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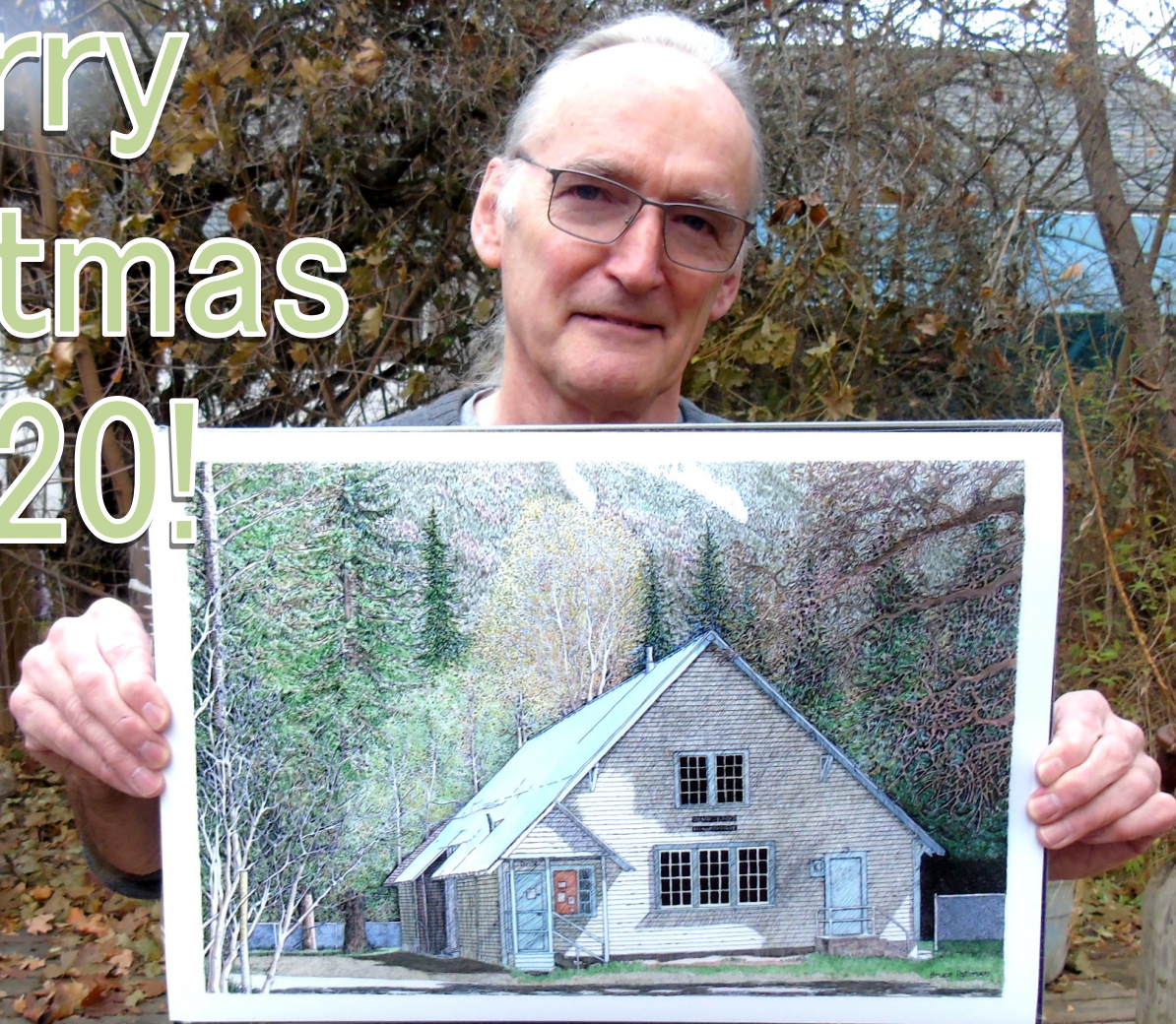


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Well known Creston artist and former Crawford Bay School teacher, Bruce Paterson, with his depiction of the Crawford Bay Hall that he donated to the building's Rejuvenation & Preservation Project.
Photo: Leona Keraiff



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Mainstreet Meanderings

by Editor Ingrid Baetzel

Mom's Story Part 2

The day we learned that mom had cancer was January 10, 2019. She had been struggling with eating since September of 2018. She had this kind of heartburn/reflux situation, where she often had to spit up food she ate. We had Christmas dinner together and she ate a good portion of food, but much came back up and we started the process to look into it. She had a scope done in Nelson. When the doctor called her, I was up around her house with the snowblower. She signalled me in and told me what he had said. From that point forward, it was just all acceptance on her end. It floored me. She was at terms with it (for the most part) from day one. Pragmatism was a real thing for mom. She just kind of went with it. I almost never saw fear or anger in her. Of course, there were a few occasions for it, but her staggering acceptance of this situation is a lot of why it wasn't as awful as it could have been. I went into rescue mode and started planning. She went along for the ride. She listened to every doctor she met. She was a willing participant. Due to her mental confusion, I think there were a few times where she misunderstood and was holding hope of being cured, but it was made clear very early on that that wasn't a very likely outcome. Google searches were terrifying. The survival rate was very low.

Mom and I went to Nelson Hospital and had a tele-link consult with Dr. Jugnauth of Kelowna Thoracic. He gave us a fuller picture of the situation and laid the

plans out. We would need to travel to Kelowna and Vancouver in early February to have a PET scan and laparoscopy. They would also decide whether they wanted to try to battle the cancer and insert a feeding tube while she was under for the laparoscopy. They did, to our surprise. We drove to Kelowna on Feb 12, flew with Hope Air (an amazing charity organization that flies patients around for treatments if other travel is too difficult) to Vancouver the next day and also back to Kelowna. The snow was crazy. We were delayed for hours. We got stuck in Vancouver on the sky train station due to the trains being shut down because of ice. We took a cab through a foreign Vancouver in a blizzard and stayed at the Cancer Lodge in Vancouver. She had the PET scan and we slept and then flew back to Kelowna the next morning in time for her consult and prep for the laparoscopy. We had so much fun. It's a strange thing to say, but we bonded quite strongly in travel together. Mom took care of most expenses. She had odd guilt about the situation and really tried to make it as easy as she could for me.

This was around the time I started becoming very aware of the role reversal we were facing. I was her caretaker, chauffeur, confidante and naggy nurse. She was a child... but one with a tumour, a need to not impose, a big attitude and lapsing memories. She didn't understand a lot of what was going on and she needed reminders to take care of herself and help getting from place to place. She got lost easily. It was so strange. By this time, she had lost nearly 30 pounds due to lack of nutrition and that didn't help her mind in its sorting and figuring. It was a constant, shifting balancing game to keep her healthy and oriented and to not infantilize her. Infantilize – a Doreen word. I heard it more than once. I tried so hard not to do that. It happened from time to time, but usually when she was doing something that scared me, or both of us. She got angry from time to time. So did I. It was weird, all around.

The laparoscopy showed that the mass was concerning, but it was isolated and localized. It was not spread into her lymph system or blood, and when mom woke up, she had a new tube sticking out of her lower left side, near her belly button. Learning how to tube feed was tricky. We were released from hospital the same day and chose to drive home. We had a 10 minute lesson in tube feeding and picked up some supplies. Her strength improved a bit for a while.

The plan was laid out – chemo in Nelson, tube would remain as long as she couldn't ingest other foods, and even if she could. She could combine as well – tube and oral sustenance. She had long period of time where she just had food as she normally would. Then, the tumour would obstruct her ability to do that, and she'd turn to the tube feeding. It was a forever balancing thing. Flushing, hydrating adequately, managing pain, managing her meds and Phoenix Tears ingestion. It was a lot of work for both of us and required some good documenting. Mom kept a journal to record the day to day stuff. In one year, she filled two journals with notes and thoughts, recording what she consumed and questions for health practitioners, fleeting thoughts and all her love.

We got a handle on the tube feeding, and in March we met Dr. Malpass. He is a kind, warm and thoroughly overworked doctor who manages nearly all of the West and Central Kootenay cancer cases. He told us early on that two out of three people will get cancer. One of those who get it will die, and one will be cured. He told her that it was likely that this cancer would not just go away with treatment, but they may be able to extend her life some and give her a greater quality in that life. He started her on a chemotherapy course involving various cocktails of drugs which got tweaked and modified. The fluorouracil (5-FU) was the baby bottle of highly toxic drugs that she had to bring home attached to the PICC line that was put in before her first chemo treatment. The PICC line went in through her arm and ended in her heart cavity for direct infusion of chemicals. The PICC line came in handy later in two ways: to get her hydrated, and to help her die...

Note: I'm printing this story for reasons that are a little beyond me. Something called me to start it as a cathartic experience for myself and now I find myself publishing this weird medical journal of emotion and experience for all of you to see. I guess this means I trust you. I hope it isn't too much for you. Thank you for letting me share it (more to come next month) Merry Christmas to you all. May health prevail and may you all find moments of gorgeous peace and joy-filled moments this holiday season. Doreen loves you, East Shore.



OFFICE DESK

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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 2021 issue items by:
Next Deadline: Dec 30, 2020

LETTERS TO THE EDITOR

A LIBRARY OF THANKS

Dear Editor,

On behalf of the East Shore Community Library I wish to thank some of our benefactors. Each year the RDCK grants us \$20,000 as our annual budget. This amount has not changed in years so that with inflation we must continuously reduce our book buying budget of just \$5500.

Fortunately, two organizations have consistently donated funds that help this situation. The Nelson & District Credit Union has covered our internet fees, through their CIP program and Telus has donated on an annual basis. These donations, for we are a charitable organization, enable us to offset the inflationary costs of rent, insurance, Library World operating system, books, etc.

And of course, none of this community asset would be possible without our volunteers, especially in this COVID world.

Dave Hough, Crawford Bay

GREENS GAINING

Dear Editor:

I am writing to encourage all those who voted Green in our Nelson-Creston electoral district in the October 21 provincial election. Despite losing the district, we did gain vote numbers and stand very well for future elections. The final count was 5,611 votes for the Green Party's Nicole Charlwood, second to the NDP's Brittany Anderson's 7,296 votes, a difference of only 32 votes in each of the polls. This was an 870 vote margin between Greens and NDP, smaller compared to 2017's election results.

In eight polls at the north end of Nelson-Creston, from Riondel to Gray Creek on the East Shore, the north end of Kootenay Lake, including Kaslo, as well as Ainsworth, Balfour, Harrop/Proctor, the Greens came out on top with an 11.5% swing to Green, as fol-

lows, with 2017 results in brackets for comparison:

Charlwood 875/39.8%/+224 (651/28.3%)

Anderson 782/35.5%/-180 (962/41.8%)

Finley 501/22.8%/-127 (628/27.3%)

Tiessen 42/1.9%/-16 (58/2.5%)

Total: 2,200/95.7%/-99 (2,299)

Spoiled: 7 (7)

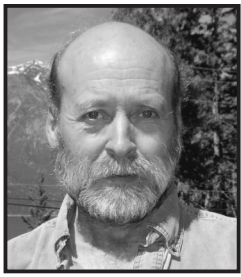
When Premier Horgan called the snap election, that left only 32 days for candidates to be chosen and be out campaigning. There was no time for voters to get to know our Green candidate, Nicole Charlwood, as nearly 20% started voting by Mail-In as soon as the writ was issued. There was tremendous support for her once people met her and talked to her, as less than 23 votes separated the two candidates on Election Day itself in Nelson-Creston. Even two more weeks could have made a big difference in the voting outcome.

Nothing makes it more clear how every vote counts when one looks at the results for the electoral district of West Vancouver-Sea to Sky, whereupon only 60 votes in a recount confirmed the Liberals beat the Greens in the October election. And this was with less than 4 weeks of campaigning by the Green candidate. So there is lots of room for optimism for the future of the Green Party in the Kootenays, as well as in the rest of BC, and Canada for that matter. There are now 17 elected Greens in Canada – in PEI (8), New Brunswick (4), Ontario (1), and BC (4).

If you would like to become more involved, go to bcgreens.ca and to see the latest platform, go to bcgreens.ca/platform 2020 to view the various perspectives and policies. And for a more local involvement, one can certainly contact me at 250-225-3406.

"When you vote, you help change the world." Best wishes to everyone for a healthy and resilient 2021!

*Mary Donald, East Shore Director,
 Nelson-Creston Green Party
 Riding Association*



RDCK Area "A" Update

by Garry Jackman, Regional Director

Early budget discussions

This time of year we need to update some bylaws which set fee schedules for the coming year. Among other services, these include bylaws which set fees for waste management which affect all of us. Waste fees are not set for each electoral area but rather are set regionally with similar rates from one subregion to another. The rates for tipping waste at a landfill also affect the rates which incorporated municipalities set in their utilities bills which are sent to their residents at the beginning of each year, so now is the time to make any changes.

We have had a debate back and forth over the past two months about whether the minimum tipping fee for garbage should be increased. This is the residual waste, which does not go into recycle bins and cannot be easily composted at home. The staff proposal is to go to a \$6 minimum fee, so for example when Tina and I bring our half bag to the transfer station every couple of weeks it would cost \$6 instead of \$3. This is not a lot of money, even over the year, and we could try to keep a bag for longer to fill it before taking it to the transfer station, but in the summer this is not very practical.

We are in the process of developing two large RDCK composting facilities (with federal grants) and are planning curbside organics collection in municipalities and surrounding rural areas where there is sufficient housing density for a collection route to make

sense. For those of us not on a collection route we are discussing drop off points (if you are not composting in your backyard). This would take the portion of the waste out of the garbage bag which decomposes rapidly so we could keep the bag at home longer without a concern about odor or attracting bears. I want our board to vote to put off the large increase in minimum waste tipping fees until the organics collection is in place and the recycle system is fine tuned at which point our garbage bags will be smaller and keep longer. Stay tuned.

Community Volunteers

As I indicated the last couple of months, I want to thank the community volunteers who donate their time, skills and energy to assist with the delivery of many regional district services as well as supporting the numerous community driven organizations. Area A still needs more volunteers to support our Rec 9 commission, the Economic Development Commission and of course the fire and rescue services. Please contact me if you want information on these positions.

Parks

RDCK staff managed to pull together the application on a quick turn around to the BC Community Economic Recovery Infrastructure Program requesting just over \$431K to fund community infrastructure at the Crawford Creek regional park. We believe there is a good chance of success given how the proposed infrastructure matches the criteria set out in the application guidelines. This would fund infrastructure such as washrooms, planting trees to partially restore the habitat and some fencing combined with swales to discourage those who do not think they need to keep their motorized vehicles off of the fields or out of the environmentally sensitive areas. Cameras are also being considered for some areas. If we are successful

in obtaining the grant the work will dovetail with the access improvement project.

I am still waiting for the detailed information package outlining studies completed and creating a point to begin community discussions about the next steps for the Crawford Creek site. As stated before, I can forward reports received to date (or links to the larger reports/studies) on request.

Connectivity

An initial meeting has been held now between RDCK project staff, representatives from the Columbia Basin Broadband Corporation (a subsidiary of the Columbia Basin Trust) and representatives from three local internet service providers who serve Area A. The grant being held by the RDCK Area A, in the amount of \$782K, is to improve connectivity to RDCK assets such as firehalls, transfer stations, water systems and some RDCK owned recreation sites. We are looking for ways that the grant funds can also enhance service in areas where the RDCK sites are located.

The ability to efficiently work from home has been highlighted by the impacts of COVID-19, but the trend of businesses hiring a portion of their workforce to work remotely is not new. For years some employers have recognized the choice of some of their workers is to have their workspace set up at home in a rural setting, free of the rush hour commutes and close to nature allowing them to step outside and enjoy nature after a work day. A recent paper I read quotes CRTC numbers that still indicate only about 40% of rural households in Canada have access to internet capable of meeting the Universal Services Objective of 50 Mbps download and 10 Mbps upload. Although most residents in Riondel and some around Wynndel can subscribe for these speeds, most of the rest of us cannot.

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

Pandemic Profiteers Proliferate

The top profiteers in Canada have to be the Loblaws companies, Amazon and to a lesser degree Walmart. Read more details about them further on in this column.

While we in Beautiful British Columbia are in a near-lockdown until December 7, and possibly beyond, this would be a good time to reflect on who has suffered and who has profited financially from the pandemic. Many of us have received some extra money from the federal government, whether we are employed or retired. This appears likely to continue for a while.

Non-profit and charitable and other organisations will be receiving federal financial aid towards rent, taxes, and other costs to help them through these times if they have had to close or reduce their operations, and hence reduce their income.

These multimillion-dollar aid packages are being funded by our federal government creating money by borrowing at our current very low interest rates; that should not be of great concern to us.

Provincial aid measures should be viewed with some concern unless funded by the federal government. Provinces cannot create money; their aid programmes can add to provincial debt.

It is obvious that many businesses have suffered during this pandemic. Some have been forced to close, and some have gone bankrupt. It was earlier stated by our prime minister that our federal government would do something about the companies which have profited greatly and unreasonably since the beginning of 2020.

Little has been done in this regard, so it is time to identify the profiteers, hold them up to public scrutiny and shame, and urge our Canadian government to tax their excess profits. NDP MP Jagmeet Singh is active in this effort. During World War II, excess profits by companies were taxed at 75 percent. Should we let the new plague profiteers get away with not being taxed on their excess profits? I hope not.

Who are the profiteers? Loblaws, Amazon, Walmart. Those are names we see almost every day in Canada, and also stores we shop at in person or online. Walmart is the second largest retailer by revenue in Canada. Loblaws companies are the first. Walmart is owned by the heirs of Sam Walton, who hold just over 50 percent of the stock in this company. Their wealth increases by at least four million dollars every hour, or about 100 million dollars every day. At the end of 2019, before the current pandemic, the Walton family wealth was nearly 200 billion US dollars.

In the US, starting Walmart employees are paid 11 dollars per hour. In Canada it is about 12 dollars, but some departments are going to be paid a minimum of 15 dollars an hour soon. How about Amazon? Its Canadian employees earn around 16 dollars per hour in the lowest paying jobs.

One does have to take into account that many small bookstores have been put out of business by Amazon. The only large competitor in Canada is Chapters / Indigo / Coles, and they also put small bookstores out of business.

Amazon CEO Jeff Bezos is reportedly worth at least 182 billion dollars now, Loblaws, owned by the Canadian Weston family, includes the following store names: Zehrs, Your Independent Grocer, Provigo, Atlantic Superstore, Fortinos, Dominion, Independent City Market, Valu-mart, ARZ Bakery, Wholesale Club, T&T Supermarket, Real Canadian Liquorstore, Real Canadian Superstore, Real Canadian Wholesale

Club, No Frills, Maxi, Extra Foods and Shoppers Drug Mart.

Although Loblaws saw their sales in the 2nd quarter of 2020 increase by nearly 12 billion dollars, profits were off due to the \$2 per hour temporary pay increase to all employees, which has now ended. One wonders if it will be necessary to reinstitute this during the second wave of the pandemic, which is now upon us. Wishing all our readers a safe, healthy, and happy holiday season. See you next year.

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Crawford Bay Hall Memories & Musings

Submitted by Leona Keraiff

Local high school sweethearts and longtime Riondel residents, Enzo & Laurel Salviulo, shared some interesting stories with me about teenage life in the 70's in the Crawford Bay Community Hall.

"Since the School did not have a gym, we played in the Hall before school began, during lunch and before catching the bus home", Enzo recalls. "We also had Phys Ed class there" said Laurel. "Mr. Schiavon brought physical activity and competition back to school after that nasty Mr. Roswicky finally left!" Mr. Schiavon was faced with the challenge of amalgamating the Riondel and Crawford Bay schools so "team" competitions began. He combined students from Gr.8 to Gr.12. "Mactackers" lead by Mrs. MacDonald, Mr Lockwood had a team as did Mr. Schiavon".

Crawford Bay Floor Hockey by Crawford Bay Rules was born! Handball, dodgeball, basketball and badminton too. Wire protected the Hall windows, but the ledges were deadly as they were hip/kidney height! Just ask Ross Oliver... "Fiercely competitive, rough and lotsa fun". Enzo said, "fun but cramped, small, not enough room, we were elated when the Gym was finally built".

Some recollections: sticks and heels caught on heating grates, record players at dances where boys were on one side of the Hall, girls on the other, girls did the "asking", "mickeys" were stored in toilet bowl tanks, smokers and beer drinkers snuck outside. Every second Friday afternoon there was an activity such as Emmanuel Huchet and Damaris Helke's (sp?) lunch-time band practice or Mrs. Berg and Mea Berg's ballet classes. Grade 8 initiations!...mostly fun, but eventually stopped because they became socially unaccept-

able and downright mean. Laurel made "sets" and Enzo did "lighting" from the upstairs room with Mark Bueller, for drama performances which were wildly popular and so well attended. Valentine's Dances, the Remembrance Day sounds of kids marching down the school hallway into the Hall, our daughter Morgan in ballet class with Jocelyn Donald, our son Brandon brought a flute home at least once and our younger daughter, Brianna on Jim Donald's marimbas. Laurel's final thoughts: "The Hall was our social hub, the place to be, much laughter, rehearsals and many warm memories".

Enzo's brother Nando Salviulo was my next phone call and his tales had me in stitches! Firstly, as Student Council President, he spent much time on the phone organizing events like the Kokanee Karnival Cabaret, which was held in the Hall, with a liquor license (obtained by a Hall Board member)! His Grad class hired the band (lead by Gerry Schiavon) sold tickets and liquor, raising lots of money for their graduation. He told me his favourite part of high school was being the President because he could use the phone in the office a lot, go out for a smoke and drink coffee with school bus driver Rosanne Ballard or school secretary Marilyn Karpowich.

Secondly, he was "Scrooge" in the annual Christmas concert performed in the Hall to a "jam packed" audience when "everybody from town turned up". The stage had "wings" and it was "so cool to view the crowd".

Lastly, Nando, Evan Mayo, Richard Green, Richard Fehr, Rodney Musil and Ian Hagedorn were the Grade 8 basketball team. Yes, the 6 of them! Gerry was their coach. Because the Hall had to be shared with the elementary students and wasn't regulation size, hosting teams couldn't happen and practice was often held IN THE WOOD WORKING SHOP! Furthermore, when asked while playing at Trafalgar, who had 15 players, "Where's the rest of your team?" the 6 athletes replied

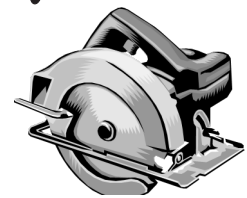
"They'll be here for the second half, they missed the ferry." P.S. These 6 players never lost a game that season and went on to win the East Kootenay Championship in Sparwood!

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Crawford Bay Hall UPDATE

Submitted by Susan Hulland
Crawford Bay Hall Board Director

As we approach the end of 2020 our community fundraising donations - to be used only on the Hall Rejuvenation and Preservation Project - continue to increase. Contributions from Catherine White, Allan & Beth, the East Shore Youth Network, Vivian and John Rayson and an anonymous donor bring that community contributions fund up to \$12,642. Earlier updates acknowledged grants we also received.

With sincere thanks to former Crawford Bay School teacher and artist, Bruce Paterson, we have launched a timely fundraiser for those looking for a locally produced Christmas gift for someone who would appreciate a keepsake of our community hall. Bruce, who lives in Creston and is well known for his illustrations of Kootenay heritage buildings, has given us two renditions of the hall. One is a black and white depiction that we have reproduced as blank greeting cards. The second is a beautifully coloured 13" x 19" print, suitable for framing. The cards are available in several

East Shore locations. (For information see the ad on the next page.) Bruce's generosity is much appreciated and whenever we thank him, which has been often, he merely says, "I taught in Crawford Bay for years and am glad to help out because I love that old building."

One of our earliest and most generous donations came from the Stocker Family & The CB Market. For many decades, this family owned business has been supporting East Shore residents and activities through quiet contributions, whenever needed. Community Fundraisers, Youth activities, Christmas Hampers, Farewell luncheons, Pot Luck Dinners and Dances, (mostly held in our hall) all benefited from "a call to the store". As a small gesture of sincere gratitude, our association recently presented John Stocker with a framed Bruce Paterson picture of the hall.

Unfortunately, Covid-19 Protocols relating to our facilities have become more restrictive again. Luckily the Youth Network 'Haunted House Event' happened just in time and it was a treat to see so many families enjoying an event in our building again. Personally I am already imagining the 2021 Community Christmas Potluck Dinner and what a joyful celebration it could be! Meantime anyone with queries about possible rentals must first contact our booking agent, Kathy Donnison at 227-9205 and be prepared to submit a Covid-19 Protocols plan to us.

Do you need a bit of cheer? For a little hit of nostalgia, check out our Facebook page: @crawfordbayhall which features a video showing historical photos of past events at the hall. The photos will change periodically and we invite submissions of new illustrations which can be sent to director Nicole Schreiber at nschreiber@cbll.ca.

Thank You: A big thanks to our Tom Warder and our local YRB crew for a critical emergency patch on the concrete boat ramp in Kootenay Bay. Thank you to the local businesses that are helping us sell our keepsake greeting cards with Bruce Paterson's image of the hall: Ladybug Coffee, Forge & Furnace Gallery, Barefoot Handweaving, Crawford Bay Market, The Lakeview, and Destiny Bay Grocers and to Laurel Salviulo who is selling cards in Riondel.



John Stocker of the CB Market and director, Leona Keraiff, displaying the Bruce Paterson colour print of the Crawford Bay Hall that was given to him by the Crawford Bay Hall & Parks Association. The gift was in appreciation of the many years of generous support John's family and business have given to our communities. Photo Larry Keraiff

Thanks to our longtime Kootenay Bay Boat Launch volunteer, Ben Lahnemann. And a tip of our hats to Megan Rokeby-Thomas for helping out at this facility. Their work is important as we collected just over \$1,000 from the honour donation box this year.

This month I have saved the biggest thanks for last and it goes to Ingrid Zaiss Baetzel and her community newspaper, *Mainstreet*. She provides us with a regularly scheduled, monthly way of communicating with readers throughout the East Shore and beyond. Though we post information on bulletin boards and on Facebook there's nothing like a community newspaper to help spread the word. *Mainstreet* is much more than a monthly means of communication because each and every issue becomes part of a permanent record of the where, when, who, what's and why's of life here on the Eastshore right now in 2020. This is perhaps the greatest gift Ingrid gives us.



Hacker's Desk
by Gef Tremblay
Dope

While cultivating healthy work habits to avoid burning out, I become more aware of tensions and stressful situations. In the last few weeks, I've noticed some behaviours that didn't stress me out, but were quite draining. Although I've studied quite a lot about my nervous system and how it affects all aspect of my life, I'm discovering new patterns that are akin to addiction which creates a lot of unease in my daily life.

As we are nearing Christmas, I allowed myself to get a new synthesizer. I started looking into what I would need for my musical workflow, then researched online what was available. From YouTube videos to online articles, my research lead me to my next toy. Searching for the best deal from eBay, Reverb, Kijiji and Facebook marketplace, I started to figure out what type of money I could expect to spend on this. I spent many hours on this research and it felt good at first.

I quickly realized that all this activity was draining and giving me highs and low. Annoyed by this drain of energy I simply gave up and resolved to wait until after the holiday season. During this process, I also felt less inclined to play music with the instruments I already own. Somehow shopping for something new made me enjoy less what I have and got me high and down at the same time. What happens when I shop online? Why would I feel drained so much after all that research? And why don't I want to play music anymore until I get that new synth?

I discovered that all of these reactions stem from the same biological process: dopamine. Dopamine is a hormone released in the body and used to be understood as a reward mechanism - when you do something you enjoy it gets released in the body. From food, sex or getting new toys, dopamine helps us enjoy life

to the fullest. But new research has shed some light on what is actually happening with dopamine.

In one study, monkeys were given a button to control a trap door with food. When they would press the button 10 times they would get food. Researchers would then calculate the amount of dopamine released. Expanding on the experiment, they did the same test, but this time food would be released only once in a while. What they discovered is that the dopamine release was higher when the food did not come out. In short dopamine level were higher when the expectation was higher. They proved that dopamine is not a 'reward' hormone, rather a boost to get what you need to get. It boosts our system to get us going, probably helping humans survive as a hunter gatherer. For example, I see an apple, the body goes "great, here is a boost so you can get to the apple since you like eating apples," dopamine gets released, we jump up in the tree and get the apple and feel very satisfied that we got the apple.

It's a really important process in our life and it feels really good, but in higher doses it can also act as a drug. Dopamine as also a huge role in addiction. Like with any drug, our brain gets used to dopamine and in order to get a high from it we need more of it. So, if a behaviour gives us a dopamine hit, we will go back and re-enforce these actions.

So my online shopping was a total dopamine creation activity. Creating a desire, shopping creating anticipation, checking online videos to reinforce the desire and then if I was to buy the synth, keeping track of the shipping would create even more dopamine.

This is why a lot of people enjoy these video of unboxing or watching other people playing video games instead of playing one. Social networks are also all about creating dopamine. Most users post online and then this creates an expectation of a reaction from the community. That expectation releases a lot of dopamine and when a user gets a fix, he or she typically wants more of it.

Unfortunately, social networks and corporations know about this addiction and use that to their advan-

tage, creating and maintaining an addiction to dopamine. The problem is that having too much dopamine can create a lot of troubles:

- attention deficit hyperactivity disorder (ADHD)
- obsessive-compulsive disorder (OCD)
- schizophrenia
- paranoia
- hallucinations
- psychosis
- manic phase of bipolar disorder

In short, too much dopamine can be really bad. As we grow accustomed to our dopamine high, we also become disconnected with activities that don't give us as much dopamine. This is why I don't feel motivated to work with a synthesizer that

I already own when I am hunting for a new one. One other tricky thing is that you can create a dopamine rush simply by thinking about something you'd like to have or even when you dream. So, the production of dopamine can carry you all day long.

It has such a strong effect that people in Silicon Valley have started a trend to do a 'Dopamine fast' - the concept of intermittent fasting of 24 hours without electronic devices, drugs and sex and even stopping speaking altogether.

According to Dr. Cameron Sepah, the Silicon Valley psychologist who popularized dopamine fasting, short-term periods of abstaining from social media and technology can help you rebalance your life.

There are also some plants that can help with balancing your dopamine levels. Bacopa and white mulberry being two natural remedies that can help balance your levels. There are other medications that can also help to even further neutralize your dopamine level, if you have a stronger imbalance.

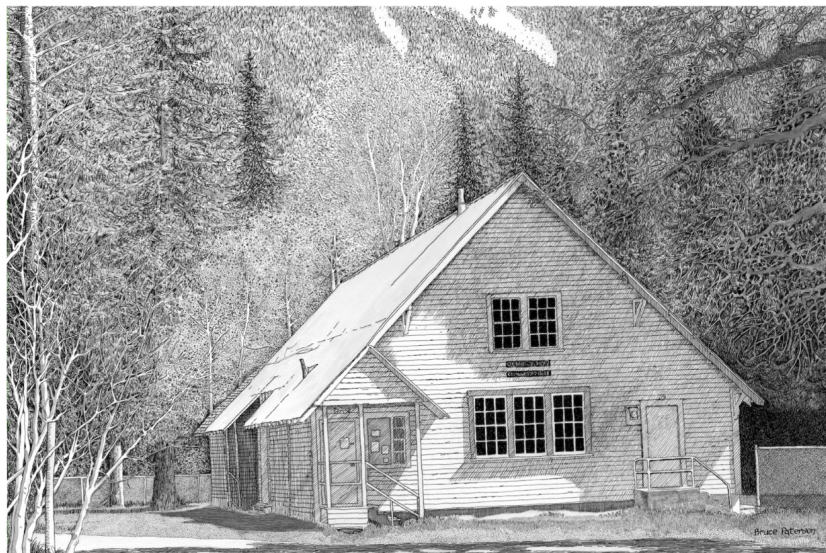
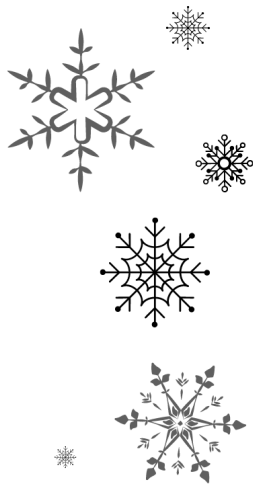
The idea that we can produce an addictive and even dangerous substance in our own body is a strange concept. The fact that social media and marketing can trigger and tap into that process to get us addicted is even more of a mind bender. For me it gave me this awareness that some activities might simply be a process to create more dopamine and that I have the choice to go there or not.

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IMAGE DONATED BY CRESTON ARTIST BRUCE PATERSON, DEPICTING CRAWFORD BAY'S COMMUNITY HALL, BUILT IN 1938.



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"The way to get started is to quit talking and begin doing." - Walt Disney

Have you ever thought about turning your passion into a business? Do you think you have what it takes to be an entrepreneur? Contact Community Futures for more information on Programs & Workshops available to you!

Call Amanda Murray at 403-678-7044 or amurray@futures.bc.ca to book a free appointment in Creston. www.futures.bc.ca

Growing communities one idea at a time.



by Al George
December 2020 Mainstreet 5

Riondel Fire and Rescue Blotter

by Fire Chief Cory Medhurst

Well folks, just like that we are in December of the year from nowhere. I'm sure I'm not alone when I admit to being a little happy that this year is almost done. 2020 has seen some strange, stressful, and tragic times for everyone, everywhere. With all that is going on in the world I hope that there will be calm, peace, and kindness for everyone this holiday season. For us here in the department, we continue to train during practice nights while using the ever changing COVID safety protocols. It almost seems like it's training just to keep up with the changes so that we can train. Luckily, we have been quiet again for calls and can concentrate on the changes, or the training.

Our calls to date are as follows:

October 29: A medical emergency in Crawford Bay had two members respond to assist the ambulance Paramedics with patient movement. The members also helped by tending to the wood fire and arranging for the patient's pets to be cared for while they were away.

November 18: What was intended to be a controlled slash burn on a property on Riondel South Rd was called in as a possible wildfire. As the fire grew and the evening got darker, embers and smoke were visibly blowing over Riondel road towards neighboring properties. One of our members had driven through the smoke prior to the 911 call and could feel the heat; but didn't think much of it as it was raining heavily. The call from Kelowna Fire Dispatch came in as a

request from forestry to check on the status of the fire. 3 members responded, having 2 members stood down on route as 1 member was met by the property owner while investigating. The owner had set up the burn pile properly, had all the essential equipment including a backhoe and a water supply, and was on site monitoring the fire. As mentioned, it was also raining and a good time to burn. The only issue was that the property owner did not register the open burn with BC Wildfire (forestry). Our member on scene asked the owner to register the fire, which he later did. Just a reminder, please call the province to register any large open burns on private or crown land. To obtain a registration number call 1 888 797-1717. The service is free and it "allows the BC Wildfire Service to track regulated burning across B.C., manage firefighting resources, and minimize false reports of wildfires".

November 21: Four members responded in Riondel to a report of a possible propane leak coming from a residence. A couple of people walking by a home with a large propane tank noticed the smell and alerted the homeowners, who called 911. Upon arrival the crew was quick to determine that there was no smell from the street, or at the propane tank. Further investigation with soapy water on the lines determined that there was no leak in the system and was most likely a false alarm. A neighboring home had recently had septic work done and it is a possibility that the aroma of methane may have been the culprit that was pleasing noses as they walked by. The homeowner was very apologetic for calling, but we reassured them that we would rather be called and find nothing than not be called at all. It was also nice meeting some new faces in the area.

Just a quick thought came to mind as I was driving to Creston early one morning last month. I noticed

some early risers out getting some exercise and walking their dogs along the highway. Three different groups actually. It's great to see people staying active while enjoying the mountain air and I encourage it; but please remember to wear something bright so that you are visible from a distance, and around the corners. Winter clothing is dreadfully dull and dark, so using a bright vest or some reflective wrist or ankle bands really helps drivers stay out of your lane. Great stocking stuffer idea for your loved ones. A reminder not to leave Christmas lights or candles unattended this season.

An urgent plea to all; our membership at the fire department is at an all time low and WE NEED MEMBERS! Are you new to the area, or have you lived here a while and are looking for something to do this winter? Come join our amazing team of professional volunteers and help us help our community. Thursday nights from 7PM -9PM or call 250-551-1352 for details. From the members and our families of the Riondel Volunteer Fire Department, we wish you and yours a very Merry Christmas, and a brand new New Year.



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Passenger Service on Kootenay Lake – Can It Return?

by Gord MacMahon

Several months ago, we watched Val Downing's YouTube video posted on eastshore.life and very much enjoyed hearing about her experiences as a child, arriving in Riondel with her family in 1949. Her description of a time, when lake communities were closely connected by the regular passenger and freight service of vessels like the SS Moyie, was somewhat romantic as it harkened back to a simpler, yet richer way of life.

Val described how their family relied on the SS Moyie to take them from Riondel to Kaslo each week to do grocery shopping and run errands before picking them up for the return to Riondel, later in the day. She went on to relate how the Moyie would bring pickers over to harvest fruit on Riondel area farms and then how the crated apples were shipped back down

the lake to market. This fundamental service formed a critical part of their lives back then, joining people and communities on both sides of the lake. The images Val conveyed in her short video have stuck with me ever since.

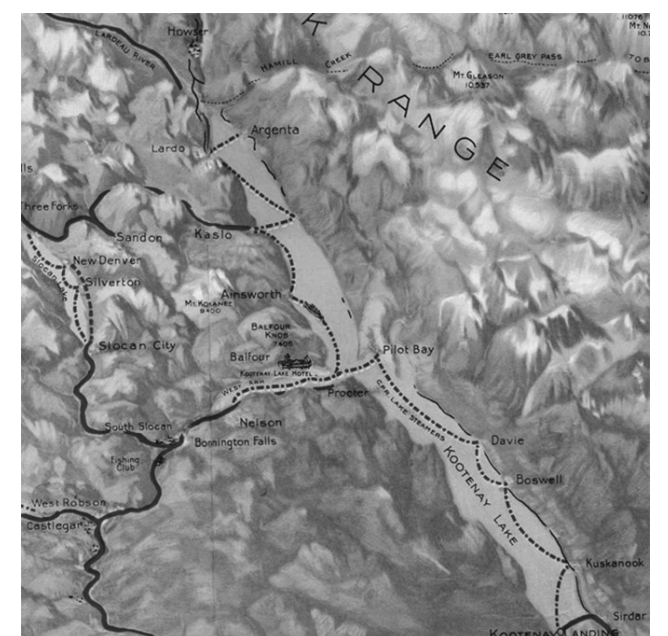
The SS Moyie was built in Nelson, BC for Canadian Pacific Railway and came into service in 1898. It initially serviced the CPR passenger trains, bringing passengers and freight from Kootenay Landing to Nelson and Proctor until 1906 when the SS Kuskanook took over this shuttle or 'Crow Boat' service. For the next 50+ years the SS Moyie carried passengers and freight, ran excursions and performed a number of other duties up and down Kootenay Lake.

After further reading, I learned that during the height of sternwheeler activity, CPR was not the only builder and operator of steam ships on Kootenay Lake. There were as many as seven other companies operating vessels on the lake during a 75-year period beginning in the late 1800's. (the map below highlights the CPR routes) I also found it interesting to note the number of landing sites that were established up and down the lake over time. For example, north of the West Arm between Pilot Bay and Argenta there was a total 14 different landing sites established, 6 of which were located along the east shore. The website established by Touchstones Nelson: Museum of Art and History holds a wealth of history from this time period. (touchstonesnelson.ca/exhibitions/sternwheelers)

Sternwheeler traffic on the lake continued until roads were built connecting the Kootenay Lake communities to the world beyond. The Moyie ended its service in 1957 when the highway north from Kaslo to Lardeau ensured that most of the communities on Kootenay Lake were accessible by car. In 1958, the Moyie was purchased by the Town of Kaslo for \$1 and towed there to begin her second career as an historic site and museum.

About 35 years ago, I travelled to Bamfield on Van-

couver Island to access the West Coast Trail in what is now Pacific Rim National Park. Travelling out to commence our hike, we drove almost aimlessly along dusty forestry roads with no visual access of the beautiful marine environment we were traversing around. After

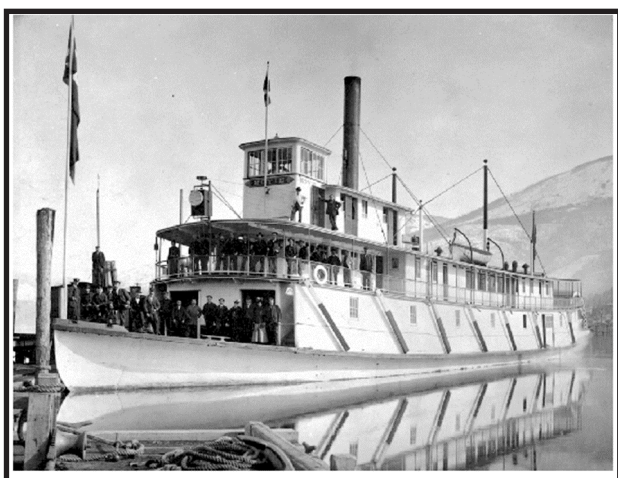


CPR map of the Canadian Rockies with Steamship Connections (circa 1912)

<http://touchstonesnelson.ca/exhibitions/sternwheelers/en/resources/cpr-man-detail.ohp>

completing the hike, we returned to Bamfield via Port Alberni where we hopped on a boat called the Lady Rose for the final leg of our journey. When we booked our tickets, we were focused on our own travel logistics and a convenient way back to Bamfield, but we ended with a wonderful four-hour excursion through some breath-taking scenery – scenery we would not have experienced, were we not on the water.

Once on board we cruised at a leisurely pace down the Alberni Inlet (the longest inlet on Vancouver Island)



SS Moyie in 1898 [https://en.wikipedia.org/wiki/Moyie_\(sternwheeler\)](https://en.wikipedia.org/wiki/Moyie_(sternwheeler))



Thoughts from the Frog Pot

by John Rayson
CORONAVIRUS CONTINUED

In the last month coronavirus has been driven from the news by the American election. We now return to reality and find that the virus has made significant progress and we are in the midst of the second wave. We were warned that the second wave was coming and would arrive in the fall with the return of cooler weather, movement of people indoors and the advent of the usual “flu” season. The second wave arrived with a vengeance with a significant rise in cases across Canada, the U.S., Europe and the rest of the world. In addition, restrictions had been eased, individuals were paying less attention and “quarantine fatigue” is a fact of life for all.

France, as an example in Europe, had a huge surge with a resultant strict lockdown, now showing a flattening of the curve. France has maintained the opening of schools but has shut down the economy. Europe has been quick to lockdown hard and open cautiously. However, in Switzerland all ICU beds are occupied and the health care system is in crisis.

The U.S. on the other hand tends to close schools and leave the economy open. It would appear that the plan is to protect the economy at the price of increasing viral infection in the population Thanksgiving and associated travel, is an immediate issue for the U.S. The rapid rise in daily cases in the U.S. is expected to only worsen over the next few months. We may see a significant surge in Covid cases at Christmas due to Thanksgiving travel and family celebrations.

stopping at numerous tiny off-grid communities along the way. As the Lady Rose cruised down the inlet it would divert periodically into small isolated coves where a cluster of homes and a small dock emerged. Standing on the dock a group of expectant residents awaited the Lady Rose’s arrival and the goods it carried. We watched as a pallet of goods and a bundle of mail was efficiently off loaded before we carried on our way down the mist shrouded inlet, towards the open ocean and our final destination.

Similar to the SS Moyie, the Lady Rose connected tiny communities along the water to a commercial hub like Port Alberni. The Lady Rose was built in Scotland in 1937 originally outfitted as a mine sweeper during the war before coming to Canada. Once in service out of Port Alberni its regular passenger/freight route alternated between Bamfield or Ucluelet every week. That service is still provided today, attracting tourists to explore natural fiords and islands while moving them to their final destinations. The company operating the Lady Rose brought on a second vessel called the Francis Barkley, which was brought over from Norway in 1990. The Lady Rose was eventually sold in 2008.



The Francis Barkley <https://ladyrosemarine.com/>

Canadians watch, wait and then lockdown, but not too much, followed by a quick and complete opening. We seem to be running into difficulties across the country. Many jurisdictions, such as Manitoba and B.C. which appeared to have the virus under control, now are reporting record daily cases. We are faced with the potential of up to 20,000 cases per day even if we adopt minimal precautions. Are we any different from the U.S in attempting to protect the economy at the expense of human suffering?

Further restrictions are to be imposed, including the possibility of complete lockdowns and the closing of schools in some jurisdictions. Politicians are attempting to balance the potential effects on the health system with the obvious effects on the economy, resulting in confusion with conflicting rules and regulations.

However, what will be left of the economy if the virus is rampant? I recently read an analysis of the economy by Eric Lascalles of Phillips Hagar North, who after careful evaluation, concludes that the economy is not doing as badly as we are led to believe. The media concentrates on the restaurant, entertainment and travel economy. Indeed, those areas are devastated but there has been significant expansion in on-line buying, groceries sales, private campgrounds and DIY home improvements to name only a few. Many other aspects of the economy continue to function well but may have had to adopt new methods [e.g. on-line health care]. What the economy will look like in the new year remains to be seen as some government subsidies come to an end.

The majority of deaths in the 1918 epidemic occurred during the second wave. At the moment, as our second wave presents, death rates are lower but the disease is diagnosed in younger age groups [20-40 and in some cases younger]. Our treatments have improved but again the virus is manifesting increasingly in long term care facilities with subsequent increases in mortality.

The Francis Barkley can carry up to 200 passengers offering seating inside and on deck. Similar to our Osprey 2000, the Francis Barkley also has a small café for passengers and hosts a small lounge. In addition to regular scheduled routes they also operate a charter service and support a remote lodge near Bamfield and Pacific Rim National Park.

Thinking about the valuable services performed by the SS Moyie in years past and the similar services ongoing today, on the west coast (and elsewhere), I can’t help but think there is room for this type of service again on Kootenay Lake and potentially other large lakes in BC’s interior.

Looking at the number of lakeshore communities spread out along both sides of the lake, one has to think that using the water for transport would be, in many instances, more practical than driving and for some visitors a preferable, more pleasurable way to enjoy the beauty of the Kootenay Lake valley. Most of the lake’s communities are serviced by roads, however is it always the best way to travel? Could having a reliable passenger service be more convenient and bring our communities closer? If a Riondel resident for example, needed to see a doctor and that doctor was in Nelson; it is almost a 1 ½ hour trip, provided you make the ferry connection quickly and efficiently. If the doctor is in Kaslo, the travel time by car is similar, however travelling from Riondel to Kaslo by boat could be 30 minutes or less depending on the type of vessel used to make the trip.

A tourist coming to our area, may be very interested in booking a 2-3-hour trip from Kuskanook to Kootenay Bay or Kootenay Bay to Johnsons Landing. Driving a car to Johnsons Landing could take over 2 ½ hours from Crawford Bay, but would probably take 3 hours on the water. Travelling at a leisurely pace on the lake could also provide stops at Ainsworth, Powder Creek, Kaslo and Fry Canyon while on route, returning the same day or in a few days. In this scenario, the

We are now given the hope of an early vaccine, but the difficulties with the vaccine are not well discussed. The present vaccine leader [not released or fully evaluated] involves two injections, must be stored at 70 degrees below zero and lasts 5 days after refrigeration. Even as we speak a second vaccine has been announced; one that also requires two injections, 28 days apart but can be stored at standard temperatures and lasts 30 days after refrigeration. It has been demonstrated to be equally effective but again requires further evaluation. We now have the possibility of 2 or more early vaccines but have not planned well for the distribution: a major issue in the implementation of any vaccination program. It is important to note, in Canada we do not have a central method of recording vaccination history. We, as individuals, must maintain our POVR [Proof of Vaccination Record], a paper record.

Epidemics do end and life will return to some semblance of order. What will be our new “normal”. A new book by Fareed Zakaria entitled *Ten Lessons for a Post Pandemic World*, lead us to think about the future. It is my intent to share some of these thoughts in subsequent columns as we look to a more positive future in the new year.

Barefoot Handweaving



We are constantly weaving our social fabric, let's all participate in darning the holes ... with colour!

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East Shore is attracting more visitors because it is also a hopping off point to stage the next leg of a trip - in the immediate area.

The Province of BC has made a commitment to transition to electric vehicles and by 2030, at least 30 % of vehicle sales must be electric and by 2040, 100 % of vehicles sold must be electric. With the commitment to reduce emissions there will also be an expansion of public transit particularly in populated centers. What could this mean for more rural areas like the Kootenay’s? Will area residents purchase electric vehicles or look more frequently to other means such as public transport?

Looking ahead to the future we know that the BC government is going to replace the aging MV Balfour. Planned to start service early in 2023 the new ferry will be ‘electric ready’ getting fully converted to electric propulsion by 2030, once power facilities are installed. Perhaps a passenger service if established, could also see electrification within a similar time horizon.



Maid of the Mist <https://www.maidofthemist.com/>

The Maid of the Mist passenger vessels at Niagara Falls have seen changes over the past 160 years they have been in service. Now ABB and the New

Continued next page...
December 2020 Mainstreet 7



Meeting the Challenge

by Ron Mondor,
President KLCC

As we continue to navigate the ever-changing pandemic protocols your Chamber continues to pursue new ideas and various strategies to ensure we strengthen our business community for the economic well-being of our region for years to come. We are thrilled with the active real estate market, the opening of new businesses and the advancements that many of our businesses are making by expanding to include on-line shopping.

We have had to resort to meeting virtually via Zoom which has resulted in greater participation. An exciting new initiative is being pursued and further information and discussion will take place at our AGM. We are looking forward to 2021 with optimism. At the time of writing we had held our regular November meeting via Zoom and are preparing for our AGM. We have called for the nomination of new directors and elections if required will take place at the AGM. We are pleased to strengthen our partnership with the Mainstreet as our printed and online media platform here on the East Shore. Our Annual General Meeting was on Monday November 30th at 7 PM via Zoom.

Kootenay Lake Chamber of Commerce
www.kootenaylake.bc.ca

- President – Ron Mondor from Destiny Bay Resort & Grocers
- Vice President – Richard Bertram from Kokanee Springs Golf Resort
- Treasurer – Janet Wallace from Barefoot Handweaving
- Secretary – Gauri Taylor-Topp from Yasodhara Ashram

“Passenger Service” Contd

York Power Authority have teamed up to deliver two brand-new, all-electric passenger boats to the falls. These new catamaran-style boats are among the first all-electric passenger vessels in North America. They will utilize lithium-ion battery power that recharges to 80% in less than 10 minutes after each trip. They will produce zero emissions, operating silently with almost no vibration.

I know that many businesses operating along the East Shore would like to see visitors come and stay awhile rather than watch them make a quick stop, before they continue on their way through the area. Tours or charters on the lake could add another draw for folks planning their next trip to the Kootenay’s.

A flash back to the early 1900’s shows that a passenger service worked very well and it could work well again. A passenger service has the ability to bring people and communities closer together, attract tourists to visit longer and expand their experience while they are here. In addition, an efficient east-west connection could also appeal to families looking to relocate to the area supporting the local school and east shore businesses alike. As an area resident, imagine being able to travel the lake more fully, simply by walking on or wheeling a bike onboard for a day trip up or down the lake. Having a passenger vessel on Kootenay Lake again can surely enhance the wonderful quality of life we already experience here on the East Shore.

I am currently reading *Commanding Hope* by Thomas Homer-Dixon, where he talks about how our worldviews are supported by and are interdependent with institutions and technologies. It seems to me that if we currently have the technology and hopefully the support of government, as well as other organizations, then our views regarding transportation here in the Kootenay’s could shift towards something that expands our experiences, brings us together and reduces our impact on the planet at the same time. Val Downing’s reflections of travel by water, describe a simpler way of life, which in today’s context portrays many other potential benefits worth our consideration.

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Robin Sturdy’s Furies of the Avalanche Mural – New Discoveries!

by Susan Hulland

In 2016 I wrote an article in *Mainstreet* about my search for some ceramic tiles that had ‘gone missing’ from a property on upper Gray Creek hill many decades ago. These weren’t just any old tiles. They were part of a 132-piece mural titled ‘Furies of the Avalanche’ created almost fifty years ago by the late Robin Sturdy.

Initially I searched at the site of the mural with friends Doreen Zaiss and Melody Arnold and we struck gold. Next, I reached out via *Mainstreet* and that also yielded results. A total of four tiles were returned to me by three local women. However, that left a great many pieces still missing from this amazing piece of art.

To broaden my search the following year I participated in Gray Creek Museum Days. “Furies of the Avalanche” was on display along with the story of my search. Those who saw the obviously incomplete mural likely thought I was working on a lost cause. But I did enjoy another small victory. Sometime during the week after Museum Days, another single plain blue tile simply showed up at my home! Now I was missing just eighteen tiles.

By 2019 though I had pursued every lead, every vague hint, and every whispered rumour, I had to admit that my search was going cold. Despite this I had the tiles put back together. I wanted to hang the mural in its incomplete form, but never got it done because I could not figure out what to put into those eighteen spaces that would maintain the structural integrity of the mural.

Fast forward to September 14, 2020. I was having water drain issues at my house and I hired Crawford Bay residents Ken and Angela Doggart of Inside Out Property Services. While working at my place they spied the incomplete mural propped up against a wall and expressed surprise and delight at seeing it because they had some of the missing pieces! A whole box full of them! And they said they would happily give them to me!

My first question was, “How many tiles?” Their answer: “Perhaps eight or nine.” They were uncertain because they found them few years ago, probably in the Fall of 2016 or Spring of 2017 shortly after moving to the community when they discovered the box sitting on the ground in front of the bins at Crawford Bay’s recycling depot. Why did Ken and Angela take them home? Ken answered, “They looked special, like they were important, like they belonged to something bigger...” The couple put them in their garden and had been enjoying them ever since, though they remained curious about what the story was behind their unusual find.

More good news was pending. When I opened the box, it felt like Christmas because there were not eight or ten but fifteen tiles in it! And, better yet someone had already cleaned all the old concrete off each piece saving me a lot of work.

I have been left with lots of warm, fuzzy feelings about my search experience to date. I have sincere appreciation for the four individuals who gave me tiles initially and the person who simply dropped one off at my house. I am thankful to the person who kept an entire box of tiles safe for decades and left them in a public place where they could be found. I am grateful to Ken and Angela Doggart for their intuition about the importance of their find and their generosity in giving me precious items I had sought for years. I am also feeling joy because ‘Furies of the Avalanche’ is now a lot closer to being complete again.

There are still three tiles missing and I plan to keep

on looking for them but I am no longer disheartened by the task I set for myself because of the serendipitous way my search progressed in 2020. I feel reassured that trying to find thirty-two, 4-inch ceramic tiles was not an impossible goal, not when there’s a bit of Kootenay magic afoot.

As I stated in the beginning of my search if tiles numbered 53, 57 and 59 are given to me I will not ask questions how they obtained them and, if they so wish, I will not disclose their identity. I will show gratitude by offering the donor(s) a choice of other pieces of Robin Sturdy’s amazing ceramic art in return for their gift to me. I can be contacted through email at susan-hulland@gmail.com. My telephone number is 250 227 9387 and I live at 16440 Wadds Road in Crawford Bay.



The mural now in 2020 after fifteen more tiles were given to me by Ken and Angela Doggart of Crawford Bay. Now only three tiles (numbers 53, 57 and 59) are still missing.



Robin Sturdy’s mural, “Furies of the Avalanche” as it was when given to me by Chris Choquette in 2016 with 38 tiles missing from it.



The mural as it was in the summer of 2019 after several years of searching with 18 tiles still missing.

Next Deadline:
Dec 30, 2020
www.eshore.ca
mainstreet@eshore.ca



Christmas Greetings To Your Community

You send your Christmas Greeting to the community
and the East Shore Christmas Food Hamper gets your donation!
Thank you, East Shore - you give with full hearts.
This year, you donated nearly \$1200! Way to show your love locally!

Wishing you a calm, kind, and safe Christmas season and a hopeful New Year. Warmly, Lorna & John and everyone at the Forge & Furnace Gallery.

May your holiday and whole winter be filled with warm light, cozy colour and love. Thank you for the support, from the happy elves at Barefoot Handweaving.

As this year comes to an end, we want to wish everyone the very best in the New Year. As you celebrate the upcoming holidays, please keep light in your hearts, peace on your mind and gratitude within your soul. Season's Greetings from our house to yours. Gerry, Pam and all the hardworking elves at Newkey's.

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

Warm wishes for a wonderful winter solstice. May you rest and replenish, embrace the silence and rejoice and receive the gifts of the season. Much Light to you and your loved ones, from everyone at Yasodhara Ashram.

Season's Greetings to all and special thanks to those who supported us so generously with donations of time and money this past year. Crawford Bay Hall & Parks Association

HAPPY HOLIDAYS! Sending warmth and holiday cheer from the team at The Hub Pub and Eatery. Thank you to all our guests who helped make this new adventure a success in 2020. We look forward to growing with you in 2021!

May songs of joy fill your home with warmth and your heart with happiness this season. The Starbelly Jam Board and Management

May your Christmas be bright and merry. Wishing you nothing but the best this magical season of, kindness, love and sharing. Happy Holidays from everyone at Kokanee Springs Resort!

Wishing everyone a warm and cozy Merry Christmas with no coal in your stockings! From Kootenay Forge Ltd.

Have a safe and happy holiday season. From the management and crew of Hulland & Larsen Construction.

Best wishes for the Festive Season. A safe and healthy New Year for everyone. John and Vivian Rayson.

Thank you to our community for your ongoing support of our school and fundraising efforts this year. All the best for an enjoyable holiday and New Year - on behalf of the Crawford Bay Parent Advisory Committee.

From the *Mainstreet* desk - may the holiday season wash away the fear, temper the frustrations, and gentle the minds of all East Shore and beyond residents. Despite global challenges, we are many times blessed and grateful for this sweet little spot on earth. Love to the East Shore - health & joy for 21!

Best Wishes for the Holidays and for Health and Happiness throughout the coming year! From Destiny Bay Resort and Grocers, Ron, Lynn, Jenny, Darlene & Shei

On behalf of the Kootenay Lake Chamber of Commerce and our members we are wishing you a safe & joyous holiday season and a healthy & prosperous New Year! Ron, Richard, Janet & Gauri

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

May the Christmas energy uplift your spirit and fill your hearts with gratitude for all the Blessings of living on the East Shore of Kootenay Lake Wishing all our friends, clients and the East Shore Community a

deeply grateful, happy, healthy Christmas and 2021 to be filled with hugging and dancing together. Blanche & Harreson.

Wishing our East Shore community a Merry Christmas and a happy and healthy New Year. Thank you for your ongoing support. From everyone at Crawford Bay Market.

The Remembrance Garden in the heart of Riondel sends good wishes your way for this Christmas and all the years ahead.

Merry Christmas and the sweetest of holidays to all our friends on the East Shore! With love from the Ladybugs at Ladybug Coffee and Ladybug on Wheels.

We would like to thank all members for your commitment to Nelson & District Credit Union and hope each and every one of you is able to celebrate a safe, happy and healthy holiday season with those the very closest to you. Karol, Charlie, Cindy and Sam

Season's Greetings from the Area A Age Friendly project. The family (and the community) that plays together, stays together. All ages of people love to play- we hope you remember to play.

Happy, healthy holidays to all from Garry and Tina Jackman!

Merry Christmas to the East Shore from Patricia and Stirling.

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Age-Friendly East Shore

So Much Gratitude to be Living Here on the East Shore of Kootenay Lake

submitted by Laverne Booth and Catherine White

Social support, emotional connection and a sense of community are key factors needed for social, psychological and physical well-being.

As the Age Friendly researchers spoke and listened to the 55+ age group, overwhelmingly they heard the gratitude and appreciate that everyone felt to be living here on the East Shore from Riondel to Wynndel. Many reasons were expressed for this gratitude but the main one was neighbours and community. Even during COVID times, most everyone appreciated the friendly phone calls, grocery pick-ups, help with chores, meal delivery and more.

Within the phone and online survey that 129 residents of a certain age (55 plus) completed earlier this fall, the main goals of the Age Friendly project were to connect with our more aging residents to find out how they are weathering the Covid crisis, discover the needs and possibilities to help people stay longer in their homes and in the communities, and also to try to measure how much social connection we have in our communities.

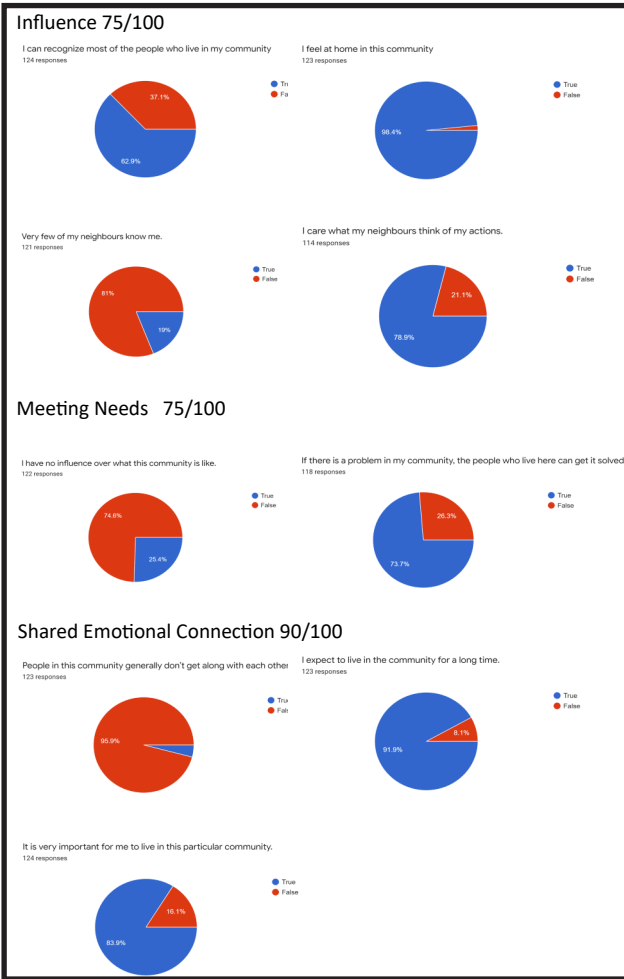
The Sense of Community Index which is a measurement tool developed by Community Science, was suggested by our mentors at Tamarack Institute as the most frequently used among researchers and practitioners globally. We used the 12 question index which asks respondents to rate statements about “community” as true or false. Four elements of a sense of community are described in this model: membership, influence, meeting needs and shared emotional connection.

Here is the data in the pie charts below. We would love to hear your comments and feedback. Whether you did the survey or not, what do you think? Send in your comments to eslearning-place@gmail.com.

129 residents responded to the survey questions, and they represent approximately 10% of the population aged 55 plus of Area A. Results varied only slightly between the communities of Riondel, Kootenay Bay/Pilot Bay, Crawford Bay, Gray Creek, Boswell and Wynndel. The results are still being analyzed, and can be sent off to Community Science to see how our results compare to other communities in the world.

For full results of the survey and to enjoy comments made by residents go here (the SCI results are in the middle of the survey) : <https://eastshore.life/seniors->

compare to other communities in the world.



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Tom's Corner

by Tom Lymbery

Big Bend Highway

The “Big Bend” of the Columbia River forms a large northern loop before doubling back to run south through the Arrow Lakes. The Big Bend route to the BC interior via the Athabasca Pass was well known to travellers since earliest times. Between 1929 and 1940 the Province of BC worked on constructing a 196 mile long road up and around the Big Bend of the river, detouring around the roadblock of the Rogers Pass between Golden and Revelstoke. When this road became an unemployment relief project during the Great Depression, the federal government contributed to its construction with relief camps for out-of-work labourers, who were paid their board and 20 cents a day.

When the narrow twisty gravel road finally opened in 1940, it took eight or more hours to drive from Golden to Revelstoke – even longer if you had a flat tire or ran out of gas. The road was so rugged and hazardous to drive that many motorists opted to use the railway’s car train shuttle through the Rogers Pass instead. In this heavy snowfall region the road was never plowed, so it closed with the first snow in early October and didn’t open again until late May. Greyhound started running trips over this seasonal road and Brian Gram’s father was one of the drivers when he returned from the Canadian services in 1945.

While Peter Fuoco was working on the Big Bend

Highway he found a huge cedar stump with human facial features on the roadside. He spent six weeks in his spare time turning the stump into a giant-sized wooden head with his double-bitted axe and a chisel. “Woodenhead” quickly became a roadside attraction, and it presided at the June 29, 1940 grand opening of the Big Bend Highway at Boat Encampment with a sign reading, “Don’t be ‘Wooden Headed’. Drive Carefully. You’ll live to enjoy the scenery more and longer.” There it remained until 1962 when the Rogers Pass section of the Trans-Canada Highway opened. Woodenhead was relocated to Revelstoke, and its fiberglass replica is now displayed in Woodenhead Park.

The Big Bend route would have been a much easier grade for the CPR in 1885, but the train journey would have taken four hours longer. So the 4.2% grades over the Rogers Pass were built instead. Here in Gray Creek through the 1940s we would sometimes rent a couple of cabins to travellers whose planned Big Bend route had been closed by snow. Until 1962, our Highway 3 (Southern Trans-Provincial Highway), with its Kootenay Lake ferry crossing remained the only all season road connecting BC to the rest of Canada. After the new paved Highway 1 through the Rogers Pass opened in July 1962, we felt they had built a fence across our own Highway 3.

While the Mica Dam was under construction in 1969, Sharon and I thought we might have the last chance to drive the Big Bend highway, as we had never been that way before. In October we drove to Revelstoke in our 1957 Chev and enquired if the old road was passable. The Revelstoke information centre was listed as being open to October 15 but had closed on October 10. So we drove further north towards Mica Creek, knowing that we got closer we might receive

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better advice. The answer was yes - but they are doing clearing work before the Columbia valley flooded behind the Mica Dam, and it might be slow going.

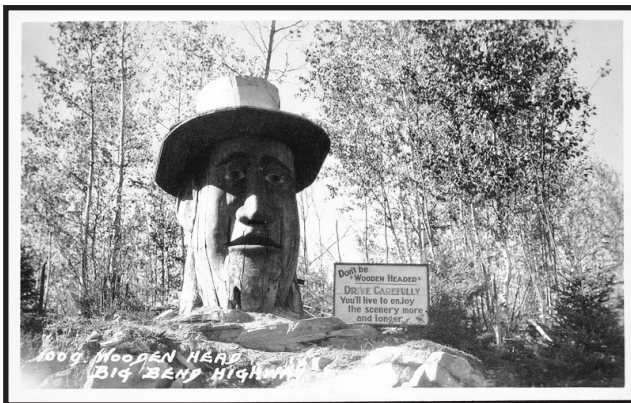
When we reached the Mica Dam construction site we looked down from the viewpoint to the ground so far below. The world's largest earth-filled dam was to be 801 feet high when completed in 1973, and people working below seemed tiny. We continued on to Boat Encampment where we had lunch at a hotel soon to be flooded when the dam filled. This historic Columbia River crossing, well known to fur traders, gold seekers, and explorers alike, was so named in 1811 by David Thompson when he spent some months there building a cedar strip canoe for the river launch. BC birch bark won't peel well enough for canoes.

After crossing the bridge over the Columbia River, we found that logs were being skidded right down the old highway, and we continued on with care. There were crews with clearing fires burning everywhere - it was hard to see for smoke. We saw no sign of the few seasonal auto camps with glass gas pumps along the way - these had folded when the Big Bend route was bypassed by the new Rogers Pass section of the Trans-Canada Highway. Beyond Boat Encampment there were no signs of any homes or even trappers' cabins.

The Columbia River was in its fall glacial green colours when we occasionally caught a glimpse of it clear of smoke. All this would disappear under the waters of the new Kinbasket Lake, created when the dam backfilled the Columbia valley for 100 miles. We finally reached Golden and checked into a motel, not realizing how close it was to the train tracks. An hour of so later a train whistle seemed to come right through the motel, and I stood up in bed in alarm.

A few years later Duncan Cummings was trans-

ferred to Mica Creek by the BC Forest Service. He and Helen and their two young sons Jason and Sean found out how much snow falls in that country. The boys could jump out of an upstairs window into the snow lying so deep below. No wonder the Big Bend route was never plowed. Now Highway 23 dead-ends at Mica Creek, so there is year-round access to that community, but goes no further.



"Wooden Head, Big Bend Highway" postcard, from a Byron Harmon photo pre-1942. Peel's Prairie Provinces, Univ. of Alberta Libraries, <http://peel.library.ualberta.ca/postcards/PC009626.html>

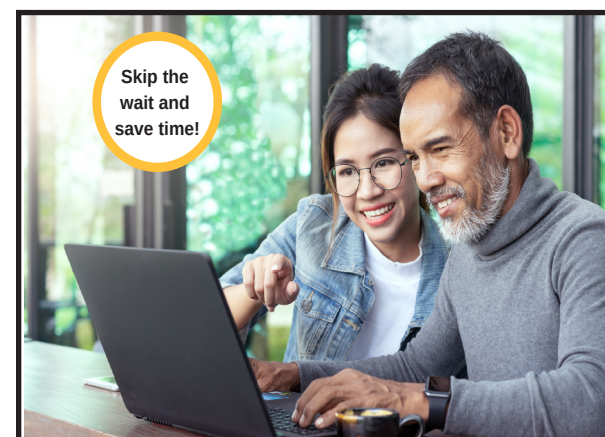
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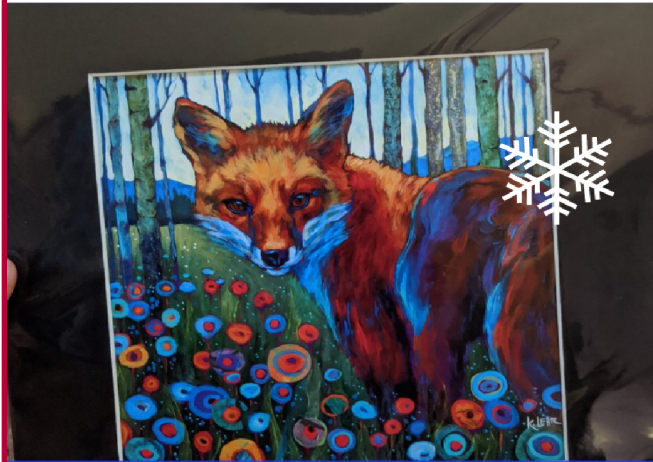
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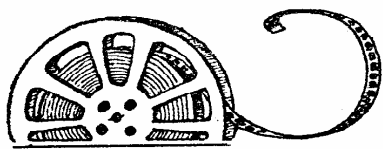
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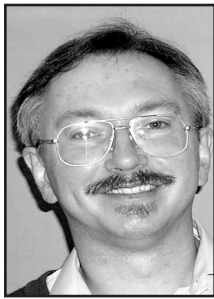


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Seldom Scene

by Gerald Panio



"Sexy Hong Kong kung-fu horror that makes the jump from crazy to mythic."

"grand, doomed fantasy romance"

"a cocoon of melancholy punctuated by moments of visual excitement"

"If Baz Luhrmann made a Chinese martial arts fantasy film it would look like this one."

"a balancing point between transcendent epiphany and infernal rage"

--from reviews of *The Bride with White Hair*

Twenty years ago, in a review of Jackie Chan's *Police Story 3 (Supercop)*, I described my first experiences watching Chinese films in the Shaw and Golden Harvest theatres located kitty-corner at the intersection of Hastings & Main in downtown Vancouver. That was back in the mid-1970s. The Shaw Theatre, built in 1971 by the Shaw Brothers (Sir Run Run Shaw & Tan Sri Runme Shaw), became part of a chain of 230 theatres run by "the most significant production company in the history of Hong Kong cinema." By the mid-80s the kung fu movie craze that largely fueled that cinema was past, and the Shaw Theatre closed its doors. It was reborn in 2009 as a live music venue, The Rickshaw Theatre, which is still going strong as I write this in 2020. The Golden Harvest Theatre, named after the Shaw Brothers' biggest rival production company, owned by movie mogul Raymond Chow, opened in 1974. The Golden Harvest Theatre went dark in 1991, reopening after major renovations as an art house cinema. It's now called the Imperial Cinema, a high-end boutique theatre and private events venue.

I was reminded of these two much-loved cinemas a few weeks ago when I watched Ronny Yu's phantasmagorical *The Bride with White Hair* (1993). The jaw-dropping effect it had on me was identical to that of the first Bruce Lee movies I watched in the 70s. Here was filmmaking that truly came out of another culture and another mindset. *The Bride with White Hair* (and its sequel, *The Bride with White Hair 2*) was loosely adapted from the novel by Chen Wentong. Better known under his pen name, Liang Yusheng, Chen was a pioneer of the 20th century wuxia genre that chronicled the adventures of martial artists in ancient China. The novel came out in 1957 and had been made into a film twice and into several TV series prior to Ronny Yu's version.

In the case of *Bride*, we're at that key moment in Chinese history where the Ming Dynasty is ending and Qing (Ching) rule is beginning. Master Tzu Tang of the Wu Tang Clan leads a strong confederation of 8 clans that is being threatened by the rising power of a new cult led by the deranged Gei Mou-Seung conjoined twins. Master Tzu Tang places all of his hopes for the clan's future on his young prodigy Cho Yat-Hang who, unfortunately for the Master, turns out to be as much of a lover as a fighter. The psycho twins, meanwhile, have trained their own champion—a nameless girl raised by wolves whom the twins make over into a

superhuman, cold-blooded killing machine.

We first meet Cho as a kind of frozen sphinx on a remote mountain top, guarding a magic flower that blooms once every 20 years and has the power to restore youth. He's been there for 10 years, waiting. Then we go back in time and see him as a young boy, as interested in playing with crickets and rescuing a lamb as he is in mastering the Moon Breaking Sword and other martial arts arcana. Not that he doesn't master these. He may be cheeky, but the Tzu-Tang's teachings aren't in vain. When he grows up, he'll take out an entire squad of raiders with a handful of reeds.

A forest encounter with the young, flute-playing wolf girl and her pack sets the events in motion which will eventually play out as romance, bloodletting, and tragedy. This is Romeo and Juliet with dismemberment, decapitation, deception, and delirium.

The grown-up Cho is played by popular actor and singer Leslie Cheung. Cheung had the handsome, brooding insolence of a young Brando or James Dean. His character was never going to toe the party line if he saw there was more at stake. When Cho meets the wolf girl again many years after their first encounter, they both are almost literally reborn in a water-filled grotto that's the quintessence of erotic and the ethereal.

Leslie Cheung's own life ended tragically. On April 1st, 2003, he committed suicide by jumping from the 24th floor of Hong Kong's Mandarin Oriental Hotel. He had been struggling with depression. It's Cheung who sings the haunting song that plays over the closing credits of *Bride*.

The grown-up wolf girl, to whom Cho gives the name Lien Ni-Chang, is brought vividly to life by Brigitte Lin, another superstar of Hong Kong cinema. Lin made over 100 films, retiring in 1994 when she had her first child at age 41. *Bride* is one of her most memorable roles. We see Lien as a fierce avenger, a love-struck young woman, a martyr, and the preternatural avenging angel of the film's title. The scene where she walks the gauntlet to win her freedom to love is one of my all-time favorites.

As if clan & cult conflicts and dynastic upheavals weren't complications enough, Cho and Lien have to deal with rivals for their

hearts & bodies. In Cho's case it's Ho Lu Hua (Kit Ying Lam), the ruthlessly ambitious daughter of one of the clan leaders. She and Cho have grown up together, and she's looking forward to their joint reign of terror. In Lien's case, it's the male half of Gei Mou-Seung, consumed by lust.

And speaking of the evil twins, nothing can really prepare you for the over-the-top sheer operatic gusto of the performances by Francis Ng and Elaine Lui. As chiefs of a cult whose slogan is "Killing ensures Peace," they're the ringmasters of a dark carnival that feeds on death & terror. One of the hardest-working, most respected character actors in Hong Kong cinema, Francis Ng has made almost 200 films since 1982.

Along with the top-notch casting, *Bride* owes a lot of its success to its extraordinary visuals. Scenes are flooded with incredible color, sets have a mythic grandeur, costumes dazzle, and fighting sequences use "wire-fu" to propel combatants through the air like heat-seeking missiles. We've got giant statues, stone-breaking whip action, and death-dealing tentacle hair. The cinematographer for *Bride* was Peter Pau, one of Hong Kong's best, who would go on to win an Oscar for *Crouching Tiger, Hidden Dragon*. Costume Designer Emi Wada also worked on *Hero* and *House of Flying Daggers*. She won an Oscar for *Ran* in 1986. The action choreography was by Phillip Kwok, who

began his career as a circus acrobat and worked in the Peking Opera. He choreographed the stunt work for John Woo's *Hard Boiled*, for the classic *A Chinese Ghost Story*, and for the James Bond film *Tomorrow Never Dies*.

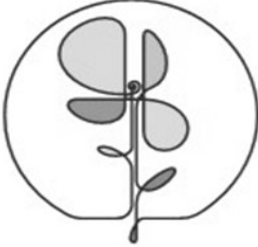
Director Ronny Yu other films include Brandon Lee's *Legacy of Rage* Jet Li's *Fearless*, and the epic *Saving General Yang* (2013). A move to Hollywood



produced *Bride of Chucky* (1998) and *Freddy vs. Jason* (2003). Although both films were successful, Yu has made one other in the last 17 years.

There's a point midway through *Bride* where Cho swears on his sword to Lien that he will never doubt her. He believes it. She believes it. But we know there would be no movie if they weren't both wrong.

The Bride with White Hair is available for purchase or rental on iTunes, and has just been released in a 4K DVD version with extended interviews. My original review of *Police Story 3*, now with added extracts from Jackie Chan's autobiography, can be found at seldom-scene.ca.



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Starbelly Jam

submitted by Amanda Hulland for
Starbelly Jam Society

Hello to our beloved Starbelly family. We wanted to let you know that we are hard at work evaluating multiple plans for our 2021 Starbelly Jam Festival. In light of the ongoing COVID-19 crisis, the Starbelly team has decided that we will be unable to host our "traditional" three-day weekend event for 2021. The health and wellness of our entire community, patrons, performers, vendors, and volunteers are critically important to us and we want to ensure the festival we go forward with will be as safe as possible.

We are committed to offering a 2021 Starbelly Jam Festival, however, we can't commit to the size and nature of the festival at this point. We will be refunding all of the tickets purchased for 2020 that were rolled forward to 2021.

As our plans develop we will let you know.

December 2020 *Mainstreet* 13

BOOK REVIEWS

by Tom Lymbery

BALANCING BOUNTIFUL, by Mary Jayne Blackmore, What I learned about Feminism from My Polygamist Grandmothers, Caitlin Press, 320 pages. \$24.95

Here is an in depth story of growing up in a close knit family under the direction of her father, leader of a Fundamentalist Mormon Faith, Winston Blackmore. Her Grandmothers and mothers are deeply religious so their days are full of prayers and warnings about doomsdays to come.

And also with seemingly 20 children of like age with pet lambs, cows and horses interspersed with weeding large vegetable gardens. The community is basically self sufficient. I know Winston quite well as we sold him chainsaws and I also delivered woodstoves to homes in Bountiful, close to Creston. I admired Winston's efforts to support so many people with logging and even a mattress making endeavour, and more recently a large greenhouse operation

In 2002 Prophet Warren Jeffs of Colorado City, Colorado split Bountiful in half by completely removing Winston Blackmore's leadership with half still supporting Winston and half James Oler. Even to the point of having two separate schools which could only go to grade six. This impelled Mary Jayne to become a teacher. She qualified and was able to get their school accredited for kindergarten to grade 12 – a truly major achievement.

Warren Jeffs is serving a US life sentence for raping a 13 year old. His brand of Fundamentalist Mormonism is full of hell and damnation, unlike Winston's more pleasant religion. The US was able to blast their way into a cement fortress where all Mormon marriage records were stored (most important to prevent any possible incest)

These records also made it possible for Canada to get Winston Blackmore and Oler convicted of polygamy. Winston and his lawyer had argued that since same sex marriages were now allowed, and divorce is common, so having more than one wife should be part of our Canadian Charter

of Rights.

Mary Jayne has two children and guided them through today's teen age problems, while herself changing from the strict Mormon lifestyle and going to Shambala and The Burning Man. The latter I had to Google and found it happens in 7 square miles of desert in Nevada. She spent time in New Zealand finding many Blackmore people who had taken that surname when those were required.

I enjoyed this book and do recommend it.

ON THEIR OWN TERMS, True Stories of Trailblazing Women of Vancouver Island, by Haley Healey, Heritage House publishing, 142 pages, \$9.95

True stories of 17 amazing women, some virtually unknown like photographer Hannah Maynard, and some famous like Emily Carr. This gives you an engrossing picture of ground breaking women dating back to the beginnings of Victoria in 1863. Not listed alphabetically but geographically from south to north of Vancouver Island.

The cover is one of Hannah Maynard's photos showing herself in three different poses, pouring tea and milk. She taught herself unusual photography tricks so many years ago when no others developed or even thought of these skills.

You will have read Cougar Annie's Garden as that amazing woman is written of here. Establishing a home at Boat Basin on the west coast of Vancouver Island she shot about 70 cougars over the years – to collect the bounty and sell the skin. Most ingeniously she was able to get a post office in 1935. All those years ago the payment for operating a post office depended on the total of the stamps sold the previous year. She looked for suppliers who would take payments in stamps and started a successful nursery business. She advertised in papers like The Free Press Weekly and mailed dahlia bulbs all over the world. And this was from an almost inaccessible place, where they had to row a boat miles to meet a weekly steamer for the mail bag.

More stories of ladies who had different lifestyles and did memorable work, such as Ann Elmore Haig-Brown who helped her husband write over 30 books.

be seeing this year. Riondel Library has you covered for all your solo-puzzle needs. (Hang in there, folks!)

Furthermore, in the past month we've seen an uptick in circulation of Children's books, always a welcome sign in our community. Keep up with Generation Alpha (kids born in the 2010s to 2020s) and try their current faves such as The Three Gators (a reptilian take on The Three Pigs). Or share your own beloved childhood books with the kids in your life - even if you have to do it virtually/remotely. Remember the fun of Robert Munsch's I Have to Go and Love You Forever? Plus, Riondel Library thinks picture books are too gorgeous not to be enjoyed by everyone. Go for it!

Lastly, we'd like to reassure you all that Riondel Library continues to take stringent precautions to protect patrons and volunteers alike as we weather the current storm surge of this dangerous pandemic. The library remains closed to patrons and books are dispensed by email and phone orders at our take-out door. We've refined our pick-up methods by installing a doorbell - so you no longer have to hop up and down at the windows to get our attention. The bell is located right by the popular Return slot, for your convenience. We encourage you to wear a mask to pick up books and follow all the guidelines as we hold the course until we're out of the woods. Like you, we're hoping it will all be over soon. In the meantime: be wise, be safe, and be kind, Library people!

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Location: Riondel Comm Centre, south-east door

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Have a happy holiday season! Bring on the Jólábókaflóð!

TOM SEZ

by Tom Lymbery

The Yukon no longer has daylight saving as they decided to discontinue this in 2020

2021 is a Census Year for Canada. This is so important for the East Shore as our RDCK representative Garry Jackman confirms. So please encourage all new residents to be listed – don't say "we still have a home in Edmonton" or any other excuse not to be listed.

Letters to Santa go to retired postal workers. There is a special Postal Code H0H 0H0 so all mail for Santa or the North Pole is answered. This also backs up Canada's claim to the North Pole.

Why has the US got such a wing ding election process that allows a defeated president to remain in power for nearly 3 months? They are 200 years out of date.

The Kimberley Daily Bulletin has a report that says raccoons are on the increase in Kimberley and that they have travelled over the Gray Creek Pass to Nelson. Raccoons are a protected species but you are allowed to dispose of them if they are damaging your garden or property. Cougars help to keep them in check.

GBT4QT2S+ BLM keeps getting more complex with the addition Black Lives Matter.

We see one eastbound and one westbound freight trains each day in Nelson, even on weekends. Track maintenance is continuous and they have been replacing ties in front of Lakeview Village where we are staying.

Alliteration is so important in making words easier to remember, in book titles and also in product names.

Chilliwack is planning on building the largest Pump Track in North America. Kootenay Lake Lions are hoping to sponsor a pump track in Crawford Bay. This would be important for locals as well as for tourists as a pump track can be used by cycles and even by wheelchairs.

In November 1939 the first Nordyun Norseman flew – the first Canadian designed and built bush plane. So successful that some are still in service.

Friday November 27 is "Buy Nothing Day" in Canada – truly that's the way to save.



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Blast from the Stacks Riondel Library News

by Muriel Crowe & Shirleen Smith

Word of the month: Jólábókaflóð ~ Iceland's "Christmas book flood." (Iceland Review)

This December we're taking inspiration from the most festive of directions: north – specifically, the intersection of the Atlantic and Arctic Oceans. I'm speaking, of course, of Iceland. Perceptive Riondel Librarians have drawn our attention to this island nation's tradition of giving books as Holiday gifts, a gesture worthy of our admiration – and emulation. Furthermore, Icelanders have embraced the audio book, another notion worth pursuing here, a continent away. Fortunately, the Riondel Library is ready for your Icelandic-inspired holiday reading, saving you some dollars in the process. Borrowing library books is free, and currently we're still not charging overdue fines. We have a decent selection of audio books (not necessarily Icelandic) plus a selection of Viking treasures for your reading pleasure, as well as all the usual temperate and tropical literary offerings.

Riondel Library is all about variety - there something for every reading taste (really, there is). Predictably, certain books are in hot demand. Here's the best kept Library secret of December: at the moment there's no lineup to borrow Louise Penny's latest Inspector Gamache novel, All the Devils are Here. Don't tell anyone. If quaint Québec mysteries aren't your cup of cappuccino, there's also new novels by Stephen King and Thomas King (no, we didn't manage a festive third King), as well as Ian Rankin and a host of others. See the Riondel Library website to peruse the covers of some of the new acquisitions, as well as the catalogue of all the other stuff.

But that's not all! Riondel Library is there to get you through this most unusual time. There's nothing quite like a jigsaw puzzle on the go to entertain all the guests you won't

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.

The Christmas Goose

There are many stories about the intelligence of birds, starting with parrots, like the African Grey or the New Zealand kīa, as well as ravens, crows and jays. At the moment, a woman I know who lives in Chicago, has a crow come visit. He flies to her window, bringing little sticks for her. (It might enjoy a shiny object if she put it out there for him, like a large paper clip). Ravens do this—I have an orange golf ball one dropped on my metal roof. No one, however, often talks about smart geese for some reason, yet they are intelligent and have been useful to humans for centuries.

Geese are particularly territorial, especially ganders when the female geese are laying their eggs, and raising their young. They will “fight to the death” to defend their homes from intruders, even ones as large as coyotes. Romans used to have them guard their military camps. In China, even now they are used to protect police stations, and in Brazil, they patrol prison yards (OffTheGridNews, 2020). Farmers, as my friend in New Zealand discovered, keep a gaggle on hand to protect their yards and to watch over their chickens. Geese are not just a valuable source of food.

I became interested in their emotional side, though, when I saw a video online of animals greeting their former owners/companions. In it one goose streaks across the farmyard, and flings itself into the arms of an approaching young man. The bird squawks the

entire way as it runs, and clutches the man with its wings about his shoulders, absolutely delighted to see him as he cuddles it in return. There is no hesitation on either side, and no aggression. Obviously, they are old friends. On Secrets of the Zoo, a flamingo greets a keeper exactly the same. Birds have more of an emotional life than we often realize.

I found this friendship surprising, considering my experience with the Sebastopol gander on my friend's farm. On my first visit I quickly learned never to turn my back on him if I was outside in the yard. In general, geese don't like strangers, and sometimes they don't even like their owners. My friend's gander would sidle up behind me—as well as her sometimes—fixing his beady blue eye on my back. If I wasn't careful, I would get that “goose” that makes them famous, and their beaks are hard and large. Their bite leaves a nasty bruise.

I think you can imagine my dismay when I visited a small goat farm in New Zealand, and found they, too, had watch geese, with a particularly large gander in charge of the gaggle. A ginger and white kitten, about a year old, however, was playing with him. She would sidle up, and walk alongside, close and obviously quite comfortable with this large bird. Then she would drop down in front of him, trying to trip him. He didn't seem to mind. He was certainly tolerant when she stood on her hind feet, paws against his enormous front, and beam up at him. I could almost hear her purring from where I stood.

The owner noticed my amazement. “She thinks she's a goose,” the farmer told me. “Someone dumped her at the gate when she was very small, not long before the Christmas holiday.”

Many people seem to think when they are tired of their kitten, or their puppy, that they can dump it near a farm, or woods, and the animal will survive. They don't. They die of starvation—if their mother hasn't

had a chance to teach them to hunt, and if the animal is that small, she hasn't so they don't know how to feed themselves; or as prey to hawks, or other predators just waiting to find an unprotected small, young animal. If the kitten or puppy is fortunate enough to survive their first year, they will die within another year from parasites or disease. Dumped animals do not last long and they do not have a good passing.

“Old Curly found her at the gate.” Curly is a Sebastopol, a large goose with curly feathers. “She took to him right away, and he did with her, too. She stands up against him, her paws against him, just like that. He never gets angry with her.” She pointed to where the kitten was stretched up against Curly, her nose barely reaching the top of his enormous chest; he was letting her lick his feathers, and he seemed to be beaming, proud of this little creature.

Ganders can be surprisingly gentle with small animals, like kittens and chicks. My friend had seen her own gander besieged one day with baby chicks. He was patient and tolerant, stepping to one side to let them have the feed he'd been eating.

The farmer went on: “We had goat's milk and she survived on it at first, so I started putting out some scraps of meat for her. She won't come to me, though. She's frightened of humans. She stays with Curly, right at his side.” The woman sighed and I looked over at her. She was obviously proud of this little cat.

“She thinks she's a goose so we call her Christmas. She's the Christmas goose!”

**Next Deadline:
Dec 30, 2020
www.eshore.ca**

For the Love of Genre

by Sharman Horwood

The Orderly Mind

One of my favourite novels is *Time is the Simplest Thing*, by Clifford D. Simak (1961). He's written others that I would also recommend, such as *City* (1951), a series of connected short stories about humanity's eventual exodus to the stars, in which dogs and robots play an important role, or *Way Station* (1963) about a country man who hosts visitors from other stars passing through on their way to other destinations. Simak's characters are calm, considered men and women caught in an unkind world yet trying to find solutions that will benefit humans as well as the other inhabitants of this universe.

Clifford Simak is a multi-award winning writer who began his career as a journalist. He developed a “gentle and pastoral” (Wikipedia) style of writing in his novels that was popular throughout the 1960s, 1970s, and 1980s, but it is a style that unfortunately has disappeared from science fiction. Space opera, with its violence and conflict has taken its place, and though I enjoy it as much as other people, I miss the calm and sense of writers like Simak. (Space opera tends to appeal to my younger, less rational self.) As you can see from the quote at the end of this article, Simak avoided violence, and all the tropes that animate science fiction, the ones that often seem to dominate most genres these days. While violence and excitement are often used to make a story interesting, Simak's work is very interesting because of his themes: in *City*, if robots or dogs become intelligent, will they have souls? Or, what will travelling to the stars do to human beings? How will it shape their future?

Time is the Simplest Thing explores that last issue. Shepherd Blaine is an employee of Fishhook, an interstellar exploration society that operates from Mexico. In this novel, humans cannot go to the stars physically, science and technology have failed them in this. However, their minds can. In an almost Darwinian fashion,

once humans learn that physically, they cannot cross the vast distances to the stars, they develop Paranormal Kinetics to take the place of science: their minds can go where their bodies cannot. People call it PK.

Shep is one of those at Fishhook who can travel to the farthest stars they've yet found. He finds himself on a planet where he is in a big blue room, with strange artifacts, and he sees a resident that is very big, and pink. It reclines on the blue floor beneath an open ceiling. It sees Shep, and says, “I trade with you my mind,” just as his mission ends. Fishhook abruptly yanks Shep back to earth. However, he is no longer alone. There is a copy of the big pink entity in him. It is a part of his mind. And its skills are now Shep's skills, too.

Blaine climbs out of the Fishhook device. This “contraption,” he calls it, enables his mind travel by freeing it from bodily sensation. He knows he has to run. Fishhook will not allow someone who has become contaminated to go free. He is no longer human, as far as they are concerned, and he is a danger to others.

In this novel, Simak develops a world that has gone back on the potential of science. Its logic and reason have reached a dead end. People develop other skills, mental skills, such as telepathy and levitation. Here, the main skill is Paranormal Kinetics, the ability to move objects with the mind. Unfortunately, because of the prevalence of new mental skills, people are terrified of them, and have a burgeoning fear of anything that might be occult. There are other reasons for their fear. Because of Fishhook, businesses and governments resent the star explorers because, though they can't physically travel to the stars, they are somehow able to bring back things that benefit people, such as fabrics and medicines. Other businesses can't profit from production and sales of these new items, and the biggest fear is that they, too, will contaminate earth. Consequently, a large number of people will chase Shep, lynch him for his PK, or otherwise attack him because he is a threat to their wellbeing, as he tries to escape from Fishhook. If they know what he can do, that is.

The pink creature in his mind is a beacon that alerts “spotters,” the ones who have semi-developed paranormal abilities and used to locate people like Shep. But the pink entity has given him talents that others don't have, such as a remarkable skill with time. He discovers this when the little copy in his mind helps him escape his pursuers by speeding Blaine's time up. Later, when he asks the pink entity what happened, he is told: “Time . . . is the simplest thing there is. Let me tell you . . .” “The entity loves having chatting to visitors.

As a writer, Simak excels at creating an interesting world, and a fascinating story, without the roller coaster ride of guns and car chases. His worlds aren't engaged in wars, or at least not obvious ones, and in general they are trying to get along peaceably, constructively. He writes beautifully about the natural world that is a disregarded background to these cultures, as well as with compassion towards human nature and all its faults.

In the foreword to one collection of his stories—*Skirmish* (1977)—Simak explains this theme: “Overall, I have written in a quiet manner; there is little violence in my work. My focus has been on people, not on events. More often than not I have struck a hopeful note... I have, on occasion, tried to speak out for decency and compassion, for understanding, not only in the human, but in the cosmic sense. I have tried at times to place humans in perspective against the vastness of universal time and space. I have been concerned where we, as a race, may be going, and what may be our purpose in the universal scheme—if we have a purpose. In general, I believe we do, and perhaps an important one.”

If you need something to read while socially isolating, and missing the usual seasonal festivities, I strongly recommend this novel, along with *City*, or *Time and Again*, or *Way Station*. They are gentle companions that will keep the cold well outside.

East Shore Youth Network puts on "Haunted Hall" at the Crawford Bay Community Hall

by Vienna Doenni, Coordinator

Even in 2020 Halloween got to be a very special event again for the youth of the East Shore Youth Network - despite COVID-19 restrictions. In collaboration with East Shore Early Years (EASEY) and many more local groups, the hall was transformed into a haunted spectacle for young and old. For weeks, youth had moved dozens of pallets, set up walls, built decorations and spent countless hours on the haunted attraction.

On Halloween weekend the community ghosts



(East Shore Hexagon Players) provided the spooky ambience. A ghostly teacher (Michelle Moss) made sure they understood all rules of the house, the zombie butcher (Tim Miller) offered a questionable supper and a spooky clown (Mandy Petrie) was seen wander-

ing the halls. Youth gathered outdoors around a firepit where ghost stories were read (and ample candy was eaten) and got to explore the spooky building one at a time.



The next day the youth themselves turned into ghosts, zombies and ghouls and set up a delightfully spooky event for East Shore families to enjoy. On a tightly scheduled day more than 30 families were able to enjoy the event; one family at a time with a strict COVID protocol. EASEY made sure no little ones were bored and everyone could take some candy home. A pumpkin display, created by the local youth was judged by the attending community members to determine who carved the best pumpkin of 2020. All in all a great event and are looking forward to more haunted bliss in 2021!

Pumpkin Carving Winners:

- 1 Mackenzie Brouwers
- 2 Avery Pitt
- 2 Branwynn Borhaven
- 3 Sophie Bellward

If you are between 12 and 18 years old and live on the East Shore (Riondel to Boswell) sign up to the East Shore Youth Network to join future activities and events www.eastshoreyn.ca.

Kootenay Lake Lions Club

submitted by Doug Anderson

The Kootenay Lake Lions Club continues to operate but on a limited basis due to the pandemic. We meet as required keeping in mind the social distancing necessary to maintaining a safe environment.

The Melvin Jones Fellowship Award was established as Lions Clubs International Foundation's (LCIF) highest form of recognition to acknowledge an individual's dedication to humanitarian service. Such an individual is Lion Tom Lymbery who was presented with this honour at our August meeting by our club. Lion Tom has held continuous membership in the KLLC for forty-one years and is the only active "Charter Member".

Another worthy member honoured by the KLCC at the August meeting was Lion Garth Norris who was presented with the Lion of the Year Award. Garth is a very dedicated member of our club who has given tirelessly of his time.

The KLLC has been very busy collecting, sorting and delivering cans & bottles to the Recycle depot. We have to thank everyone in the Crawford Bay area from Riondel all the way to Boswell, for contributing your returnable bottles and cans to this worthy cause. With the Lions, you are all helping to make a difference in your community. In particular, we thank all those who have volunteered their valuable time to help us sort through all the material we collect from our bins - not the most pleasant of tasks. Our thanks goes out to the following who are not KLLC members, but give freely of their time to assist us: Brian and Shirley Enger, Paul Hindson, Al Mc Kenzie, Wayne Trieber, Karen Lee, Wade and Dan Wensink, Sharon Webster, Gord Jeffery, Carol Blackwell, John & Vivian Rayson.

Our bins are located at the Crawford Bay Transfer Station, Gray Creek Store, Riondel Recycling area and the Boswell Transfer Station. To give you some idea as to how much effort goes into this activity, last year (2019) we put in 645 man-hours!! We report our activities to Lions Club International as "Lion-hours"... It's a lot of work, but well worth the effort.

The majority of our funds are raised through the return of bottles and cans. In fiscal year 2019/2020 we were able to donate \$7700 to the following:

Cops for Kids, CAM School Mexica, Eastshore Xmas food Hamper, Kootenay Lake Hospital Foundation, Canadian Cancer Society, CNIB - Kelowna, BC Lions Society - Camp Winfield, BC Lions Society - Easter Seal House, Vancouver, MD-19 Lions - CARE, MD-19 Lions - Lions Club International Fund, Lions Foundation Canada - Dog Guides, BC Heart & Stroke, Crawford Bay School Bursary, CB School Lunch Program, Our Daily Bread, Kootenay Lake Community Church, Canadian Diabetes, Boswell Signage, Kidney Foundation Canada, Many Bays Band, Creston Lions (Irene Murphy), Riondel Curling Club, Eastshore Transportation Society, CB School (Grad Celebration), Riondel Seniors.

If someone or organization in the Community is in need of financial assistance we encourage contacting any member of the Lions organization and they will see to it that you receive an application form for review by the club. We can also arrange for you to make a presentation at one of our meetings if you wish.

The Kootenay Lake Lions Club meets on the 2nd and 4th Tuesday of the month at the Kootenay Lake Community Church. The exception being July and August when we may limit meetings to one meeting only. We are always looking for new members and welcome anyone who wishes to join an organization such as the Lions and assist their community.

For more information please contact: Lion Doug Anderson at 250-227-6966 or Lion Fraser Robb at 250-227-9636 or any member of the club.

On behalf of the Kootenay Lake Lions Club, we 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. We also wish you safe passage through these difficult times, stay safe, stay healthy and stay home!

East Shore Transportation

by the ESTS Board of Directors

The East Shore Transportation Society held its first Annual General Meeting September 23 2020. We welcomed new board members, said farewell to some, and recognized the contributions of volunteers to our effort. We also named the community bus and will endeavour to spruce it up aesthetically next year, hopefully with some artistic help.

Despite the rapidly changing circumstances, our Best Shore Bus was able to engage with Cartwheel Farms to deliver local food from Creston to Riondel. As we look forward to the future, we still strive to provide the needed transport service on the East Shore. Our current goal is to assist those needing transportation to medical appointments in Crawford Bay, Creston, and Nelson.

Please email your feedback or requests to Dee @ estsbus@gmail.com or call/text 403-999-4222.

We hope that this update finds you navigating this challenging time as peacefully as possible.

**Next Deadline:
Dec 30, 2020**

**www.eshore.ca
mainstreet@eshore.ca**

250.505.7697

Embracing Change at the Ashram

Submitted by Nicole Plouffe for Yasodhara Ashram

We are settling into the winter at the Ashram now with the garden put to bed, the grounds secure for blankets of snow and our hearts and minds open to what the darker months may teach us.

You may have been wondering about our future plans and how we are coping since we are less visible in the community now. We continue to adapt to the changing currents during COVID as we follow recommended procedures and protocol including handwashing, social distancing, two-week isolating for people coming for longer stays and the wearing of masks inside certain buildings. Within it all, we attempt to apply some levity by having people dress up as handwashing ambassadors or don a wand to become the social distancing fairy!

The Ashram will remain closed to the general public but we are continuing with our online classes and retreats. We plan to open the Ashram for the 2021 Yoga Development Course (YDC) January 3 - April 19. We will be welcoming 20 participants for the YDC and they will have the opportunity to adjust to their new experience by having a two-week quarantine which can be considered a type of retreat. Also in 2021, we are continuing to invite people into the Two-Month Karma Yoga Program, Learning Residencies and our new Pathways Program that can lead to living here for months or even years.

As the season of light and family comes upon us here at the Ashram, we hold everyone in our hearts. We are truly blessed to live where we do and to have the beauty of our mountains, forests, the lake and one another - as well as the East Shore community and all its people and services - to replenish and hold us during these times. We wish you all the warmest of holidays. Namaste

AS IF TO DEMONSTRATE AN ECLIPSE

by Billy Collins

I pick an orange from a wicker basket
and place it on the table
to represent the sun.
Then down at the other end
a blue and white marble
becomes the earth
and nearby I lay the little moon of an aspirin.

I get a glass from a cabinet,
open a bottle of wine,
then I sit in a ladder-back chair,
a benevolent god presiding
over a miniature creation myth,

and I begin to sing
a homemade canticle of thanks
for this perfect little arrangement,
for not making the earth too hot or cold
not making it spin too fast or slow

so that the grove of orange trees
and the owl become possible,
not to mention the rolling wave,
the play of clouds, geese in flight,
and the Z of lightning on a dark lake.

Then I fill my glass again
and give thanks for the trout,
the oak, and the yellow feather,

singing the room full of shadows,
as sun and earth and moon
circle one another in their impeccable orbits
and I get more and more cockeyed with gratitude

Memorial Wall

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

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

Doris O'Dine

by Cathy Poch

Doris joined a like-minded group of ladies, Charlotte Blanke, Lou Moore, Beth Ludlow, Peggy Tugwell, Myrna Strom and several others, forming what became the East Shore Reading Centre in the mid 1970's.

For many years she was the Clerk-Treasurer, industriously typing out the many cards needed to process the books into a card catalogue and processing the books for lending.

She was present when the library moved from the school, to the old "small hall" in the community hall, upstairs at its present location and down to its current location. With the advent of the computer age, she relinquished her position as Clerk, stayed as Treasurer, then board member.

She was an exemplary member of both the Library and its board up until her passing on November 17 at age 97, in her new place of residence in New Denver. She will be missed by all who knew her.

Notice of Passing

Jake Miller April 1949-Nov 2020



With heavy hearts we mark the passage of Jake Miller into the light. Born in Winnipeg, Manitoba in April 1949, Jake passed away November 2020.

Jake was a natural athlete graced with agility and speed. A valued member of his high school basketball team at Jefferson High, he also excelled in Track and Field.

Gifted with a beautiful singing voice he was asked to sing with the choir after his Rabbi heard him sing at his Bar Mitzvah. (he politely declined, shunning the limelight!) Most at home in nature, Jake made the move to British Columbia and worked as a tree planter, planting over 750,000 trees in his 20's.

Inspired by a concert of Ravi Shankar and George Harrison, Jake travelled the first of many journeys to India, studying the philosophy and practice of yoga and meditation. Eventually earning a Masters of Meditation from IMI in Kullu Valley, Himachel Pradesh.

Returning to Canada, he landed in Toronto and started his career in the film industry which spanned over 30 years. Jake started out with a Craft Service position, ultimately revolutionizing the way Craft Service was done. He later switched gears, becoming a member of the Props Depts in Toronto and IATSE Local 891 in Vancouver. Jake was in his element working with Props. He became well known and sought after for his well-honed skills and tasteful sense of aesthetics. He worked on many commercials, television shows and films with his close friend and Props partner, Nicholas Dibley. Jake enjoyed anticipating and then exceeding the needs of actors such as Marlon Brando and directors such as Robert Altman.

Retiring to the natural splendour of the Purcell Mountains and Kootenay Lake, a new ability surfaced and Jake received his Reiki 1 certificate. A natural healer, as his teacher says. This healing practice helped him throughout his battle with the aggressive bone cancers he faced so courageously.

Jake was an inspired singer, songwriter and musician, he will be dearly missed and loved by his family... wife of 28 years, Jennifer, sister Sarah, daughter Damian, grandchildren Ruby and Izak. father-in-Law Kit (Barbara) brothers-in-Law Graeme (Maybel) and David (Jen) nieces Amanda (Mike), Katie, Lily Ann and Audrey, nephew Alex, great nieces Miller and Davis, cousin Esther (Mel) Jake was also deeply loved by his Mother Regina, Father Moses and Mother-in-Law, Martha. He was so loved by his cats, Mango, Taj, Pedro, Domino and Charlie.

There will be no funeral service or official memorial donation. Jake has requested that you choose to remember him in your own way. He felt a deep connection to nature and animals. Planting a tree in your yard or somewhere for him would be a lovely tribute. Adopting, rescuing or fostering a cat or dog or donating your time or money to an animal shelter will also pay tribute to this incredible man. Giving blood is a way to honour the medical practitioners who did everything they could to help Jake. Jake was a private person but gives us comfort with words from one of the last songs he wrote:

*"You can count on me, anytime.
Just call my name and I'll be there.
You can count on me, anytime...
If you need me, if you need me,
You can count on me"*

East Shore Hospice In the moment

by Maggie Kavanagh

Whether your loved one is moving into the last chapter of their life or have since passed this time of year can sometimes be challenging.

Here are some things to consider that may help in honouring your loved one:

- Light a candle and say a little prayer or write something that expresses how you feel and read it out loud.
- Place a picture of your loved one at a place setting for the holiday dinner. You can do this even if they are still with us but are unable to join you for whatever reason.
- A special walk or hike in nature - find a nice spot that speaks to you as you sit and do a prayer or meditation for your loved one.
- Open up photo albums and remember who and what they stand for. Maybe frame a special picture and put it in a place of importance.

Do something that they would have liked to do, is another way of honouring your loved one.

Happy Holidays from all the volunteers at East Shore Hospice!

East Shore Hospice volunteer care is free of charge and is available in your home. Hospice care does not replace nursing care, home support or any other professional service. A hospice volunteer can be a caring listener with an open heart and mind, who is also comfortable sitting in silence with a terminally ill person. This support can also give the caregiver(s) some respite to care for themselves. This means that the caregiver can have time away from the caretaking role.

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.

The East Shore Mainstreet
KOOTENAY LAKE BC

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

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

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

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EASTSHORE AUTOMOTIVE - Service & Repair 250-227-9370

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

BUS SERVICES/ANNOUNCEMENT

EASTSHORE CIRCLE OF FRIENDS ART SHOPPE: Open 11am-3pm, Friday, Saturday, and Sunday in August.

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

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

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

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

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

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

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

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

REGISTERED ACUPUNCTURIST, LISA SKOREYKO R.AC. Treatment for pain, emotional disturbances, gastrointestinal issues and much more. 250.777.2855. Unit #9 Crawford Bay Inn. 16210 Hwy 3A, Crawford Bay.

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RENTALS/ACCOMODATION

YEAR ROUND SHORT TERM ACCOMMODATION. Bluebell Cottage in Riondel. Can sleep up to 10 people. Newly renovated, warm and cozy. 250-551-7953. Openings still available for the holidays.

RESTAURANTS

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

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

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

YARD/LANDSCAPING/SITE PREP

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



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

**Next Deadline:
Dec 30, 2020**

Massage Therapy
Harre-son Tanner, RMT
Over 40 years clinical experience



* Knowledgeable * Skilled * Experienced
For appointments, call 227-6877/505-6166

CLASSIFIED ADS

BUSINESS ANNOUNCEMENTS

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

BUSINESS SERVICES

Fax service, photocopies, (with no PST/GST) Tom Lymbery – Notary Public, 250- 227-9315, fax 227-9449, 250 551 0423 for Notary Public.

**Next Deadline:
Dec 30, 2020**

- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL MEMORIAL HALL
Booking/info: Karen Lee at 250.223.8686

The Fitness Place

**Open to members
7 days per week
5:30am-10:30pm**

Reduced supervisor hours may occur with reopening, so please contact Julia Kinder at eastshorefacilities@gmail.com or 250.777.2497 (email is preferred)

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

CRAWFORD BAY HALL
Your community hall

A non-smoking facility



NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

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

BULLETIN BOARD

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

*** BULLETIN BOARD * BULLETIN BOARD ***

CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

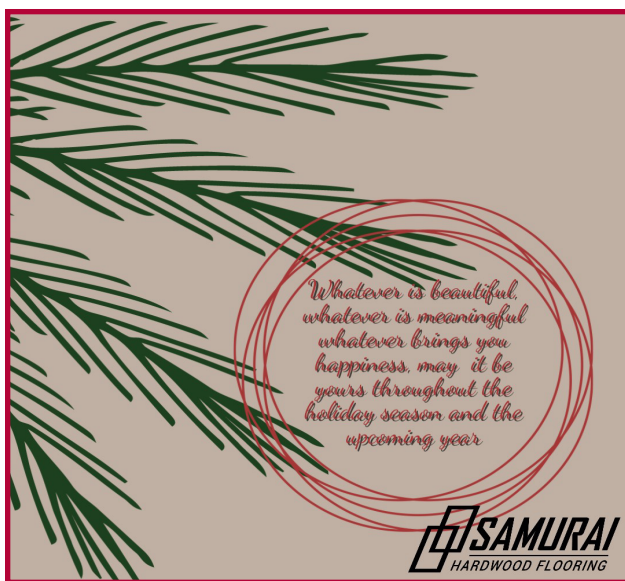
Will be at the East Shore Health Centre monthly. For information, call Creston Health Unit at 250-428-3873.
EAST SHORE HEALTH CENTRE Call 227-9006
 See calendar for doctor days - Doctor hours are from 9:30am to 4:30 pm. Please call 227-9006.
 Interior Health Authority, Community Care Nursing and Home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

EAST SHORE LAB BOOKINGS ONLINE

Skip the wait and save time! Book your lab appointment online. Sign up in minutes and book yourself. or have friends or family book online for you. www.labonlinebooking.ca
 Or book by phone at 1.877.740.7747.
 Walk in service also available.

SPCA THANKS

Thank-you to everyone that donated to the SPCA box at the Crawford Bay store. The total raised was \$152.35, which will go towards the care of the cats and dogs at the Nelson S.P.C.A. - Lynda Leduc (volunteer)



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

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

Box 140, Crawford Bay, B.C. V0B 1E0

Email: mainstreet@eshore.ca

Web: www.eshore.ca

ADVERTISING RATES

\$40 - 3.25 wide X 1.75 tall (inches)

\$45 - 3.25w X 2.5t

\$50 - 3.25w X 3t

\$55 - 3.25w X 4t

\$60 - 3.25w X 4.5t OR 6.75w X 2.25t

\$70 - 3.25 X 6t OR 6.75w X 3t

\$95 - 3.25w X 9t OR 6.75w X 4.5t

\$115 - 3.25w X 10.25t

\$150 - (1/4 page) 5w X 7t

\$175 (1/3 page) - 6.75w X 7t

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

\$250 (1/2 page) - 10.25w X 7t

\$450 (full page) - 10.25w X 14t

Sample Sizes - more sizes available.

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

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

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

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

FOR FULL COLOUR, ADD 30%

HEALTH CLINIC MESSAGE

We are doing phone appointments right now, unless the patient absolutely has to be seen, or they can go to emerg in Creston or Nelson. If someone is having symptoms of Covid-19 they are asked to stay home and call 250-551-7500 or 811.

Lab and Doctor apts.

Our doctors are doing telephone appointments when possible.

If you are experiencing any symptoms such as fever, cough, shortness of breath,

**“Please do Not Come INTO CLINIC “
 Call 811 or Nelson Testing Site Phone 250-551-7500. We do not have the testing kits here at the clinic.**

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)

DOCTOR DAYS IN DECEMBER (SEE ABOVE RE COVID PROTOCOL)

- DEC. 1, TUES: DR PIVER/JAYME INGRAM (NP)
- DEC 3, WED: DR MOULSON/JAYME INGRAM (NP)
- DEC 4, THURS: DR BARBOUR
- DEC 5, FRI: JAYME INGRAM (NP)
- DEC 7, MON: NO COVERAGE
- DEC 8, TUES: DR PIVER/JAYME INGRAM (NP)
- DEC 9, WED: DR MOULSON/JAYME INGRAM (NP)
- DEC 10, THURS: DR BARBOUR/JAYME INGRAM (NP)
- DEC 11, FRI: JAYME INGRAM (NP)
- DEC 14, MON: JAYME INGRAM (NP)
- DEC 15, TUES: DR PIVER/JAYME INGRAM (NP)
- DEC 16, WED: DR MOULSON
- DEC 17, THURS: DR BARBOUR/JAYME INGRAM (NP)
- DEC 18, FRI: JAYME INGRAM (NP)
- DEC 21, MON: JAYME INGRAM (NP)
- DEC 22, TUES: DR PIVER/JAYME INGRAM (NP)
- DEC 23, WED: DR MOULSON/JAYME INGRAM (NP)
- DEC 24, THURS:NO COVERAGE
- CLOSED DEC 25, 26, 27, 28
- DEC 29, TUES: DR PIVER
- DEC 30, WED: NO COVERAGE
- CLOSED DEC 31

Note: Nurse Pracitioner by appointment only as well. No walk in's. WISHING YOU ALL A VERY "SAFE "AND MERRY CHRISTMAS AND HAPPY NEW YEAR FROM ALL OF US AT East Shore Medical Clinic

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 - 250.402.3225

HARRISON MEM CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay

No services at this time.

For info, please contact Rev. Leon Rogers: 250.402.3225

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

Satsangs available anytime for inspiration - Online at our website (yasodhara.org/about-yasodhara/satsang/) or YouTube (youtube.com/user/yasodharaashram/).

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Fr. Lawrence Phone: 428-2300

Sun Mass at 2pm.

CHRISTIAN SCIENCE CHURCH SERVICES

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

MEETING PLACES

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 held at 4:30 pm at the Crawford Bay School on the first Wednesday of the month. Email cbess.pac@gmail.com for info.

ALCOHOLICS ANONYMOUS:

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

Kootenay Lake

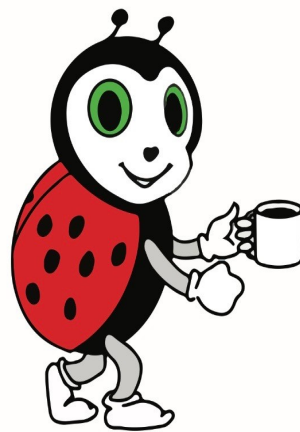
Ferry Schedule

Winter Schedule

All Times listed in East Shore time.

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

LADYBUG ON WHEELS



DECEMBER 2020

ORDER BY SUNDAY, PICK UP THE FOLLOWING SATURDAY. DELIVERY AVAILABLE IF NEEDED!

(OR STOP IN AND SEE WHAT'S IN THE FREEZER FOR DINNER...)

WINTER HOURS: 7:30 TO 3, EVERY DAY

SOUPS: (16 OZ CUP - \$5)

BEEF BARLEY, CARROT GINGER, CHICKEN MULLIGATAWNY, SWEET POTATO COCONUT, CREAMY BUTTERNUT, THAI CHICKEN, SPICED PUMPKIN

MEALS: (SMALL - \$9, LARGE - \$15)

CHICKEN POT PIE, CURRY CHICKEN, SPINACH AND FETA CANNELLONI, LASAGNA, SHEPHERD'S PIE, CABBAGE ROLLS, CHICKEN ENCHILADAS, VEGGIE ENCHILADAS

Best way to order is email – meganrt@live.com, message us on Facebook or stop by the Ladybug. Phone number coming soon!

HIGH-SPEED INTERNET
1 (844) 776-3747
www.eastshoreinternet.ca
Central Kootenay Lake's community non-profit ISP.

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Nelson & District
CREDIT UNION Logically. Locally.

Nelson & District Credit Union wants to assure you that the health and safety of our members, employees and the East Shore community is a top priority. Please **be safe**. Restricted hours and branch access will continue. We apologize for the inconvenience.

Our East Shore Team is available to support all member requests while we keep the doors closed. Please note that there is no support between 1 to 2 pm Monday to Friday .

Call the East Shore branch directly at 250.227.9221, or visit nelsoncu.com.

We wish all of you a safe and happy holiday season!

THANK YOU! You can STILL...

Huge, heartfelt thanks to the wonderful donors and supporters who have given generously over the past month or two. It warms us to the core to know that you care about the future of this beautiful locally-owned, independently-run community newspaper.

Those who haven't yet, but still want to, can easily support Mainstreet with a donation in a number of ways. Please see options to the right.

Donate on the website: www.eshore.ca or...

Donate any amount, or subscribe to pay monthly without having to remember to do it yourself! Pay via:

- ⇒ Paypal
- ⇒ Credit Card
- ⇒ Etransfer (to mainstreet@eshore.ca)
- ⇒ Direct Deposit (at the Credit Union)
- ⇒ Cash or cheque (Box 140, Crawford Bay, V0B 1E0)

Go to www.eshore.ca for more information.

Thank you, Mainstreet supporters & community.