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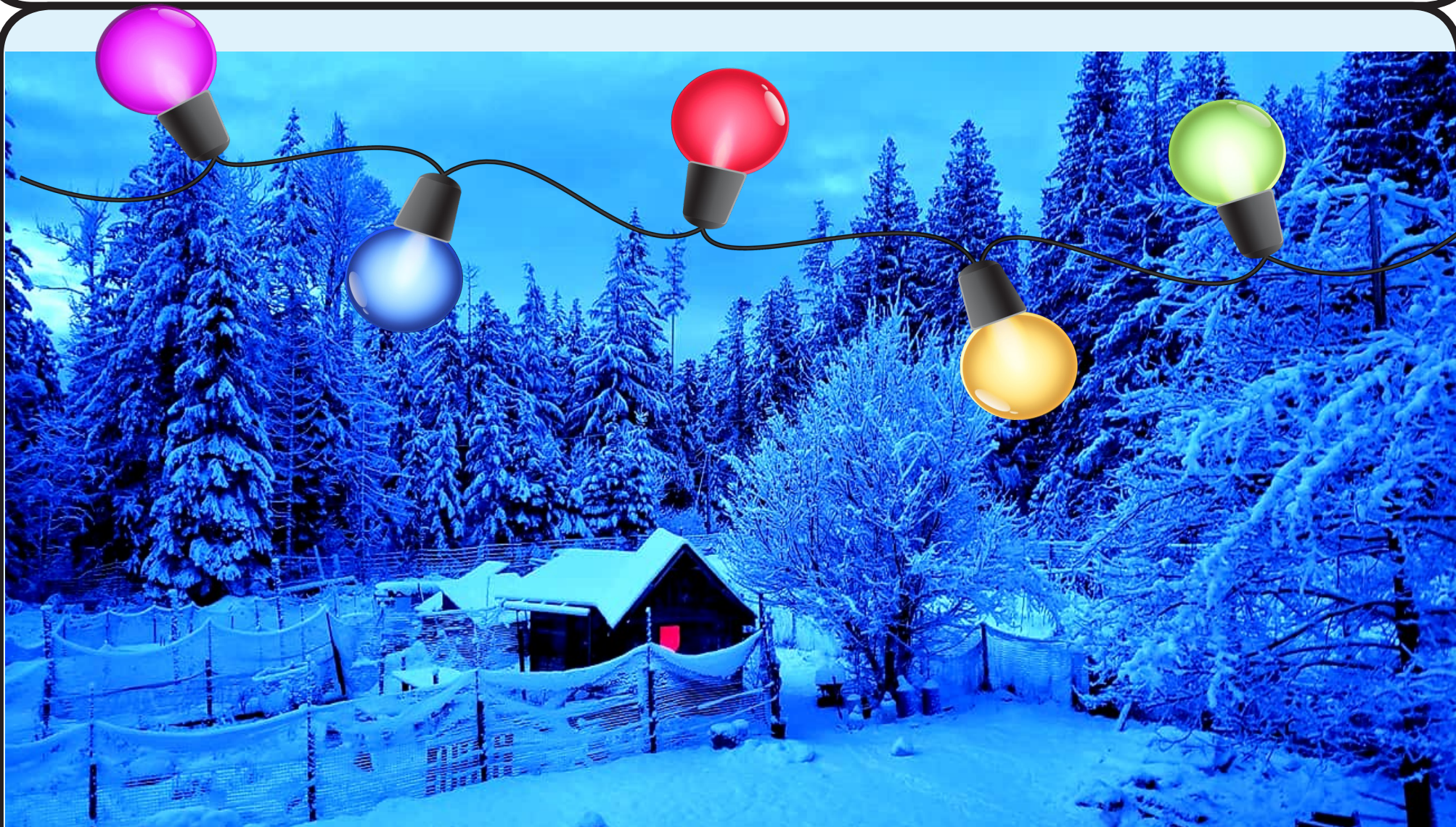
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The East Shore Mainstreet

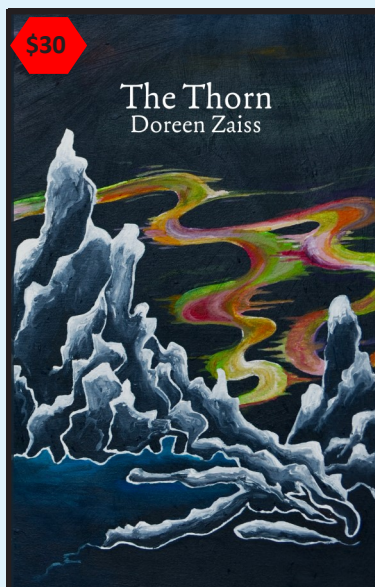
KOOTENAY LAKE BC

~Locally-owned, community-supported independent news serving the East Shore of Kootenay Lake~



Happy December, Merry Christmas and the happiest of 2022 to all readers, contributors and the people you love! From one little East Shore farm, outward to the world. Find peace this season and relish in the hush and harmony of our home.

Photo by Jacqueline Wedge



\$30

The Thorn
Doreen Zaiss

The perfect *Christmas* gift, made locally, with love

The Thorn - by Doreen Zaiss

This deeply engaging novel about a family of Norwegian women around the turn of the 20th century is available for purchase by contacting Ingrid Zaiss Baetzel at thethorn2021@gmail.com or 250.505.7697. It is also in stock at the Gray Creek Store, Barefoot Handweaving, Otter Books (Nelson) and Crawford Bay Market.

Doreen was a long-standing member of the East Shore community, a teacher and artist who was hugely loved. She passed away in March of 2020. This book is her legacy - please enjoy it! **Get one for your family members, your friends, yourself! It might even fit into a big stocking...**

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Mainstreet Meanderings

by Editor Ingrid Baetzel

What's Your Pain?

How's your slump going? Are you dragging your body around, going from task to task, feeling moderately disinterested in the world at

large and sore in your core? Or, are you a miracle early winter wonder who steps briskly out into your day and gets all the things done with a bright smile on your face? If so, can I have what you're having, please?

Due to some sadness and mental unwellness around me lately, I've been diving into conversations around and books about therapeutic remedies and treatments for pain and sadness. I've learned some good stuff, but have somehow, quite wilfully, neglected to apply them to my own life in general. I have, though, had a massive accepting and remembering response to one basic tenet of general well-being and that is: "body follows thought", or...something like that. The power of these magical and oft-misused minds of ours is astronomical and as a general rule, I know I am neglecting to tap into even a small portion of mine. So, I'm writing this as a practice in review... as a reminder to self for the holidays and forward.

I'm going to remember my stress dials. I'm going to remember my pain dials. These dials are so called because they respond accordingly to brain impulses triggered by thought and belief. If I am triggered into an anxiety bout, I immediately feel my stress and pain dials surge upward and increase any discomforts I'm carrying in my body. An interested podcast I listened to recently thanks to a friend's prompt ("Ologies" with Alie Ward, Dolorology episode with Dr. Rachel Zoffness) covered the science of pain and broke the

experiences of pain down into three groups. The biopsychosocial approach holds that the experience of pain is determined by the interaction between biological, psychological (e.g. cognition, behaviour, mood) and social (e.g. cultural) factors. Hence, treatment of pain must be multi-pronged and faceted. There are, of course, also stark contrasts between acute and chronic pain and how to treat them.

An interesting example of how our minds affect our response to pain (and not simply neurologically) is the following... What hurts more? You have woken up to a power outage, freezing temperatures, a sore back and a fight with a loved one. You stub your toe on your kitchen table leg. Hurts like a muthah, right? It can put you on the floor. Stub that same toe to the same degree when you're out with friends, having the time of your life, dancing, singing, larking about, and that pain response is substantially diminished. This example rang so true to me as I feel as though I've experienced this precise phenomenon multiple times and even wondered about it. The reason for the difference is this: 100% of the signals that enter your body filter FIRST through your limbic system, your emotion centre before even becoming pain in the body. That creates gradients in response. So, Zoffness explains that as a pain specialist, when treating pain, she ALWAYS treats both the physical AND emotional pain in the patient. They are inextricable.

There are, of course, many, many examples of deep physical pain, like people with MS or Fibromyalgia, where this approach to pain treatment is more negligible, but Zoffness holds firm to her philosophy that the approach is all about helping the brain and the body desensitize to pain responses and that the emotional wellness of a patient is inexorably connected to the speed and efficacy at which physical pain can be treated. Fascinating.

There you have it... my body may be hurting. I can say that I'm not treating it well enough. I can say that I haven't gone to the gym in over two years, that I love cheese too much, that it's easier to just watch a movie,

but I'm clearly not looking at my pain/health picture as a whole. I'm not happy enough and I'm not flexing my brain pathways to help them grow in the right way.

My December resolution (cuz I'm not waiting another month) is this: manifest happier thoughts, practice more meditation, get off the screens which seem to be all about letting someone else dictate my mental state. Think happy thoughts and take them outside into the trees. Feel the sun, rain, snow and wind on my face. And, don't be too hard on myself. We're all in this, and we all can relieve at least some of this pain. Merry Christmas.

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Letters to the Editor

MY NEW YEAR'S RESOLUTION

Dear Editor:

My hearing sucks. It's been bad for decades.

Back in the 70's and 80's, I mainly worked as a rock drummer. The harsh nightly sounds of cymbals, snare drum & guitar amps (turned to '11') had a damaging effect. I also owned a sound & lighting rental company and toured across Canada as a soundman, usually playing in loud, bad sounding venues. After that, I began working in the studio with artists like Nazareth, Neil Young, D.O.A. & B.T.O. Even in the studio, things could get pretty loud. Once in a while, the playback speakers were loud enough to part your hair. Then, back on stage, I did tour dates with; 3 Dog Night, Steppenwolf, Loverboy, Foreigner, Bad Company, Ted Nugent and many others. In 1986, we did large concerts with Van Halen through 46 states. All of the above were loud experiences. This caused a lot of hearing loss, as I didn't learn until too late about the benefits of proper hearing protection. Our motto was always: 'If you think it's too loud, you're too old'

But that explains why I talk so loudly, not why I talk so much. The problem I'm having now, has nothing to do with my hearing - it's my listening.

That's what's really gone down hill.

I think I used to listen better. When learning to play music in my youth, a big part of that was ear training. You're learning to listen with a discerning ear, to the subtleties of timing, tuning, volume dynamics, etc.

Nowadays, I notice a really serious decline in my attentiveness. I'm often ready to respond to what someone says, before they're even finished expressing their thought. Not good. I interrupt - which is just plain rude (it's like the verbal equivalent of tailgating).

I find myself ready to respond to my wife, thinking I know exactly what she's going to say, instead of actually paying proper attention to what she IS saying.

I'm embarrassed about this, because frankly, I should know better. I'm an adult and I've always tried to be courteous and respectful.

So many of us have become divided or polarized in our thinking over the past year or two. We are eager to express an opinion or judgment, and perhaps less likely to fully listen to people who have an opposing perspective. I feel we've become more selective in our listening, more inclined to dismiss any opinions which are not aligned with our own, instead of challenging ourselves to try and fully consider another's perspective. I think this is a lost opportunity, especially living in this little bubble I call 'The Eased Shore', where we are usually always quite kind and respectful of one another.

I don't want to miss the subtle cues. The messages within conversations with friends, where there may be thinly veiled hints of depression, anxiety, or loneliness, simply because I'm already busy thinking of what to say next.

When I was young, I played rock music. The 'game equivalent' would probably be hockey. It's fast, physical, and can be aggressive and make you sweat.

These days, I'm really into 'Ambient' music, and perhaps the game equivalent would be Chess. It's about focus and subtlety. I'm trying to be calmer, more open to nuance. Patient.

So, my New Years Resolution, is to try and be more present. To be more patient in my interactions, and really HEAR what others are saying. A dear friend once put it very clearly: You have one mouth & two ears. Use them proportionally.

What is your resolution for 2022? I think most of us are longing for a fresh focus of something new and positive. As a wise man once said: 'Be the change you want to see in the world'

Will Chapman, Gray Creek

OPEN FORUM

Dear Editor,

I see more letters in the November MS with anti-vacc opinions, and would like to give my thoughts. The last time I did this I got a rather nasty email from one of the other letter writers.

Remember this is an open forum and I have every right to my say as well.

Here goes:

-The Canadian vaccination rate is above 85%, but this region hovers 20% below that. Are people here actually smarter? These folks may seem like a force in this local area, but in the context of BC and Canada, they are way in the minority.

-MRNA vaccines absolutely offer the best protection against Covid, far superior to Astra Zeneca, J&J, Sputnik, etc. MRNA is now used extensively to fight cancer and other diseases.

-Africa, Latin America, and poor countries around the world cry for these vaccines while anti vaccers here turn their noses up at them.

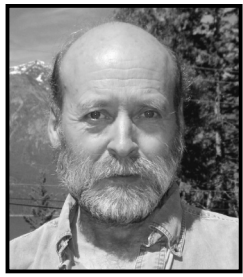
-Can you imagine what the world would be like right now if no one was vaccinated? Lockdowns, rampant mutations, overwhelmed medical care, food security threatened, commerce grinding to a halt?

-Who can ever calculate the cost in human life and sickness due to delayed surgeries, screenings, MRI's, colonoscopies, etc. because the hospitals are so full of Covid patients, the majority of whom are unvaccinated?

-Within two weeks of vaccine passports being introduced in BC, over three million had been issued, or almost 80% of the adult population.(Adrian Dix)

-The only way that restaurants, gyms, sporting events, etc can operate is with vaccine passports.

-A study (March 2021) by McGill university found that over 2/3 of the misinformation on Covid and vac-



RDCK Area "A" Update

by Garry Jackman, Regional Director

More on after the smoke clears: After major emergency events the province performs reviews of hazard conditions. Right now there will be an intense exercise to assess all of the bridges, narrow stretches of highway along mountain passes and slides (many of which will not be stable) following the intense rainfalls in November. After the local wildfires there is also an assessment of ongoing risk. I have seen two reports so far for significant fires in the Kootenays, those being the Michaud Creek and Octopus Creek fires. You can find the reports on the RDCK website. Go to the home page, then click the "emergency management" tab from the left side menu and then scroll down to "recovery" where you will see the link to reports for major fire reports going back a number of years. There is general information on the page about what types of occurrences, from landslides to erosion, may occur after various intensities of fires. Reports on the Akokli Creek and Trozzo Creek fires are expected in early 2022. I will provide a heads up when they become available.

Rethinking energy use – saving us money: One of the newsletters which I routinely read, Municipal World, has posted a couple of recent items which are very relevant to our communities. One is an energy usage data base and the other is about geothermal potential.

On the geothermal front, a short (16 minute) podcast gives a few highlights on district energy systems. You can find the podcast at <https://www.municipalworld.com/podcasts/geo-exchange-systems/>. They start off noting how efficient geothermal technology is far from new, but the availability of relatively cheap natural gas has slowed the emergence of geothermal systems suitable for heating clusters of buildings. Of course north of Wynndel we do not have access to natural gas and propane costs can be highly volatile. Some of the discussion is around the shift to electrify heating systems (such as with heat pumps) but in order to avoid expensive upgrades to the electric grid using geothermal energy to heat and cool (the ground becomes the heat sink in the summer) can reduce the peak electrical demand. There is a high temperature geothermal feasibility investigation for Area A underway right now, supported by your Economic Development Commission, other government grants and a few of your neighbours who are volunteering their time and knowledge. Look for updates in the coming months.

The other interesting data set, which I have been following from various sources for years, is a summary of where we spend our money on energy. We made a personal choice for our last vehicle (which I have so far driven for 220,000 km) which reduced our annual cost for gasoline by more than \$2000. Our insurance also went down, even for a newer vehicle. You can see charts of where we spend our individual 'energy money' plus where our towns and cities spend our 'energy money'. Knowing there are obvious ways to save on energy costs, the RDCK has invested in heat recovery systems and more efficient energy systems year over year for the past decade. We also have programs to help you reduce your energy consumption. One data base I have been looking at recently does not have all of the rural areas listed yet, but looking at a village like Kaslo (population 968) you can see they

use 28.2% of their total energy for road transportation and 21.2% of their energy for residential buildings. So not only is our choice to upgrade home energy efficiency going to save us money but a shift in what we drive may save more.

The local transportation society is investigating substantial grants to provide community transportation which can serve our younger and older populations (some without a drivers license) and those in between eventually. More on this can be seen in reports from community volunteers.

Volunteers: As I noted last month, each year your local government benefits from advice and expertise provided by volunteers who sit on committees and commissions. Some of the appointments span longer than a year, but usually there are vacancies on various committees throughout the year plus as some terms end with the calendar year some volunteers opt to step back. At any time over the coming weeks residents can contact me if they are interested in joining the Area A Economic Development Commission (EDC) or the Rec 9 Commission. We also do not currently have an active land use Advisory Planning Committee which has provided some great insight over the years on development applications.

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.

Next Deadline:
Dec 29, 2021
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Letters to the Editor

cines on SM can be traced to 12 ("the dirty dozen") SM influencers who are all making millions monetizing platforms and selling their own ridiculous products.

-Facebook, Instagram, Twitter, You Tube and other SM platforms are making billions spreading misinformation about vaccines. If some of this stuff is being taken down, it probably should be.

You can check any claims or info on Quackwatch, an independent website run by doctors concerned about scams and misinformation. Check out just two of the Dirty Dozen, Dr. Joseph Mercola and Dr. Sherri Tenpenny on Quackwatch. Pretty interesting.

Don't like Big Pharma? How about this?

-Rock hero Freddie Mercury died of AIDS in 1991, only 2 years before anti-retroviral drugs turned HIV from a fatal disease to a manageable condition.

-New data shows young women who are immunized for HPV are almost 100% protected against cervical cancer for their entire lives.

-Hepatitis C can now be cured in most people who contract it.

-Those travelling to warm climates can be immunized for Hepatitis A and B.

Sure, Big Pharma is making money off these vaccines, but how much medicine will they sell to hospitals treating Covid patients in ICU?

Another thing that bugs me is the notion that the possible need for a booster shot is evidence that the vaccine manufacturers screwed up somehow. The flu shot changes every year, so what's the problem if we need a booster against new variants?

If the five billion or so people who took this vaccine are all going to die "in a couple of years" in some Zombie Apocalypse, please let me be one of the dead. Or maybe these folks will have fun gleefully walking down the street, kicking the rotting corpses off the

sidewalk, saying "I told you so..."

Criticize if you want, but these vaccines are the most potent weapon we have against a worldwide pandemic. I consider it my duty as a citizen to get vaccinated in order to protect myself and those around me from this pandemic. How about you?

Paul Hindson, Crawford Bay

BONHOEFFER AND COVID

Dear Editor:

When the words 'mandatory' and 'vaccine passport' entered popular vocabulary, I not only declared war on Canada and allies, I joined the Resistance. My reason for doing this is that I am seeing a rerun of the same stupidity that characterized Nazi Germany in 1934.

Even though the present bandwagon has a somewhat different appearance, it is basically the same cart. The recipe for moving this thing is as follows. First you popularize a situation that is undesirable, one that generates fear, outrage or both. This becomes a new "truth". Evidence to support this "truth" is manufactured. One might think of the Crusades.

Next, you introduce a solution and accompany it with coercion. Punish those who don't comply. Make sure to censor all information that contradicts your "truth". Punish those who refer to such information. Use plenty of propaganda to keep the 'true believers' on track.

Dietrich Bonhoeffer was a German Lutheran pastor who did not agree with what the Nazi government and his countrymen were doing. He landed in jail and later lost his life for making his position clear. While in prison, he formulated his Theory of Stupidity, basically an explanation for the social behaviour that marked Germany's population at the time.

The Theory identifies the social behaviour of four types of people: intelligent ones, bandits, helpless ones,

and stupid ones. Whereas bandits (criminals) create win-lose situations (they gain, others lose), intelligent people create win-win (gain-gain) situations. In the helpless category are those whose personal losses are balanced by gains for others or society as a whole. An example might be sick or injured people whose personal losses prompt the building of hospitals and the provision of care providers. In other words, they lose but society gains, a lose-win scenario.

Bonhoeffer emphasized that the most dangerous people in society are the stupid ones, for they generate lose-lose situations. Their personal losses are matched by losses for others. He also makes it clear that stupidity has nothing to do with intellectual capacity, wealth, or success. It's a person's social behaviour that places him or her in the stupid category.

I don't know if it is my eyesight, but I am seeing a lot of people these days that definitely belong in the lose-lose box. Perhaps I will follow Ashleigh Brilliant's advice i.e. abandon my search for truth and start looking for a good fantasy.

Jon Wyngaard, Riondel

DIVERSION OF PREACHER CREEK

Dear Editor:

Copy of letter sent to MLA Anderson, cc'd to MP Morrison and RDCK Director Jackman.

Preface for Mainstreet by Rob Rowley:

Unless checked by the public, government definitionally expands and controls endlessly for its benefit rather than for the benefit of the public it is supposed to serve. If the following letter disturbs you, call or complain to your MLA. The more complaints received by her office, the more likely it is that YRB will be required to be more responsive to the community needs and to their responsibilities to it. Perhaps even result-



Hidden Taxes

by David George

Social Contract

From Wikipedia: “In moral and political philosophy, the social

contract is a theory or model that originated during the Age of Enlightenment and usually concerns the legitimacy of the authority of the state over the individual. Social contract arguments typically posit that individuals have consented, either explicitly or tacitly, to surrender some of their freedoms and submit to the authority (of the ruler, or to the decision of a majority) in exchange for protection of their remaining rights or maintenance of the social order.”

The term social contract takes its name from the 1752 book of that title by the 18th century philosopher Jean-Jacques Rousseau. For further reading about the history of the social contract, see 17th century writers such as Thomas Hobbes and John Locke.

How does this affect us in Canada in the imperfect world of the 21st century? The authority of the parliament of Great Britain over Canadian self-government came to an end with the Constitution Act of 1982. Pierre Trudeau was prime minister. All provinces except Quebec agreed to be bound by this document.

The first part of the Constitution Act is the Canadian Charter of Rights and Freedoms, a sort of bill of rights of the individual in Canada. These include what the Charter calls “fundamental freedoms” namely freedom of conscience, freedom of religion, freedom of thought, freedom of belief, freedom of expression, freedom of the press and of other media of communication, freedom of peaceful assembly, and freedom of association. In case law, this clause is cited as the reason for the religious neutrality of the state.

Section six protects the mobility rights of Canadian citizens which include the right to enter, remain in, and leave Canada. Citizens and permanent residents have the ability to move to and take up residence in any province to live there or to pursue gaining livelihood.

Other sections of the Charter protect the right to life, liberty, and security of the person; freedom from unreasonable search and seizure; in legal matters to be presumed innocent until proven guilty; freedom from self-incrimination, and the right to legal counsel. Many of these rights mirror those in the United States constitution’s bill of rights. We do not have the right to bear arms, however.

There are some limits to those freedoms in our bill of rights. We do not have the right to use ‘hate speech’. That right has been subjected to limits by court cases.

We are still in a time of pandemic due to Covid-19. Some of our rights have been temporarily suspended to protect the people of Canada. We cannot travel to some parts of Canada right now. Also, the wearing of masks has been required in many places.

These restrictions on free movement were extraordinary in Canada and opened the door to a possible Charter violation of section 6. However, under section 1 of the Charter – which permits reasonable limits on protected rights and freedoms – the government can infringe on the right to free movement if it is deemed necessary to stop the spread of the virus and protect public health.

This should not be a great surprise to any rational Canadian. We have already accepted limits on some activities before Covid. We accept that we must have a valid license to drive a car or truck. We also accept that we must use a seat belt when driving or being a passenger in a motor vehicle.

We also accept the limits placed on that minority of Canadians who smoke, and are now limited to indulging that habit mostly outdoors. Canadians are now

being asked to accept more limits on what we can do and where we can go if we are not vaccinated against Covid-19.

If you refuse to be vaccinated without a real medical excuse, you will not be able to participate in many activities in the near future. These will include travel by air, sea, or land, as in train travel. No matter how many hours you have spent online looking at conspiracy theory material, the vaccines are safe, and will protect you against the present pandemic. Even if you are infected after vaccination, you are unlikely to die.

If you refuse vaccination, catch Covid, and are hospitalised, you will be diverting hospital space from those who need it for elective surgery and emergency care for other illnesses.

The ultimate reason you should be vaccinated is to protect others who have a medical reason for not being vaccinated. Consider them, please.

This pandemic is real. It is just as real as the 1918-1920 influenza pandemic. The reason fewer people have died in the Covid-19 pandemic is that we in the 21st century have much better health care than existed 100 years ago.

Seen on a friend’s coffee mug: Don’t let your Google search get in the way of my medical degree. Until next time, stay well, stay safe, be kind, and enjoy the Holiday Season.

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Dec 29, 2021
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Letters to the Editor

ing in the institution of a reasonable, economic and independent complaint and appeal system to deal with YRB error and omission.

Dear Madam:

Re: Diversion of Preacher Creek May 31, 2020

I am writing to you on behalf of my neighbours, Beverly and Douglas Anderson, two of your constituents and both octogenarians living in retirement on their rural acreage approximately five kilometers East of the village of Crawford Bay on the Eastshore. I, and my wife Marilyn, are owners of, and long-time seasonal residents on an adjoining rural acreage.

I wish to bring to your attention the occurrence of an event on May 31, 2020 of which I believe you are probably unaware. The morning of that date, a late spring thaw and heavy rains had combined to swell the Preacher Creek water flow and the resulting freshet debris completely blocked the culvert of the roadway crossing. The roadway crossing became a massive dam with the result that the whole of the Preacher Creek water flow was diverted laterally out of its normal gorge eroding approximately one kilometer of roadway and depositing several hundred tons of asphalt and roadway rock onto our lands. For a good part of that day the diverted water and eroded debris continued to threaten and to flow around and both sides of the Anderson’s home.

The YRB area superintendent had inspected the crossing site that morning together with a fire department first responder, who both then concluded that Preacher Creek was about to breach laterally. YRB chose to ignore the growing emergency and also ignored Mr Anderson’s numerous pleas for help, until late that day when a large backhoe was contracted to excavate the whole of the creek crossing in order to restore the Preacher Creek water flow to its natural gorge. Of course, by that time a large portion of roadway had been washed out and deposited on our lands.

Although YRB had paid for clean-up of a similar washout event which occurred on August 25, 2004,

the MOT claims department simply denied liability in this instance on the basis of the event being an “Act of God” apparently on the pretense that they were relieved from liability because the Crawford Creek delta area in Crawford Bay some five kilometers distant was concurrently declared an emergency flood area subject to evacuation.

At law it is fairly clear that there is absolute liability for escape of water and there is also a principle of law that the onus of proof of negligence is reversed where an event has occurred on more than one occasion. The MOT blanket denial (without ever having viewed the damage) therefore forced us to ultimately institute legal proceedings against the MOT by Supreme Court Statement of Claim.

The MOT has recently filed a Statement of Defense which I personally regarded as a baseless and frivolous blanket denial, perhaps not surprising when no one from YRB, MOT, nor the RDCK have ever shown any concern nor ever bothered to view or otherwise inspect the rather extensive damage nor apparently wonder what had happened to the original asphalt and road base which they had to replace. The only Government official to have ever bothered to view the site and the damage was our area MP, the Hon. Rob Morrison who inspected both properties involved.

For your information, clean-up costs as estimated by third parties are in the neighborhood of \$100,000 and we have also asked for an indemnity from the MOT with respect to asphalt pollution of our lands—it seems conceivable that we could be prosecuted at a later date for environmental pollution on our lands and also pollution of the Crawford Creek fishery because of those asphalt pieces finding their way into that Creek.

Given the nature and content of the Statement of Defense, we believe that counsel for the MOT are engaged in a “law-fare” process to delay and inflate costs of litigation. We have accordingly instructed our Counsel to prepare a Reply alleging bad faith and claiming punitive damages in addition to actual cleanup and loss of use damages.

I have puzzled over the obstructive and uncooperative actions of the MOT on this matter and wonder if this arises because of the conflict of interest between YRB and MOT. You are aware that the MOT created independent contractors (YRB) as agents of MOT to observe and perform its statutory obligations for repair and maintenance of roadways. The conflict is that YRB and not MOT is in the practical position of determining those obligations while it is primarily a commercially motivated corporation rather than being the government ministry responsible for the statutory obligations for protection of the public. It would accordingly, not be surprising that YRB may be inclined to maximize repair costs performed or supervised by it and minimize third party costs or expenses (including damage claims), all to the financial benefit of its employee shareholders. Clearly YRB should not be adjudicating claims involving their performance or non-performance and I hope that is not happening here.

The only saving feature of the Statement of Defense is the declaration therein of MOT ownership of all the roadway materials. This practically allows and invites us to return the roadway materials presently trespassing on our lands, back onto the MOT roadway from whence they originally came. We are, of course, considering this course of action.

We don’t think anyone in government has ever seriously investigated this incident but, rather, taken the approach that we will go away or die if they simply ignore, delay or “stonewall” the issues, apparently relying on the deep pockets of Government to easily outlast the limited resources of rural aging pensioners.

The approach of your government is not fair and reasonable here and I hope you will pursue this matter on our behalf. You will note I have copied this letter to the Hon. Rob Morrison MP and Mr Gary Jackman of the RDCK as I expect they may both be interested in progress of this matter.

Yours truly,

Rob Rowley, Crawford Bay



Hacker's Desk

by Geoffroy Tremblay

Circular Energy

Sight is a bit of a different sense. While most sense organs only capture information, sight also projects energy to our surroundings. Using my sight to focus on my hand, for example, will bring about some heat in there. I can also simply use my mind's eye or my imagination to create the same effect.

I can also turn my eyes to the 'third eye' or the point between my eyebrow in meditation. A tactile feeling develops just by doing this. If I focus my attention by staring at my feet, I can actually warm them up. I find it strange, but since I've experienced this since I started meditating, it's now part of my reality.

So what happens when I watch a movie? Last week a friend on the social network wondered if she was the only one who was not watching tv shows and movies. A few people replied, some of them proudly stating that they stopped watching tv a few years back and now would never get back to it. I like this idea. I watch a fair amount of anime, Netflix and other movies; why not try out how it would feel without it.

But what to do instead. Writing is my go-to whenever I don't know what else can be done. It gave me the time to reflect on what is going on when I watch tv. Since sight helps me to direct my energy, in a way, I am feeding my energy to some stories. Then I go to bed, and these stories continue to play in my head, so my outward focus continues to drain so of that energy.

I enjoy this drain of energy as it helps me calm down after a day of work and can help me get to sleep. But what if I kept that energy or shared it differently?

I started to see a pattern here. I have a limited amount of energy. I can spend that energy outwardly or keep it for myself. Sometimes that energy gets stuck in my head, and then I get more tired and restless. Suppose I focus on concentrating on my body. In that case, the energy stuck in my head can move around my body, calming my mind but still cultivating my energy.

One meditation that I like to practice is called micro-orbit meditation, from the Makta Chia Taoist school. It's a simple visualization; you move the energy up and down the body, from the back to the front. I find it quite powerful. When you practice this regularly, you can really feel how your mind's eye moves energy in your body.

Watching TV and consumerism seems to be related to that movement of energy. What is most beneficial for our global economy is to spend and continue spending on external goods. The cheapest, easiest to manufacture goods are the most helpful for the economy because we will have to buy and continue buying all the time. Investing in myself or in quality doesn't help the economy as much. This outward spending is really similar to watching TV in the end.

I often come to the conclusion that our western culture goes against self-preservation, health and evolution. Observing how my energy flows outward when watching TV brings about the same idea. So then, what to do with my energy?

When I bring focus to my body, then an energy loop is created. The excess of energy moves into my body. But at the same time, my mind quiets down as I focus on the body's sensations. The energy moving through my body gets redistributed evenly too. This promotes health and calms my nervous system.

I can also use my eye to direct energy to other activities. Caring for my daughter or my wife would use that energy in this way but would create a circular economy. This makes me think about spending power in the meditation circle we are holding on the East Shore, again an example of a circular energy economy.

As far as watching tv, well, it didn't last too long; I

am back on Netflix just a few days after taking a break. But it did feel good and brought about a lot of reflection. It's a good reminder of how I want to use my energy and how I want to direct it. I'll probably try a bit more slacking on my tv schedule, though and see what comes out of it!

Who is your Community Hero?

a Mainstreet Feature

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

We would like to show appreciation for everything **Gerald Panio** does, for us and for the community. We look forward to his art history lectures every week, as well as appreciate his trust in sharing books on artists and art movements with the art club. Gerald also supports other activities in the community. He works with the Lions' Club, he is a member of the Bluebell Manor board, stands on the Riondel Commission, and participates in the Riondel Seniors' Association activities. Thank you, Gerald, for everything you do. It is appreciated.

-Riondel Arts Club

Susan Hulland. Smart, spunky, intelligent, compassionate, kind; inexhaustible in her devoted efforts to protect, preserve and promote the vital beauty and balance of our community and its environs.

-Christina de Pape



Hall Board News

submitted by Susan Hulland

Online Auction: Our recent online Silent Auction netted over \$9,000 for the Rejuvenation & Preservation Project to improve the Crawford Bay Community Hall! In total 333 individuals bid on 120 items donated by 61 businesses and organizations and 37 individuals. Fundraiser organizers were particularly pleased about the \$10,000+ total value of donations, \$6,000 of which came from the East Shore. Approximately \$2,500 of that total came from Creston and East and the same amount from Nelson and West which shows great support for our cause from beyond our immediate community.

The success of this auction was made possible through more than 300 volunteer hours of service donated by board members and members of the public who canvassed for donations including: Janaki Pogreba, Sharon McDonald, Amanda Hulland, Lorna Robin, Cathy White, Mary Livingstone, Amy Hotchkiss, and Sheena Sobkiw.

We owe a special thanks to volunteers, Bob Carter and Amanda Hulland who worked with director, Nicole Schreiber, to produce spreadsheets to keep us organized and run the online auction over five days. We were grateful for the help of Kym and Doug Blackburn for help on auction pick up day at the hall and thank Ingrid Baetzel for her support through the *Mainstreet*

Thanks to help from other regional media including the *Creston Advance* and *Nelson Star* and from Juice FM and Kootenay Coop Radio.

Unfortunately, donations from Wynnwood Cellars Winery and Baillie-Grohman Estate Winery could not

be put in the auction because of rules set by Facebook. These donations will be part of another fundraiser in 2022.

Thanks to everyone who participated in each and every way. We are tremendously grateful for all your support.

Donations: Our Community Fundraising account rose by \$550 in November thanks to Rosanne Arcuri and an anonymous donation made in memory of two well known former residents Alice Bruce and Topsy Gunther.

Roswitha Strom donated a sturdy, wooden roll top desk to us a bit too late to put it in the auction. Watch for posters on local bulletin boards or on our Facebook page (@crawfordbayhall) to see details. To view this desk call Susan Hulland at 250 227 9387. Roswitha also gave us three metal rollers which we will use as gate posts in the park.

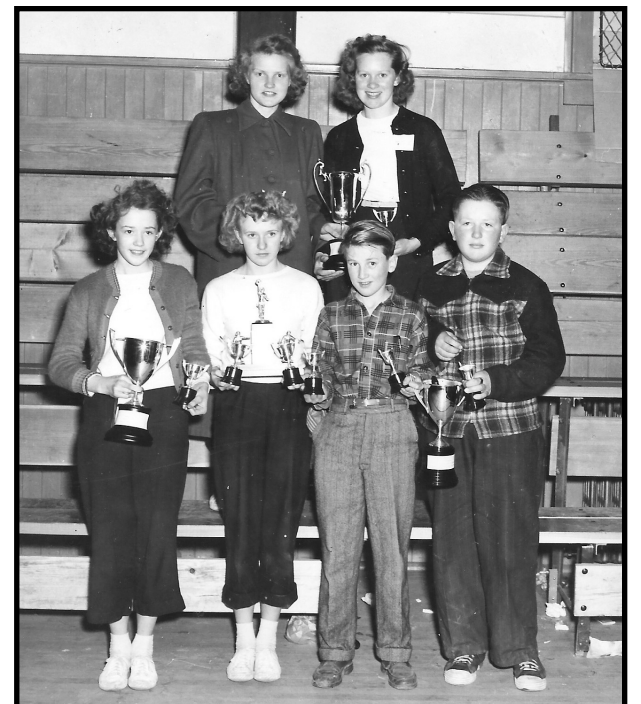
Fundraising: If you are looking for a Christmas gift that gives back to our community check out Bruce Paterson's 13" x 19" signed colour prints of the Crawford Bay Hall. (There is a framed one on display on the wall behind the cashier at the Crawford Bay Market - the only location where you can buy them.) We have decided to put them ON SALE for \$25 starting in December. Bruce's black and white 5"x7" blank cards (with envelopes) are still only \$4 each or 4 for \$15 at Crawford Bay Market.

Thanks: To Ken Daggart for your speedy repair of the hall skirting and to Dave Hough for moving Roswitha's desk to the hall.

We established the executive of our association for the next year at our November monthly meeting. Helene Carter will serve as secretary, David Wells will serve as treasurer and Leona Keraiff and Susan Hulland will co-chair the board. For general information about our activities, to rent our facilities or to volunteer your skills to work with us please contact us info@cbhall.ca.

Hello Leona, I was looking at some East Shore Mainstreet issues from 2020 and noticed your articles on the Crawford Bay Hall. This was really interesting to me as my mom, Jean Nyberg, lived in Crawford Bay and she and her sister, Lavina Nyberg, played badminton there. I have an old photo, taken of the Crawford Bay badminton team that I thought might be of interest to you. The photo was taken by H.M Buckna Studio of Photography, Creston BC. On the back of the photo, it says "Junior Badminton, Creston BC. March 1950." The team members are identified as, back row, Elva Wiklund, Rose McGregor. Front row, Lavina Nyberg age 13, Jean Nyberg age 14, Cliff Hawkins, Percy McGregor. *Sincerely, Marina Bennett (Randall)*

From Leona Keraiff: If you have a small contribution and photo, feel free to do as Marina did and email lkeraiff@cbhall.ca.



Riondel Fire and Rescue Blotter

by Fire Chief Cory Medhurst

Last month, once again, saw BC being devastated by mother nature with an “atmospheric river” rolling in. The rainfall and flooding that ravaged the south-west interior, lower mainland, and sunshine coast has been felt throughout the province and beyond. Adding to an already fragile economy, the pandemic, and opioid crisis, the floods severed major routes throughout the province and affected travel, supply chains, and more. Emergency services were once again maxed out which created long waits for 911 service, forcing many people to call the Fire Department cell phones in many areas to report emergencies. It all seems too much and we are really hoping that this holiday season will bring relief to all who need it, peace to all who are struggling, and love and family to all who miss them. We also look forward to saying farewell to 2021 while being optimistic that the new year will see an improvement for all humankind.

NOVEMBER CALLS TO DATE ARE AS FOLLOWS:

November 6 – Eight members responded to assist with a search and rescue effort, north of Riondel. A local person had driven up a logging road sometime in the morning. During the trip up the mountain the vehicle sustained a flat tire and stranded the local and the person’s dog. The person called family and informed them that he was going to walk back to Riondel. Several calls throughout the day were made back and forth until just before dark when the person realized they were indeed lost and starting to get cold; the person’s last call was to say they were too cold and tired to continue and they were going to take a nap. Another family member called 911 to report the missing person. Crews began searching as far as possible without proper equipment and decided to wait for Search and Rescue teams from Kaslo and Cranbrook. While the SAR teams were on route, a group of the missing person’s friends geared up and hiked into the forest. Just as the SAR teams were about to head into the bush as well, word came in that the friends had located the person; the SAR team hiked in to meet them all and bring them out. The now, found person, was examined by BC ambulance paramedics and although cold, was released to go home and soak in a hot bath. All crews returned off the mountain at approximately 1am.

November 7 – Four members responded North of Riondel for a vehicle stuck on the Kootenay Lake Forest Service Road near Garland Bay. A family that is new to the area were out for a drive when their vehicle became stuck in the ditch. Fortunately, a passerby was kind enough to stop and help the family before our crew arrived. The family called back to inform the crew they were out, and our crew stood down.

November 16 - Two members responded in Riondel to a report of an overnight kitchen fire that had been extinguished by the homeowner. A candle had been lit during an unusual power outage but was left unattended, causing a large fire with extensive smoke damage throughout the home. The loan occupant proceeded to stamp out the fire with their hands, causing 3rd degree burns and possible smoke inhalation which required transport to hospital for examination.

November 18 – Three members responded to Riondel Rd for an emergency lift assist; an urgent call from BC Ambulance to help paramedics with patient movement. As the crew was leaving the hall, they were called off as the situation had changed.

November 19– Three members responded to Crawford Bay for a medical emergency. The crew assisted BC Ambulance paramedics with patient movement.

We join the BC Office of the Fire Commissioner
6 Mainstreet December 2021

(OFC) in asking everyone to be fire safe in their homes this year. As reported to the OFC, there have been 113 Christmas-related fires in the past decade in British Columbia. This has led to 15 injuries, four deaths and more than \$14.5 million in damage. Check out the info provided here <https://news.gov.bc.ca/releases/2020PSSG0066-002054>. This year, we at RVFD also join many other departments across Canada to spread the “12 days of Safety during Christmas” as a fun reminder to be alert and to stay safe this holiday season.

Day 1 - Water fresh trees daily. It’s time to trim that Christmas tree, and if you’re using a real tree, always buy a fresh tree and keep the base of the trunk in water. Keep your tree away from any ignition source such as the fireplace, heaters or candles. If using an artificial tree, make sure it is fire-resistant (don’t be fooled, a fire-resistant tree isn’t fireproof and can still catch fire, it just takes longer with more heat to ignite).

Day 2 - Check all sets of lights before decorating. Before you put those lights on the tree or around the front window check the cords closely. Discard any sets that are frayed or damaged.

Day 3 - Make sure you have working smoke alarms. With family and friends spending extra time at your home over the holidays, it’s a great time to check your smoke alarms. Replace smoke alarms if they are over 10 years old. Remember that you need working smoke alarms on every storey of your home and outside all sleeping areas. Test your alarms to make sure they will alert you and your family if a fire occurs, giving you the precious seconds you need to safely escape.

Day 4 - Make sure you have working carbon monoxide alarms. Carbon monoxide is an invisible, odourless gas that can quickly kill you. Replace any carbon monoxide alarms over seven years old. Installing carbon monoxide alarms in your home will alert you to the presence of this deadly gas.

Day 5 - Make sure everyone knows how to get out safely if a fire occurs. Develop and practise a home fire escape plan with all members of the household and make sure someone helps young children, older adults or anyone else that may need assistance to evacuate. Once outside, stay outside and call 911 from a cell phone or neighbours house.

Day 6 - Use extension cords wisely. People often use extension cords for that extra set of lights or the dancing Santa in the corner. Extension cords should be used only as a temporary connection. Make sure cords never go under rugs as this can cause damage to the cord and cause a fire.

Day 7 - Give space heaters space. If you are using space heaters to help take the chill off, remember to keep them at least one metre (3 feet) away from anything that can burn such as curtains, upholstery, or holiday decorations.

Day 8 - When you go out, blow out! Candles can set the perfect mood for a holiday celebration, but remember to always blow out candles before leaving the room or going to bed. Keep lit candles safely away from children and pets and anything that can burn, such as curtains, upholstery, or holiday decorations. Be candle safe!

Day 9 - Keep matches and lighters out of the sight and reach of children. People often keep matches and lighters handy to light holiday candles. But matches and lighters can be deadly in the hands of children. If you smoke, have only one lighter or book of matches and keep them with you at all times.

Day 10 - Watch what you heat! The holiday season is one of the busiest times of the year, which means it’s easy to get distracted from what we are doing. Cooking fires most commonly occur when cooking is left unattended. Always stay in the kitchen when cooking; especially if using oil or high temperatures. If a pot catches fire, carefully slide a tight-fitting lid over the pot to smother the flames and then turn off the heat.

Day 11 - Encourage smokers to smoke outside. Careless smoking is the leading cause of fatal fires. If you do allow smoking indoors use large, deep ashtrays that can’t be knocked over and make sure cigarette butts are properly extinguished.

Day 12 - There’s more to responsible drinking than taking a cab home. With all the festive cheer this time of year, keep a close eye on anyone attempting to cook or smoke while under the influence of alcohol. Alcohol is all too often a common factor in many fatal fires.

A couple of reminders if you haven’t already done so is to have your chimneys cleaned, ensure a fire extinguisher is present and in good working order, and move all combustibles away from heat sources such as the fireplace/woodstove, baseboard heaters, and stand alone electric or oil heaters. Being vigilante about fire safety, especially this time of year will help to ensure an enjoyable holiday for all.

The members and our families at the Riondel Volunteer Fire Department would like to wish our communities of the East Shore and their families a very Merry Christmas and all the best for the New Year. From our families to yours, Happy Holidays. On a side note, if you are finding yourself with nothing to do over the cold winter months, we have warm firefighting gear waiting for you to try on and join our team; every Thursday night from 7 – 9PM at the firehall in Riondel.

Next Deadline:

Dec 29, 2021

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Crawford Bay Transfer Station November 7, 2021 to March 12, 2022 10:00 am – 4:00 pm Sunday & Tuesday	Boswell Transfer Station Year Round 11:00 am – 3:00 pm Wednesday & Saturday
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The opinions expressed in this paper are not necessarily the opinions of staff or advertisers. We reserve the right to edit for clarity or brevity & acceptance of submissions is at the discretion of the editor.

The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake.



Thoughts from the Frog Pot

by John Rayson

COVID AND SOCIAL MEDIA

For those that have not followed this column on a regular basis, the title is a metaphor for processes or events in our society. I use idea of the “frog in a boiling pot” that does not jump out with rising temperature (since disproven) as a metaphor for changes in our surroundings that occur so slowly that we don’t appreciate or are unaware of the change.

In keeping with the above, as I researched the issues with regards Covid 19, I found that much of the information used by society came from social media. I was not fully aware of the breadth of social media, thus I explored social media. Social media will become a focus later in this column. In keeping with full disclosure, I entered the 21st century two weeks ago, becoming the owner of an iPhone. Interesting challenge from my daughters, one of whom managed the purchase.

First, an update on Covid and the ongoing saga of vaccination. The figures for vaccination in Canada depend upon whether or not you take the figures for adults or the total population. At present 86% of adults in BC (those over 12) are fully vaccinated. The comparable figure for Canada is 79%. We have approximately 2.7M children in Canada between the ages of 5 and 11. The figure is 270,000 for BC. As I have stated in the past, no significant side effects of the vaccines have been identified.

The U.S. has now authorized the Pfizer vaccine for children 5-11 and the vaccination process has begun. Health Canada has now authorized vaccine for children. Children continue to be a reservoir of the virus and are thus a potential hazard for teachers, seniors and others. In addition, children DO get the disease and can suffer long term and significant difficulties. Again, no significant adverse effects of the vaccines have been identified in children. If we are to reach “herd immunity” for this disease, it will be necessary to vaccinate children, aside from the protection that this will provide children.

B.C. has also authorized “booster” doses for all over 65. The effect of vaccination does wane over months and it is anticipated that we will require booster doses on a regular basis much like our present flu vaccine. It is likely that they will be given together in the future.

Pills have been released for the treatment of Covid 19. These medications appear to most useful in immunocompromised individuals and if given to unvaccinated individuals within a short time of exposure to the virus, accompanied by a test confirming the disease, appear to result in a milder form of the disease and decrease the risk of hospitalization. They are NOT a substitute for vaccination.


I would now like to turn our attention to social media. Canada has 19 million Facebook users. Canadians are the most active users of Facebook in the world. 14 million Canadians check their newsfeed on Facebook daily and share 1.5 billion pieces of information monthly. These numbers are almost unbelievable, but Facebook uses algorithms on each and every piece of information (Definition; an algorithm is a set of instructions which tells a computer what to do). These instructions are put in place by the company receiving the information (eg. Facebook). The algorithm then arranges each and every piece of information in a descending order of interest for each individual each

time the individual user refreshes their newsfeed. Yes, they want you to see what you search for plus see more ads.

If we then go to Google, we find that the most searched query on Google is Facebook. Google conducts 62 billion searches per year; 63% of all mobile searches are on Google. 90% of searches result in the first ranked result being used.

My reason for discussing social media, is that as I commented in a previous column, the Office of Science and Society (OSS) at McGill University found that 65% of anti-vaxxer information came from 12 internet sites. These sites are not noted for their accuracy. If one is receiving their information via Facebook and is subject to the use of the algorithms then the information may be biased.

As we now enter the third year of the pandemic, I wish to extend holiday greetings to all and hope that all have a healthy new year. There is much hope for the future. The effects of the pandemic have and will lessen further as we increase the level of vaccination in our population.



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

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Young and Dumb

by Arlo Linn

It's Not Goodbye

I would like to begin this article with an apology. It has not been my intention for my articles to have such sporadic release dates, but due to my own inexperience and lack of discipline as a writer, I find it difficult to produce an article every month. I also find it difficult to work full time, help maintain my household, have a social life, and have time to write.

When I do have time to write, I can only justify working on these articles as they are my only writing project that has a deadline. This means that I end up neglecting my other writings in favour of writing these articles. With that being said, this will be my last article for the paper for a while, not forever, but awhile. I do not want to put a timeline on it as then I will not feel bad if I miss the date I have set in my head, and hopefully I will return before too much time has passed.

When I started writing for the *Mainstreet* the only writing experience I had was what I had learned at Crawford Bay School. Throughout high school I enjoyed writing assignments and even essays, and when I finished highschool and entered the trades, I missed having a literary outlet. I had thought about writing for the paper for a long time before I worked up the resolve to ask.

I was motivated by a conversation I had with the late, great Doreen Zaiss shortly before she passed away. I was lucky enough to spend an afternoon with her in the early summer. We talked about many things, mainly literature, and I told her that I had thought of

writing for the *Mainstreet*, as writing was something that I enjoyed, but did not know if it was something that I should pursue. She told me four simple words “You should do it”. Coming from anyone else I would have nodded my head and kindly agreed, but would not have had it affect my decision and I would have taken it as a platitude, an empty phrase of encouragement. But when someone who is staring their own mortality in the face gives you advice, it’s quite a bit harder to ignore, and you tend to pay attention more. The funny thing is that we are all dying, so maybe think twice next time before you ignore someone’s free good advice.

Later, I was at a Gray Creek Hall party that our esteemed editor Ingrid was attending. I asked if it would be possible for me to write an article for the newspaper and she kindly granted my request. I went home slightly elated, and slightly panicked, as I had no idea what I wanted to write about. I decided to play it safe and write a fairly well researched article on podcasting, and why people were finding this new-old medium so alluring. Soon my articles became bolder. With each article my voice became more assured and I was able to write with confidence about things that I feel, rather than fully understood.

I still draw inspiration from the work of intellectuals, philosophers, and great thinkers; but I can now play off their ideas without having to resort to simply quoting them in full. I continuously try to tackle ideas that exist on the edge of my intellect, whereas my earlier articles were more about fixed ideas that I could quote studies and tests to back up my reasoning.

My goal during this break is to work on the other forms of writing I appreciate, such as poetry, short stories, and just doing simple writing exercises. All in the goal of becoming, and returning to the *Mainstreet* as a more well rounded, disciplined writer. I want to focus more on finding my voice as a writer, because although I do like the voice in which my articles are written, it is a very logical, precise voice. It does not lend itself well

to the flourishing embellishments of poetry, the grandeur of fantasy, or even the reality of dialogue between two differing characters. I also hope to write, and bank some articles for the future so that there won’t be such unexpected breaks in between articles in the future.

I also want to thank anyone who has ever stopped me to comment that they appreciate my articles, it means a lot to me that people are not only reading them, but also thinking about them after the fact. In a time where so much of our media is consumed at a rapid rate with little to no retention it’s nice to know that people are thoughtfully reading my articles, it means more to me than you know.

Writing for the *Mainstreet* has taught me so much, and has even introduced me to members of the community that before I had not known. It has made me a better writer, yes, but also a better person. I hope that through this article I have been able to outline why I feel like I need a break. In the process of writing this article I was able to work through the idea myself, and that’s what I love writing. It allows you to work through your own ideas in real time. That is why I am confident I will return to the *Mainstreet* sometime in the future.

I would like to end this with a sign off used by a favourite podcast of mine. **Be good to the ones you love, eat good food, and get outside.** Happy Holidays everyone.

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Yarns From the Back Alley Shepherdess

by Barb Kuhn



Taking ourselves “into the well” was what I talked about in my last article for the Mainstreet.

Going down into a well just speaks to me of darkness, dampness, discomfort and cold.

It brings up images of what I talked about before; of death and decay and surrendering to the fate of each and every one of us. The knowledge that we all end up dying, no matter what our socioeconomic situation is while we live. Our bodies are finite and physical, designed to wear out over time, no matter how well we take care of our health.

This time of year we lose minutes of light each day, until the Solstice on December 21st. Although it seems suddenly dark at 4:30 pm one day, it is a gradual process. So is the process of preparing our selves to die. Living, knowing we are going to die someday is just like losing minutes of light as time goes on. Like anything that happens over time, we can prepare and adapt to it.

Just like preparing for winter, knowing that our descent “into the well” can be a gentle one, depending on how we look at it. It occurred to me that the more alone we are, the harder it is to be prepared for the darkness when it comes. Many of us have seen our families as the source of our pain and suffering, and we were all too happy to move as far away from them as we could geographically get. They were the ones who pointed out all our bad points and were so good at pushing our buttons, that we couldn’t wait to get somewhere else (anywhere!). It was nice to reinvent

ourselves independent of the ones who knew us best.

That’s all good, but the reality is we can’t escape our families. They are always there. They may be the voice that brings you down when you are feeling accomplished, making you feel as though the “real” you is not worthy of the praise the world heaps on you for what you have done outside of home. There is a saying about crabs in a bucket that doesn’t need a lid on it because they all keep each other pulled down. Families can be like that. Keep each other in the darkness, the cold and damp, out of the light. When you think you are coming into the light, they will be there to make sure you remember just how flawed you really are. Back into the well. Stew in your own juices. Dark, damp, cold. Alone.

Circumstances in the world provide plenty of opportunities for us to meet the darkest parts of ourselves. The people we are closest to bring up the mirror to our faces, allowing us to see who we really are. It is in dealing with the visceral feelings initiated by our caring for others that takes the well to new depths. Looking at others as the source of our darkness prevents us from looking at ourselves. The more we care, the more we see if we are willing to look. Those we love are the greatest source of reality testing for us all.

The bottom of the well is asymptotic if we chose not to look. It keeps moving further and deeper until we find some drug, alcohol, food or physical distraction that will work for a time. Until it doesn’t. The bottom finds us if we don’t find it.

We all end up there, in one way or another. It just takes a different form for each of us. One person’s bottom of the well doesn’t look like someone else’s hell. At our darkest, we are all just people. Many don’t survive the lowest points of their lives and often pass on the suffering to those that love them.

We all have people who care for us. The ones that are most consistent are our families and close friends. The ones that know us and our histories, the ones that

can level us most emotionally and spiritually. The ones we need the most as companions on our journey.

Preparing for death, or winter, whether it be the well or the approaching Solstice, we rely on each other. We are all just people. We don’t knowingly go around pushing each other’s buttons. We are, most of the time, trying to deal with our own stuff and keep on the upside of the bottom. I would like to believe we do things unconsciously: it is rare that someone really wants to hurt someone else. At least that is my belief. At this time of the year, I want to think that we all want the best for each other.

I hope we learn that the darkness only feels alone. We are never alone. It is easy to say we are the only ones that have ever felt the way we do. It is time we realize that we are all the same.

We all go into the same well. We all die. We all experience the waning light before the Solstice. We all have the opportunity to make the candles and prepare the fire for each other as we go into the winter. The approaching Solstice may be dark and cold, but there is light and warmth if we chose.

Ultimately, it’s time we all forgive each other; our ancestors, our families, our friends and everyone else. It’s only then that we can climb out of the well.

Wishing everyone light and love this Holiday Season. Merry Christmas and Happy New Year to us all!

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Gray Creek Hall Update

by Janet Schwieger, Hall director

This is the second pandemic that our community hall has seen, the first being the 1918-1920 Spanish Flu. The Hall is more complicated to care for than the early days, being modernized with hot running water and a water treatment system, a commercial dishwasher, modern appliances and specialty lighting. As well many more tourists and locals are using the beach and grounds daily. When I came here in 1986 we hauled buckets of water up from the lake for drinking and use, so things have changed even since then.

Throughout Covid-19 all of these improvements need to be kept up and managed even though hall use was very light. We had to replace the poorly functioning kitchen stove. The fridge, which we kept unplugged and the door open developed a gasket problem. The used commercial dishwasher that we purchased some time ago developed problems but otherwise the Hall has fared quite well, and we allow small groups to use it. Hopefully we can get back to larger rentals come spring and summer but for now given its small size, it is hard to distance with a larger group.

The Directors and a few helpers have put in nearly daily volunteer time to keep the beach and grounds clear of garbage all summer, and to keep up the Hall maintenance. We hope to find funding and replace the existing single pane windows with new units that are easy to use and will have to purchase a new commercial dishwasher.

These past number of years the Hall has become a wedding destination, which we juggle between needs of the community, financial needs of the Hall and needs of the wedding party. We now have a website which is helpful to prospective renters and a Facebook page. We book just six weddings a year so that locals have reasonable summer weekend access to the beaches and grounds, and we do not book the long weekend in August. We now have six weddings booked for summer 2022 and we hope we don't have to cancel again due to Covid-19 restrictions. In the spring of 2020 we had to send prepaid funds back to people who booked it for that wedding season.

To help pay for the fixed costs at this time we receive a Recreation #9 grant, a few donations from small rentals, from our new outside donation box, and for the rest we dip into our savings. Recently we received a wonderful donation from a member of a long time Gray Creek family. Thank you to everyone who has donated time and funds over this difficult time. See our website at www.graycreekhall.com and search Gray Creek Hall on Facebook for more current updates.

Harrison Church is inviting you for a Christmas Open House – Dec 18

by Zora Doval for South Kootenay Lake ArtConnect Society

It is with great pleasure that we are announcing that the acquisition of the Harrison Memorial Church by the ArtConnect Society has been completed and papers signed. This is a wonderful success not only for the society but for our East Shore communities who will be able to use this beautiful space as a venue for musical and other creative events in perpetuity.

The process was arduous, to say the least. It was full of obstacles and a big learning curve for the directors. When we first started the process of negotiations we were told that this was "mission impossible". All the odds seemed to be stacked against the mission: Covid, no time allowed for community fundraising, no money in the society's account, no proper communication with the seller who listed the property in the open market. It all seemed almost hopeless.

However, as we persevered, more and more people recognized the value of our efforts and help started to come from many places. We learned that this little church in the woods has its own admirers and faithful supporters. Many old timers have very fond memories of various events at the church: from religious worship, weddings to memorial services. The church has done a lot of service to our community.

We wish to give thanks to all of our private donors who gave generous donations. We also wish to thank our Credit Union who gave a generous amount to help us with the cost of insurance. We thank Mr. Garry Jackman whose support was crucial in the beginning stages. His approval of the discretionary grant from RDCK was absolutely vital for the purchase. We also wish to thank all of our members (we are over 100 now!) who expressed their trust in our mission by buying a membership. Thank you all!

We feel that it is important for our community to reconnect with this beautiful building and with each other and so we are inviting you to an open house gathering on Saturday, December 18 between 5 - 8 pm. This will not be a formal Christmas concert as you might have been used to in the past. Rather, it will be an informal gathering with a few musical acts by community musicians. We will have Rebecca Fuzzen and Jacqueline Wedge playing Christmas carols for people to sing along which should be very fun. There will be some classical (Ave Maria, Handel, Bach) and possibly some Christmas inspired karaoke. Feel free to come and reconnect with the church, listen to some music and sing along carols with your neighbors. We will obey by the Covid mandate that allows us to fill the building up to 50 % of its seating capacity (about 40 people in our case) with masks while indoor. We will have fire and a tent outside. We hope that this arrangement will satisfy most of us for feeling safe and protected, also included. The times are difficult and we hope that Harrison Memorial Community Center can become a beacon of unity and inclusiveness while offering safety. Please come and visit with this gem of a building, visit with the directors of the Society and with your neighbors!

In the meantime, if any of you would like to become a member of the ArtConnect Society (for a \$25 yearly membership fee) or make a donation, you can transfer your contribution directly into the Society's account in Credit Union or e-transfer esartconnect@gmail.com. With the purchase completed we can assure you that any donations will be used fully for the churches repairs/acquisition. More info: esartconnect@gmail.com/Zora Doval: 250.777.1856

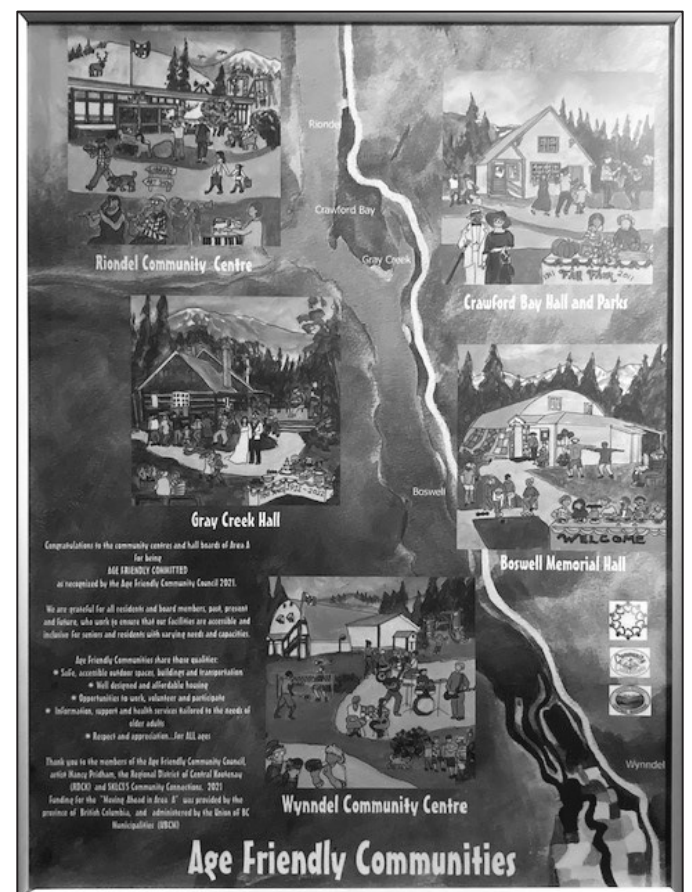
Age Friendly Appreciation for Halls

Submitted by the Age Friendly Community Council

How to express gratitude to all board members past and present...

As the age friendly project rolled out between August of 2020 and October 2021, we were feeling a big hole in the centre of our communities. The five community halls and centres were largely closed over the pandemic period. Are they ever missed!

The Age Friendly 55plus survey respondents named 75 activities they participate in- a variety of clubs, organizations and associations get together to quilt, to dance with Simon, do yoga with Melina, play pool, watch movies with Gerald, pickle ball, badminton, walk a mile, and so much more. Each activity has at least one wonderful people sharing their skills and interests, and encouraging friends and neighbours to get out for some recreation and socializing.



But what about the foundation, the infrastructure for these activities? Did we remember to thank the thousands (maybe?) of volunteers over the years who took their time and dedicated some of it to care for the local halls.

So to all you community volunteers whether you helped, for example, to put on the roof at the Wynndel Community Centre, or have protected the charitable status of the Boswell Memorial Hall, came out for the annual work bee at Gray Creek Hall, are looking after the on-line auction for Crawford Bay Hall and Parks Board, or using your own tractor to dig out the equipment and pipes out of the old school yard, or maybe you sit/ or have sat on the Commission of Management in Riondel or the Library board, senior's association, age friendly committee..... THANK YOU! .

Next time you go to a local hall or community centre, have a look around for this new poster being presented soon to the hall boards- the Age Friendly Committed poster.

With this poster the age friendly community council is asking the hall boards to take Universal Design Principles to heart- to continue to work towards buildings and spaces that are accessible and safe for all ages of residents and all mobility challenged people. Thanks for being age friendly committed!

Hair by Jenn
Stylist
Located in Crawford Bay

Haircuts for Men, Ladies and Kids
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Perms, Wash & Set & Facial Waxing

Taking appointments for
December Colour Special (\$10 off)
from Dec 6 - 22. Gift Certificates
also available for holiday season!

For an appointment please call or text:
780-292-0641

The Importance of Shopping Local

Amy Hotchkiss, Recovery Advisor at Kootenay Employment Services Society

I do not enjoy grocery shopping. In fact, I would even go so far as to say that I dread it. Usually, I am doing it at the end of my day when 1) I'm hungry and 2) all I want to do is go home. That is why I seldom go to the store unarmed. I bring a list. This makes the experience easier and quicker—although never seamless. I always seem to forget something. Milk, eggs, a back up bottle of wine, whatever.

Not to fret! When I drive down the lake back to the East Shore, I can stop at several stores to get my forgotten milk, eggs, and wine. I can also sit at a number of restaurants, shop at local artisans, buy a bouquet of flowers, buy a fresh baked baguette, fill up on gas, play a round of golf (or two, each time at a different course), get myself a hotel room, find myself a home builder, sign up for internet service, get a haircut, buy a woodstove, get a coffee to go, buy a broom, get an ice cream cone, go to the gym, mail a letter (at four different locations), stop at the bank, pick up the local paper, insure my car, buy my dog a treat and my chickens some feed. There is hardly anything I cannot find along the East Shore.

I am grateful every day to have these services when I need them most, but I also realize that to keep them around for my convenience, I most support them even when I do not need them. If we all shopped according to convenience, the East Shore would not enjoy the variety of services it does.

All this to say—shopping local is crucial. It keeps our businesses open for when we want and need them. It keeps money in our community, creates jobs, lessens environmental impacts, creates character and ensures a sense of diversity.

This holiday season (and beyond), be mindful of how often you are opting to leave town to shop. Even if it means committing to always getting your gas on the East Shore, or your milk, or eating out once a month, it all helps and it does good for us all. A strong economy means a strong community (and vice versa), and both lead to a more sustainable place for us to live.

East Shore Youth Network Host Another Haunted Hall

by Vienna Doenni, Coordinator

Seventy East Shore families were able to enjoy the 2021 East Shore Youth Network Haunted Hall!

From newborn babies to great-grandmas, East Shore residents and beyond were able to enjoy the wonderful, spooktacular that the youth volunteers had put on.

Around 70 landscaping pallets (probably around 40-50 pounds each) were loaned by SunnyWoods (Green Bubble) garden center, moved into the hall and turned into a fantastic maze. The youth volunteers worked countless hours to make the event a success, building walls, props and taking stage make-up courses to create the perfect illusion.



Congratulations to our pumpkin carvers Sophie Bellward (3rd), Mackenzie Brouwer (1st, aka Pennywise) and Makayla James-Davies (2nd).

In the end, the house was dressed with hundreds of spiders and spider webs, Michael Myers, three creepy clowns and dozens of ghouls. Even fan-favourite Pennywise and the friendly scarecrow from Oz (a friendly guide for the really scared ones) made an appearance.

The community had a chance to vote for the best carved pumpkin, which was won by Mackenzie Brouwer for the second year in a row! First runner up was Makayla James-Davies, and second runner up was Sophie Bellward. Congratulations to all the winners and a big THANK YOU to our team who made this event possible!

Build/volunteer crew: Katelyn Brouwer, Sophie Bellward, Makayla James-Davies, Mackenzie Brouwer, Keenan Borhaven, Leigha Bellward, Abi Harris, Rowan Hamblin Cobb, Branwynn Borhaven, Indira Hamilton and Ellie Reynolds. Special thanks also to Sheena Sobkiw, Stephanie Harris, Olivia Wedge-Darchen, Jamie Wilson and Matt Carss for making the youth event a huge success.

Last but not least a big thank you also to our private donors, the Columbia Basin Trust and the RDCK for their generous donations towards the event.

Kootenay Regional Transportation Opportunities Policy

by Hervé Blézy, Kootenay Lake Chamber of Commerce

As mentioned in the previous Mainstreet article, the BC chamber was scheduled to meet MOTI officials on line on Nov 4, 2021. I had the opportunity to present our (Nelson, Castlegar and Kootenay Lake) Policy for approximately 30 minutes. A great deal of due diligence goes into these meetings and there are always updates. My opening statement

Policy Opening statement:

With a view towards regional economic development and community building, improved health care and rural education access and capitalizing on Kootenay tourism opportunities, the Chamber boards ask the Ministry for a review of the transportation links and transportation corridors in our region.

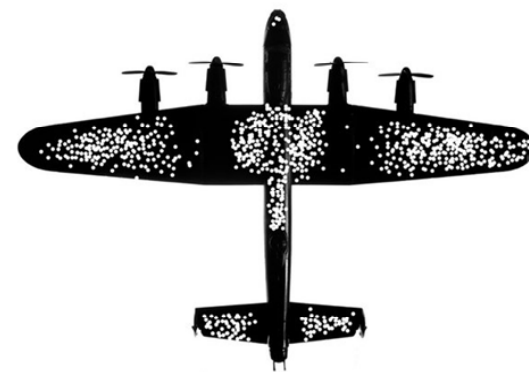
This review is no small task since there are two main societal issues that may restrict our efforts.

1. Both the Federal and Provincial debt levels with a pending rise in interest rates will lead to reduced Provincial and Ministry funding transfers.
2. As mentioned by Honorable Ravi Kahlon's opening remarks, the Federal and Provincial governments have made commitments to meet zero net emissions by 2050.

For the two points, the Chambers believe there will be significant change on government transfers and we will need to manage expectations, be focussed and be determined on how do we get to zero net emissions. We discussed the following topics:

- Airports,
- Highway 3, 3A, 3B,
- Bussing,
- Truck Shipping
- Electric train studies (very briefly)

Are we putting the right pieces in place? Are we working on the right projects? Where are the transportation inefficiencies in our region? The Chambers have done significant due diligence on some topics and less on others; there are continuous updates. Recall the airplane photo back in the April Mainstreet issue.



The plane researchers were looking at the wrong data and coming up with the wrong solutions. The Chambers are hoping that with a fresh pair of eyes, new studies will indicate new opportunities for the Kootenay Region.

We have started email exchanges with the MOTI and we look forward to listening, learning and leading on our journey. Unfortunately, our transportation networks were severely damaged by floodwaters and mudslides this past week and with loss of life. Our condolences to the families. The unprecedented event is a lesson for all of us.



REMEMBER TO SHOP LOCAL!

We have gift cards (a perfect stocking stuffer), redeemable at both THE HUB and THE SHOP.

Check out The Shop, where you can get your freshly prepared sauces, dressings, dips and salsas. Also, take a look in the pantry section for unique ingredients, often harder to find on the East Shore.

www.hubeatery.ca for details

250.227.9160

Christmas Tree Safety



As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow large very quickly.

PICKING THE TREE

- Choose a tree with fresh, green needles that do not fall off when touched.

PLACING THE TREE

- Before placing the tree in the stand, cut 2" from the base of the trunk.
- Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.
- Make sure the tree is not blocking an exit.
- Add water to the tree stand. Be sure to add water daily.

LIGHTING THE TREE

- Use lights that are listed by a qualified testing laboratory. Some lights are only for indoor or outdoor use.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Never use lit candles to decorate the tree.
- Always turn off Christmas tree lights before leaving home or going to bed.

After Christmas

Get rid of the tree after Christmas or when it is dry. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home.

Check with your local community to find a recycling program.

Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.

FACTS

- Almost one third of home Christmas tree fires are caused by electrical problems.
- Although Christmas tree fires are not common, when they do occur, they are more likely to be serious.
- A heat source too close to the tree causes more than one in every five of the fires.

Your Source for SAFETY Information
NFPA Public Education Division - 1 Batterymarch Park, Quincy, MA 02269

Your Logo

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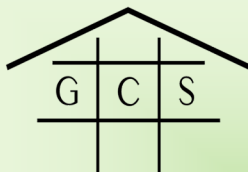
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What is on your winter wish list?

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Winter Holiday Safety

Winter holidays are a time for families and friends to get together. But that also means a greater risk for fire. Following a few simple tips will ensure a happy and fire-safe holiday season.

HOLIDAY DECORATING

- Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.
- Keep lit candles away from decorations and other things that can burn.
- Some lights are only for indoor or outdoor use, but not both.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Use clips, not nails, to hang lights so the cords do not get damaged.
- Keep decorations away from windows and doors.

HOLIDAY ENTERTAINING

- Test your smoke alarms and tell guests about your home fire escape plan.
- Keep children and pets away from lit candles.
- Keep matches and lighters up high in a locked cabinet.
- Stay in the kitchen when cooking on the stovetop.
- Ask smokers to smoke outside. Remind smokers to keep their smoking materials with them so young children do not touch them.
- Provide large, deep ashtrays for smokers. Wet cigarette butts with water before discarding.



Before Heading Out or to Bed

Blow out lit candles when you leave the room or go to bed. Turn off all light strings and decorations before leaving home or going to bed.

FACTS

- More than one-third of home decoration fires are started by candles.
- More than two of every five decoration fires happen because decorations are placed too close to a heat source.

NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

Your Logo

Barefoot Handweaving



Visit our cozy straw building full of colour and warmth

Open everyday 10-4:30 at least 227-9655



"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.
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Growing communities one idea at a time.

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BERRY

DECEMBER

ARTISAN YULE FAIRE 2021

SOAPS, CALENDARS, CHOCOLATES, FELTING, POTTERY, SCARVES, ORNAMENTS, PIES, MEATS, PAINTINGS, CREAMS, WOOD

OUTDOORS

SUNDAY ~ DEC 5th 10~4 MST CRAWFORD BAY

Kokanee Chalets, left of Red's Bakery. HOT DRINKS & LUNCH !!

leather, teas, colouring books, jewellery, macrame, cards

Contact: Jacqueline for info: 250.551.6873.

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Find unique gifts that can't be found anywhere else!

A Harry Potter broom, a special culinary treat, a twisted lamp or twisted shawl, a gift certificate for a place to stay, a game of golf, groceries or even a local yummy meal.

Looking to reduce your environmental footprint this Christmas or keep your dollars in the immediate community this giving season?

Gifting locally made products and services is a great way to share and celebrate!

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For information email info@kootenaylake.bc.ca Website www.kootenaylake.bc.ca

A 10% SHIFT TO LOCAL CREATES BIG IMPACTS



14,150 LOCAL JOBS

25 TIMES MORE TO LOCAL CHARITIES

31% OF REVENUE ON LOCAL PURCHASES

PROFITS OFTEN REINVESTED LOCALLY

A 10% shift in shopping from chains towards local businesses creates **14,150 jobs** and **\$4.3 billion** for B.C.'s economy.

LO CO BCBUYLOCAL @LOCOCB #BCBuyLocal

LOCAL BUSINESSES CREATE 4.6X MORE IMPACT



Local businesses recirculate **\$63** out of every \$100 back into the local economy compared to \$14 by multinationals.

LO CO BCBUYLOCAL @LOCOCB #BCBuyLocal

This Holiday Season, Buy Local

#eastshorebuylocal
#thinklocalfirst
#buylocalfirst #shoplocal

by Farley Cursons, KLCC Executive Director

The buy local movement is hardly a trend – it's a shift in lifestyle that more and more people are embracing. In increasing numbers, consumers are choosing alternatives to big box retailers or international shipping companies and are investing in local businesses and services instead. People are looking to support their communities – and more significantly, the people that make those communities what they are.

With the holiday season now in full swing, it's more important than ever to keep our local small businesses top of mind when tackling our shopping lists. Not only does your dollar stretch a lot further when it's spent locally, but you'll get more satisfaction knowing your gift was meaningful on several levels. It was hand-picked, not a mass-produced item that everyone has, and it directly supported the local economy. Along the same lines, the recipient of your gift will know that you went out of your way to find it and will appreciate it even more.

Local holiday shopping extends beyond strictly purchasing items in stores. It also means choosing to patronize local restaurants, supporting local grocers, accommodators, services, tradespeople, well being practitioners and more.

This Christmas, the Kootenay Lake Chamber of Commerce, through funding from CBT and the Area A Economic Development Commission, is launching a "Buy Local" Holiday Campaign. Through enhanced newspaper, radio and social media advertising, we are promoting our current members but also looking to bring significant awareness to all of the East Shore's unique shopping and gifting opportunities. Look for the posters at participating business store fronts and digital marketplaces. We'll be promoting 'Buy Local' events throughout the month of December.

While we look forward to featuring all of the East Shore's amazing store front businesses, there are a number of local businesses operating seasonally that have online shopping available and almost all businesses offer gift certificates. As a part of our 'Buy Local' campaign we will be regularly promoting these various local businesses and service providers on social media. Additionally, we will be cross promoting with other Shop Local campaigns around the lake.

Your Chamber of Commerce is here to support your business. If you have specific needs for your business or non profit, our Chamber has access to numerous opportunities for training, funding and recovery support. We continually review the latest data on consumer trends and we are a part of a vast resource network.

If you're not already, please consider becoming a member of the Kootenay Lake Chamber of Commerce and be a part of building our community. Look for our 'Early-bird' 2022 membership pricing that extends until January 31.

The Kootenay Lake Chamber of Commerce will be hosting its Annual General Meeting on Monday December 6 at 7pm via Zoom. Current Chamber members will be receiving an invitation. If you are not yet a member and would like to attend please send us an email. We are welcoming new board members!

For more information please check out our website: www.kootenaylake.bc.ca or email us directly: info@kootenaylake.bc.ca. Follow us on Facebook and Instagram.



Christmas Greetings To Your Community

You send your Christmas Greeting to the community
and the East Shore Christmas Food Hamper gets
your donation!

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**.

Mainstreet Newspaper office desk sends a resounding cheer to all contributors, readers and supporters. May this holiday season be imbued with sweetness, peacefulness and wellness and may 2022 be a year of great spirit and growth!

Warmest wishes to all this season and many thanks for your ongoing support – **Green Bubble Co.**

May your fires stay warm during this Christmas season. The crew at **Kootenay Forge**

Wishing our clients, friends and this great community a thoughtful, loving, deeply connected Christmas and that 2022 brings clarity, good health,, a focus on unity and Love for each other and gratitude for this beautiful planet that gives us everything.
Blanche and Harreson Tanner

The **Barefoot elves** wish everyone a cozy, healthy Christmas.

Best Wishes for Happy Christmas and Prosperous New Year from **Alex and Elizabeth**

Sending good health, and greetings for the holiday season and new year! Light from our home to yours, **Mary-Ann's Way & Family**

Seasons Greetings and Well Wishes to our East Shore friends, especially those not seen for a while! **Greg & Carol Blackwell**.

Peace and goodwill to all! **The Lakeview staff**

From us and ours, to you and yours, Happy Holidays, Merry Christmas, and Hello 2022! **Gray Creek Store**

From all of us at **East Shore Better at Home**, Merry Christmas and Happy New Year!

Have a safe and happy holiday season.
- **Hulland and Larsen Construction Ltd.**

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**.

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

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, Victoria and Cindy.

Happy healthy holidays to all from **Garry and Tina Jackman**.

East Shore Youth Network wishes you the happiest of holidays!

the MARKET

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

CLOSING EARLY DEC 24 @ 4PM
Closed Dec 25/26 and Jan 1!
HAPPY NEW YEAR!

Otherwise,
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LADYBUG COFFEE



OPEN EVERY DAY

6:30AM - 3PM

Falling back in with the season, soup and hot lunch specials are on at the Ladybug. And rolling on in with the weather, Ladybug on Wheels is back!

Scrumptious frozen dinners and soups delivered if you need it. Or stop by, we're trying to keep our freezer stocked!

We're still keeping our take-out window open and our hours are 6:3-3, 7 days a week.



Tom's Corner

by Tom Lymbery
Gray Creek Hall

Reprint from June 2000

Here is another episode in my campaign to establish that Gray Creek Hall is the only remaining (in Canada) log community hall still in regular use on its original site.



In 1912 there were no grants, there were no schools for small communities, unless that place could provide a building. There were children that needed a school, so Gray Creek went ahead and through donations of labour and logs, got their hall and their school. Since fruit land was so precious, our hall was built on an unused lakefront right-of-way, with no thought to the future when lake frontage carries such a high value.

Floating Schools and Frozen Inkwells, by Joan Adams and Becky Thomas records many of the one room schools that were built over the years in B.C., and how the only few buildings left have been moved to museums or community centres. Their book tells us:

“Teachers travelling from the Kootenays to other destinations in B. C. usually boarded the train, then switched to on of the huge shallow-draught paddlewheelers, such as the Bonnington, which plied the Arrow and Kootenay lakes. In 1914, however, Verle Moore, who had travelled from Wardner to Nelson by train, boarded a much smaller boat which journeyed down Kootenay Lake, stopping at every ranch where there was a landing. Her destination was Gray Creek, such a tiny place she had never heard of it. The last stage of her journey was made in an even smaller launch, the campaign of which was a rough, taciturn old character. The tired young teacher had had nothing to eat all day long, but dared not complain.”

“At last, in the darkness, the boat nudged into a landing - Gray Creek. Verle was bundled off and left to fend for herself. Two men carrying a lantern had come for the mail, so Verle introduced herself as the new teacher, and they took her along a winding, dark road, pitted with holes made by stoneboats. The men called



Back: l to r. Mrs. Tom Oliver, Len Clark, Amanda Anderson. Front: l to r. Kathleen Lymbery, Catherine Anthony Clark, Alice Lymbery. Photo: Topsy Speirs

at several houses along the way, looking for someone to take in the new teacher for the night. Finally they roused someone and Verle, frightened and lonely, found herself in a tiny room, furnished with nothing but a cot and a lumpy mattress filled with hops.”

The book doesn't say if she was given any supper, but I am sure she was. At the time of the 1967 Centennial we found a note pinned to the Hall door - “I taught school here in 1915,” signed Verle Moore. Unfortunately we never followed up on her note, but she lived in Cherry Creek, B. C. and died at the age of 95.

In 1937, Gray Creek Hall's 25th Anniversary Dinner was attended and enjoyed by almost all the residents. Unfortunately the “25” decoration over Len Clark's head is cut off by the photo (above right). Cax Clark is turning to face the camera, and on her right with her back to the picture is my sister, Alice. The second photo (right) shows a presentation between Len Clark and D'Arcy Bacon. Photos by Fred Wilmot, from Topsy Speirs' collection. Susan Hulland brought me these, many thanks to Topsy. They are in the original mailing envelope, from Fleury's Pharmacy in Nelson, addressed to T. E. Peters, Topsy's father, with a three cent stamp, and the memo, “3 reprints of each”.



Left: Mrs. Tom Oliver, Len Clark. Right: D'Arcy Bacon, Alice Lymbery, Cax Clark, Kathleen Lymbery, Arthur Lymbery. Photo: Topsy Speirs

By the year 1937 Gray Creek had survived the dirty thirties depression quite well. The coming of the highway in 1931 had brought us daily ferry, mail and the Greyhound - all of which produced some revenue for residents. A special “Cherry Truck” could expedite the fruit during the two-week season in July, so the cherry revenues were a big help. Tiny by today's standards, but tiny went a long way then. Gray Creek's biggest bonus in 1935 came when D'Arcy Bacon and Fred Wilmot constructed their luxury resort - Kootenay Cottages. (now East Shore Properties). D'Arcy had money, thank goodness, as the resort didn't make any for him, but the construction and operation was a great help to the community.

Fred and D'Arcy were party people, as the bottles on the tables in the photo will attest. I well remember the excitement of the event. I wish we had room to print and identify all the pictures - at the age of nine, I didn't realize how pretty our teacher, Ivy Walker, was! Decorations and flowers everywhere, there were party crackers, which produced paper hats. Floyd Oliver's mother is wearing one!

1987's Diamond Jubilee of our Hall was a much bigger, day long event, with salmon barbecue, unveiling of the Gray Creek Hall Flag, and a commemorative tree planting. The Hall's 100th was celebrated in an extensive display at Museum Days. The big celebration was in 2008, Gray Creek's 100th where over 200 people came for the festivities.



Look at those mitred joints of the cedar logs (left), just one of the reasons the hall is so solid. But it's the community strength that keeps it solid.

TOM SEZ

by Tom Lymbery

I signed up for an on line course in Lip reading but I am finding it hard to get started. I remember so well how proficient Frank Draper was in this art - he was so good even if you weren't looking at him when you spoke he knew what you said.

Now that the *Creston Valley Advance* has discontinued paper delivery to stores on the Eastshore the *Mainstreet* is the only paper available.

How wide are the new lanes at Kootenay Bay - now that there are eight where there used to be six? It doesn't appear that they have widened that area at all.

Stabbings on Japanese trains? I always understood that the passengers were packed so tightly that no one could even get a knife out and that people needed slippers jackets to slide in.

George Coletti of Nelson passed away at the age of 100. George served with Johnny Oliver in our Canadian Navy during WW II .

The Rossland Museum has found some more copies of “The Span” Richie Deane's account of building the longest power span in the world across Kootenay Lake in 1951 -52. And extending that transmission line across the Gray Creek Pass to Kimberley. Important history.

A photo of David Zaiss turned up o Facebook showing him where he lives in Michigan wearing s Pioneer Chainsaw winter jacket that he got at Gray Creek Store 30 years ago.

Years back there was a family in Gray Creek who didn't believe in soap and water - no washing of clothes or body. Perhaps their belief was similar to those who refuse to consider vaccination?

Any kids who send a letter to Santa or to the North Pole can send it free if they use the postal code H0H OHO and they will receive a reply in the same language the letter is written in, provided there is time before Christmas. The replies are written by retired Postal employees.

The extra book review of John Brink's *Against All Odds* is written because its message about the future of BC s timber industry ceasing the export of raw logs. I was only able to get this book through the Nelson Library on an interlibrary loan from McBride, BC

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The Men's Shed Association of British Columbia

submitted by Mike Barradell-Smith and Brett Pilling

The Shed movement in BC is a bunch of regular guys wanting to give something back into their communities by fostering a sense of belonging and doing "stuff". The group is mainly made up of retirees who are looking for somewhere to go, something to do and someone to talk to, post retirement. They seem to have fun together and genuinely contribute to their communities, be that through making park benches, bird box kits for local school kids to assemble, making planters for communal spaces, building a gazebo for a local long term care facility or making artistic signs for public spaces. One shed in Vanderhoof runs a repair and recycling service which seems to be a big hit. People drop off non-working appliances or broken furniture and they repair them if they can and offer them back to the community in return for a donation in the case of a dryer, of \$150. It seems to work well.

The really interesting part from my point of view is not these obvious benefits but the social and health benefits that seem to go hand in hand with the development of a local shed.

When I first heard of the Men's Shed Association, I had no idea what it was, but I did get an invitation to the inaugural BC Men's Shed Association Annual Conference in Squamish recently. Uncertain about going I asked around. Some people suggested it might be a front for a white supremacist movement or Sheds were just a forum for beer swilling old men to trash talk women. Others thought that, as United Way seems to be backing this movement, it would be community based and inclusive. I thought it would be interesting to find out, so I went.



The highlight of the conference was two very different guys telling their stories of how membership of their shed had in one case transformed his life and in the other provided much needed support after bereavement. This was men of my generation opening up very emotionally and coming close to tears to express their gratitude for the strong support they had both received from their fellow "Shedders". It was very moving.

The Men's Shed movement is very much grass roots driven and so each Shed has its own specific flavour but the main thing they have in common is that each Shed is a physical location with tools to enable the members to actually do useful things. The sense of camaraderie comes from "doing" things together and not just sitting around and drinking coffee.

Interestingly, some Sheds have music-based activities so this is not just a woodwork shop concept but is much more driven by what the particular membership is interested in and the local community needs.

Having attended the conference as a sceptic, I have come away convinced that it would be a good idea to see if we could establish a Men's Shed here on the East

Shore. We understand that this is no small task, but we think it will be a great way to give back to this amazing community.

The feedback I've had from the existing Sheds in BC is that it typically takes a couple of years to get to the point where a new Shed has a physical shop (i.e., Shed) and is self-sustaining. As mentioned earlier United Way is keen to support new Sheds and there seem to be grants available to get going. The key to our success is finding a core group of 4-6 men, aka Shedders. I have already added one member to the team from the community of Boswell, Brett Pilling, and he is also keen on being part of the development of the Shed.

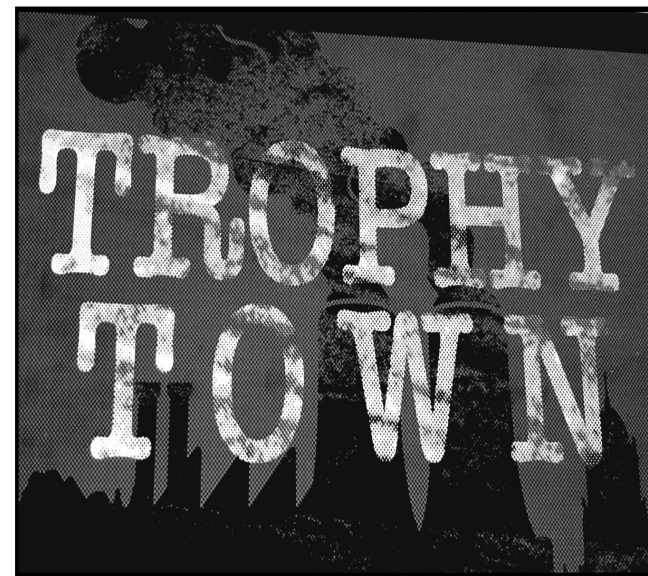
This is the point of this article. We want to find this core group.

If your interest has been piqued by what I have written and would like to hear more about what we could do together we have split the communities up so Brett and I can focus on our general areas, please email myself - Mike Barradell-Smith (mbs61@icloud.com) Gray Creek, Crawford Bay, Riondel and/or Brett Pilling (brettpilling@shaw.ca) Boswell, Sanca, Twin Bays, Sirdar and Wynndel and lets get this show on the road. We look forward to hearing from our communities.

TROPHY TOWN MOVIE

by Tom Lymbery

Don Fletcher of Gray Creek/Nelson is one of the stars of a new movie, TROPHY TOWN that has just had its world premiere with one weeks run, twice daily at the Royal Theatre in Trail. The Royal has a large new screen and electric reclining seats.



It's amazing that that an amateur hockey team from the small town of Trail was able to win the World Cup of Ice Hockey in 1939 and in 1961. Don was on that 1961 team that defeated a Russian team with top professional players.

Don was interviewed on the Royal stage and spoke about the teams experiences. They were defeated in the Allan Cup final by Chatham, Ontario but Chatham declined the expensive trip to Europe. So Trail had to raise funds for the trip with the team and all of Trail pitching in.

They played 20 exhibition games all over Europe before meeting the Soviets who were professional hockey players. They travelled by bus and older airplanes such as the DC3. Don Fletcher says the variety of European meals was variable - from herrings to food they had never seen before. They only lost one of those exhibition games.

They had to beat the Soviet team by a substantial number of goals and did - 5 to 1, because their goal total was part of the system.

Returning home to Trail in triumph the town supported them with a parade and all those who had contributed to the trip were very happy.

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Seldom Scene

by Gerald Panio



It's close to midnight, New Year's Eve 1958, in a mythical New York City. A light snow is falling in the darkness. A tow-headed young man is standing outside on a window ledge on the 44th floor of a skyscraper.

This is the opening scene of Joel and Ethan Coen's fifth feature film, *The Hudsucker Proxy* (1994). I'm giving the nod to one of my favorite older films this month because I have a little more work to do before I tackle Tracey Deer's *Beans* (2020), a film set during the time of the Oka standoff in Quebec.

In the meantime, I invite you to join the Coen brothers in a celebration of the sheer joy of filmmaking. No one has ever accused the Coens of working from a standard playbook. In their films, an old Hollywood Hotel becomes a gate to hell (*Barton Fink*); a pregnant Minnesota policewoman captures America's heart (*Fargo*), Homer's *Odyssey* gets an Appalachian soundtrack (*O Brother, Where Art Thou?*); and bowling and PTSD gain cult movie status (*The Big Lebowski*). With *The Hudsucker Proxy* (I love that title) the Coens turn their mastery of genre and their wicked sense of humor towards the world of corporate cupidity.

Flashing back in time from that perilous window ledge, we witness Warner Hudsucker (Charles Durning), the president of monolithic Hudsucker Industries, make a dramatic boardroom exit. Revolted by the thought that Hudsucker Industry stocks must now be opened up to purchase by the hoi polloi, mercenary vice-president Sidney J. Mussburger (Paul Newman) tells his sycophantic Board of Directors that their best strategy is to drive company stocks down so low that the Directors will be able to buy back total control for a song. All they need to do is put the most incompetent person imaginable into the president's chair.

Enter Norville Barnes (Tim Robbins), a fresh-faced graduate from the Muncie College of Business Administration. Norville has just gotten off the bus from Muncie, Indiana (actually chosen by sociologists in 1925 as the most typical small city in America), in search of the American Dream. What he gets is an entry-level job in the cavernous basement bowels of Hudsucker Industries. But Norville is a man with a mission, with a Big Idea ("You know, it's for kids!!") that he knows will break big. Suddenly, he gets a once-in-a-lifetime chance to meet Mussburger face-to-face. In a Keystone Kops moment, Norville manages to start a fire and destroy a priceless contract, all while presenting him with a pencil sketch of his Big Idea that looks like something a pre-school kid might be embarrassed to show in public. Mussburger, despite a couple of warning signs to the contrary, is sure he's found the imbecile the company needs. A short time later, it's President Norville Barnes, and Hudsucker Industry's financial implosion is front page news.

The take-no-prisoners editor-in-chief of the *Manhattan Argus* (John Mahoney) demands that his feck-

less reporters get him the lowdown on the hitherto unknown Barnes. One not-so-feckless reporter, Amy Archer, past Pulitzer Prize winner, offers to dig up the dirt. She's a fast-talking career girl that Jennifer Jason Leigh plays as if she's straight out of the screwball comedies of the 1930s (*The Front Page*, *Bringing Up Baby*, *The Lady Eve*, *It Happened One Night*). Leigh said in an interview that she wanted Amy to be a mixture of Katherine Hepburn, Barbara Stanwyck, Jean Arthur, and Rosalind Russell. Mission accomplished.

Amy goes undercover, playing Norville for a sucker with a sob story at a local diner and worming her way into a job in Norville's office. Discovering that Norville is from Muncie, i.e., nowheresville, USA, she strings him along by pretending to be a Muncie girl herself. He's way too naïve to doubt her intentions, and her first article for the *Argus* hits the newsstands with the screaming headline IMBECILE HEADS HUDSUCKER.

As must happen if we're not to end up with a whole lot of grim reckonings, through Norville's reactions to his public pillory Amy starts to see him in a new light, and she's also forced to look at herself in a way she's never had to before. Love is in the air.

So is betrayal. Paul Newman gives a wonderful late-career performance as Norville's corporate Mephistopheles. Watching him here, chomping on giant Montecristo cigars and scheming to drive Norville into a straitjacket, one recalls that Newman was always a cut above the rest. An actor and a gentleman. His last feature film performance (another favorite of mine), in Sam Mendes' *Road to Perdition* (2002) was Sidney J. Mussburger in tragic mode.

The Coen brothers also give the nod to some of their favorite character actors in minor roles *The Hudsucker Proxy*: Bruce Campbell as Smitty, reporter and all-around louse; Steve Buscemi as Beatnik Barman; William Cobbs as, sort of, God in the Machine; John True as Buzz, hep-to-the-jive elevator boy, Peter Gallagher as Elvis wanna-be Vic Teenneta; and Harry Bugin as Aloysius, bullet-headed sign painter and part-time Grim Reaper.

I said earlier that *The Hudsucker Proxy* celebrates the joys of filmmaking. The film's casting is a key part of that joy, but there is so much more—all of which I have come to expect from the Coens at their best (which is most of the time). Roger Deakins' cinematography manages to work in elements of film noir, screwball comedy, a fake "March of Time"-style newsreel, a Fred Astaire-inspired dance number, and surrealistic distortions along the lines of Fritz Lang's *Metropolis*, Orson Welles' *The Trial*, and Terry Gilliam's *Brazil*. Production Designer Dennis Gassner, Set Decorator Nancy Haigh, and Art Director Leslie MacDonald use every trick of their trades to create a vision of Manhattan that's simultaneously late 50s and art deco 30s, with Richard Hornung's costume design somewhere in the years between. It's a dream of Manhattan as unreal as Tolkien's Middle Earth. Boardroom tables seem to stretch into infinity, office spaces are endless vistas of desk-bound drones, and skyscrapers appear miles-high.

Supervising Sound Editor Skip Lievsay delivers the traditional Coen attention to telling detail for every-

thing from footsteps to elevator doors to a Newton's Cradle. One of these days I'm going to listen to the whole of *The Hudsucker Proxy* or *Barton Fink* lying on the couch with my eyes closed, just savoring the sonic landscape. Of course, part of what I'd also be hearing would be Carter Burwell's primo soundtracks. Among this crew, and not including the Coen's 4 Oscars apiece, the people I've mentioned in these last two paragraphs have won or been nominated for 9 Oscars in their respective fields. It's a credit to Joel and Ethan's cinematic vision that they are able to draw on the same superb talents from film to film.

I think an anecdote from Ethan Coen's early (and brief) time as a student at Princeton illustrates as well as anything can why he and his brother will never cease to make me smile. Trying to excuse an ill-advised absence, Ethan came up "with a phoney doctor's note (from a surgeon at 'Our lady of the Eye, Ear, Nose and Throat'), claiming that he had lost an arm in a hunting accident in his brother-in-law's living room." That story is from James Mottram's *The Coen Brothers: The Life of the Mind*, who adds "Not surprisingly, the school requested he see a psychiatrist."

The Coens haven't yet driven me into psychoanalysis. It might be just a matter of time. Until then, I'm going to enjoy every moment of *deus ex machina* dentures and extruded plastic dinguses.



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Riondel Arts Club

by Sharman Horwood

For December the art club has changed their show in the Riondel Community Centre. Come by and see our new--or some old--paintings displayed in the hall.

Gerald Panio is continuing his art lectures through most of the month as well. On Tuesday afternoon at 1:00 at the Community Centre on Nov. 30, he will show a video program of James McNeil Whistler, and his famous "Portrait of the Artist's Mother." On Dec. 7, he will continue with a lecture on the Canadian indigenous artist Norval Morriseau, a prominent member of the "Indian Group of Seven." On Dec. 14, the video will be Portrait of a Masterpiece, on Edvard Munch's famous painting, "The Scream." On Dec. 21, Gerald will give a lecture on Russian painter and art theorist, Wassily Kandinsky. These lectures are always interesting.

We are always open to new members. If you're at all interested in trying to paint or draw, stop by. We're in the Art Room of the Community Centre and we start at 10:00 a.m. every Tuesday. We welcome anyone, no matter what their skill level might be.

In the meantime I hope this finds you all well and that you are looking forward to happy holidays this year. Merry Christmas!

For Thomas

by Geoffroy Tremblay

A greyed out
old wooden fence
too close to the narrow urban sidewalk
an old wooden house behind
It's a grey and cold
fall day in the city

A hole in the fence
police tape around it
The mayor is there
flowers on the makeshift
sidewalk memorial
giving her respect
to the young boy who died there

He was sixteen
a bit young
I thought
to be murdered

A text comes
my best friend in Montreal
His nephew just got murdered
for no reason
he was at the wrong place
at the wrong time

His sister
who I knew back
from my high school days
in shambles

I can't make much of it
what to say,
how to respond.
I remember the post
I saw online that morning

Death and loss in the news
doesn't affect me much
until it hits
I know that person

Reality takes such a different turn
I search online
on all the news channels
for any coverage there is

It's not newsworthy
there isn't much to say
Politicians push their
no handgun agenda
No one talks about
how terrible this murder is
No one talks about the parents
the family

It's cold
It's the media
It's a platform for politicians
to show their wannabe compassion

Nothing
Only a void
Only sadness
There is no hope
There is no season 2
where the kid comes back miraculously
It's the end

It's death unapologetic
on the side of the grey street
An unfitting final place of rest
for a young boy
The urban landscape
is so uninviting for human's death
or life

For a parent
to lose their kid

is the worst pain I can imagine
Having your kid murdered
without reason
only aggravates the pain
Murderer on the loose
Probably just another kid

I finally texted back my friend
It shook me to my core
A single heart emoji he replied

There isn't much
I can do about this
Life is precious

East Shore Reading Centre

by Taryn Stokes, Librarian

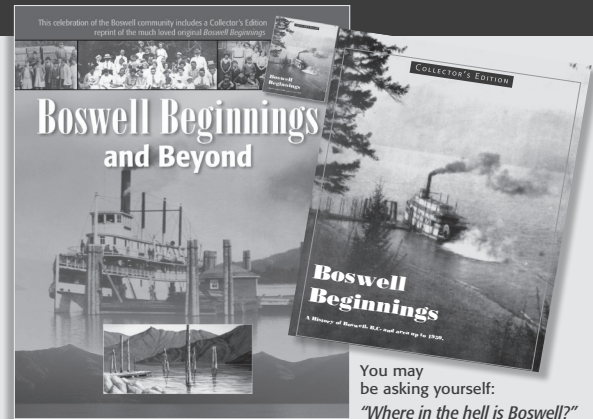
Happy December to everyone. It is the time of year I have been eagerly anticipating - the season of book awards! The 2021 Scotiabank Giller Prize was recently awarded to Omar El Akkad for his book *What Strange Paradise*. We will soon have all the other short-listed nominees on the shelf as well.

It is also the Goodreads Choice Award opening round of voting, with the final round of reader voting open for a week starting November 30. There are 20 books in each of 17 categories including fiction, debut novel, science fiction, historical fiction and nonfiction. At the East Shore Community Reading Centre we have 8 of the 20 nominees in the fiction category, as well as 19 more in other categories. One of the books in the fiction category is *The One Hundred Years of Lenni and Margot* by Marianne Cronin. The novel tells the story of two unlikely companions who meet in a hospital and share their life stories through art and friendship. The book is a heartwarming, unique and memorable tale.

New in the library this month is our wireless guest internet, available on request. As far as new items, we have 30 new additions to our shelves including a children's picture book titled *Trees* by Tony Johnston and *Lost Kootenays* by Eric Brighton & Greg Nesteroff. We had 233 items checked out in November so far and served 38 patrons.

The East Shore Community Reading Centre is open Tuesdays and Saturdays between noon and 3PM. We can be reached at 250-777-1492 or via email at escom-lib@gmail.com. We are located just across from the Crawford Bay Hall at 16234 King Road. Take care and happy reading to all.

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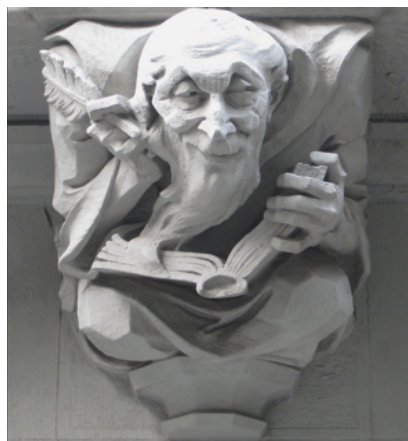
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Smarter Than Jack or Jill

by Sharman Horwood

Animals are smart, amazing creatures. If you have an animal story you'd like to share, please contact me at shhorwood@gmail.com.

The December Bears

Polar bears are the iconic bears of winter. They have been a part of the folklore of many cultures. In the Chukchi Peninsula, for instance, researchers have found 1,500-year-old cave paintings of polar bears (Wikipedia). Some researchers suggest that igloo construction is based in part from observing polar bear habits when they create dens; indigenous people might have imitated the bears' behaviour in order to survive. Inuit and Alaskan natives' legends include stories "in which bears are human when inside their own houses, and put on bear hides when going outside" (Wikipedia). This could be an acknowledgement of the bears' intelligence, equating it with humans. Polar bears are popular characters in modern fiction as well, such as the marvelous panserbyorne of Philip Pullman's fantasy trilogy, *His Dark Materials*. They are also important to Canada, in particular, as almost 60% of the world's polar bears live in Canada's north.

Polar bears, however, are most important as keystone species and apex predators in the Arctic. They are classified as marine mammals, since they do most of their hunting from ice shelves, as well as swimming underwater to hunt seals in spots that can't be accessed from above. In fact, "while they don't exhibit some of the feats of memory the way grizzlies do, the ways they hunt for seals require a great deal of calculation" (Praveen Tummalapalli on Quora.com). Bears are thought to be the most intelligent mammal in North America, and polar bears show genetically that they

have evolved from brown bears, including grizzlies. Because of the adaptability of these bears in avoiding hunters, some researchers believe that they are self-aware (PBS, Nature, "Bear Intelligence"). Very few animals have this quality. Bornean orangutans, bottlenose dolphins, Eurasian magpies, Rhesus macaque, and Bonobo chimpanzees, for example, have shown they recognize themselves as individuals in a mirror. They have all passed the mirror test, meaning they see themselves in the mirror as distinct from others of their kind. No one so far has put a mirror in front of a polar bear's nose, and watched its reactions. However, the Arctic Vets in Manitoba have trained some of their captive bears to let the keepers brush their teeth, but from the other side of some very heavy bars.

As much as we appreciate polar bears' size, strength, and hunting skills, we admire their unique intelligence and adaptability most. Some researchers maintain the bears are as smart as some primates (Wikipedia). Part of this is their innate adaptability. The polar bear is, after all, "the ultimate survivor" (PBS, Nature, "Bear Intelligence"). Adaptability is how they evolved in the first place: "Scientific evidence has found that the brown bear, a species that includes grizzly bears, was a 'precursor' to polar bears, which then went on to develop specializations for inhabiting the harsh Arctic" (PBS, Nature, "How Grizzlies Evolved into Polar Bears"). Proving their genetic relationship, genetic testing has revealed "pizzlies," or "grolar" bears, which are grizzly bear and polar bear crosses occurring as the northern bears wander further south in search of food.

About 200,000 years ago, the Arctic Ocean was entirely frozen as glaciers covered almost all of Eurasia. A cold climate dominated Earth's north. At that time, brown bears ventured north, looking for food. They probably became isolated because of enormous glaciers, and those who had lighter, thicker fur, survived well and bred. Over successive generations, their coats turned white, and they developed molars

that were better shaped for "ripping apart seals than munching berries" (PBS, Nature, "How Grizzlies Evolved into Polar Bears").

Polar bears are much more in danger from overheating than freezing because of their thick fur (polarbearsinternational.org). Even their skin is an important adaptation: "Under their fur, polar bears have black skin--the better to soak in the sun's warming rays" (National Geographic online). They are curious creatures, however, and will try to eat food other than seals, such as birds, bird eggs, and dead whales or walrus that float to the shore. This same behaviour is what drew the brown bears north where they developed a taste for seals. The high-calorie seal meat--its blubber as well as its flesh--enabled the bears to remain and evolve into the white polar bears. Berries, muscles gathered from the ocean floor, and sometimes even seaweed or small mammals do not provide enough calories for polar bears to survive. They need the seals, and the ice shelves from which to hunt them.

Along with the development of their white fur, their feet grew larger and some slight webbing spread between the toes. Polar bears need to be able to swim long distances, sometimes for days without rest, in order to find the now retreating ice shelves that they depend on. According to WWF (World Wildlife Fund), only 2% of polar bears' hunts are successful, and females sometimes have to fast for as long as eight months (polarbearsinternational.org) while they wait for the right conditions (i.e. the cold and the development of ice) so they can effectively hunt again.

Polar bears are smart. As a species they developed because of their ability to adapt. When climate change drove brown bears and grizzlies north, they changed their diet, eating seals as a more nutrient-rich source of food. I think of the polar bears as the December bears. Like the year, they are the ones that are on the brink of their species' end, and yet might somehow--against all odds--adapt and survive into the January of their kind, with new years of time ahead. In their warming Arctic world, a change in our impact on the environment might be a more certain solution.

For the Love of Genre

by Sharman Horwood

An Inelegant Murder

Lucy Foley is a popular writer these days. She has written two murder mysteries, and three historical novels. She studied English Literature at university and later worked for several years in the publishing industry as a fiction editor. Her latest mystery, *The Guest List* (2020), won the Goodreads Choice Award for 2020. Both of her crime novels (*The Guest List* and *The Hunting Party*, 2019) take place in remote locations and focus on the classic whodunit format: you don't know who has committed the murder until the end of the novel.

Generally, neither of these crime novels are "cozy" mysteries. In theory, a typical cozy features an amateur detective attempting to solve the mystery, along with a small community of people, usually in a village or a localized area. Almost all of Agatha Christie's novels are classic cozies. Also, in this popular sub-genre of crime fiction, characters from one novel carry over into the next, building up a larger cast of characters the reader has come to know in the previous novels, as happens in several of Dorothy L. Sayers' *Lord Peter Wimsey* mysteries. In *The Guest List*, however, there is no detective, and although the murder takes place in a remote location, with a limited cast of characters, the novel's events don't fit the other cozy description in which sex and violence take place off stage, so to speak.

In *The Guest List*, a group of people attend a wedding that takes place on a small island off the coast of Ireland. The owners, Freddy and Aoife, cater and manage the entire wedding. They have fitted out their folly to host many such events, creating a ten-bed-

room facility, complete with dining and drawing room, and kitchen, out of a "crumbling" small structure on an uninhabited island. Aoife is the wedding planner and Freddy is the chef. The island is unusual. It is Inis an Amplora, or Cormorant Island, named after an ill-omened bird in local culture. The fictional location is based on an island Foley herself visited: Inishbofin, "a rocky island off the coast of Connemara" (*The New York Times*, Aug., 2020). In the novel, Inis an Amplora is a "possibly haunted island full of ancient bodies buried in the peat" (*The New York Times*, Aug., 2020), a site that is frequently buffeted by storms off the Atlantic.

The novel's structure is unusual. Each character tells the events that lead up to the victim's death. Foley also doesn't have them narrate their thoughts in chronological order: the wedding's timeline is broken up into pieces, inserted throughout the novel, while at the same time you get pieces of narrative told by each guest, focusing on their thoughts, particularly about past events. To further increase the suspense, Foley doesn't reveal who the murder victim is until the end of the novel. When you finally do find out who has been killed, you won't be able to make up your own mind about who is the killer: too many of the guests have good reason to kill this character. In fact, you will probably want to kill this person yourself. This is a rather unique novel; its suspense holds through to the very end.

The people who are getting married are Jules and Will. Jules has launched a successful and trendy women's magazine, titled *The Download*. Will is a star in a television survival series, *Survive the Night*, in which he is set out alone--in theory--in the wilderness without supplies or equipment, and has to survive by his wits, and physical abilities. Of course, he does have a camera crew with him. The bride and groom have a

certain star quality: they are both very good looking, very "posh" and well known in London's trendy society. However, throughout the novel, Will's attributes are more about his good looks and camera appeal than his skill as a survivalist.

Of course, many of the characters have secrets to hide. Will, along with his best man, and his ushers, all attended a particularly expensive public school in the past, a web of friendships that have become a "toxic brew of entitlement, one-upmanship, and . . . past tragedies" (*The Guardian*, Feb., 2020). The number of coincidences all of this creates in the story are a little incredible in the end, but do come together in a satisfyingly suspense-filled conclusion. Foley herself says, "maybe people are reading it and thinking, 'Things could be worse. I could be stuck in the middle of nowhere with this lot'" (*The New York Times*, Aug., 2020).

The bride's guests have similar flaws. Her sister, Olivia, is the maid-of-honour, and Jules' MC for the occasion is an old friend, Charlie. Like the groom's attendants, they, too, have hidden secrets. The question is whether the two of them have slept together in the past since male/female friendships are not common. Foley is adept at keeping these secrets until they are useful in revealing twists in the plot. According to Foley, who maintains she loves going to weddings, she thought that having "these interesting groups of people rubbing up against each other" (*The New York Times*, Aug., 2020) could create a suitably eruptive drama that would lead to murder. She was definitely right.

At times, the way the author succeeds at keeping the characters' secrets, and delays narrating the events of the mystery, can be a little overdone. However, the novel is short and a good read for a quiet snowy night by the fire.

Tales From Shprixieland



A Rain Drop Story

by Heath Carra

Remember those glory days of our youth, when all the world was fresh with possibility? It was the springtime of the spirit. In

fact, it was spring. You and I were just two drops of rain and we felt like we could fall forever. The world was our sky, or the sky was our world. Whatever.

Everything was new and bright as we chased each other through the breeze. It was just you and me and gravity. Ok, and maybe 10 trillion other drops too, but it felt like we were special, like no one had ever felt that way before.

But then came the ground.

Solid reality rose up and smacked into us, and I lost you in the tumble through the trees. It was a whole new world, dangerous and strange, and full of bristles. We got mixed up with strangers and then we dripped to the forest floor. It felt like such an insult to merely drip after all the ecstasy of raining. Dripping and then soaking and saturating. Saturating alone without you.

While I was swept up in the crowds rushing for the water table, where were you? Had you fallen into some stream only to be swept away from me? Or had you permeated the humus and been absorbed by some thievish root?

The sky was just a memory, like a wisp of a dream as I permeated down, darkness and pressure becoming my everything. Life underground plays funny tricks on the mind. You forget that there could be anything else, but I never forgot about you.

Those days of inching through the earth were the hardest days of my life. Hard like stone. It was stone. Mazes of stone and everyone in a hurry. I was in a hurry too. We pressed and shoved and fought through every crack, each of us desperately thirsting for freedom. But could I ever be really free without you?

Then one day it just happened and I was flowing. All of us floundering together like amnesiacs on the subway, hurtling toward some destiny that none of us could make sense of. But as sunlight flashed through the water, I thought I saw you. You, my glittering darling of the troposphere. Was that you? The blurred face in a rushing crowd?

Over cliffs, we were free again and briefly we rained, but none of the droplets were you. To slow fishy depths we sank, and though the lakes and the fjords and the seas were deep, they seemed empty without you. The gloom suits the worlds down there, for they are places of lamentation and nostalgia. Your sparkle would break all the lonely hearts in that abyss.

But time is a roiling current, constantly turning our lives inside out and upside down. The darkness passed to twilight. Then one morning I was at the surface again, tossed from waves, whipped up in the wind and in the air and the sky. All the weight of the world was

gone. I was thin as vapour. Etherial. Incorporal.

There I was with the sunlight streaming in me. The sky breathed me in. And then remarkably, implausibly, there you were in the churn of the clouds. You were looking right at me, and I at you, and all of that darkness that had separated us made you shine brilliantly bright in my famished eyes.

Now here with me, you scintillate in the cold morning air. Holding onto one another, we crystallize, and in this ecstatic joy we precipitated out of this bright winter sky. But this time we'll take our time, spinning and falling and whirling up on the wind. This time we'll savour every moment as we dance toward our fates.

These are our silver days of snow now, our patient days of languidly falling and settling and sleeping. This time I won't let you go. This time I will hold you so tight that we'll glaciare. This time I'll reshape the land. I'll push over mountains before I ever let you go again.



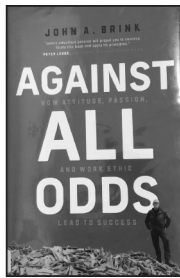
- Planning a wedding?
- Holding a meeting?

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Book Reviews

by Tom Lymbery



This book is most important as it looks at timber processing from a different angle. Also Brink details some of the requirements of the BC Governments control of harvesting and marketing – extremely important today when BC is running out of timber.

Most specifically Brink says that that the export of raw logs should be completely stopped.

This book is not in stock in our store so this review is so relevant that I needed to draw attention to its content.

AGAINST ALL ODDS, by John A Brink, how attitude, Passion and Work Ethic Leads to success.

Born in Holland in 1940 Brink was lucky to survive the war and when Canadians fed people during the Starvation Winter of 1946 he determined that he wanted to move to Canada. He had to serve 2 years in the Dutch air force and began work in the sawmill industry, but was able to make his way to Vancouver after that.

He had little English but was sent to Prince George where he did find sawmill work and managed to improve his English. He was always the first on the job and the last to leave at night.

He had an opportunity to run a sawmill at Watson Lake in the Yukon but found it was underfunded and too far from markets. Instead he bought a 20 unit motel and expanded it with a large entertainment area, bring in expensive bands from the south. This was successful but John had married so wanted to sell the bar but could see no possible buyers. He moved back to a sawmill job at Prince George and had to sell the Watson

lake Motel for only a \$1

Starting as a basic worker his industry and initiative soon allowed him to start the sawmill he wanted. He knew that secondary wood manufacturing was more stable than producing 2 x 4s. He decided to produce packaging material, pallets, lumber for mobile homes and what he knew most about – Finger Jointing, which joins short pieces of lumber together with intricate glued fingers. This produced more stable 2 x 4s and 2x 6s that retain their strength in high humidity areas such as Texas.

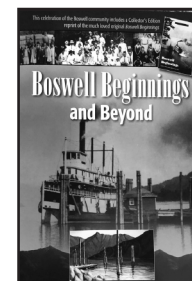
But with a successful business that uses low grade timber he found in a few years that the material he was buying was substandard with too much bark and rot. Talking to a lumber grader he found that the big companies like Norwood - Noranda had somehow lowered the grading standards - giving them great profits.

Having sufficient evidence he employed lawyers and started suit. This took years and was eventually successful but the 5 million settlement he wanted was cut to only 2 million – only enough to pay the lawyers.

Worse yet these companies refused to supply the lumber he needed so was forced out of business entirely. He structured a complex business plan pledging all his assets that allowed him to start up again. But since he was outlawed as retribution by the big companies he had to buy more expensive wood on the open market.

He kept moving ahead, buying operations in Smithers and Vanderhoof, using innovative financing programs. Since he has branched into real estate, even building homes to his designs.

BOSWELL BEGINNINGS AND BEYOND – This Celebration of the Boswell Community includes a collectors Edition of the much loved original Boswell Beginnings, published by Boswell Historical Society, 280 pages, \$35.00



Great to see this, as the original which was published in 1986 has been out of print and in demand for years. Greg Nesteroff and others suggested that this should be reprinted – so here it is with many new reports of more recent happenings in Boswell, written by the members of the Boswell Historical Society.

And full reports of those who have established homes in Boswell since the first publication. These have all wholeheartedly supported the Boswell Hall, the Boat Ramp, Historical Society and much more.

There are glowing reports on the many clubs and activities that use the Boswell Hall. Did you count how many?

Also some photos of the paintings and artifacts that Boswell artists continue to produce. And reports on the successful businesses that keep Boswell going.

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East Shore Health Practitioners Series A New Series

Submitted and formatted by
Christina de Pape

The intention for this submission is to be a series of short articles by alternative health care practitioners who wish to concisely describe why they do what they do in a way that might bring about inspiration for folks to up the ante of self care.

December 2021 Practitioner: Elisa Rose Shaw, Level 2 QHHT Practitioner

What type of health care do you practice?

I practice Quantum Healing Hypnosis Technique, or QHHT, which was developed by Dolores Cannon. It is a form of deep hypnosis that often involves past life regression and connecting to one's Higher Self.

What inspired you to become a QHHT practitioner?

I had read some of Dolores's books and loved the way she received very deep and high level information through her clients. I had booked my own QHHT session with a 13 month wait time and was impatient to get connected to the whole QHHT world. I figured that by practicing it on others I would still get to experience the magic of it. The other thing is, I was listening to someone else's QHHT session in an online video and a message came through that I felt was directed at me, "You are not here to fit in, you're here to work!" To which I thought, ok, ok! And I promptly signed up to learn the technique.

Why do people come to see you?

Generally speaking, they want answers to questions that they haven't been able to receive a satisfying answer to from outside of themselves. They may feel like they're at the end of their rope in some regards, and/or they may just want to shift their life to the next level.

What's your favourite thing about your profession?

I love that the answers come from within the client. I ask a lot of questions, but I don't give answers, and that opens us up to be able to work with an unlimited number of surfacing issues that I don't need to be an expert in. Also, I love it when a client finds themselves in a past life on another planet and I get to explore it with them, that is so much fun!

How do you practice self care?

I take breaks when I need to. I schedule time for going for walks, cooking meals and playing. And maybe most importantly, I frequently allow for myself to not know all the answers, and not to try to fix other people's problems, which is a real relief to my system.

What do you hope to inspire in the people who come to see you?

I want people to be aware of their own divinity. I hope that after a person has a QHHT session, they know that they can continue to look within for answers and to trust their inner knowing.

You can read Elisa's blog at:
<https://elisaroseofthespirits.blogspot.com>, contact her at elisaroseforever@gmail.com or 250.505.0128.

Entering Winter

by **Maya Skalinska**
M.H., R.H.T. Master Herbalist, Registered Herbal Therapist



Transitioning into winter can be challenging. Short days, long nights, damp cold going straight into your bones. These can all get us down, but there are a few simple measures

we can do to counteract the cold and dark, helping us enjoy the winter months.

Deficiency in Vitamin D can lead to depression, and low immune function. A high quality cod liver oil, which naturally contains vitamin D, and omega 3 essential fatty acids is a great winter booster. Alternatively, you can take a vitamin D3 supplement, 2000-5000IU along with a good quality omega 3 supplement. It's good to get an assortment of omega 3's, naturally available in fish. If you don't eat fish, flax oil or walnuts are good options. Omega 3 is an essential fatty acid, which means our bodies do not produce it, and we must get it from our diets.

For the winter blues, known as Seasonal Affective Disorder (SAD), a good dose of sunshine is best, but if the sun is not shining, we can turn to a helpful plant called St. Johns Wort. Folk medicine from all over the northern hemisphere say that St. Johns Wort stores the sunshine within its beautiful yellow petals, and brings us light when everything seems dark. And they knew what they were talking about. Numerous clinical studies confirm its effectiveness on mild to moderate depression and SAD.

In Germany, for years now, medical doctors have been suggesting St. Johns Wort over pharmaceutical antidepressants for all mild to moderate depression with great results. It is also a strong anti viral, so a good herb to have around these days. Generally, it takes about two weeks to notice the mood uplifting effects, as it needs time to build up in the body. It takes three to six weeks for full effect. St. Johns Wort is safe, but it is contraindicated with MAOIs, SSRIs, narcotics and reserpine. Also, do not take if you're pregnant or breast-feeding. Alternatively, for a gentle pick me up, a nice hot tea made with herbs like Lemon Balm or Holy Basil is another way to lift your mood and ease anxiety.

Other than keeping your spirits up, keeping warm is just as important. From an Ayurvedic perspective (5000+ year old medical system from India), cold foods like raw vegetables, ice cream, cold cereals and cold drinks and smoothies are not good consumed in winter. Instead, drink warm water, hot teas (ginger is best), hot cereals like oatmeal, lightly steamed or roasted veggies, soups and stews. Use warming ingredients like garlic, ginger, chili powder, turmeric, cinnamon or cloves. This will ensure you're internally warm, and your digestive fire is strong and going all winter long.

Of course, with winter also comes the cold and flu season, so keeping your immune system healthy is important. Besides the omega 3's and vitamin D3 supplements, make sure you eat a nutrient dense diet, with all the colors of fruits and vegetables you can find. This will ensure you're getting enough vitamin C and antioxidants from your food. My favorite nutrient rich winter super foods are broccoli, blueberries, yams, winter squashes, beets, onions, thyme, parsley and kale. If you are prone to infections, try medicinal mushrooms like reishi, chaga or turkey tail in powder or tincture form. Medicinal mushrooms are safe, but contraindicated if you're taking anticoagulants. For herbs, astragalus root is great as a tincture or tea simmered for 20-30min. You can also add astragalus, ginseng or medicinal mushrooms into your soup broths.

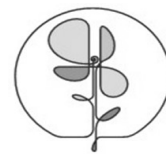
It's such a beautiful way to turn your soups into preventative medicine.

It's important to remember that as soon as you feel you might be coming down with something, like a tickle in your throat or low energy, take action right away. The faster you support your immune system, the faster it will work for you. Have a cold & flu tea or tincture on hand as you never know when a bug might hit you.

A warming whole food diet with a few supplements and herbs mentioned above will keep you and your family healthy and happy this winter.

Maya Skalinska is a Master Herbalist, and a Registered Herbal Therapist, offering Iridology, Herbal Medicine and Nutrition consultations in Crawford Bay and Nelson. For more information, please email: mayaskalinska@yahoo.com.

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Notice of Passing

Denis Reginald Gray
Nov 27, 1930 – Nov 18, 2021



In loving memory ~
Encompassing the life of Denis Gray within a few words hardly covers the intricate details that begin with his birth in Cornbrook, UK, on November 27, 1930. Denis's legacy of a life well lived is embodied through his travels from Markington, a small village in the Yorkshire Dales of England, to the

endearing community of Boswell, BC.

He passed away peacefully from complications due to cancer at the Creston Valley Hospital on Thursday, November 18, 2021, with his life's partner of 69 years, Joan, by his side. They had married in Markington on April 14, 1952, and then resettled in Western Canada in 1959.

Denis enjoyed two careers firstly as foreman at the Cross a7 Ranch and then as Foreman for the town of Nanton, both of which Denis demonstrated dedicated service, winning the 1985 Provincial Operator of the Year for Alberta Water & Wastewater.

Retirement for Denis beckoned after a series of medical concerns; and, with a flip of a coin, he and Joan created their final home together in Boswell where he happily immersed himself in the community. Throughout his careers and retirement, Denis spiced life with a passion for storytelling and embraced a love for golf, fishing, and travel.

Denis's life experiences together with his siblings of Peter (1928-2021), Gordon, Susan, and Duncan plus the love of his wife, Joan, helped shape the man he became, with his natural talent for engineering creations and solutions for any situation or challenge.

To honour Denis, a memorial service was held at the Boswell Memorial Hall on Saturday, November 27, at 2:00 pm. In his memory, one may consider making a donation to the Creston Valley Hospital, Bag 3000, Creston, BC V0B 1G0 or the Canadian Cancer Society, Suite 500 55 St. Clair Ave W., Toronto, ON M4V 2Y7. Condolences for the family may be offered at www.crestonvalleyfuneralservices.ca. Funeral Arrangements entrusted to Creston Valley Funeral Services.

Mandates Impact Us All

submitted by Sarah Keenan for
beyondthedivide

Nobel laureate, Desmond Tutu, teaches, "Freedom is Indivisible". Our group, BeyondTheDivide, is standing for unity, and bringing awareness to the influences that now have us turning against one other. The fear surrounding COVID 19 is a potent driver to seek safety in a suddenly scary world. In some ways this fear might be more dangerous than the virus or the vaccine. History shows that even with good intentions, we can be responsible for great harm coming to those identified as "other".

In our communities, we cannot escape our interdependence. If some community members are suffering we are all impacted. At the beginning of the pandemic we were all in it together, whereas the imposed passports and mandates have made division the new normal. Healthcare workers, teachers, and police officers, who were much appreciated last week, are now disposable. As both sides fiercely defend their position we lose the bigger picture and the mandates progressively hurt us all.

85.5% of BC is fully vaccinated; yet the officials continue to apply pressure to reach 100% vaccination. Essential workers, who signed contracts that did not include a vaccine requirement, are being put on leave without pay, with threat of termination. No severance or unemployment insurance is offered. There is no consideration for medical exemption or acquired immunity by recovering from COVID 19. Effective safety measures like PPE and regular testing are also not being considered. Vaccination is presented as the only way to fulfill our social contract to care for one other. Is this fair, logical, or moral? Are these mandates justified for public safety when the vaccination rates are so high?

The BC government has been responsible for underfunding healthcare for decades. For example, during a recent experience near Kaslo, a 911 caller was put on hold for 20 minutes before they were able to talk to an ambulance dispatcher. Now, with the mandates, they intend to terminate over 1000 healthcare workers in Interior Health, forcing increased understaffing in the middle of a healthcare crisis. Our safety is being seriously compromised.

In addition, the global emergency has placed unprecedented stress on our local and national economies. Enforcement of mandates will only exacerbate the situation. How many local businesses are we willing to let close? Are we okay with community members becoming homeless when they have no income? Will they need to use the food bank to feed their children? Inflation and disruption in supply chains are already happening. The financial stress may lead to a mental health crisis: depression, anxiety, suicide, substance use, family violence for adults and their children.

Is it possible that the government is creating an unnecessary health and economic disaster?

If you are concerned about how the mandates are affecting our community, please join us - BeyondTheDivide at beyondthedividecanada@gmail.com

Interior Health Planning Whole Community COVID-19 Vaccine Clinics

IHA press release

IH-WIDE – Interior Health is planning whole community immunization clinics in rural and remote communities for people 18 and older who are due for their COVID-19 booster dose and for children age five to 11 to get the COVID-19 pediatric vaccine.

"Early in our vaccine rollout this spring, we held immunizations clinics for people living in rural and remote communities to make it easier for people to get vaccinated right away," said Interior Health president and CEO, Susan Brown. "We are on the way back to these communities to provide booster doses and immunization for kids who are now eligible for pediatric COVID-19 vaccines."

Clinics are beginning in December and these community members will be notified directly by Immunizations BC when it is time to book their appointment. For a full list of immunization clinics, please visit <https://www.interiorhealth.ca/health-and-wellness/disease-outbreaks/covid-19/immunization-clinics>.

To get your invitation to book your appointment, you and your child(ren) must be registered with www.getvaccinated.gov.bc.ca/ or call 1-833-838-2323.

In addition, people 12 and older who still need their first or second doses are welcome to book an appointment or drop-in at these clinics.

For more information on registering and booking appointments with your children visit: <https://www.interiorhealth.ca/health-and-wellness/disease-outbreaks/covid-19/vaccines-for-children-5-11>

For a list of all Interior Health COVID-19 immunization clinics and other resources visit: <https://www.interiorhealth.ca/health-and-wellness/disease-outbreaks/covid-19>

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

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

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

ELISA ROSE SHAW, QHHT PRACTITIONER: Certified Level 2 in Quantum Healing Hypnosis Technique. Healing and answers through past life regression and connecting with your higher self. Email elisaroseforever@gmail.com, call 250-505-0128.

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

PROVINCIALY REGISTERED HEALTH CARE AID - Christian McStravick of Mary Anns Way, providing confidential, home based support for individuals, and their family members. Specializing in personalised home health care, respite care, and hospice care. Servicing Boswell to Riondel. Please contact Christian via phone: 1 (800) 278-8716 or email: christianmcstravick@gmail.com

REGISTERED ACUPUNCTURIST, LISA SKOREYKO R.A.C. Treatment for pain, emotional disturbances, gastrointestinal issues and much more. 250.777.2855. http://lisaskoreykoacupuncture.ca/

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

REGISTERED MASSAGE THERAPIST: Harreson Tanner - Over 40 years clinical experience. Treatment of Lumbo/Sacral Strain, Whip Lash, Frozen Shoulder, Migranes/Headaches, TMJ problems, & Stress. No doctor referral required. 250.505-6166.

SUSAN SNEAD ACUTONICS PRACTITIONER (TUNING FORK THERAPY): With certificates in Ayurvedic massages, Foot Reflexology, Fibonacci tuning fork alignment. Bach Flower Remedies and Astrological consultations. 250.225.3520.

THERESA LEE MORRIS, SOUND HEALING TREATMENTS with planetary gongs, singing bowls, tuning forks and chimes. Certified Acutonics Practitioner and Instructor, theresa@kootenaysoundhealing.com, 250-225-3518

WILLIAM MORRIS, PhD, DAOM, offering astrological consultations combining 40 years of clinical practice weaving Chinese medicine, Astrology and Sound Healing. wmorris33@gmail.com 250-225-3518

RENTALS/ACCOMMODATION

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. bookings@cbhall.ca

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

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

YARD/LANDSCAPING/SITE PREP

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

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 29, 2021*

Massage Therapy
Harreson Tanner, RMT
Over 40 years clinical experience



* Knowledgeable * Skilled * Experienced
For appointments, call 250-505-6166

- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL MEMORIAL HALL

Booking/info: Karen Lee at 250.223.8686

Community Futures Central Kootenay

"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.



NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

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

Next Deadline: December 29, 2021

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 AND ADULT IMMUNIZATIONS, CRESTON PUBLIC HEALTH UNIT
250-428-3873.

EAST SHORE HEALTH CENTRE
Call 227-9006

See BELOW for doctor and nurse practitioner days

Doctor hours are from 9:30am to 4:30 pm.
Please call 227-9006.
Appointments are required.

For emergency care, call 911
We are not an emergency facility.

HEALTH PHONE NUMBERS

ES Health Centre: 227-9006

Community Nursing:
1.800.707.8550 Ext: 2 then Ext 3

Mammography:
1.800.663.9203

Mental Health & Substance Use Clinician, Jen Diosy - Appointments only:
250.505.6829

Laboratory Services:
1.877.740.7747 or www.labonlinebooking.ca
for Lab Appointments

PRIMARY CARE PROVIDER

DAYS: DECEMBER 2021

Dec 1, Weds: Dr Moulson/Jayne Ingram
Dec 2, Thurs: Jayme Ingram, NP
Dec 3, Friday: Jayme Ingram, NP
Dec 6, Mon: Jayme Ingram, NP
Dec 7, Tues: Jayme Ingram, NP
Dec 8, Weds: Dr Moulson/Jayne Ingram
Dec 9, Thurs: Jayme Ingram, NP
Dec 10, Fri: Jayme Ingram, NP
Dec 13, Mon: Jayme Ingram, NP
Dec 14, Tues: Jayme Ingram, NP
Dec 15, Weds: Dr Moulson/Jayne Ingram
Dec 16, Thurs: Jayme Ingram, NP
Dec 17, Fri: Jayme Ingram, NP
Dec 20, Mon: Dr Moulson/Jayne Ingram
Dec 21, Tues: Jayme Ingram, NP
Dec 22, Weds: Dr Moulson/Jayne Ingram
Dec 23, Thurs: Jayme Ingram, NP
Dec 24, Fri: NO CARE PROVIDER
Dec 27, Mon: NO CARE PROVIDER
Dec 28, Tues: NO CARE PROVIDER
Dec 29, Mon: NO CARE PROVIDER
Dec 30, Tues: NO CARE PROVIDER
Dec 31, Fri: NO CARE PROVIDER

NO WALK-IN SERVICES
APPOINTMENTS ARE REQUIRED

Hours of Operation
Resource Recovery Facilities

Crawford Bay Transfer Station November 7, 2021 to March 12, 2022 10:00 am — 4:00 pm Sunday & Tuesday	Boswell Transfer Station Year Round 11:00 am — 3:00 pm Wednesday & Saturday
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 rdck.ca
250.352.8161 | wastedept@rdck.bc.ca

NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

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

URGENT PLEA: 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? Join our team of professional volunteers & help us help our community.

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

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

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

The Fitness Place

Open Again!
7 days per week
5:30am-10:30pm

The regulations will be the same as before, with a MAXIMUM of six people at once, socially distanced. We will not have supervisors at this time. Please pre-book your gym time by texting Amy at:
587-434-8770
Email eastshorefacilities@gmail.com for more info.

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH

Everyone welcome.

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:

Every Wednesday Night.
7 pm at Crawford Bay Corner Building
15990 Hwy 3A (1 hour mtg.)
Closed, Big Book Discussion

BALFOUR		KOOTENAY BAY		
Winter	Summer	Winter	Summer	
6:30	6:30	7:10	7:10	AM
8:10	8:10	9:00	9:00	
9:50	9:50	10:40	10:40	
	10:40		11:30	
11:30	11:30			
	12:20	12:20	12:20	PM All times are Pacific (PST).
1:10	1:10		1:10	
	2:00	2:00	2:00	
2:50	2:50		2:50	
	3:40	3:40	3:40	
4:30	4:30		4:30	
	5:20	5:20	5:20	
6:10	6:10		6:10	
7:50	7:50	7:00	7:00	
9:40	9:40	8:40	8:40	
		10:20	10:20	

Osprey 2000 • MV Balfour

Please note, East Shore is on Mountain Time year round. From Nov 7, 2021 to mid-March 2022, times above must be one hour ahead (7:10 means 8:10) when travelling East - West.



Gray Creek Store

Building Community Since 1913

Mon-Sat, 9 to 5:30 Sun, 10 to 5

What is on your winter wish list?

- ⇒ A new shovel, ice melter and warm gloves
- ⇒ Headlamps and flashlights for power outages

Come and see Rose for stocking stuffer ideas!



Free Delivery Mondays, Wednesdays & Fridays!

250-227-9315
orders@graycreekstore.com

www.graycreekstore.com

Nelson & District
CREDIT UNION **>>>** Logically. Locally.

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

Downtown Nelson **On the move** nelsoncu.com
Rossland 877.352.7207
Crawford Bay Or just get our app

banklocal

We did the math. Credit Unions > Banks!

Treatment for pain, digestive issues, anxiety & much more.



LISA SKOREYKO
registered acupuncturist

250.777.2855 http://lisaskoreykoacupuncture.ca

EXCAVATION AND ROCK SALES

Crawford Bay, BC

LOU JOHNSON:

250.505.3089

DARRELL JOHNSON:

403.671.9359

(djc1997k@gmail.com)



EAST SHORE COVID-19 BOOSTER DOSE CLINICS!



Community members will be notified to book an appointment.

For more information call 1-833-838-2323 or visit gov.bc.ca/getvaccinated

Riondel

Community Centre,
1511 Eastman Ave.

December 2, 2021
9:30 a.m. - 3:30 p.m.

Boswell

Memorial Hall,
12374 Boswell Rd.

December 3, 2021
9:30 a.m. - 3:30 p.m.

Limited drop-ins are available, please book an appointment to secure your dose. You can also receive 1st or 2nd doses.

We recognize and acknowledge that we are collectively gathered on the traditional, ancestral, and unceded territories of the seven Interior Region First Nations, where we live, learn, collaborate and work together. This region is also home to 15 Chartered Métis Communities. It is with humility that we continue to strengthen our relationships with First Nation, Métis, and Inuit peoples across the Interior.



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

CLOSING EARLY DEC 24 @ 4PM
Closed Dec 25/26 and Jan 1!
HAPPY NEW YEAR!

Otherwise,
OPEN Mon-Sat: 9-6:30/Sun: 9-5:30
Bottle Depot: Sundays only, 10-3

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

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

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

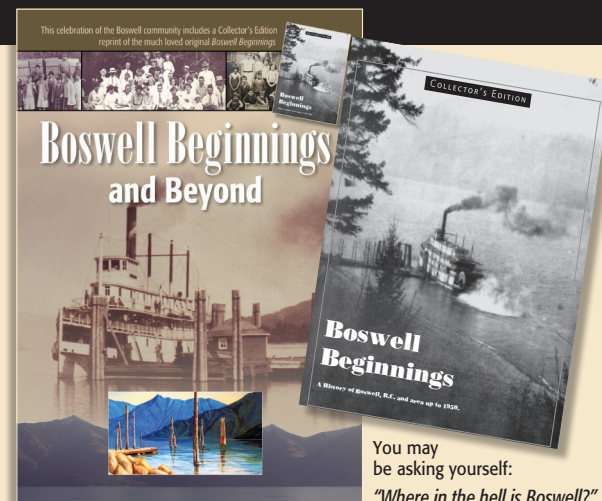
Services Directory: \$5/month, up to 3 lines.

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

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

FOR FULL COLOUR, ADD 30%

Two Books in One!



You may be asking yourself: "Where in the hell is Boswell?"

Boswell Beginnings and Beyond, a NEW celebration of the Boswell community, includes a Collector's Edition reprint of the much loved original *Boswell Beginnings!*

Those who have been fortunate enough to end up in this special place on the East Shore of Kootenay Lake know life in Boswell is glorious and amazing. Discover why through the words and stories of the people who have lived here.

- Tribute to the First Nations
- Personal recollections
- Family recipes
- Fascination sidebars

Publication: October 2021

The book will be available at stores on the East Shore from Crawford Bay to Wynndel.

To order your copy or copies now contact: **Lynn Campbell**
Phone: 250-421-1203 Email: lyncampbell1508@gmail.com

Price: \$35 plus shipping where applicable.

