all about. Sometimes emotions are challenging

- it's the same in music. When we're faced with a challenge we have the opportunity to grow and when we're presented with something that makes us feel good, we expand that good feeling within us. I see both experiences as being highly beneficial in growing compassion and bringing us home to our hearts.

*And Yoga. Could you share some insights about the intersection of music and yoga practice?*

Both music and yoga are an expression of feeling and instigators of emotion. The more I look at the similarities between these two practices, the more I believe they are intrinsically connected. I feel music is to the soul what yoga is to the body. Both practices are born from stillness (without silence there can be no music and without stillness there can be no movement). Both develop awareness, compassionate listening and expression and (ideally!) are organically integrated with the breath. I see body, mind and spirit as holistically interconnected so to move the body and nourish the soul is like taking a super-vitamin, providing nutrients for the whole system. I am curious about combining both practices to simultaneously experience the healing benefits of both practices.

*Sometimes we think professionals, musicians or others, live in a rarefied world. We forget the many ways in which we are all alike--dreams, hopes, victories, stolen bicycles. Have you replaced yours yet?*

I haven't gotten a new bike sadly. With plans to take on new adventures overseas, it doesn't seem like the right time to buy a replacement. I see musicians as celebrators of the feelings of being alive. We all experience emotion - musicians just communicate feelings through sound.

**The Temple at the Ashram provides a dynamic acoustical--not to mention spiritual--space for a concert. Once again, you'll find me in my seat early, but don't worry, there are no pillars to block your view and the music sounds pure and clear everywhere. For an added treat, take time to look up Bruce Adolphe's music on YouTube, especially the piece entitled "Einstein's Light" for solo violin, which Natasha will be playing at the concert on the Sunday before Christmas.**

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## Tom's Corner

by Tom Lymbery

### Nelson Daily News, 1902-2010

At Touchstones Nelson recently, Greg Nesteroff hosted the opening of his feature exhibit, "Kootenay News", the story of Nelson's long newspaper history. Most prominent of these was the *Nelson Daily News*, which was published from 1902 to July 16, 2010. At the opening, Greg interviewed Greg Scott, Rita Moir, Kathleen Rodgers, Bob Hall, all former employees of the paper, along with Nelson Becker, publisher of the *Western Express*. Many interesting stories from the past emerged from the panel discussion.

Greg Scott looks for stories from the original issues of the paper from 50 and 100 years ago, and reprints these twice monthly in the *Nelson Star*. With careful perusal he finds many interesting articles from long ago.

I started reading the *Daily News* as soon as I learned to read at the age of six, beginning at the back as the funnies were there. When the *News* was a morning paper it was printed in time to catch the CPR eastbound passenger train to get copies to Creston, Cranbrook and southern Alberta. Circulation manager Jim Smith told me that at one time they printed nearly 12,000 copies and could get the *News* to Penticton before the *Vancouver Province*.

Perhaps the most amazing happening concerned the extra-large flashing neon *Daily News* sign on the rooftop. On October 30, 1935, it helped to save a Northwest Airlines plane which had strayed off-course from its route from Helena, Montana to Spokane, Washington. Somehow the plane was able to land almost undamaged in upper Nelson with no injuries to its five passengers or the pilots. The passengers went to Spokane on the train and the plane was able to be flown out once it was moved from its landing site, now Selkirk College in Rosemont.

All this changed when some birdbrained dingbat decided to make the *Nelson Daily News* an afternoon paper – which we nicknamed the "Nelson Day Old News". This move immediately lost about 1500 subscribers. We still got the paper in the morning mail but it was hardly worth putting on our counter. We were shortly to open our new 3-storey store, and placed advertising about our opening in the *Creston Valley Advance* instead of the Nelson paper.

The display mentions Leslie (Holmes) Drew, formerly of Crawford Bay and Gray Creek, who joined the *News* as a reporter. Soon after she told me this, they got a week's comics all at once, so were ahead of the rest of us. "L'il Abner" was a very popular daily comic and that is where the nickname for Crawford Bay originated. Before the new road to Kootenay Bay was built in 1946 / 47, Crawford Bay was a real backwater. The only access was an eight-foot -wide trail, later followed by the power line. When Tony Kunst used to pick up the mailbags from the Greyhound at Gray Creek three days a week, you could get a ride with Tony to the Bay for 25 cents rather than walk. The Crawford Bay store sold T shirts with "Dogpatch BC" on them. Anyone save this relic?

Touchstones Museum has digitized earlier copies

of the *Nelson Daily News* from its start in 1902 up to 1920 on the website <https://open.library.ubc.ca/collections/bcnewspapers/nelsondaily>, and is looking for funding to do more. The paper provides extensive coverage of the Kootenay region, including Gray Creek. I hope this project will eventually give us access to the annual "Pictorial – Industrial Edition" in the *Daily News* – a special feature usually published in late January. I'm also looking for a half-page ad which claimed Nelson's Peebles Motors to be the largest bus manufacturer between Winnipeg and Vancouver. The 1955 edition had a full page article by my mother Kathleen Lymbery on the amazing life of Brig.-Gen. Frederick Burnham, a doctor from Winnipeg, at his Halcyon Hot Springs hotel and spa north of Nakusp. My mother's article included her sketches of some of his antiques on display at the Halcyon. Her article was published only about a month before General Burnham perished in a fire which destroyed his entire resort.

An interesting daily column in the *News*, called "Questions and Answers", was edited for years by Pauline Niven. Her answer to the most frequently recurring question "How to tan a hide" was a recipe which used the brains of the animal. Somehow I never asked Pauline if she sometimes had to make up a question when there was a space to fill. Her husband Frederick Niven was a well-known Nelson author who published many novels, the best known being *The Flying Years* (1935).

For many years newspapers didn't want any vacant spaces at the bottom of columns so they used fillers – oddments which were perhaps of interest. That's where the idea for my "Tom Sez" column in the *Mainstreet* comes from.

The biggest scoop of all was made by *News* reporter Bert Currie on Oct. 29, 1924. A CPR callboy tipped Bert that a Kettle Valley passenger train car had been blown up between Castlegar and Christina Lake on its way to Grand Forks. This became the front page the next morning, and Bert filed the first dispatch to the Canadian Press – a scoop of a lifetime. This remains the Kootenay's greatest unsolved mystery to this day. Nine died as a result of the explosion, including Peter (the Lordly) Verigin and John McKie, MLA for Grand Forks. So – who did the deed? Doukhobors were pacifists. The Sons of Freedom tried to avoid any bloodshed in their bombing attacks. (For a complete coverage of the explosion and later investigations, see <https://www.canadianmysteries.ca/sites/verigin/home/indexen.html>).

The "Kootenay News" display of articles, photographs and memorabilia continues at Touchstones Nelson Museum until Feb. 17, 2020. It is well worth the time to visit the display – the *Nelson Daily News* for many years was rated the most important newspaper outside of Vancouver and Victoria.

A side display of other Kootenay newspapers features a copy of Ingrid's *East Shore Mainstreet*. Greg mentions that there are only two papers not gobbled up by Black Press – the *Valley Voice* and the *Mainstreet*. Please keep punching it out, Ingrid.



Some other Kootenay newspapers, including the *Mainstreet*, are on display in the "Kootenay News" exhibit at the Touchstones Nelson museum.

Photo: Tom Lymbery

## Tom Sez

We hope to have a box of holly at the store so that you may take a piece or two home to enjoy those bright berries. It is fortunate that holly grows here. It is less successful in Creston or the Okanagan where colder winters will freeze the trees.

Choose a snow float so that you don't have to shovel snow. Our store staff will demonstrate how it works without the lifting that can be hard on your heart.

Santa Claus has his own Canadian postal code H0H 0H0 and all letters are answered in the same language that they are written in by volunteer retired postal workers.

Many more wild turkeys have been seen on both sides of our lake this year – is this growth related to the best ever year for huckleberries?

*Mainstreet* and the *Valley Voice* were listed in Greg Nesteroff's articles on the *Nelson Daily News* – as the only surviving papers that haven't been gobbled up by Black Press.

During the worst of the ferry cancellations, truckloads of Creston hay had to be diverted over the Kootenay Pass. Hay and logs are some of the traffic that hates to have to get stuck with the enormous expense of tackling the scabway summit.

When we are cremated, what happens to the gold in our teeth? Does the crematorium sift the ashes to recover this?

Lionel Binette lived in Kootenay Bay for many years and passed away last year at the age of 99. However his memory lives on each year at the Nelson Cenotaph on Armistice Day when a recording of Lionel reading "In Flanders Fields" is a feature.

Did you know that "ginger beef" actually comes from Calgary even though created by a Chinese restaurateur? This comes from "Chop Suey Nation" by Ann Hui who documents the fact that what we enjoy eating is not true Chinese food, but that has been designed in Canada to please Canadian palates.

Don't miss this year's Canadian Pacific Holiday train which will stop in Creston and in Nelson for at least 30 minutes on Monday December 14. This is raising funds for community food banks. This is a great chance to see and hear Canadian singer Teri Clark who is the lead performer of the troupe that puts on a great show from a stage on the train.

A Toronto operation is working on a 90 minute film "Trophy Town" about the Trail Smokeaters winning the world cup in 1939 and defeating the Russians in 1961. Don Fletcher of Gray Creek was a defenseman on the 1961 team.

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## Smarter Than Jack or Jill

by Sharman Horwood

*Animals are smart, amazing creatures. If you have an animal story you'd like to share, please contact me at [shhorwood@gmail.com](mailto:shhorwood@gmail.com).*

### Mrs. Ingles (rhymes with Jingles)

Animals want to escape their cages, especially the smart ones. And who can blame them? I wouldn't want to be penned in with a group of strangers. I wouldn't like to be caged up at all, even on my own.

At six years old, Quilty, the cat, was turned into the Friends for Life Animal Shelter in Houston, Texas. He did not go quietly. "Quilty can be a little difficult," their spokesperson Jennifer Hopkins says. Workers at the shelter would come into work in the morning to find fifteen of their cats out of their rooms and, apparently, they had had a very good time. The shelter watched security footage to learn exactly who was responsible for the mass breakout. It was Quilty. He was opening their doors at night. He'd open all of them, not just his own, to help the others escape as well. The "little insurgent" (CNN) won thousands of fans on Facebook and Twitter as a result of the footage (#FreeQuilty and #QuiltyNotGuilty). In spite of his skill at opening doors, and the ongoing mayhem he liked to cause, as a result of the publicity, Quilty has found an adoptive family. Hopefully, he won't feel the need to open their doors at night, too. (You can see Quilty on my Facebook page.)

Cats and octopuses aren't the only escape artists. Pigs like to escape as well. Surprisingly, there are many people who like to keep pigs as pets, like pot-

bellied pigs, no matter how large they will get. The owners all claim that their pigs are very smart animals and that they develop strong emotional ties with them. One woman on Dr. K's Exotic Animal ER maintained that Bakin (short for baking, or because it sounds like bacon) liked to sit on the couch with her and watch television. She liked Nature programs the best.

In tests pigs have shown that their cognitive processes can be better than three-year olds. Pigs as young as six weeks old can solve the mirror puzzle. If a mirror is placed before them, they are curious. They rush up to it, nose it, and realize that the image is their own. After that, mirrors don't faze them. Later a plate of food is placed in front of a mirror but with a wall between the food and the spot where the young pig is released. Of course, he—or she—wants the food (pigs apparently don't have an "off" switch when it comes to food). The pig can only see the reflection of the food, and naturally heads right for it, only to come up against the mirror. Of all the pigs tested by Dr. Broom, only one didn't quickly realize the food was just a reflection. In fact, all except that one solved the puzzle. In a few hours they learn they have to go around the wall to get the food. Given the same test, children under the age of three take longer. (According to BBC Earth, as long as a couple of months.) Suzanne Held of the University of Bristol, says pigs "can learn something on the first try, but then it's difficult for them to unlearn it."

Pigs are surprisingly social, as well as intelligent. Genetically, they are more closely related to whales and hippopotamuses than they are to humans. They are happiest when penned with other pigs. In the wild, they live in long-term social groups. Many form strong bonds with others. Kim and Gill visited a farm in New Zealand where they came across a pig named Carlotta. Carlotta had a problem: she didn't like to be alone. The farmers had built a pen close to their kitchen door so that Carlotta would be greeted and wouldn't be lonely.

She preferred human company to none at all.

Pigs rarely show aggression towards each other, unless a sow thinks her young are in danger. According to one scientist, Dr. Byrne, pig intelligence, however, is a response "to the same evolutionary pressures that prompted cleverness in primates: social life and food" (*The New York Times*, Nov. 9, 2009).

A friend in New Zealand has a small farm where she raises coloured sheep, along with an occasional pig or steer. She knows that most animals will escape when they can, and pigs are notorious for getting out of their pens. One of her more favourite pigs, Mrs. Ingles, a long white and Duroc cross, liked to swim in a small pond at the far end of the paddock, paddling along with her owner. Unfortunately, she also liked to get out of her sty when she could.

Christmas morning Lyn woke up and went out to feed the chickens and geese as usual. However, when she went to feed Mrs. Ingles, the pen was empty. Out of the corner of her eye, she was just in time to see a small spotted pig vanishing across the paddock next door. Lyn rushed to the shed—pigs can travel very quickly—and got out the ATV. She drove around to the neighbour's yard, and there was Mrs. Ingles, happily starting to root around in the neighbour's prize flowerbed. (Christmas is in summer in New Zealand.) With a great deal of urgent determination, Lyn lifted her staff and tapped Mrs. Ingles on the side, not too hard, but with enough of a sting to get the pig's attention. Mrs. Ingles unwillingly listened, and with Lyn on the four-wheel ATV behind her, trudged back to her pen.

Intelligent creatures like their freedom, and it turns out all Mrs. Ingles wanted for Christmas that year was to nibble on the neighbour's plants for her personal merry treat.



### pebbles by Wendy Scott

#### ANTICIPATION

There will be shadows on snow, lazy smoke drifting down rooftops, sunshine and very cold weather. Crowds of cedar

waxwings attach like leaves to bare trees. Shovels are pulled, reluctantly, from wherever we stashed them last year. Toques, mitts, warm boots and the clickers that are so difficult to pull on but must be worn on those boots for fear of whatever's hidden under the fluffy white mantle.

It is a time of anticipation: the warmth of Christmas, the depth of winter, spring's first day; all these will hover until we acknowledge – as if for the first time – their sudden arrival.

About fifteen years ago, I set off with my husband, Bruce, to meet Christmas on Vancouver Island; while the north wind still ruffled Kootenay Lake, our trip remained dreary and cold until we climbed high enough to find forested hillsides of clinging snow and marvelled at the wonders of winter and its diversity. We were quite aware of Edmonton's minus 40 degrees, but any smug thoughts we may have vanished as quickly as the road in front of us. The low clouds have fallen even further and we are lost in a thick haze of white mist.

Progress slows to a crawl and I recall winters of my Vancouver childhood when families burned coal in fireplace and furnace and the winter's fog was dense enough to turn short drives into expeditions down vanishing streets into strange neighbourhoods of ghostly images.

But this mountain highway leads out of the clouds and down into the snow-covered desert of Osoyoos. It is strange to see sagebrush in the snow and stranger still to meet tourists who have not come for summer-

time beaches and sunshine; these travellers seek a spot just a few significant degrees warmer than their hometowns – somewhere to the east of here. They come in winter to this resort town where they find a different kind of warmth. There's laughter because of the snow, and steamy windows in pubs and restaurants where music bursts from doors open to a snowy night.

We leave when morning light defines the mountains encircling this desert town. It is a time when fields and beaches seem to stretch much further under their flat whiteness before reaching the winter-grey of Osoyoos Lake. Bare trees rim the edge of a field – poplars, young willows and one tall apple tree that is decorated for the season with remainders from autumn's harvest. Ravens gather along the highway looking far too big and heavy for barren branches. Magpies rush into the air – a blur of black and white, and a solitary hawk controls a field from his single fencepost.

My youngest granddaughter in Victoria has a long-standing wish for a snowy day like this, but boots and mitts are my first discards when we walk through her front door. There's rain here, but it's much too warm for snow. The next day, a tree is dragged through the door and school events fill the evening with voices and laughter.

Ten years ago, I was shocked, puzzled, and eventually, delighted to discover a gift that arrived without any anticipation on my part. It is a gift that I shall cherish: I found my sister or I should say, she found me. We have been sisters for many years – decades, in fact; each was an only child but now both our lives hold many more dimensions. Sisters can become aunts, and cousins abound in extended families, but none of these are as remarkable as the unfamiliar emotion that springs up now when I least expect it. I can no longer speak with dear friends who have siblings, or watch my own children and grandchildren without experiencing a tenuous thread of understanding – even though, at that time, I had yet to meet this newly found relative of mine.

There is a time in a young child's life when years stretch quickly. I have watched these periods of devel-

opment with our own children and now with our grandchildren. There is a fascination for me that can be understood, I think, by another only child. And my entire life – until this season of winter and snow – was spent without the joys, the sorrows and the surprises that come with the closeness of a sibling.

Christmas and the years ahead will bring me those moments that, until that snowy winter, I had only wondered about. I feel I'm able to give this gift of a special relationship to my family and my family in return, will extend their thoughts, their curiosity and their love towards my sister. And we will no longer be the only ones in our individual lives.

Looking back over our decade as members of a now complete family, my hopes, wishes and prayers in this special season are for those who may be alone. I wish for you a small, unexpected gift that will spread the warmth of joy beyond the melting snow and spring's first flowers. May each of you reach out to find a hand that comes to rest in yours. May your world be less lonely and may happiness and peace flow beyond and into the years ahead



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## For the Love of Genre

by Sharman Horwood

### Opposite Extremes

December is a good month to have both a chuckle, and an experience that takes you out of your comfort zone—in a good way. In *Bimbos of the Death Sun*, by Sharyn McCrumb, and *Cosmonaut Keep*, by Ken MacLeod, you'll find both an enjoyable read, and an interesting perspective on the future.

First of all, *Bimbos of the Death Sun* won the Edgar Award for best original paperback novel. As the title suggests, it isn't a serious novel, and it is a murder mystery. Full of fun and inside jokes, it takes place at an imagined science fiction and fantasy conference, Rubicon. The main character is Dr. James Owens Mega, an engineering professor. His pseudonym for his first sf novel is Jay Omega, and that is one of the novel's jokes. A "Jay Omega is an electrical engineering term for frequency times the square root of negative one." His experience with publishing certainly suggests that this will be his one—and only—attempt at "hard" science fiction. (Hard sf, like Isaac Asimov's, is about scientific principles.) Jay began his book as a "fictionalized exercise in pure reason" regarding the effects of sun spot activity on certain elements of computers. Instead, his publishers quite understandably landed the novel with the title of *Bimbos of the Death Sun* in order to make it more appealing to readers. They may have been spot on in that respect.

Rubicon is Omega's first experience at an sf/f fan conference, as well. His friend, Marion, is there to help him through the confusing culture of the conference. She is a literature professor who teaches science fiction and folklore at his university. She has been to one

of these cons before, and she knows the habits of the authors, the fans—often called "fens" in the novel—along with gamers, such as Dungeons and Dragons enthusiasts. McCrumb pokes fun at them all. One of the characters—a Canadian fan helping to organize the con—wears a button on his jacket that states: "Reality is a crutch for those who can't handle science fiction." McCrumb takes delight in the costume contest and if you're a fan of *The Big Bang Theory* on television, you will have seen the characters' fixation with their costumes at ComicCon, similar to costuming at sf/f cons. McCrumb also manages to parody some of the less sensible publishing practices her characters experience.

Midway through the con, one of the guests is murdered. It takes the novice Omega to see through the illusions to solve the murder mystery. He winds up the murder investigation at an extended D&D game.

This is an easy read, and good for the darker winter days when a little laughter might come in handy. The technology reflects the time that the novel was written, with IBM PCs along with incompatible Macintosh computers, but that is a minor eddy in the story's flow. The characterizations really pull it through, even when they're just humorous caricatures.

*Cosmonaut Keep*, on the other hand, is a serious novel. It was nominated for the Arthur C. Clarke Award in 2001, and a Hugo Award in 2002. Though it failed to win either, it is a well-written science fiction novel that projects Ken MacLeod's views on the cultural, political future of Europe and Great Britain. These areas have evolved into one communist/social democracy. America, on the other hand, remains a stalwart individualistic society where outlaw programmers find some safety, a comment on the two different cultures.

The novel is told in two storylines, one of the far future, and one of a nearer future in the 21st century

where computers are a combination of "wet tech," using some biological components, along with hardware and program software. MacLeod works as a systems analyst.

In the 21st century, Matt Cairns is a computer programmer, an outlaw hacker. He takes on jobs that no one else wants to handle. He is hired to hack into the secret European Space Station's Marshall Titov. What he learns in the process propels him on an unexpected journey.

In the distant future, on other planets, dinosaurs are herded by nul gravity skiffs, and the saur citizens butcher them for meat. Humans inhabit these worlds as well, and Gregor Cairns—seemingly Matt Cairns' descendant—starts his own journey of discovery: the search for the secret of interstellar travel. A large space ship has come near these planets, and is giving them directions on how to build it, reminiscent of Carl Sagan's *Contact*.

The novel is well written, and interesting. The science in it—because it is seemingly hard sf—is believable, and the events, and the evolution of the story are intriguing. Partially cyberpunk, and partly space opera, Ken MacLeod has put together the start of a fascinating series, titled *The Engines of Light*.

Have a good holiday season, and hopefully a merry reading one as well.

**Deadline: Dec 25/19**

**yup, you read it right...**

**www.eshore.ca**

## Celebration of Words

by Shirleen Smith

This year's Celebration of Words, a jewel in the crown of the Riondel Library, was held on Saturday November 23, 2019. Although the day dawned gloomy and threatened to shower, an enthusiastic crowd congregated at Dutch Harbour, 3 km north of Riondel, to hear four Kootenay authors read from their recent works. When the applause and laughter died down, the event was proclaimed a smashing success.

This year's Celebration of Words was kicked off by Ellen Burt reading from her lyrical memoir of life at Johnson's Landing in the 1950s-60s, *What Forever Feels Like*. In the book's epigraph, Fred Wah, former Canadian Parliamentary Poet Laureate and resident of Deanshaven on Kootenay Lake, described Ellen's book: "Hers is a captivating account of the idealistic but earthbound aspirations of a smallholder; the farming, the firewood, the frozen pipes, and, above all, the community. Despite the rough patches, this is a sweet story."

Nora Hurlburt followed Ellen's poetic account and presented her book, *Murphy's Law*, the charmingly true-ish adventures of a Dublin cat, written entirely in limericks. Nora added a performance aspect to the event by reciting the entire work from memory, a feat which tickled and captivated the audience.

The third author was Keith Powell reading from his historical novel, *In the Shadow of Elephants: The Life and Times of Jimmie Peever*, one armed goalie and baseball player and a herd of unruly elephants (Wild Horse Creek Press). Keith combined the tale of the sensational 1926 escape of a herd of elephants from a circus at Cranbrook with that of elite athlete Jimmie Peever of Kimberley, who was instrumental in win-

ning the provincial hockey championship despite having only one arm.

Finally, Brian D'Eon closed out the presentations by reading - and performing - from his somewhat magical-realist historical novel *Big Ledge: the Triumphs and Tribulations of Robert E. Sproule*. As Brian commented in his introduction, he felt this particular reading was more of a séance because the events at the centre of his story occurred right in Riondel. Brian's engagingly enacted tale followed the discovery of silver in what was to become the town of Riondel, and the subsequent claim-jumping, betrayal, murder, pursuit and execution of the principal characters.

The Riondel Library would like to thank everyone who participated for their role in making Celebration of Words 2019 a success. Thanks especially to Wendy Scott for organizing the event and the creators of the tasty lunch and door prizes. And once again, we're grateful for the generous hospitality of the Dutch Harbour Christian Camp.

## Book Review Bad Medicine

**BAD MEDICINE – A Judges Struggle For Justice In A First Nations Community** by John Reilly, Rocky Mountain Books, 270 pages, \$25

The author was a judge for many years in Cochrane, Alberta with most of the people he had to sentence being members of the Stoney Reserve. After some years he hoped to find programs to be able to prevent so many suicides on the Reserve and started asking why little or nothing was being done.

He discovered that most of the problems were that young people had no hope of seeing a future in the existing conditions. And that those conditions were made by a respected and well known Indian Chief,

Dr. John Snow who sent his own children to a better school, and also retarded any improvements in the native school.

Chiefs have enormous power and control the money that is intended to improve life on the reserve, but instead it is used for the benefit of the Chief's family and relatives. Even worse than that – Snow was able to suppress the bulk of his people into ignorance and poverty, the better to hold complete control over their lives. If someone needed help for medical problems they would be told that there was no available money.

In an attempt to uncover the dark challenges and difficult history that many First Nations communities face. Judge Reilly was labelled a racist and some thought he should be removed from his post as a judge.

Unfortunately these problems happen in all too many reserves – once elected the new Chief fires all the previous employees and replaces them with relatives, utilizing all the Federal money for his own purposes. Apparently nothing can be done as Native people have autonomous government – close to dictatorship.

## Barefoot Handweaving



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the colours rich and  
the elves friendly ...

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Op-Ed

## Itinerant Corporate Vandals Revisit East Shore

by Anthony Arnold

In a well-documented article published by the BC Office of the Canadian Centre for Policy Alternatives (Jan 2018), former minister in the Barret and Clark governments Bob Williams outlines the decline, yes the decline, of the BC forestry industry over the last several decades. By any measure—cut volume, stumpage revenue, area re-forested, employment and more—BC comes out at the bottom when compared to other jurisdictions. Sweden, for example, has roughly the same amount of forest land, at even higher latitude, but manages a top grade in every category. And this is happening in a country where almost all of the forest land, most of it in smaller parcels, is in private hands. By contrast, only 3% of BC's forests are privately owned.

To ask how they do it is to suggest some secret magic forest alchemy going on there, but here's the truth: they practice good forest management in an economic model that recognizes the essential nature of social and environmental benefits. The hallmark of this system is the emphasis on producing high-value logs. This involves thinning, pruning, spacing, minimal ground disturbance, and multiple entries into well-planned stands, where rotations (the turnover time for tree crops) are multi-level and often take up to a century. After years of this type of forestry, Sweden is growing more wood volume than it did three decades ago.

So let's take a look at the current logging on the Riondel Road, where two prominent clear-cuts toward the south end mark an eerie portent of things to come. These parcels were both heavily logged between 35 and 40 years ago, and the resulting silvacultural slums remained an eyesore for years. Their appearance, however, was not the real problem. The residual stands of stunted and crowded shade-loving species struggled to thrive. Land that could have remained a working forest, providing jobs and timber, increasing in value, became a fire-prone thicket with few dominant trees. Only lately did it even begin to sort itself out. That's when the vandals showed up.

The only way to break even or make money on such a poor stand is to merchandise every stick of wood, and the pulp mill will take those sticks, literally, down to a 1 1/2" top. Most of that volume will end up as 1) cardboard boxes, many which package consumer goods of doubtful value, 2) useless advertising flyers, or 3) something you drop into the toilet. Oh, there will be a few actual sawlogs, especially cedar, maybe a peeler log or two, possibly some power poles. But with pulp wood going for around \$50 per cubic metre, you gotta wonder how it can pay. After all, trucking is around \$20 per metre and the logging cost gets close to \$30, and then there is the cost of the land. You can be sure there won't be any money for clean-up, slash disposal, let alone planting. Could it be that the real payoff lies upslope in the extensive and relatively untouched stands of near virgin timber? Now that ready access is available, has the new owner made a deal with Canfor?

Here's an alternative scenario: Step one would be to inventory the land. That doesn't mean counting trees, although that is part of it. In addition you identify important natural features, soil types, water courses, wildlife use, and topography. You establish logical permanent access—a key feature of the Swedish model—to minimize the loss of productive land. Based on this information you determine reasonable

objectives for stand type, species, and stocking levels. You look ahead, years ahead. Then you begin a program of multiple entries into the stand, first to remove unwanted growth, even if it is of low value, because at the same time you are adding value to what remains by creating conditions for it to thrive. Instead of liquidating the forest you tend it carefully. A major objective is to encourage rapid growth because fast-growing trees sequester the most carbon. In a complete accounting of benefits, carbon sequestration represents high value, especially in this day and age. As time passes subsequent entries produce higher and higher wood values. At the same time all the other services provided by the forest continue.

On the other hand, a cynical absentee landowner with little concern for the future, might just decide to cut and run. We can only speculate....and reflect on the fact that until we take public and private forest land management seriously, corporations and individuals will continue to hide behind the sacred veil of private property 'rights' to buy, lay waste to and abandon our common heritage

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## Over Half Million Invested in Sports, Arts, Culture in Nelson/Creston

submitted by the office of Michelle Mungall, MLA

**L**ocal MLA Michelle Mungall welcomes nearly \$540,000 in funding for sport, arts, and culture in Nelson-Creston

NELSON – New Democrat MLA Michelle Mungall is welcoming \$539,850 to benefit 37 sport, arts, and culture organizations in Nelson-Creston.

"I'm happy that this funding will be supporting the work of so many local organizations," said MLA Mungall. "Sports, music, the arts, and local history are some of the things that make our Kootenay communities such great places to live."

The funding is being provided through the Community Gaming Grants program, and is benefiting 15 arts and culture organizations and 22 community sports organizations in Nelson, Creston, Kaslo, Salmo, and Crawford Bay. View a full list of provincial arts and culture recipients at <https://news.gov.bc.ca/files/arts-culture-sector-funding-spreadsheet-2019-backgrounder.pdf>.

In 2019-20, the Community Gaming Grants program is distributing approximately \$18.3 million to 700 not-for-profit organizations across the province to support visual and performing arts, literature, festivals, and Indigenous and cultural programs for people of all ages.

The grants program is also distributing approximately \$27 million to more than 800 community-based sports organizations for programs such as soccer, swimming, hockey, biking, martial arts, skiing and Special Olympics.

Learn More: <https://news.gov.bc.ca/20956>

## Choirs Draw Community Support for Ashram Visit

Submitted by Kalibri Wetsch for Yasodhara Ashram

In early November the Ashram offered space for three amazing youth choirs to come together—Corazon, Kokopelli and Carson Graham choirs. They travelled from Nelson, Edmonton and Vancouver to prepare for a concert they were giving in Nelson. Together they formed a group of over 130 people!

To host such a large group we had to draw upon the experiences of the past four years we have been collaborating with director Allison Girvan and the remarkable Corazon choir. These have included yearly visits by the choir and last spring, the creation of a choral concert that moved through the Ashram grounds (Ripple Effect).



The local East Shore community extended themselves in many ways to help host these vibrant youth. Tara Shanti provided accommodation. Dutch Harbour offered additional mattresses. Community members volunteered to shuttle the choir participants to and from the ferry. The Crawford Bay School grad committee offered extra dishes. The weather cooperated and Kootenay Lake ferry ran at times needed, even amidst contract negotiations. Clearly there was something bigger bringing this all together.

At the end of the weekend, as the choir was headed to Nelson for their final concert, the community was serenaded with a spontaneous performance at the Kootenay Bay Ferry Terminal. There is a video of the choirs singing, taken by Megan Rokeby-Thomas of Ladybug Coffee, which is posted on Our Ferry Matters and Ashram Facebook pages that almost went viral!

It became apparent that all of us—the Ashram, local community and choirs—were engaged in that perfect balance of giving and receiving. Thanks to everyone for your support!

**Deadline: Dec 25/19**

*yup, you read it right...*

[www.eshore.ca](http://www.eshore.ca)





**Holistic Health Tips**  
by Kim Young  
**Roasted Green Bean Salad**

Here is a delicious, festive, and healthy salad for your holiday table:

**ROASTED GREEN BEAN SALAD:**

**Ingredients:**

- 2 cups green beans
- 1 cup fresh mozzarella cheese, cut into pieces
- 1 cup cherry tomatoes, halves
- 1 tablespoon extra virgin olive oil
- Salt and pepper to taste

**Dressing:**

- 2 tablespoon balsamic vinegar
- 2 tablespoon extra virgin olive oil
- 1 tablespoon pure maple syrup
- 1 teaspoon dijon mustard
- Salt and pepper to taste
- Combine all ingredients, whisk until mix together

**Instructions:**

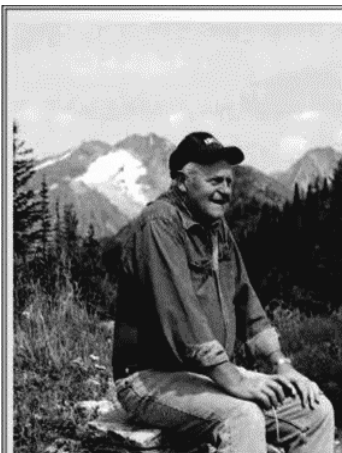
1. Heat the oven to 400 degrees, line a baking sheet pan with parchment paper
2. Trim the ends of green beans, place them onto the baking sheet pan
3. Drizzle with olive oil, season with salt/pepper
4. Bake for 10-15 minutes or until beans are soft
5. On a platter place the roasted beans, cherry tomatoes and mozzarella cheese, pour the dressing, toss to mix well.

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

**Notice of Passing**

Dennis Jensen

Intro by Tom Lymbery: Dennis Jensen was stationed in Kaslo as a Forest Ranger and was an enormous help to Kokanee Karnival of sports int the years when this event brought 3000 people to the East Shore. He set up and supervised the Tree Planting events which included many female contestants. He also came up with the team fire pump event which made the most exciting finale to the weekend.



It is with great sadness that the family of Dennis Jensen announces his passing on October 16, 2019 at the age of 79. He passed away suddenly in the early morning hours in the Trail hospital surrounded by family.

Dennis will forever be remembered by his partner Bonnie and his daughters Debbie, Traci, and Susan (Adam); his three grandchildren Cory, Shawn and Angela; his siblings Leslie, Stan (Colleen), Laura (Peter); and his nieces and nephews. He was predeceased by his wife Verna-Mae (2009). He will be dearly missed by his family and friends.

A celebration of his life will be held at the Kaslo Arena viewing area on Saturday, November 9 at 2 pm followed by a reception in the curling lounge.

The family asks that, in lieu of flowers, a donation be made to either the Kaslo Logger Sports or the Kaslo Curling Club.

**Notice of Passing**

Linda Barkley

Intro by Tom Lymbery: Linda lived in Gray Creek and went to school here as well.



With great sadness we announce the passing of Linda Gail Barkley on November 7, 2019 in Hannah Alberta. Linda was born in Yellowknife N.W.T. and grew up in Gray Creek, Rossland and Summerland B.C. She married Cliff on May 8, 1971 and together they had three wonderful children, Christine, Tia and Brian.

Linda enjoyed many years cheering for Rockies Hockey, watching her children grow with Girl Guides and Boy Scouts. She also loved spending time with the Columbia Valley Classics Car Club, MADD and the Richdale Community Club. Linda also spent her career caring for others as a nurse. Linda is survived by her loving husband Cliff, daughters Tia (Randy), Christine, granddaughter Victoria (Kale), sisters Elaine Pigeau, and Anna-Marie (Steve) Woodbridge, many nieces and nephews, cousins.

There were many kids that referred to Linda as Granny, Jersey, Josie, Maycee, Dexter and Clay. She was predeceased by her parents Bill and Amy LaPlante, son Brian and brother-in-law Len Pigeau.

Services were held Saturday November 16, 2019 at the Catholic Church in Invermere, followed by a graveside Interment, then a tea at the Wilmer Hall.

Donations can be made in Linda's honour to the Canadian Cancer Society [www.cancer.ca/en/donate/](http://www.cancer.ca/en/donate/)

**East Shore Hospice In The Moment**

by Barbara Kuhn

December. Cold winds and some sort of precipitation usually drive us indoors. The days are getting shorter until we are blanketed with darkness earlier than any other time of the year.

The old story of an unusually bright star encapsulates our need to believe that the light we are missing will return once again. For now, we have fireplaces, candles and sparkling tree lights to help us make our way through the dark.

Memories come back to us, some good, some sad. This is a particularly difficult time of year for those who are grieving a loved one who has passed away. The length of time since their death is irrelevant; to the grieving person it may be happening now, all over again. Or, at least, that's how it feels.

We at Hospice are aware that you or someone you know may be feeling alone in their grief. We are volunteers who spend time with those who are dying and the people who care for them, in all stages of their grieving. Our services are free and confidential.

Please visit the Tree of Remembrance at The Bevy of Angels and later in the lobby of the Nelson and District Credit Union. We at Eastshore Hospice wish all of you a Merry Christmas and Happy New Year.

If you or someone you know is in need of Hospice Care or you would like more information, please contact Susan Dill East Shore Hospice Coordinator at the East Shore Community Health Center Hospice Office at 250 227-9006. In addition there is a free Library with hospice related books and some DVD's on care, grief and mourning. The Library is best accessed at the Hospice Office on Tuesdays between 10am-2pm.

Watch for more articles and information on Hospice care that will be posted regularly in *The East Shore Mainstreet* by Maggie Kavanagh and/or Barb Kuhn or any one of our other volunteers.

**Notice of Passing**

Ralph Casemore



Intro by Tom Lymbery: Ralph spent his early years in Gray Creek and in school here when his parents were part of Gray Creek Forest Products Ltd.

Ralph Casemore passed away on November 4, 2019 at 59 years of age, resident of Creston, B.C.

Memorial Service was Tuesday, November 19, 2019 at 2pm Creston

& District Community Complex.

Friends and family wishing to make a memorial contribution may do so in Memory of Ralph Casemore to the Scholarship Fund % Tilted Brick Gallery, 3426 Goat Mountain FSR, Creston, B.C. V0B 1G8.

**Memorial Wall**

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

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

Note from Tom Lymbery: Does anyone have information on obituary notices for Buzz Mawdsley or Larry Derbyshire?

December 2019 *Mainstreet* 17



**Annual General Meeting**

**Community Connections**  
(AKA South Kootenay Lake Community Services Society)

Thursday, December 5 at 6pm  
Community Corner,  
CB Park, Crawford Bay



**SERVICES DIRECTORY/CLASSIFIEDS**

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

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

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

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

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Community Futures Central Kootenay  
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**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

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**&**

**Mon-Thurs, 6-8pm**

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Questions? Call, text or email Julia Kinder at eastshorefacilities@gmail.com or 250.777.2497

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

**\* BULLETIN BOARD \* BULLETIN BOARD \***

## CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

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

## PHYSICIAN COVERAGE FOR DEC 2019

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

## PLEASE CHECK BACK PAGE CALENDAR FOR DOCTOR DAYS

Call to make appointments at 227-9006 on doctor days and Thursday morning. Tues, Weds & Thurs (8:30 to 12:30)

Not a walk-in clinic - appointments to see doctors are required.

## CHANGES TO LAB SERVICE AT EAST SHORE CLINIC OVER XMAS HOLIDAYS

**DEC 23 MONDAY - 7:30 - 10:30**

**DEC 30 MONDAY - 7:30- 10:30**

**BACK TO NORMAL Laboratory Days in New Year (WEDS)**

LAB HOURS AT THE CLINIC ARE EVERY WEDNESDAY FROM 7:30-10:30am.

No appointments for lab visits, they are on a numbered, first come, first served system.

## HEALTH PHONE NUMBERS

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

## Boswell Hall Happenings

- **Book Club:** Second Thursday of the month, 2pm
- **Carpet Bowling:** Every Tuesday at 7pm.
- **Nifty Needlers:** Third Tuesday of the month, 1:30pm
- **Farmers Institute:** Meetings held on needs basis. Contact is Bob Arms: armsrl44@gmail.com
- **Tone and Trim Fitness:** Every Mon/Thurs from 9-10am. Contact is Darlene Knudson: dar-lean@telus.net
- **First Responders:** First Mon of month at 10am. Contact is Rod Stewart: rod.jean@telus.net
- **East Shore Health Society:** Meetings held on needs basis. Contact is Margaret Crossley: margaret.crossley@usask.ca
- **Focus on Health Meetings:** Last Monday of the month, 10:30. Contact is Margaret Crossley: margaret.crossley@usask.ca
- **Yoga:** Every Weds from 1:30-3pm - Contact is Marilyn Arms: armsmh46@gmail.com
- **Vinters:** 3rd Sunday of each month, 2pm

## SENIORS GROUP

55+ CLUB Meets Mondays, except holidays, 2-4 PM at the Community Corner building in Crawford Bay Park. All Seniors welcome!  
 Schedule for December:  
 Dec 2: Potluck (Time Change): 12:30-2:30pm  
 Dec 9 - Mexican Train (dominoes)  
 Dec 16 - Cookie Exchange - bring 2-3 dozen of your favorite holiday cookie recipe, and take home an assortment.  
 No more meetings until January.  
 Have a wonderful holiday season!

## THANKS FOR DONATION

A warm "Thank You!" to Cory Medhurst of Kootenay Forge, who donated two handrails to the Community Corner building to help Seniors up and down the stairs. Very much appreciated! - the 55+Club.

## THANK YOU SO MUCH!

To YRB who filled our sand containers and also filled pot holes in driveway at our clinic. From East Shore Clinic

## MARQUEE MONDAYS

Movies every Monday at 7pm.  
 Riondel Community Centre Seniors Room  
**December 2:** Yesterday (2019)  
**Dec 9:** Tolkien (2019)  
**Dec. 16:** Kagemusha: The Shadow Warrior ('80)  
**Dec 23:** Toy Story 4 (2019)  
**Dec 30:** Amazing Grace (2018)  
**Jan 6:** The Lion King (2019)  
**Jan13:** The Strange Love of Martha Ivers (1946)  
**Jan 20:** Booksmart (2019)  
**Jan. 27:** Spider-Man: Far From Home (2019)  
**Feb 3:** The Farewell (2019)  
**Feb 10:** A Quiet Passion (2016)  
**Feb 17:** Midsommar (2019)  
 Everyone Welcome (membership not required)  
 Admission by Donation

## Riondel Seniors Goings On

### DECEMBER EVENTS:

- **Walk-a-Mile/Strength Training** - M/W/F, 10am (free to members, non-members - \$5 drop in)
- **Whist** - 1st Fri at 7pm. (Entry fee: bring a treat to share & \$3/members, \$4/non-members)
- **Movie Night** (and Popcorn!) - Mon at 7pm ... by donation.
- **Bingo** - Wed at 6:30pm (open to all, must be 18 - Cancelled Dec 25 and 31)
- **Seniors Executive Meetings** - (2nd Tues at 2:30)
- **Potluck Lunches** - (3rd Tues, 12:30pm - Dec 17)
- **Yoga** - Thurs at 10am. (Free to members, non-members drop in fee: \$5)
- **Pool** - Thurs at 1pm
- **Knitting Group:** Sat at 10am
- **Dancercise (Ballet/Jazz)** - Weds at 11am, Sat at 10am. (cancelled Dec 7, 25 and 31)
- **Bridge** - 1st and 3rd Weds at 1:30pm (we are looking for new players, beginners welcome!)
- **Games Night** - 2nd Fri at 7pm (cancelled for Dec, see you Jan 8)
- **Art History** - Tues at 1pm except for 3rd Tues (cancelled Dec 10 and 24)

*All activities take place in the Seniors Room, Riondel Community Centre (except for knitting, which takes place in the art room).*

**The Riondel Community Christmas Potluck will be on Sunday Dec 8th 5:30pm in the Community Centre's Auditorium. Turkey, Gravy, Stuffing and Mashed Potatoes catered by Bob's Bar, all else is Potluck - so bring your favourite dish and join us!**

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

## CHURCH/MEETING CALENDAR

### RIONDEL COMMUNITY CHURCH

Everyone welcome.

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

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

### HARRISON MEM CHURCH, ANGLICAN

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

### KOOTENAY LAKE COMMUNITY CHURCH

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

### YASODHARA ASHRAM

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

### MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

### CHRISTIAN SCIENCE CHURCH SERVICES

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

## MEETING PLACES

### ALCOHOLICS ANONYMOUS:

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

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

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

### PARENT ADVISORY COMMITTEE

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

## KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

*Winter Schedule in effect - Subtract one hour until Nov 3  
 All times listed in "East Shore Time"*

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



DECEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DUMP DAY, CB 1</b> <b>BOTTLE DEPOT DAY</b>  EVERY SUNDAY: Alcoholics Anonymous, Community Corner, 7:15pm	<b>2</b>  Seniors Group, Comm Corner, 2-4pm	<b>DUMP DAY, CB 3</b> EVERY TUESDAY: Tara Shanti Yoga, 9:30am  Art Lecture with Gerald Dr. Piver	<b>DUMP DAY, BOSWELL 4</b> EVERY WEDNESDAY: Yoga w/ Melina, Bos Hall  Dr. Gueordjev	<b>5</b> EVERY THURSDAY: Tara Shanti Yoga, 9:30am  Dr. Barbour	<b>6</b>	<b>DUMP DAY, BOSWELL 7</b>
<b>8</b>  Bevy of Angels Craft Fair, CB Hall, 10-4	<b>9</b>  Seniors Group, Comm Corner, 2-4pm	<b>10</b>  Creston Vet, CB Motel Lions Meeting 7pm Dr. Piver	<b>11</b>  Dr. Barbour (note change)	<b>Full Moon 12</b>  Dr. Moulson (note change)	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b>  Seniors Group, Comm Corner, 2-4pm	<b>17</b>  Dr. Piver	<b>18</b>  Angel Tree Deadline, Newkeys Dr. Moulson	<b>19</b>  Dr. Barbour	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b>  Seniors Group, Comm Corner, 2-4pm	<b>24</b>  Customer Appreciation Day, Newkeys Lions Meeting 7pm NO DOCTOR - Closed	<b>25</b>  CHRISTMAS DAY MAINSTREET DEADLINE NO DOCTOR - Closed	<b>26</b>  Boxing Day Specials, Newkeys NO DOCTOR - Closed	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>  Seniors Group, Comm Corner, 2-4pm	<b>31</b>  Ring in the New Year, Newkeys Art Lecture with Gerald CB Hall AGM- CB Hall, 7pm NO DOCTOR - Closed				

## Crawford Bay Community Christmas Potluck

Saturday December 14th at Crawford Bay Hall

3:30pm doors open  
5:00pm dinner starts  
7:00pm visit from Santa

SPACE IS LIMITED  
Sign-up by December 10th in a store near you



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## DECEMBER CHECKLIST




**Snow Shovel**

**Wool Pants**

**Good Books**

**A Warm Wood Stove**

**And a Merry Christmas!**



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