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The East Shore Mainstreet

KOOTENAY LAKE BC

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

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the mainstreet is online!

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The very best of the season - may your blessings be infinite,
your joys be boundless and your days be bright.



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V0B 1E0

Agreement#: 40718537

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Jacqueline Wedge, Nancy Galloway, Farley Cursons, Ryan Davis,
Jayanti Holman, Paul Hindson, Harreson Tanner, Terri Fiddick

Band

Kenji Fukushima
Will Chapman
Alex Mayer
& Ben Johnson

Watch for more
details!



Editor's Word on the Mainstreet

by Ingrid Baetzel

I wish to acknowledge you.

You, the woman who works so tirelessly and courageously to bring even more heart and wholeness into community. You, the longtime resident, who works everyday and very consciously chooses to remain here and make the effort. You, the man who donates his exceedingly precious time to create a sense of place, to inject high doses of togetherness and social responsibility and to lend warm value to our communities.

I thank you, the one who is creating miracles every day in event planning and organization of lifestyle improvements for others and you, the one who is new here and just slowly starting to feel out the possibilities, or deliberating whether this will work at all.

Here's to you, the one who has jumped right in to lend her hands, her voice, her vision to creating and sustaining the powerful magic that is home and to you, the one who is afraid to step beyond what he knows, but knows that there is more beyond.

I value you, the one who knows that it is enough to simply take care of her children, her parents, her job, her animals, and especially you, the one who lives among the rest without the tools to engage in meaningful ways nor the faith that what he has to offer is of value. This one needs a special nod this season and maybe a hand up. This one is as valuable as the next one and he might need to hear it.

Finally, I wish to acknowledge those who were already here and who stayed or passed on. Thank you for what you gave and for the great lessons you taught. Thank you for reminding us of our value and leading the way.

Merry Christmas.

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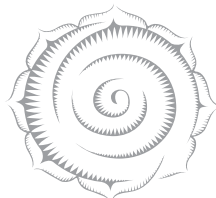
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OFFICE DESK

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Editor: Ingrid Zaiss Baetzel (since 2002)

Retail Distribution, Subscriptions, Advertising, Layout:

Ingrid Zaiss Baetzel

(Subscriptions: \$40/year within Canada,

\$50 to the US, and \$75 Internationally)

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Article? Letter? Etc? Drop off at Gray Creek Store drop box, mail to Box 140, Crawford Bay, V0B 1E0

or Best Yet, Email to: mainstreet@eshore.ca

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

Copies every issue: 700-1000

The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake, written by community volunteers. Send in January 2016 issue items by:

Next Deadline: Dec 23, 2015

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LETTERS TO THE EDITOR

ADMIRATION AND APPRECIATION

Letter to the Editor:

Hello to my many friends and neighbours in this great community that we share – the East Shore.

I feel that, with the Christmas season rolling around once again, and having already attended some wonderful community gatherings, I'd just like to express my appreciation of living in such a diverse, caring, welcoming place, surrounded by so many wonderful people. No matter where I go here, I feel welcome and never lack for good conversations with old acquaintances or people I've just met - it's the spirit that drew me to stay here 38 ½ years ago and it remains to this day.

I would also like to state my admiration and appreciation for those of you that give so freely of your time to make things happen, and make volunteer organizations work in this community. Many of you do it in spite of and on top of hefty obligations to families, businesses, and jobs - and it benefits us all tremendously.

I'm proud and gratified to call the East Shore my home.

Best regards to all,

John Edwards, Crawford Bay

GARDEN TO BED

Dear Editor

Food Roots' article in the November *Mainstreet* talks about putting your garden to bed. While it is too late for this season a most important part of late October in our garden is burying carrots, beets and onions for fresh veggies next spring.

I dig holes in the garden and bury bags of freshly harvested vegetables (particularly carrots) to give us ever so tasty fresh veggies for late March and all of

April. I put enough carrots, turnips and beets in an onion sack to provide a few meals and then bury these with at least 12 inches of soil on top. Our frost never goes down this deep in soft garden soil and pulling out a bag is easier than just burying loose. You can also guesstimate how many to put in each bag and include parsnips and potatoes as well.

Gunny sacks work well and we do get some smaller ones of these as they come in with axe heads and other sharp tools. Again you won't believe the flavour and freshness of these until you try it. When we had a root cellar, particularly carrots didn't store anything like as well as those buried.

Tom Lymbery, Gray Creek

HALLOWEEN SUCCESS

Dear Editor:

Thank-you Riondel for your generosity which helped make Halloween in Riondel so much fun for everyone.

Thanks to the Riondel Market for accepting the donations and ordering fantastic fireworks.

Thanks to Bob's Bar for making us delicious pizza.

A huge thanks to the Riondel Fire Fighters for helping host this fun event.

Thanks to Geoffroy Tremblay for dressing up and playing great music for all of us to enjoy. We are already looking forward to next year!

Danielle Linn, Riondel

**Next Deadline:
December 23, 2015**

COMMUNITY HEROES

a Mainstreet Feature

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

Sandy Watson - pillar and powerhouse of CBESS. Here is to Sandy, the glue and patient, gracious welcome to our local school. In her hands, we are cared for and secure. Thanks for being so wonderful.

Mainstreet Nomination

Mick and Dianne Farran. They go out of their way to extend compassionate, helping hands to so many within our community.

Kate Rowland, Gray Creek

Ingrid Baetzel - My vote for December's community hero is our very own editor in chief, Ingrid Baetzel. Not only is she on many local committees, helping our community become a better place, she is also a major fundraiser for the school and she keeps us all informed of important local issues via the *Mainstreet*. She is a dedicated mother and wife, a regular go-to person for help and advice for so many people (including myself), and a reliable, considerate and caring person.

Mandy Petrie, Kootenay Bay

Volunteer Mainstreet Writers - without out you, the richness and vitality would be lost. Your contributions are so appreciated and so are you.

Mainstreet Nomination



RDCK Area "A" Update

by Garry Jackman,
Director - Area "A"

VOLUNTEERS

Last month a conversation between rural electoral area directors and municipal council members revolved around the differences between how local government functions in each setting. In an incorporated municipality there will be a minimum of five persons on council, even for municipalities with just a few hundred residents, and more for towns and cities with larger populations. These councils will be supported by staff who live in or nearby that community. In rural areas the residents are served by one local elected representative, even when the population for the area is in the thousands, and the supporting staff are typically located in a community an hour or two away.

Volunteers are key to meeting many of the needs within our communities, both urban and rural. But in rural electoral areas one of the greatest needs they meet is to support and provide balance to local governance. One person may have good ideas from time to time, but will not be able to fully grasp the background, concerns and underlying tensions within a community that shape an issue. Volunteers on committees and commissions may feel at times that they lack true decision making power, but their role in influencing outcomes is critical. Their roles also include interaction with a broad segment of the community, whether taking calls as the chair of a committee to arrange delegations to their respective groups, clarifying requirements for grant applications or coordinating meetings and the exchange of information prior to and following meetings.

There are a few RDCK staff persons who actually live and work within Area A to support the function of local government but they are generally part time and they are not able to respond to many issues. The volunteer base, whether working directly to support RDCK functions or working within the community at large to support their friends and neighbours, is critical to rural life. Many do both, working for community groups in addition to volunteering to assist local government.

As the year comes to a close, I want to thank two volunteers in particular for their service to our communities. Lorna Robin has just stepped down as chair of the Economic Development Commission (EDC) which has one of the least well defined functions within local government. The Local Government Act identifies economic development as an area which local government should try to promote but all persons involved in this field recognize how challenging the work is. Lorna has been patient, organized and thoughtful as she brought her business experience to the table over the years. I have greatly appreciated her contribution.

Another volunteer role which has been challenging within Area A has been serving on the Riondel Commission of Management. The commission is unique within the regional district, no doubt due to a former RDCK board recognizing the high concentration of amenities within such a small and relatively isolated population would require unique guidance with a means to focus local energy. Muriel Crowe has served as commission chair over some trying times with questions revolving around how to best address the upgrades to the community center. I have appreciated her wisdom and steady approach and hope she continues to find the energy and inspiration to serve the community in the coming years as we hopefully find community consensus to move forward with major decisions on the community center.

Thank you as well to the many volunteers who have assisted their communities over the years. As we approach the year end and reflect on why we are here I know we all appreciate the support we receive from our friends and neighbours as they volunteer their time and skills to make our communities better places to live.

50th ANNIVERSARY

Across each province in Canada it is the responsibility of the provincial government to establish the parameters for local governance through provincial legislation. Municipalities have been formally recognized in BC for more than a hundred years, but for decades the rural, unincorporated areas had no formal status and no locally elected representation. In BC the government created the regional district system and on November 30, 1965 the regional District of Central Kootenays came into being. The RDCK marked this milestone with news releases and by inviting residents to enjoy the use of major recreation complexes for a nominal drop in fee of 50 cents.

There is much more significance to reaching the 50-year mark when the origins of the legislation are considered. Responsibilities (both mandatory and optional) of local government in rural areas has changed dramatically over the decades, many believe to the point where the Local Government Act needs to be replaced in its entirety. That has been a topic of some of my past submissions and will be a topic in the future.

A few weeks ago I received input from seasonal residents on what they viewed as a dysfunctional, flawed system which should be replaced with the Alberta model for district municipalities. I provided them with background information and pointed out where the district municipality model is used in some form within BC, for better or worse for some residents as the model tends to 'cherry pick' higher value taxation areas such as mines or resorts but still excludes some surrounding areas with lower tax assessments, creating a gap in wealth distribution. I invite readers to look up the BC Local Government Act and the more modern companion document called the Community Charter. Just scanning the index of the former document to see how many sections have been repealed then skipping through the Community Charter and trying to determine which clauses apply to incorporated municipalities alone versus those which apply in part to regional districts can be challenging. After 50 years I for one agree legislative reform is overdue.

Have a safe and happy holiday season. If you have questions or comments on any topic, please drop a note to gjackman@rdck.bc.ca or call me at 250-223-8463.



Hidden Taxes

by David George

BAH, HUMBUG!

Was Scrooge right? Christmas a humbug? God rest ye merry merchants, may you make the Yuletide pay! Angels we have heard on high, telling us to Go and Buy! Now we also have Black Friday, with deal after deal as merchants begin to make their annual profits after US Thanksgiving.

We also have Friday November 13, 2015, when so-called Islamic extremists focussed the attention of the world on Paris. As I write this column the country of Belgium is in lockdown. Mali is recovering from a violent attack on a hotel.

Is the present chaos in the world, one wonders, a symptom of anger, envy and hatred against the rich? Charles Dickens (1812-1870) caricatured the 'one percent' in the form of Ebenezer Scrooge in his 1843 book *A Christmas Carol*. Many of his other books dealt with contemporary social problems.

Is there hope for a better world? I believe so, especially here, after a new government has been elected in Canada. Also after the Roman Catholic church elected a Pope who has famously said about some people who have different lifestyles "Who am I to judge?"

In this Holiday season, let us all take a deep breath and settle back to enjoy the shortest days of the year. Here are thirteen films for this holiday season which can be recommended without reservation:

1) *A Christmas Carol* - 1951 - 86min. b/w: the Alaister Sim classic, orig. Brit. title: Scrooge.

2) *A Christmas Carol* - 1984 - 101min. George C. Scott; filmed in Shrewsbury, England.

3) *A Christmas Carol* - 1999 - 94min. Patrick Stewart, Joel Grey.

4) *The Muppet Christmas Carol* - 1992 - 89min., with Michael Caine.

5) *Mickey's Christmas Carol* - 1983 - 26m., Blu-Ray edition has 5 great holiday Disney cartoons also.

6) *Blackadder's Christmas Carol* - 1988 - 42min., parody with Rowan Atkinson, Tony Robinson and others: "Humbug! Humbug, Mr. Baldrick?"

7) *How the Grinch Stole Christmas* - 1966 - 30min., D: Chuck Jones, voiced by Boris Karloff. Beware the overblown Jim Carey version from 2000.

8) *Scrooge* - 1970 - 114min., musical: Albert Finney, Dame Edith Evans, Alec Guinness, Kenneth More.

9) *Holiday Inn* - 1942 - 91min., Irving Berlin music, Bing Crosby, Fred Astaire, 2 dvds-b/w & colorised version-well done.

10) *Christmas in Connecticut* - 1945 - 101min., b/w, Barbara Stanwyck, Sidney Greenstreet.

11) *White Christmas* - 1954 - 120min., Irving Berlin music, Bing Crosby, Danny Kaye.

12) *The Polar Express* - 2004 - 100min., Tom Hanks, animated, from Chris Van Allsburg book.

13) *Elf* - 2003 - 95min., Will Ferrell, James Caan, Mary Steenburgen, Ed Asner.

Oh well, I guess there are two more which should be included, first a recent underrated animation, and the second which should need no introduction:

14) *Arthur Christmas* - 2011 - 97min., animated with voices of James McAvoy, Hugh Laurie, Bill Nighy, Imelda Staunton, Michael Palin, Ed Asner.

15) *Miracle on 34th Street* - 1947 - 96min., b/w, the Blu-Ray version is recommended: not colorised.

Another year almost past, and not much more to say except to wish us all a happy holiday season in whatever form we celebrate it. Remember, our Canadian Charter of Rights and Freedoms, section two, gives all Canadians the right to freedom of conscience and religion. This was adopted during the government of Pierre Trudeau. We hope for good things from the new government of Justin Trudeau. May we all have a happy and healthy new year 2016.

December 2015 *Mainstreet 3*



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December Horoscope

by Michael O'Connor

The big news now is the fact that the Lunar Nodes have entered Virgo and Pisces where they will remain for the next 18 months. This ingress occurred on November 12. Although subtle at first, the influence of this cycle becomes increasing apparent even a couple of weeks in and sometimes right away. The transit of the Moon's Nodes is a strong indicator of where and how we will each learn important lessons for our spiritual evolutionary growth.

The North Node in Virgo indicates a basic theme of focusing to make the dream a reality so that it becomes manifest, tangible and realistic. That one person's or group's success or dream can prove to be another's loss or nightmare represents the eternal complexity of life. The South Node in Pisces indicates dreams and ideals which otherwise remain eternally on a wish list. But Virgo is an Earth element sign and moves us to take deliberate, measurable and concrete action. The terrorist action that occurred on November 13 in France may be cited as an example of this shift and collective turn of the karmic dial. Virgo is ruled by Mercury, Chiron and Vesta. Each of these 'planets' (Chiron is considered a minor planet or planetoid and Vesta is an asteroid) will play key roles over the next year and a half both in our Birth Charts and by transit. The Sun enters Sagittarius on Nov 22 at 7:25 am PST. I will shed more light on this ingress next week.

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(Read more in my Newsletter. Sign-up is free on my website.)

Aries (Mar 21 – Apr 20) The transit of the lunar nodes over the next 18 months for you implies a re-assertion of your dedication to service. The sooner you can acknowledge this and adjust your attitude as necessary the better. Otherwise you could steadily slip into denial, disillusionment and deep depression. You will be progressively pushed out of any excessive orientations to yourself at the expense of giving more selflessly.

Taurus (Apr 20 – May 21) An awakening of passion and joy to co-create your world according to your dreams, ideals and destiny, yet also woven with a deep sense of service, has begun. Cultivating a more defined and refined sense of leadership is implied. Rebellious attitudes or casual activities unsupported by a meaningful cause are the danger signs to watch for. Create a beautiful and balanced approach to bring your gifts to the world.

Gemini (May 21 – Jun 21) Setting your focus to a new level of service has begun. Excessive status quo expectations will be pushed aside. The deeper needs of your soul even at the expense of social gain and profit require your attention. Directing your focus in service to others, perhaps especially to family members, to a new level is implied. Balance the drive for worldly ambition with unconditional love.

Cancer (Jun 21 – Jul 22) Translating your higher ideals, ethics and principles into modes of communication that can be received and understood by others is a core theme with the North Node in Virgo. Discernment regarding what is fantasy or unrealistic notions of truth, justice and proper conduct will come into focus. This is a call to 'walk the talk' of your deeper convictions and higher aspirations of civility.

Leo (Jul 22 – Aug 23) With the North Node in Virgo your destined task includes acknowledging what you have and can do with it. Whether it is talents, time, resources and so on..., the time has come to share your gifts, opportunities and abilities with the world. You can look to others for inspiration yet it is up to you to share who you are and what you have as fully as you can and thereby realize the true meaning of abundance.

Virgo (Aug 23 – Sep 22) The Moon's North Node transiting through your sign for the next year and a half marks a time period during which you are destined to become more assertive and decisive. While this will

include paying attention to the details, you may have to overcome unloving and self-centered attitudes. Overcoming tendencies to lean on others or try to be all things to all people is the flip side.

Libra (Sep 22 – Oct 22) One of your main lessons with this new lunar node cycle is to see through and beyond appearances, your own and those of others. This implies dissolving mental and emotional patterns and modes of perception which you have developed over the years for the sake of security. Cultivating your imagination and intuition to counter-balance logic and facts is featured.

Scorpio (Oct 22 – Nov 21) The North Node in Virgo will activate a process of striking a balance between being personal and impersonal. This includes engaging with others as one among equals, neither standing above or below any other. Seeing through and beyond status and hierarchy and simply recognizing individuality in people will be a central theme. This may also manifest as rendering selfless service to higher ideals.

Sagittarius (Nov 21 – Dec 21) Learning to assume positions of authority and responsibility in new ways is a central theme for you with the North Node in Virgo. This is a summons to realize new levels of maturity. Conducting yourself with integrity and respect for the genuine needs of others constitutes an important test. As well, cultivating a deep sense of loyalty to collective causes will enter the spotlight.

Capricorn (Dec 21 – Jan 19) Making key commitments and living up to them will prove important for you with the North Node in Virgo. Devotion to higher ideals and what constitutes your higher mind is featured. You are destined to see a much bigger picture and the implications of decisions and trends made in the present spanning far into the future. Guided by solid and enduring principles and ethics will become your motto.

Aquarius (Jan 19 – Feb 19) Incorporating deep and dynamic levels of change into your life will emerge as an important theme over the coming 18 months. You could even feel the need to 'let go and let God'. Honouring the notion that change is the law and that adhering to it requires maintaining a firm point of centre within your own being could prove pivotal. Focus to give and receive, nurture and be nurtured.

Pisces (Feb 19 – Mar 20) Seeing others more fully, recognizing their individuality and their genuine and specific needs is an important aspect of the North Node in Virgo for you. This may require extra time and effort on your part. Patience and diplomacy balanced by grace and creative leadership will emerge as keys to your success both personally and professionally.

ESIS News

submitted by the ESIS Board

It has been a busy fall for ESIS with many changes. We have been working to improve and upgrade our customer service and response times.

We have a **new office at the Crawford Bay Inn, room # 7 and we have a new technical support toll-free phone number: 1-844-PRO-ESIS (1-844-776-3747).**

This is a new system called RingCentral that allows multiple technicians (in the office or in the field) to receive your call simultaneously. If no one answers, your voicemail is sent via text message and email directly to our technicians. Our hope is to increase our speed and capacity in responding to service calls.

We are pleased to launch our **new website at www.eastshoreinternet.ca.** Although it is still under development we are now posting news, technical support information, package information and more. We also want to remind you about our **Facebook page: www.facebook.com/eastshoreinternetsociety.**

Securing tower sites by signing **landowner agreements** was a high priority. We are in discussion with the final landowner and all the other tower agreements are now in place.

As part of ESIS' restructuring to meet Columbia Basin Broadband Corporation and Canada Revenue Agency standards, we have **moved away from working with contractors and sub-contractors.** Instead, **ESIS is directly hiring its technical services and bookkeeping staff.** As of this week, **current employees are Ben Johnson (Technical Services Technician) and Matt Low (Network Technician).** Other employment agreements are in negotiation.

We recently conducted a **bandwidth audit** to ensure that ESIS network usage matched what Telus was billing us for. The audit came back at a 2% margin, which is excellent and gives us confidence that the ESIS network monitoring is accurate.

Our **current focus** is to catch up on service calls, winterize tower sites such as Crystal Lake and review packages in order to deal with overage concerns.

Gail Conrad has stepped down from the board of directors. Thank you for your contribution Gail. We wish you well. **Brian Philp has been appointed** as a director and treasurer of the board. Welcome Brian.

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Hacker's Desk

by Gef Tremblay

KARATE DO - As with many things in my life, martial art is, for me yet another type of yoga, or in other words, a path toward self knowledge and evolution. I haven't practiced martial art for the last seven years, but I'm glad to have come back to a regular practice, this time exploring the karate do.

HISTORY - Unclear in its origin, one of the legends I enjoy telling is that Bodhidharma, while sharing the essence of Buddhism, also brought Martial Arts to Asia and China. Seeing that the trained monk didn't have the stamina to endure strong spiritual practices, Bodhidharma would have taught vigorous exercises which created the seed for Kung Fu training. It's no surprise that there has always been a strong bond between martial art and meditation.

Later, During the Ming dynasty, around 1300, some of these martial art techniques traveled to Okinawa. During the 1400's, due to a policy banning the usage of weapons, karate became widely practiced between martial artists. It took until the 1900's for Karate to be brought to the rest of Japan. Funakoshi, a karate master of that time, was mainly credited for bringing Karate to Tokyo and the rest of Japan. From Japan, Karate then spread throughout the world, with many different schools and many different teachers.

Funakoshi is also known as the founder of Shotokan Karate, which is the lineage that is taught here on the East Shore. Shotokan was the title of Funakoshi's first dojo. Shoto was Funakoshi pen's name, meaning 'the movement of the pines in the wind' and Kan meant building or house.

KARATE AS A SPIRITUAL PRACTICE - In Kung Fu and Tai Chi, the spiritual essence infuses the practice. From the concept of Chi, the meridian, comes the idea of yin and yang which can be applied to all postures and movement. Chi Kung is even further mixed with Taoist spiritual concepts. In Karate, I find these relations are less defined and, at first, less directly applicable. In order to start discovering how Karate can also be used as a self discovery practice, we have to look into Budo.

Budo is the way of martial art, while Bushido is the way of the samurai. 'Bu' meaning martial art, 'Shi' warrior, and 'Do' is the way. Budo include Kendo, Judo, Aikido, Kyudo (bow and arrow) as well as Karatedo. 'Bu' also means to stop the blade, stop the fight, as it is a way to terminate a combat. 'Do' the way, is the way to self knowledge and evolution, which is also the path of the Buddha. So in Japan, these war practices have evolved into multiple paths of awakening. To further discover how Karate could be used as a path of awakening, we have to look into Zen.

KARATE AND ZEN - One great inspiration that helped me understand the link between Karate and Zen is *The Zen way to Martial Arts* written by Taisen Deshimaru, a famous Soto Zen teacher. This particular Zen lineage is the first lineage in which I've been introduced to Zen meditation, back in Montreal, almost 20 years ago.

Through many Zen tales and concise examples, Deshimaru weaves both the martial art and Zen as complementary practices of awakening. In both complete stillness of Zazen and the extreme movements of martial art, the practitioner is invited to go deeper within and embark on a path of self discovery. Deshimaru also explains how the prefrontal cortex, and the deep brain have to be used while in action to be able to act without a thought. Since we are mostly using our prefrontal cortex for all our cognitive activities, Zen meditation helps us 'disconnect' from that part of our

brain and re-awaken our thalamus or deep brain. This awakening is primordial in our martial art practice.

APPLICATION IN MY LIFE - The pragmatic aesthetic of Zen is also found in Karate, and this simplicity has taught me a lot already. Simplifying my life, de-cluttering what I do in order to improve my quality of life, bringing quality in all the details of my actions. All of these changes seems to slowly modify the way I look at reality.

Another aspect of karate that I find quite applicable to my life is the notion of presence and taking the time to make the perfect hit to finish the fight. It's not about hitting as many time as possible, as I have learned in Kung Fu or Boxing, but finding that opening that will enable the final blow. This is something that has changed my way of working with creative projects. Instead of producing in small increments, creating a lot of back and forth with a client, I try to deliver a complete product from the first 'hit'. This simplifies the process, enables me to stay in a creative process for a longer time and seems to have a positive effect on my job contracts and my relationship with the clients.

On the East Shore we are quite blessed with teachers of both practice. For Karate, Klaus Plaumann is teaching the lineage of Shotokan every Monday at 5pm at the school and we have a casual Friday practice on Friday at 6pm. There are classes in Nelson at 5pm.

For Zen meditation, Yvon Mercier offers Zazen every Tuesday and Thursday at 7am at his place in Gray Creek. Yvon has learned directly in the lineage of Taisen Deshimaru for many years. For more information, you can contact Yvon at 250.227.6974.

Riondel Campground Closed for Season

submitted by the Directors,
Riondel Campground

Riondel Campground had a very successful event calendar. Campers enjoyed what we offered this past season.

They joined in singing with our campfire (even with no fire, fire ban) song night, had their hair cut, learned about the starts, bought from the community market on site, tried paddle boarding, had a reflexology treatment, learned about first aid for campers, and about fish in Kootenay Lake, played instruments during our market, and took in our Canada Day Celebration, hot dog sale, and celebration of our new swim dock.

Thank you to everyone who helped in any way to make this a successful season. Opening date will be May 1, 2016 - bookings begin Jan 1, 2016.

*Next Deadline:
December 23, 2015*



NDCU Gives Big to EASEY Natural Playground

The East Shore Alliance Supporting the Early Years (EASEY) is thrilled to announce that, thanks to an amazingly generous donation of \$10,000 from the Nelson & District Credit Union - we are over half-way towards our fundraising goal for the new Natural Playground in the Crawford Bay Community Park! EASEY, along with our sponsoring agency Community Connections - wish to publicly acknowledge and thank the Nelson & District Credit Union for this wonderful gesture of support, that will go a long way to help revitalize the park and provide a much needed hub for young local and visiting families, showcasing Crawford Bay as a family friendly community and holiday destination.

We would also like to thank the Kootenay Lake Lions Club for their generous \$500 donation, and the Chamber of Commerce for their donation of \$437 to the Natural Playground Fund. At this pace, we can be confident that construction can begin in 2016 and the children of the East Shore will soon have an exciting and beautiful new outdoor play space.

Pictured above accepting the cheque is Ellie Reynolds, EASEY Coordinator, and Susan Tesoriere of the East Shore Branch of the NDCU.

December 2015 Mainstreet 5

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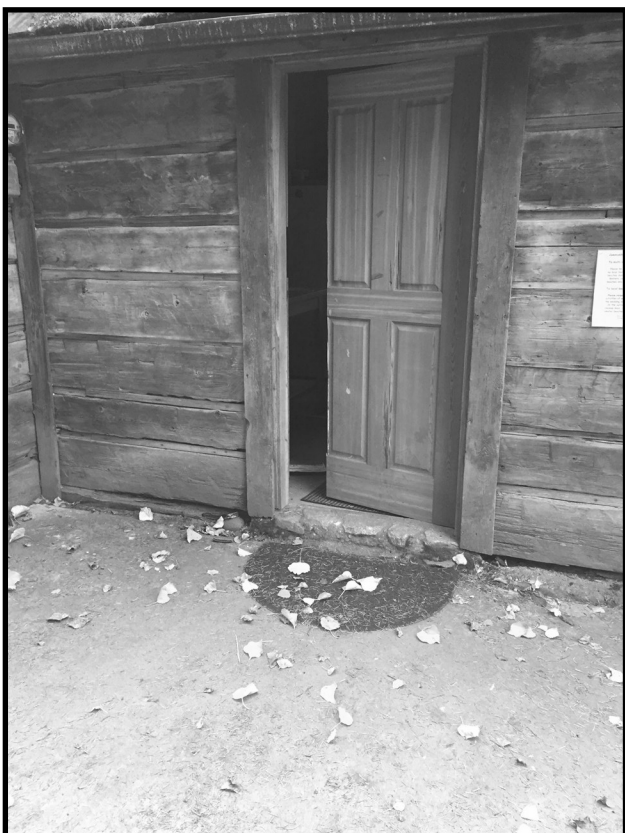
Monday 5-7pm
Crawford Bay School, Crawford Bay

nelsonshotokan@gmail.com

Gray Creek Hall Vandalism

by the Gray Creek Hall Society

Sometime between November 2 and 4, the Gray Creek Hall was broken into and vandalized. The person or persons broke the exterior kitchen door by repeatedly throwing an eight-inch diameter rock at it until the side frame of the door was broken off. Once inside they ripped the chimney out, ripped the door off the kitchen range, broke multiple windows and left blood smears in many places.



The RCMP was called and came within an hour. Constable Ryan Tucker investigated for over an hour, taking pictures, blood samples and other information. The following day the RCMP Ident officer came from Cranbrook. Officer Bryce Besanni spent two hours doing an extensive investigation and collected much evidence that could help identify the person who did this senseless destruction. Nothing was stolen. There is nothing of value to steal. When the blood analysis comes back it will identify the person if he is in the RCMP database. If not, he will be in the database from then on.

We want to thank all the people who helped fix the damage with either their time or money. People have also offered to help by participating in fundraising events for the hall. There is a lot of love in this community for our hall and beach.

People who gave generously of their time and money are Mick Farran, Bruce Fleming, Ben Bounds, Will Chapman, Michelle Moss, Allan Hughes, Stephen Albrechtson, Abraham, Mary Strang, Tom Lymbery, Klaus Plaumann who did a beautiful job of reconstructing the kitchen door and Ramone who donated a kitchen range. The hall is not completely together again but close to it. Thank you, community.



ED: According to reports in the Nelson Star and the Creston Advance, police had a suspect in the vandalism. According to Stephen Albrechtson in his conversations with the RCMP, they do not have any suspects as yet and it is unknown where that information came from.

New Business Introduction

Mojo's Has New Management



As of mid-November, 2015, Mojo's is being run under new management. Farley Cursons and Lisa Storeyko (both East Shore residents of nine and six years, respectively) have taken over and are renting the business and changing things up a bit. Farley is an industry-trained chef with an inspired collection of "World Food" recipes. Lisa is a Kootenay super-mom, soon to be certified acupuncturist and talented multi-tasker.

Mojo's has a strong, established clientele and Farley and Lisa plan to continue to cater to that clientele, while developing and streamlining the menu. There is a new winter menu coming soon. Mojo's will be running menu items as daily specials to see what customers are most interested in. They have a variety of new panini sandwiches available, daily soups and lots of vegetarian options. Their hours are currently 9:30-3pm daily with the option of opening earlier (for the first boat) if there is demand.

Regarding the upcoming season, the new management says to watch for more yummy desserts and Christmas specials. According to Farley, "We have your chocolate fix at the ready!"

Watch for the new winter menu with daily specials as well as quick hot food if you're on the go.

Welcome, Farley and Lisa!

- Planning a wedding?
- Holding a meeting?

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Booking/info: Judy @ 250-223-8664

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- Daily dinner specials
- Weds: Wing night w/ \$3.50 highballs
- Thurs: Dart night with 15% off appies
- Fri: Glasses of draft - \$2.75
- Sun: 10% senior discount on Sunday dinner
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- Dec 18: Newkey's Name that Tune Xmas Party, hosted by Mike Stenhouse

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We look forward to serving you in 2016.

Book your Christmas party early... AND Watch for details for our New Year's Countdown!



Wildfire Mitigation

by Farley Cursons,
ESTBA Projects Director

As the first snowfall of the season has settled and the hills and trails dedicate themselves to our significant ungulate population, I reflect on the year's many trail developments and initiatives. Last winter the East Shore Trail and Bike Association was formed with a three phase plan to promote our communities many hiking and biking trails. The first phase involved the creation of a new Crawford Bay Peninsula map featuring these trails.

Between volunteers, special interest groups, and the Tipi Camp Trail Crew, the trails featured on the map have been maintained for many years.

In late June the East Shore Trail and Bike Association entered into a Job Creation Project (JCP) with the Province of British Columbia and Selkirk College with major support from the Columbia Basin Trust. This 24-week program began with an intensive training component and by mid-July a certified crew of chainsaw operators and hazard assessment managers hit the peninsula trails.

The timing of this program could not be better. We have had a huge amount of work simply clearing the trails following multiple summer windstorms. In the recent years, peninsula trail clearing involved dead trees. This year we have seen an equal number of live trees (fir and cedar) thrown down with their roots upturned. Some of these trees are 200 to 300 years old and have tremendous value but would be challenging to remove.

In any case the support from the Job Creation Project ensured that our trails were cleared, repaired, rerouted, graded and ready for use.

The Selkirk Trail Crew has developed into a fine team that I have very much enjoyed working with. With a focus on safety and team work we have exceeded ESTBA's 3 Phase plan and more.

A part of the Job Creation Partnership we're involved in has a Wildfire Mitigation component. Interestingly, trail building and trail maintenance practices doubles as a fire guard if done correctly. We found a commonality between corridor clearing and fire-line grubbing and how these skills are interchangeable with our trail work. Our commitment to developing these skills is supported by our JCP funding.

ESTBA has been a part of three Wildfire Interface projects this year. The first was in partnership with Kokanee Springs Golf Resort and Starbelly Jam where we cleared the dying and dead debris off the festival camping grounds. The second was with the JCP project which involved a lucky lottery winner who had our crew mitigate his property of wildfire hazards.

Now that the snows have fallen the trails are mighty

slippery so we are engaged in a final wildfire mitigation project that is truly inspiring. Commonly known as Burden's Cut or Trashcan beach, this south Gray Creek beach access is a spot many of us know very well.

In September the Lower Kootenay Band (LKB) of the Ktunaxa Nation voted in favor of a land trade with the RDCK and the Province that gives them direct access to Kootenay Lake. This decision is of great significance as the LKB has not had titled access to the lake in over 100 years. This area has been known to the Ktunaxa as Gambling Otter. Working in partnership with the LKB, ESTBA is executing its final Wildfire Mitigation Project at Gambling Otter. This moderate use beach access also has a couple of acres of forest land that has been identified as a high wildfire hazard site. As good neighbors to the Ktunaxa Nation and all of our neighbors along the lake ESTBA has dedicated its efforts to cleaning up the years of brush and downfall as well as garbage and recycling.

The wildfire interface or 'fuel treatment' work we have completed this year represents an initiative the we as a community would benefit from following. With summers getting hotter and dryer it's only a matter of time before we are affected by a forest fire.

Most wildfires in Canada are contained at less than 200 hectares. However, on average, about three per cent exceed that size, and these account for 95 to 98 per cent of the total area burned. Climate change research indicates that the incidence and severity of wildfires will greatly increase over the next century.

The increase in the number of fires and values that need to be protected is a challenge to fire management agencies. They are close to suppression capacity already, and it is eroding as aircraft, facilities, and equipment age, fire management costs rise, fire management agencies face budget constraints, and trained, experienced staff retire.

On average, wildland fire threatens about 20 communities and 70,000 people annually in Canada, and fire management costs Canada about \$700 million a year. Both the area burned and costs will rise as a result of climate change. In British Columbia, fire records show that the wildfire season has been increasing in length by one to two days a year

since at least 1980.

It's becoming evident the size and scope of mitigating wildfires in or near our communities is huge, and we as a community and as individuals need to find a way to get ahead of the fires and work to reduce the impact should we be threatened.

Now our Job Creation Partnership comes to a close and there are many supporters to thank. Greg Neelan and Laverne Booth from Selkirk College, Greg Blackwell from South Kootenay Lake Community Connections, Richard Bertram and Ian Wiber from Kokanee

Springs Golf Resort, Garry Jackman and the RDCK, Don Mortimer at Fireline Consulting, Cory Medhurst and Riondel 1st Responders, Yellowhead Road and Bridge, Guiding Hands Recreation Society, Parks BC, Sites and Trails BC, Columbia Basin Trust, Kootenay Lake Chamber of Commerce, Harrop-Proctor Forest Products, Tom Lymbery and Christy Musil at Gray Creek Store, Sarah Meunier at Trans Canada Trail, John Cathro Forestry Consultant, Jason Louie and the Lower Kootenay Band of the Ktunaxa Nation, Chris Choquette and Mark Crowe at the RDCK and Geoffrey Tremblay at Studio Ponnuki

Here's looking forward to the spring and further community trail developments on the East Shore. As we at ESTBA reflect on the work that's been done we are stoked and inspired for 2016. Be sure to check out our Website - www.estba.ca to keep up with our projects and celebrate our triumphs.

All the best in the new year.



Photos by Allan Hughes - Top left: Farley Cursons attending a small fire. Bottom left: Michael White, trail crew. Top right: Louis Basil, trail crew. Below: more of the trail crew.



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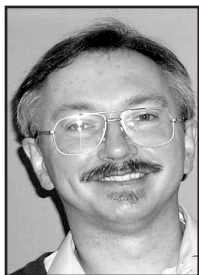
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Seldom Scene



“There are people like me everywhere in the world.... Killing is the worst crime you can do—so the trick is to find a way to not feel guilty. It’s all about finding the right excuse.” —self-confessed Indonesian “gangster” and executioner, in Joshua Oppenheimer’s *The Act of Killing*

My list of objections to the policies of the former Harper government was a very long one. So long, in fact, that some items on that list never even came up in the public debates and party rallies that I attended.

One such objection had to do with the proposal to build a massive monument as a memorial to Victims of Communism in the heart of Ottawa. At over six times the cost of, and exponentially larger than, its precursor in Washington, D.C. (initiated under the presidency of Bill Clinton and completed under that of George W. Bush) the Canadian project (and its American counterpart) struck me as a disturbing echo of that same Cold War mentality that cost countless lives in proxy hot wars across the globe, took us close to nuclear Armageddon, and birthed entire new generations of terrorists, torturers, and murderers.



Where, I wondered, was one going to find a memorial to those millions who were victims because they were accused of being Communists? Would it be raised in Vietnam? In Chile? In Argentina? Somewhere in Central America? Somewhere in Africa?

One place it won’t be erected any time soon is in Indonesia. Prior to September 20, 1965, Indonesia had the second-largest (after China) Communist party in the world. Within months after the military takeover of the country, the three-million-member Communist PKI had ceased to exist. In those few months, perhaps one million people—men, women, and children—had been exterminated in one of the biggest bloodbaths of the Twentieth Century. The massacres were orchestrated by the army, and carried out largely by paramilitary organizations, “gangsters,” and a fascist youth movement called Pancasila Youth.

Western governments either openly celebrated the victory of the pro-American junta, or turned a blind eye to the massacres. The *New York Times* headline of October 11, 1965, was typical: U.S. HEARTENED BY RED SETBACK IN INDONESIAN COUP. The article went on to say that “The Johnson administration believes that a dramatic new opportunity has developed both for anti-Communist Indonesians and for United States policies following the days of turmoil in Indonesia.”

No one has ever been held accountable for any of those hundreds of thousands of deaths. General Suharto, who effectively took power after September 20, remained in control of Indonesia for the next 31 years, with full support of Western democracies. The following cold-blooded little summary of Indonesian geopolitics from the 2007 *New York Times Almanac* illustrates the singular lack of outrage that accompanies genocide when it’s on the “wrong” side of an ideology: “On Sept. 30, 1965, the army crushed an attempted coup by the PKI, setting off a popular reaction [italics mine] in which several hundred thousand people were killed as suspected Communists. [President] Sukarno was shunted aside, and power devolved to Gen. Suharto, who became president in 1968. The PKI was banned,

and Indonesian policy swung sharply in favor of the West. The economy grew rapidly, aided by oil revenue, timber exports to Japan, and the Green Revolution in rice agriculture.” The language here is Orwellian—imagine the outrage if someone had described Hitler’s extermination of Jews in Poland or Stalin’s forced starvation of Ukrainians in the Soviet Union as a “popular reaction”....

By this point you might be wondering if you’re reading Seldom Scene or a reprint of an article from some leftist journal. Sorry, I just needed to set a suitable stage for this month’s review. I think American filmmaker Joshua Oppenheimer’s *The Act of Killing* (2012)—which documents the 1965 Indonesian slaughter—is the most audacious and troubling documentary of its kind since Alain Resnais’ 1955 Holocaust film *Night and Fog*.



That Oppenheimer could even conceive of making *The Act of Killing* the way he did, much less pull it off, is living proof that ideology trumps conscience. Oppenheimer’s premise must have been something like this: Since no one in the current governing regime in Indonesia thinks the victims of 1965 got anything less than they

deserved (i.e. zero revisionism has taken place), why not give some of the actual killers a chance to talk about (and reenact) their actions from that time? They have been, until now, outside of history’s judgment. They have, literally, nothing to hide. It’s as if in some alternate history (such a Philip K. Dick’s *The Man in the High Castle*) a documentary film crew could have followed Adolph Eichmann as he strolled with his grandchildren down the streets of Berlin 47 years after a Nazi victory in Europe. And then asked him to create a couple of scenes illustrating why there are no more Jews in Europe.

Let me be clear. The men that we see laughing and joking and reminiscing and choosing costumes for their self-designed skits in *The Act of Killing*—gangsters, politicians, newspaper editors, paramilitary leaders—are all men with blood on their hands beyond the dreams of any serial killer.

What are they thinking as they dress up in drag, stage musical numbers, and demonstrate how to garrote victims with wire & a coat hanger or burn a village to the ground? Well, this: “This is history. This is who we are! So the future people

will remember. The story of what we did when we were young....At first we beat them to death, but there was too much blood. To avoid the blood, I used this system. Can I show you?...Here was the paramilitary office, where I always killed people. It’s like we were killing...happily.” Movie buff that he is, the speaker here, executioner Anwar Congo, goes on to rhapsodize about American films, Elvis Presley, John Wayne, Marlon Brando, stardom, and the conscience-soothing effects of dancing, singing, marijuana, and Ecstasy. He doesn’t lose sight of what he’s going to need in the scenes that Oppenheimer’s going to help him stage: “Humor—it’s a must. Romance? We’ve got it!”

Here’s part of a talk show interview with *Killings*’s protagonists on Indonesian National Television: “What’s the special meaning of this film for young people? Young people must remember their history. They must never forget. And what’s more, God must be against Communists. Yes. God hates Communists. [cheers & applause] That’s why he’s made this film so beautiful!.... Why haven’t the children [of Communists murdered since 1965] taken revenge? They can’t because we’d kill them all. [more cheers & applause]

Conversations are held in cars driving through Jakarta, trains heading out into the countryside, and in bars, bowling alleys, malls. Banal locations,

transcendent horrors. Here’s Pancasila Youth leader Yapto Soerjosoemarno, as he shoots a few holes of golf: “All P.C. youth are heroes—from exterminating Communists to fighting neo-Communists and left-wing extremists and those who want to destroy our country. This isn’t only the duty of the army and the police. How did P.C. Youth defeat the Communists? We killed them all. That’s what happened.” A government minister admits, proudly: “It’s easy to make

the Communists look bad after we destroyed them. The Communists were not more cruel than us. We were the cruel ones!”

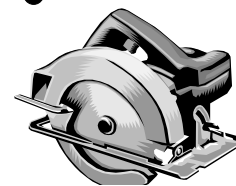
By the film’s end, and after the killers have staged a Bollywood-style musical extravaganza at a waterfall in the mountains—with “Born Free” as the soundtrack—it seems as if the Furies of conscience might finally be descending upon Anwar Congo. But it’s difficult to be sure. The prevailing attitude is that of Congo’s avuncular fellow executioner Adi Zulkadry: “I’ve never felt guilty, never been depressed, never had nightmares.”

History is never short of terrible ironies. Here’s one more quote from the *New York Times* coverage of the Indonesian coup, dated Oct. 9-10, 1965: “Thousands of Moslem youths shouting ‘Long live America’ stormed the headquarters of Indonesia’s powerful Communist Party (P.K.I.) and burned it to the ground.” Maybe one day we’ll finally learn that the old adage that claims that “The enemy of my enemy is my friend” is one of history’s most lethal landmines.

(*The Act of Killing* is available on Netflix. An extended version is out on DVD. In 2014, Joshua Oppenheimer made a follow-up film called *The Look*



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Tom Sez
by Tom Lymbery

The florescent house number signs are still available from the Riondel Fire Department. What an asset. Everyone needs their street number plainly visible. These are actually assembled in Riondel by Sharon Wensink.

I was pleased to run into Dirk Brinkman the other day. Dirk heads up the foremost tree planting operation in BC which originated in Riondel (where Dirk still owns a home).

When excavations were underway in the 1800s for the London, England Underground, clergymen were protesting because it would disturb the devil. But, it appears the devil was already active, as a list of London street names for the same era includes Gropecunt Lane.

The kitchen at Gray Creek Hall had a wood cook stove for many years. In lifting the lid when I went to light it one October, I found a dried Merganser Duck. In springtime nesting season the poor bird had gone down the chimney and then through the stove pipe into the firebox, unable to turn around to escape.

A propane operation in Manitoba recently created a hazard by not adding enough ethyl mercaptan to the propane – this is the substance that smells of dead fish or rotten eggs that alerts you to a leak of propane or natural gas. It didn't travel west of Saskatchewan.

I've at last found out how to date the US Thanksgiving – the Thursday before the Grey Cup.

For plumbing use white thread tape – for propane or natural gas it's the yellow tape. Better yet, use Pipe Tite Stick which is much easier one handed and is good for plumbing or propane, brushing sealant into the threads.

Fortis apparently is more accurate than the wobbly census. In reporting on a November storm causing extensive power outages they identified 1343 customers without power on the Eastern Shore, placing our population very close to that of Kaslo with 1355.

More power failures in the future? Make sure you have batteries, lamp oil, propane lamps and camp stoves, candles, camp gas, matches and more – we have all in stock.

Forestry turned the Gray Creek Pass sign to CLOSED on November 1 due to early snowfalls. Not actually closed – only changed from wheels to snowmobiles.

Bill Bryce of Friends of West Kootenay Parks reports a 51% increase in the 2015 visitors to the Pilot Bay Lighthouse. He deserves the credit for this as he produced the Lighthouse brochure as well as organized the new Lighthouse highway signs.

Is the former Highways/YRB yard on the Kootenay Bay Hill having its oil pollution cleaned up? YRB moved from this because BC Buildings Corp charged over \$3000 monthly rent.

Waterbridge Steel of Nakusp along with a Coast company has been short listed to build four new cable ferries at Harrop-Procter, Glade, Arrow Park and Adams Lake where the existing vessels are nearing the end of their useful life. Waterbridge built the new MV Columbia which crosses from Galena Bay to Shelter Bay on the Arrow Lakes.

We hear that there is a shortage of turkeys in the US – they are all running for President.



Tom's Corner
by Tom Lymbery
Stops of Interest

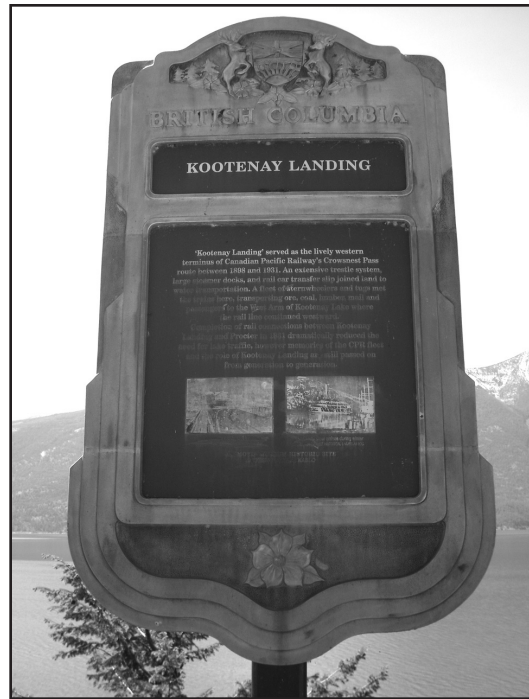
A recent press release from Heritage BC is asking for public input to locate and assess BC's Stops of Interest signs. Initiated as part of the BC 1958 Centennial, more than 100 of these signs were situated at vital historic sites throughout the province. Our Centennial Committee applied for one of these in Gray Creek when George Oliver rebuilt the fireplace on the site of the former Henry Rose 1890s two-room log cabin, but we were turned down as the program arranger felt the site was too regional - not what our MP Bert Herridge told us when he spoke at the dedication of the site.

Perhaps the most spectacular of all is the Wynndel site for Baillie - Grohman, even though this is marked with green and white Viewpoint signs. You can spend some time viewing the wonder that this farsighted man proposed way back in 1886. Perhaps his last name should be spelled *Growman* when you see the variety of product produced on the reclaimed flats of the Kootenay River.

William A. Baillie-Grohman (1851 – 1921) was born in Austria, and became a wealthy man and avid big game hunter. In the early 1880s while travelling the Kootenay and Columbia Rivers, Baillie-Grohman perceived the prospect of preventing the annual flooding of thousands of acres along the Kootenay before it flows into the lake. As the Kootenay is barely a mile from the source of the Columbia near what is now Canal Flats, he proposed diverting the flood waters of the Kootenay into the Columbia via a canal. The province of BC granted him 73,000 acres of this rich bottom land, and with financial backing from investors in England. He set out to build a canal between the two rivers. He had great difficulty bringing in a sawmill to cut lumber for the canal, but employing Chinese labour he was able to complete a 50 foot wide and 6000 feet long canal by 1889.

However, the Canadian Pacific Railway feared flooding of their main line north of Golden and appealed to the federal government to prevent the canal. So Ottawa required that a lock be installed on the canal to prevent this. The province granted Baillie-Grohman an additional 30,000 acres if he installed the lock, but this prevented the flow of floodwater which was the reason for the river connection in the first place. Baillie-Grohman planned the excavation of the Grohman Narrows west of Nelson to help his project by allowing seasonal high water to escape downstream, but was unable to finance this.

Some years ago BC Hydro also planned a diversion of the Kootenay into the Columbia at Canal Flats but met with considerable opposition, so did not continue this plan. Even in 2016 Hydro is promoting excavation of the Grohman Narrows to allow more water to exit our lake and provide more water for downstream power dams.



When the first dykes were successful in 1937, the Creston valley was heralded as "Equivalent to the Nile Valley in Fertility." This is the reason for the grain elevators in Creston – the primary crop in those early years was grain, in varieties suitable for making breakfast cereals. Creston also had the large original Sunset Seed plant that was built to process the successful pea crops for many years. Another very profitable crop was White Dutch Clover – is anyone still producing this? And who can name all the crops that this very fertile, easy-to-cultivate area produces today? Nursery trees, fruit crops and ever so much more.

The early dykes broke in the high water year of 1948, which left four feet of water over the entire area including the only all-weather highway across Canada, which in those years was the lower Wynndel Road. The volume of water over all the riverside land in both BC and Idaho was sufficient to prevent flooding on Kootenay Lake. Immediate dyke rebuilding enabled the reclaimed land to withstand the highest ever lake level in 1961.

1961 saw water under Gray Creek Hall, over campsites at Cummings' in Boswell and in Gray Creek, flooded the McGregor's' farm (near what is now the Crawford Bay airstrip), and nearly suspended the Kootenay Lake ferry service. Both at Kootenay Bay and Balfour ferry landings, Highways built up gravel inclines to allow vehicles to access the floating ramps to the MV Anselcomb. Since this gravel was on the parking lots it needed rocks alongside to prevent the lake waves from washing it away.

A few years ago, BC Historical Federation applied to Highways to have the Stop of Interest signs restored where they are missing, as well as to identify newer signs such as the Kootenay Landing sign at Kuskonook, but the Federation could not find a Highways person with a sense of history. However Heritage BC's promotion may work. Heritage BC Executive Director Kathryn Molloy says, "Send us your photos and notes about any Stop of Interest in your neighbourhood for a chance to win prizes. Please note the condition and location and complete Heritage BC's online from www.heritagebc.ca/stops-of-interest-signs-condition-assessment-survey. Forms can be submitted up to Dec 18, 2015."

Captions

(Top) - A local example of a BC Stop of Interest sign is this much faded Kootenay Landing sign with its almost unreadable photos and captions. The sign marks the historical site where sternwheelers and trains met to transfer passengers and freight at the south end of Kootenay Lake at a time of no roads when travel was by lake steamer and rail. The sign can be seen at the Hwy. 3A pullout south of the Kuskonook boat ramp and rest stop.

Photo: Frances Roback (May 2015)

(Bottom) - Postcard view of Kootenay Landing in the early 1900s. Passengers transfer to a waiting train from a sternwheeler which is shown docked in the far distance.

Postcard: Internet

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Fax: (250) 227-9417

East Shore



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Located above Crawford Bay School gym - second right on Walkley Road.
Elevator available if steps are a problem.

Our Hours
8-10 am Monday - Saturday
6-8 pm Monday - Friday
Call during open hours: 250.227.9218, ext: 5542

**Christmas Eve
Candlelight Service**

Koot Lake Comm Church, Wadds Road & Hwy. 3A
December 24 - 6pm




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


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**Next Deadline:
December 23, 2015**

Christmas Greetings

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

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

The Mainstreet extends appreciative greetings to the East Shore and beyond. This community certainly fosters gratitude - for the inherent gifts it offers, for the creative thrum of its residents and for the love that surrounds and abounds. Merry Christmas!

May love and laughter light your days and warm your heart and home. May good and faithful friends be yours wherever you may roam. May peace and plenty bless your world with joy that long endures. May all life's passing seasons bring the best to you and yours. Love, Blanche & Harreson Tanner.

Best wishes to all for a Happy and Healthy Holiday Season from the Management at
Kokanee Springs Resort

May the closeness of friends, the comfort of home, and the unity of our community renew your spirits this holiday season. Susan, Julie, Barb, Palma and Karol from NDCU, East Shore Branch

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

Kootenay Employment Services wishes you and yours very Happy Holidays and a prosperous New Year.

During the miraculous time that is Christmas, may you see with the eyes of a child, experience the wonder of love and truly enjoy all the season has to offer. Season Greetings from Newkey's family to yours. Here's to serving you in 2016.

Eastshore Garden of Remembrance: Come - sit for a while. There's always time for memories

May the blessings of Christmas rest gently for you and your family from the Riondel Community Church

May you receive gifts of story and set aside that perfect hour to be in another world - from Riondel Community Library

Wishing All of the Happiness and Warmth of the Holiday Season to All from Tom & Sharon, Dave & Kris, Christy, Dan, Rosie, Ryan, Daniel, Bryce & Jan - the gang at the Gray Creek Store!

Wishing everyone a good grip on slippery roads and happiness deep within, untouched by snowstorms and power outages.
Anna Rose of East Shore Physiotherapy

Merry Christmas to the Santa Claus in all of us. DZ

May this Christmas end the present year on a cheerful note and make way for a fresh and bright New Year. Here's wishing you a Merry Christmas and a Happy New Year from the busy elves at Kootenay Forge Ltd.

May the Christmas season fill your home with joy, your heart with love and your life with laughter. Merry Christmas from the Kootenay Lake Chamber of Commerce

Sending you all warm wishes for a happy and safe holiday season and hope that you find 2016 is the best year ever for you and yours.
Lenora Trenaman, SD8 Board Chair

The Crawford Bay Market would like to wish everyone a joyous Holiday Season and a New Year filled with Peace, and Happiness.

What do you call a bunch of chess players bragging about their games in a hotel lobby? Chess nuts boasting in an open foyer! Wishing you all a very Merry Christmas....
John & Lorna Smith/Robin

All the cuckoos in Hexagon Players wish you a crazy Happy Holiday.

Sheila and Harry Arnott wish all their friends a very Merry Christmas and a Happy New Year

Season's Greetings from Garry and Tina Jackman.

Wishing all the parents, teachers, community members and local businesses that support the Hot Lunch Program a very Merry Christmas. Best wishes to you all for this holiday season and a happy new year.

Joy and peace to all this holiday season and for all of 2016 from all of us at Riondel Market.

May you have chuckles, delight, Light, warmth and colour for this cozy season - Barefoot Handweaving

The Angel Tree

Come into Newkey's between Dec 1 and Dec 15 and visit our Angel Tree where you can pick an angel representing a child on the East Shore. The angel will have the child's gender and age. You then purchase a Christmas gift for the child, bring it back to Newkey's and the gift will be delivered on Christmas Eve.

Community Christmas

Potluck Dinner

Saturday Dec. 12 at 5pm

Carols, Crafts, Music and a Visit from Santa!

Please sign up before Dec. 5th for potluck item & volunteer duty at Crawford Bay Market or Credit Union. Make sure to bring your own plates, glasses / cutlery and your merry merry!

For more information call Garry at 250-227-6824

Smarter Than Jack or Jill

by Sharman Horwood

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

Nurse Tink

Never underestimate the persistence of an ordinary cat when it is sure it can make you feel better. For the nineteen years of her life, my cat, Tink, believed I needed to be looked after. When migraines clamped down, for instance, the pain would drive me to a dark room for the day. Tink came too. She didn't make a fuss. She'd just curl up next to me, staying until the pain left, often leaving just as it subsided.

One day I wrenched the muscles in my back. The pain was unbelievable. I don't know how I did it, whether lifting heavy boxes or just twisting the wrong way. But I was in agony. I took pain killers, muscle relaxants, and laid down on the couch, waiting for the medication to work, to put the pain into a box where I could stand it.

Tink didn't have her own cat door, but she did know about an unlatched basement window which served the same purpose. (I had to—if I didn't she'd howl at my bedroom window at 2:00 a.m. to be let back in. Loudly.) Shortly after I lay down, I heard it go *thunk*. Tink pattered quickly up the stairs, jumping up on my chest. This was odd. She was on me, not curling up at my side.

I pushed her off. But there was something else that didn't go with her. And it moved! I quickly flicked on the light. Blinking up at me, its nose near my chin, was a mouse. A live mouse.

I shrieked. I'm not afraid of mice but I'd never had one quite this close before. I grabbed it, jumped up, and tossed it outside. Tink followed, a little unwillingly. I shut the door, lowered myself cautiously back down on the couch, the pulled muscles all the while screaming with pain.

Fifteen minutes later the basement window *thunked* again. Tink trotted up the stairs, and jumped up—again, dropping the stunned mouse on my chest.

I caught it by the tail and hurled it out the door, Tink following at my firm request. I laid back down, pain receding. I sighed gratefully. The painkillers were finally kicking in.

Two minutes later, the window thudded once more. Tink barely landed, mouse in mouth, before I leapt to my feet. The mouse flew out the door, followed by one very persistent cat muttering a few things about humans not recognizing a good thing when they had it. Or that's what I imagined she was saying. She was never one to mince words.

This time I quickly hobbled downstairs to lock the basement window. As I laid back down on the couch, though, I noticed the agony in my back had faded. I tentatively twisted my shoulder. Definitely much less. I could move it easily; the pain was a weak echo of what it had been. All my leaping about had worked where medication hadn't.

Tink was right. Apparently a live mouse IS the best medicine for what ails you.



pebbles by Wendy Scott Wintery

I do believe it has arrived. Well, the wet part of autumn anyway, as the snow seems uncertain at this point. It will come in flurries, in storms, or gently floating past street lamps. That's when the magic takes over and we recall Dickens and his abundance of Christmas lore: the Cratchits, Tiny Tim, Scrooge, of course, Fezziwig, and the most important ghosts.

The Christmas Carol would not be much of a story without the ghosts – Christmas Past, Christmas Present and the ominous uncertainty of the spirit of A Christmas Yet to Come. The future, no matter how carefully we plan, will remain always an unknown time out of time.

Time, that slippery, ephemeral entity that slips through our fingers, can't be caught, yet rules the days, hours, and years of our lives. A bit like love, I suppose – it can't be defined or understood, but remains true and constant.

It is often difficult to catch the transition from spring to summer, and summer to fall, but we can each name the day that winter comes to stay for its well defined season. "I'm here – put away your sandals."

Transitions are difficult to predict and particularly at this time of year luck plays a part when we organize events with fingers crossed for reasonably decent driving weather. Sometimes this takes place at the library desk – or on a car seat – when Muriel Crowe and Wendy Scott take a pin and choose an empty day in the fall/winter schedule – stick in the pin, call Bonnie, and hope for the best. Last week was a good example as we had asked folks to take to the road or the ferry and travel from Nelson and Creston for our Fourth Annual Celebration of Words at Dutch Harbour. The sun shone, the roads were clear, and we had a full house.

What a lovely afternoon; good food, great friends, wonderful words, and lasting memories. At this time of year, however, the flu is ready to pounce and cold bugs linger just behind tingling noses. And indeed this did prevent two of our scheduled readers – Nora Hurlburt and Jenny Craig – from taking part. But in this literary community the time slots were filled quickly and very well indeed. Shirleen Smith being the artistic arm of Nora's tale of the Irish pussycat, Murphy, read the words that were to her, very familiar. Wai Yen Fung filled Jenny Craig's time slot with two poignant stories of her own mother's life in Hong Kong.

Dave Perrin opened the afternoon with his very funny tales of ups, downs, and surprises at his busy veterinary practice near Creston, and Diana Morita Cole told of her birth in an internment camp in Idaho during the Second World War and her unsettling moves from place to place across Canada which, she said, often made her feel like a misfit – a stranger in a strange land. But on that sunny afternoon, I'm sure that pieces of her life flowed into the hearts and the minds of her audience to blend, meld, and integrate.

And what's an afternoon in Riondel without food! Beth Alguire made sure there was plenty of delicious treats and sandwiches to choose from.

Of course the entire event would have been a dismal failure had it not been for Nils and Bonnie's gracious generosity. The lodge at Dutch Harbour is a special place and hospitality surrounds all events and performances that take place there.

Even though we are still balanced precariously between autumn and our true winter season, we have our own ideas here, on the Eastshore, and we believe that our winter began as all winters should with tales told among friends – and a few strangers – beside a warm fire. Before the afternoon is over, there are no

more strangers and any left-over food is being bundled up for a homeward journey onto autumn's wintry streets in Riondel.

And we go home to light the furnace and make sure our wintry autumn day is cozy enough for a warm evening with friends and memories of stories beside a lovely crackling fire.

The Hearth

Around the fire we friends in a group stretch out our arms and warm our hands. All of us take great comfort from these coals. Beyond the window a blizzard swirls in the night. These snowflakes are each of them unique, like fingerprints, or souls.

-Modern meditation from
St. Petersburg, Russia

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Barefoot Handweaving



Color is my day-long
obsession, joy &
torment." Claude Monet

OPEN everyday 10-5 AT LEAST 227-9655

A Celebration of Christmas Music at Harrison Church

submitted by Mary Donald

Come hear a Christmas concert at historic Harrison Memorial Church, on Crawford Creek Road in Crawford Bay, on Tuesday December 15 at 7pm. Admission by donation.

The concert is being hosted by the East Shore's own Many Bays Community Band, with guest musicians and choir, under the direction of Deberah Shears and Donnie Clark. There will also be many small ensembles performing, of brass, woodwinds and some strings, and the actual church bell will be rung with its rich clarion sound, to herald in the Christmas season.

The musicians have all been working hard rehearsing, and it is as much a joy for them to perform as for the audience to hear their beautiful tones. The Harrison Church has excellent acoustics, and we are so fortunate to have such a wonderful concert venue in our community. The donated proceeds go towards the maintenance fund of this beautiful historic building, and allows us to continue to offer ongoing performances.

And so, come on out to hear beautiful live Christmas music, in both traditional and contemporary arrangements. Children, quietly seated, are invited to attend.

**Next Deadline:
December 23, 2015**

BOOK REVIEW

by Tom Lymbery

LIGHT YEARS – Memoir of a Modern Lighthouse Keeper by Caroline Woodward, Harbour Publishing, hard cover, 231 pages, \$29.95

From New Denver on Slocan Lake to seven years as a lighthouse keeper on BC's stormy west coast is quite a transition – and quite a story. She is hoping for somewhere she can resume her book writing career and when her husband finds lighthouse work enjoyable she decides that she will also, leaving a stressful, on-the-road, job of working for BC's foremost book distributor - Kate Walker and Company. Kate became a good friend of ours as we bought much of our book stock at the store from her.

It's not Caroline's fault, but Harbour Publishing should have provided a map of the 27 active BC Lighthouses: who wants to Google in the middle of an interesting book? Also the photos could be much clearer. Please compare the improvement that Warren Clark has created in the second printing of *Tom's Gray Creek*.

Since Caroline and her husband are willing to serve as relief as well as regular lighthouse keepers they are stationed on many of these isolated sites, each one different from the others. There are usually houses for the permanent staffers as well as one for the relief people. Also available are boat and equipment sheds – needing maintenance, cleaning and painting – all in addition to the actual lighthouse structure itself. The lights and stations are powered by diesel engines, which also need a spare on site in case of failure or maintenance of the principal unit. These require substantial storage tanks for diesel and gasoline – which have to be filled from supply boats, picking quiet enough weather.

Water for household use and gardens means that many stations have substantial water tanks, and all need rain collections systems for the vegetable and flower garden that make station life pleasurable. Greenhouses are essential but soil is a problem in stony and clam-shell sites so they are able to bring in helicoptered sling loads of topsoil.

She has pages about the cookies, cakes and more for visitors and helicopter crews – making sure they don't miss a visit. She also explains how important manned lighthouses are and the number of lives they have saved, as Ottawa still wants to automate these, taking away the people on site who are there to assist shipping, fliers, kayakers and small boaters.

Hexagon Players Go a Little Cuckoo And the Crazy is Coming at You... February 2016

Photos by Allan Hughes



Dr. Spivey (Ryan Davis) looks on as R.P. McMurphy (James Linn) hams it up, much to the irritation of Nurse Ratched (Amanda Ball) and disdain of Dale Harding (Galadriel Rael).



McMurphy (Linn) goads Aide Williams (Zyan Fukushima-Rael)



Chief Bromden (Geoffroy Tremblay) raises his hands to the truth while Ratched (Ball) preps her station. In the wings, Nurse Flinn (Zoe Baetzel) and Aide Warren (Arlo Linn) look on.

Riondel Community Library

by Muriel Crowe

We have just finished another wonderful afternoon at Dutch Harbour listening to four writers share their stories with us. Many thanks to Bonnie and Nils for allowing us to return year after year. Dave Perrin had us in stitches sharing details of his veterinarian practice. Diana Morita Cole tugged our heart strings with memories and insights into her younger days and her family's life as evacuees and then relocated Japanese Americanas. These were followed by Winnie Fung who graciously filled in for Jenny Craig who was not able to attend. The afternoon closed with the reading of Nora Hurlburt's book *Murphy's Law* by Shirleen Smith, the illustrator. I think we all recognized ourselves at some point in that story. The library is proud owner of all the above-mentioned books as well as a CD reading of *Don't Turn Your Back In The Barn*. We are now in waiting mode for our next event in the spring.

There are many new books in the library and I'm sure many more to come in the next few weeks. If you are a fantasy fiction fan please take a look in our Juvenile section for many well written books. We hope you all have a healthy happy winter and that the holiday season, whatever your beliefs, is one of joy and peace for all.

Crawford Bay School Drama Class Presents...



A Christmas Carol A Pantomime

(From the book *A Christmas Carol* by Charles Dickens. Loosely adapted for performing in workhouses and lunatic asylums by Alistair Clinton)

Friday, Dec 11
(doors open at 6:30, show at 7pm)
& Sat Dec 12
(doors open at 2:30, show at 3pm)

CBESS Performance Space

Adults: \$10 Students: \$8 Under 11: \$5

Tix available at:
Crawford Bay School Office
Crawford Bay Market
Riondel Market



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This year, shop locally at the Ashram's bookstore for holiday gifts. Jewelry, books, cards, scarves, bags, journals and much more! Save up to 40% on select items.

Open daily in December from 10:30 - 5:00 pm

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yasodhara.org

Palm Oil

by Tom Lymbery

Ingrid's editorial on palm oil made me wonder if this includes coconut oil as the area of the west coast of Mexico where we winter has coconut palms going for miles and thousands and thousands of acres. Every street and many backyards have 75 foot high coconut trees and nearly all of these are harvested three times a year. We use care in parking a car to avoid occasional nut falls. Some trees are missing branches because of the 190 mph winds of hurricane Patricia but none blew over like so many other trees.

We enjoy seeing an agile man climb a tree carrying a rope and a machete. He cuts off some of the lower branches and then carefully lowers heavy bunches of nuts, being careful not to drop or break any. The market here is for coconut water as this is a very popular, low sugar drink. Being sealed in its strong container it is also extremely pure, being used to extend blood supplies during the war with Japan.

We do see some of the nut meat being saved, but whether it is shipped away for processing, I don't know. The husks and shells are used for making bricks as they provide a hot fire for the kilns.

In Googling palm oil, I found this grows well within 10 degrees of the equator so only Chiapas, the southernmost state of Mexico grows many of these, and they are a very important crop in Guatemala. (Only Columbia, Ecuador and Honduras produce more in Central America). These are a smaller nut than a coconut and it appears that the whole nut is crushed in processing. Google gives you contact for a Chinese company that offers turn key processing equipment.

Ingrid's suggestions to fight the battle have merit but sadly may be overridden by Wal-Mart's extremely aggressive pressure on suppliers to undercut prices in order for Wal-Mart to continue their world wide suppression of other retailers.

Seniors News

by Frank O'Rourke

The Riondel Seniors have had quite a successful season this fall. Besides the ongoing weekly programs – Walk Away the Pounds, Men's Pool, Yoga and Bingo – we have added the course *Stay Fit as you Age* every Monday morning and afternoon Bridge twice a month, which has experienced players partnered with beginners in a relaxed setting, though it must be said the beginners are having fun but don't seem very relaxed yet. We are also enjoying Whist parties the first Friday of every month, which are open to all; Seniors members get a discount.

Hopefully, everyone who wished to was able to join us for Remembrance Day in Riondel – the hall was certainly packed – and to enjoy the lunch following in the Seniors room.

The Many Bays Band organized the ceremonies very well and the Seniors were proud to be part of the event. Thank you to the Rec #9 Commission, Save On Foods in Nelson, and everyone who contributed goodies for supporting us.

Riondel Seniors participated with the East Shore Health Society to get the Better at Home program underway. The surveys have been distributed, filled in, and collected. We are about to begin the process of creating an advisory group, finding contractors, and identifying clients. An exciting new project.

The Seniors are partnering with the band again this year for the Riondel Community Christmas Dinner on Friday, December 11. The music will begin at 5:30 and dinner at 6:00 with more music following the feast. Admission is one side dish – an appy, veggy dish, or dessert – or \$5 towards the catered meat provided by Bob's Bar and Grill, which is possible with assistance from Rec #9. It has always been a good time and everyone is welcome, not just seniors. If you need more information you can contact Fran at 250-225-3268.

We have more planned for the winter-spring of 2016. Pot Luck Lunches will begin again in January. We have two new courses, *Tai Chi* and *Introduction to Genealogy*, that will be fit into the schedule. Some members are going to bring back Carpet Bowling and a dance program. And you can expect more of the Soup and Bannock speaker series.

Riondel Seniors is an organization designed to keep seniors active and socially engaged. In view of demographics on the East Shore, we should be busier than we are.

If you are think there is something worth participating in, membership is open to anyone over 55 (associate memberships available to the under 55s) and is very inexpensive; we just have to cover our rent to keep things happening. If there is an activity or event that you feel could or should be added to the itinerary, we welcome input especially if it's attached to a commitment of participation. Think about it.

In the meantime, enjoy all the blessings of the Christmas season.

Important Note About the Health Clinic and Power Outages

by Ingrid Baetzel

When the East Shore experiences power outages, many businesses suffer and have to make adjustments. Kathy Smith at the East Shore Health Clinic expressed how difficult such outages are for the clinic and asked for residents to be aware of the limitations imposed upon the clinic in such situations.

When the power goes out during working hours (as it did late in November for upwards of 24 hours), the clinic has no power, no heat, water, phone or computer. Due to IHA health policies regarding safety and hygiene, the clinic will not be operating during power outages. They do not have a generator, as they have been informed that the cost is too high.

The intent of this notice is to inform residents and saving them the frustration of being disappointed if they are expecting service and find the clinic closed during power outages. Kathy says the clinic appreciates your understanding and patience.

Massage Therapy Harreson Tanner, RMT Over 30 years clinical experience



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Yoga & Asana Basics

Camel Pose ~ Ustrasana

Like a Camel, this pose can take you on a journey to new and foreign parts of yourself. Take the path slowly, stay in the moment, and allow new parts of yourself to open

Benefits

Relieves neck & back pain
Stretches entire front of the body
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Improves spinal flexibility
Strengthens the back muscles
Improves posture
Increases chest & lung capacity
Helps relieve respiratory ailments
Tones kidneys
Improves digestion
Energizes the body reducing anxiety and fatigue
Stimulates & balances the heart and throat



Doing the Pose

Kneel with your knees hip-distance apart
Press your shins & tops of your feet into the floor
Draw your tailbone down towards the ground
Slightly tuck your chin toward your chest
Bring your palms to your chest into a prayer position
Lean back, lifting through your sternum
Continue to release the back as you lift through the heart
Allow the head to drop back without straining or crunching your neck.
Hold & breathe deeply for 30-60 seconds.

Focus in the Pose

Lengthen your tailbone down toward the floor
Widen the back of your pelvis.
Keep grounding the shins, keeping legs firm, spread toes wide
Lift up through your sternum, opening your heart more
Continue to lift and lengthen through your spine
Keep your thighs perpendicular to the floor, hips directly over knees

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

Tara Shanti Yoga

w/ Maggie Kavanagh

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250.777.4868 - Look us up on Facebook!

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7:30-9pm - Multi Level

&

Thurs: 9-10:30am - Multi Level
7:30-9pm - Level 1

\$10/class (first class complimentary)

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FROM THE REGIONAL DISTRICT OF CENTRAL KOOTENAY

All regular days and hours of operation apply with the following exceptions:

Head Office and Satellite Offices

Will **CLOSE** at 2:00 pm on Dec. 24 & 31

Will **BE CLOSED** Dec. 25, 28 & Jan. 1

Nakusp Building Inspection

Will **BE CLOSED** Dec 21– Jan 3

Community Complexes

Castlegar

Will **CLOSE** at 4:00 pm on Dec. 24 & 7:00 pm on Dec. 31

Will **BE CLOSED** Dec. 25

Will **BE OPEN** 1:30 - 4:30 Dec. 26 and Jan. 1

Creston

Will **CLOSE** at 4:00 pm on Dec. 24 & 7:00 pm on Dec. 29.

Will **BE CLOSED** Dec. 25 & Jan. 1

Will **BE OPEN** 2:00 pm - 6:00 pm Dec 26, 7:30 am - 7:00 pm Dec. 28 & 30

Will **BE OPEN** 8:00 am - 6:00 pm on December 31

Nelson

Will **CLOSE** at 5:00 pm on Dec. 24 & 31

Will **BE CLOSED** on Dec. 25, 26 & Jan. 1

Salmo

Will **BE CLOSED** on Dec. 24, 25, 26 & Jan. 1

Slocan Valley

Will **BE CLOSED** Dec 21– Jan 4

Landfill, Transfer Station and gated Recycling Depots

Will **CLOSE** at 2:00pm on December 24 & 31

Will **BE CLOSED** on December 25, 26 & January 1



'TIS THE SEASON TO COMPOST & RECYCLE....

During December and January at any RDCK Landfill or Transfer Station:

- Recycle residential outdoor and tree lights for FREE
- Compost residential Christmas trees for \$2.50 each

The PAC Box

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

PAC MEETING: The next PAC meeting is December 14 at 7pm in the school library. All parents and guardians welcome. If you have an item to discuss, please contact Ingrid at 250.227.9246 or mainstreet@eshore.ca

HOT LUNCH: Chef Tyler welcomes input and help/volunteers. Pizza is now being served on Fridays on a cash basis - \$2.50/slice.

NOTES: Don't forget that there is now a cap of 10 meals put on the number of lunches that a student can have on credit. We appreciate your co-operation!

GROCERY GIFT CARDS: The next deadline is December 6 - order right away!

The MAINSTREET

Contact: Ingrid Zaiss-Baetzel

Phone: 250-227-9246 Fax: 250-227-9264

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

E-mail: mainstreet@theeastshore.net

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Healing Arts Symposium

by Susan Snead

The East Shore Healing Arts Symposium was a huge success for those who attended. Held at the Crawford Bay School on a rainy Sunday, (November 8, 2015) this very affordable symposium began with an opening ceremony, followed by a conscious breath session, both led by East Shore resident Blanche Tanner, a woman of great merit who for the last 31 years has committed herself to supporting others in their quest for growth and wholeness.

Visibly moved and uplifted by the breath session, the group then experienced Theresa Lee's talk and introduction to the acutonics method of healing with sound and tuning forks. This proved to be a perfect beginning to a very full and powerful day with some of Theresa's students offering on-going acutonics sessions throughout the morning and afternoon.

Zora Doval then guided the group with her skillful knowledge of the ancient healing system Ayurveda and how we can benefit from cleanses and herbs. This was followed after lunch by a very informative talk from Robyn Flynn of Nelson who shared her *11 Top Ways to Radically Nourish Yourself* suggestions.

Thrilled by all of this timely information Susan Snead then offered a short workshop on ways to increase energy and balance the body through certain movements and self-care techniques. She was also available for mini healing sessions throughout the day.

The last offering was a powerful Family Constellation exercise presented once again by Blanche Tanner. If we weren't shifted before all this, we were certainly shifted after the constellation work. It proves to be a very powerful method of working out family dynamics and more.

The day concluded with deep feelings of gratitude for the gifts we all received and a deeply felt knowing that this is something to be shared with our community again.

After all, to quote Justin Trudeau, "It's 2015"!

Many thanks to Laverne Booth of Selkirk College Learning center for suggesting this method of sharing and to those who participated in making the East Shore Healing Arts Symposium a day to remember.

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Health & Happiness

by Dr. Sid Kettner

"Guilty as charged," was the essential message of the World Health Organization just two weeks ago. For decades we had had overwhelming proof of meat contributing to the development of heart disease, diabetes and other chronic diseases. Suspicion ran high that it was also a factor in causing cancer. Now there is overwhelming evidence of that. The International Agency for Research on Cancer (IARC) released their robust report after 22 experts from 10 countries evaluated 800 published medical studies. This was a massive meta-analysis covering years of research. They then estimated that 34,000 deaths per year worldwide are attributed to diets high in processed meat and another 50,000 to red meat. They declare that processed meat is a Group 1 carcinogen, which means that the quality of evidence firmly links it to cancer. Red meat is assigned Group 2A status meaning it probably causes cancer. But that category also includes DDT and melathion insecticides and the toxic chemical weapon mustard gas. Not nice.

The World Health Organization has determined for years that dietary factors account for at least 30 percent of all cancers in Western countries and up to 20 percent in developing countries. That is massive. We need to be jolted out of our complacency and think seriously about what we are risking when we sit down to a steak dinner, down a hamburger as we speed down the highway and take a rest break, or devour a hot dog at a sports event.

But we humans love our meat, especially after it has been sizzling and smoking on our summer barbecues. We love the freedom to eat as much as we want, as often as we like and of the foods that tantalize our taste buds. Unfortunately, we need to think more and feel less when it comes to what we take into our bodies. We have been handed a wake up call. Health is precious. Let's protect it. See more by Googling: WHO Report on Meat and Cancer (Copy and Paste into your browser)

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Remembrance Day Celebration, Riondel

Submitted by Mary Donald

As happened last year, our local community Remembrance Day service was put on by the Many Bays Band, under the skillful and experienced direction of Deberah Shears, on Wednesday November 11 in the Riondel Community Centre. Deberah also arranged to have a Remembrance Day Choir join us again.

It was a wonderful turnout, a full house with standing room taken up as well. Our new Crawford Bay principal, Laury McPherson, was the emcee, and Minister Richard Dannhauer led the service aspect. Wendy Scott read out the iconic Canadian poem, 'In Flanders Field'. Donnie Clark played the very moving *The Last Post* and *Reveille* with evocative clarity and tone.

The band and choir performed rich and plaintive music beautifully, and Donnie Clark, our musical director extraordinaire, arranged a wonderful *WWI Medley* where whistling with flute background as part of the piece was very touching. There were many wet eyes during the whole hour's presentation.

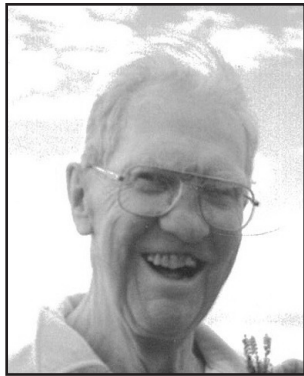
The Riondel Seniors Association put on a lovely luncheon after, and our thanks go to them, along with thanks for donations of baking/food from: community individuals, the Riondel Market, Nelson's Save-On-Foods, and RDCK Rec 9 for grant money towards the food.

Thanks go as well to Nancy Galloway for making the posters, Brenda Panio for printing off the programme and preparing the Order of Service, and to all the musicians, including Ben Johnson who filled in for us on drums so effectively, and singers, who made the effort to practise and perform on this special day. And special thanks go to Donnie Clark for his wonderful conducting and to the inimitable Deberah Shears who orchestrated the whole event (and played lovely piano interludes as well.)



Photos by Terry Turner: the Many Bays Band, and 3 veterans (L-R): Larry Ireland, Doug Anderson, and Ted Krueger, beside the laying of wreaths display.





Notice of Passing

Peter Lawson Hepher

**December 25,
1920 November
6, 2015**

Peter Lawson Hepher was born at Boswell, BC on December 25, 1920. He received his early education there and did three years of high school by correspondence. He attended Vancouver College for the final two years, obtaining his senior matriculation in 1940.

In August, 1940, he enlisted in the Canadian Army, having memorized the eye chart to compensate for having lost the sight in one eye during his teens. He served in Canada and Britain until October, 1945, when he was discharged with the rank of sergeant. While in Britain he married Mary Anderson, daughter of a childhood friend of his mother's. In 1946 he enrolled at the University of British Columbia, graduating with a Bachelor of Arts Degree in 1949. In 1950 he graduated from Carleton University with a Bachelor of Journalism Degree.

Peter worked for the Saskatoon Star-Phoenix as an editorial writer and editorial page editor from 1950 to 1956, when he moved to Lethbridge as editor of the Lethbridge Herald's editorial page. In 1960 he was transferred to Calgary as associate editor and editorial page editor of The Albertan, where he remained for 20 years. When The Albertan was taken over by the Sun newspaper chain, he resigned and moved to the Calgary Herald as Senior Editorial Writer. He retired in 1985 but continued to write a weekly column for the Herald for another year. During this time, he volunteered for the University of Calgary Medical Faculty, assisting in the selection of candidates for medical school.

Peter and Mary moved to Creston in 1991. Mary was in poor health, which continued to deteriorate until her eventual death. The last few years of her life were quite lonely for Peter as she was in extended care, and unable to recognize or respond to him.

In December 2005 Peter married Anne Page, whom he had known through local committee work for some time. In Anne he found a kindred soul, and together they actively served the community up until the weeks before his passing. They enjoyed many adventures together, including trips to Great Britain, Egypt, Greece, and Alaska. Their most recent trip was to New Zealand in 2013, when Peter was 92! Anne's family accepted and adopted Peter as their own, for which he was always humbly grateful.

Peter was an active member of the Save Our Community Coalition, the Anglican and United Churches, the Creston-Kootenay Foundation, the Community Response Network, and the Creston Valley Community Housing Society. He believed strongly in these organizations, and was a willing and energetic worker on committees, always ready to contribute his ideas, ideals and resources with common sense, wisdom, and compassion. His community work was recognized in 2014, when he became Creston's Citizen of the Year.

He was instrumental in having badminton revived under the auspices of the Recreation Centre, served as supervisor for a number of years, and continued to play until in his eighties. His other major interests included community service, history, and political science.

"The Lake" figured prominently in Peter's life, in three distinct stages. He was born in Boswell, and lived there until early adulthood. After decades on the prairies, he and Mary bought a cabin in Gray Creek which became a well-used and much loved retreat for his family. And in marrying Anne, he became part of the Page cabin family, enjoying many weeks and weekends with Anne and her family over the last decade.

Peter was predeceased by his parents, William Lawson and Kathleen Hepher of Boswell, and a son, Paul. He is survived by his wife, Anne Hepher of Creston; son Ian (JoAnn) of Lethbridge, Alberta; grandson

Robin (Corinne) and great-grandson Skye of Lethbridge; and grandson Michael (Anie), great-grandson Finn and great-grand-daughter Wren of Fernie, BC., as well as the following Page step-children; Gary (Debra) and their children Meredith, Jacquelyn, and Meghan; Garth (Christine) and their children Nicole, Tara, Tessa, Nathan and Andrew; Leslie (Chuck) and their children Simone and Kira; and Ken (Lisa) and their children Kathryn and Quinn.

A Celebration of Life was held on Saturday November 14, 2015 at 3:00 pm at Christ Church Anglican, 422 7th Ave N., Creston, B.C., with Pastor Harry Haberstock officiating. Memorial contributions may be made to Creston Valley Community Housing Society, 215 25th Ave S. Creston, BC, V0B 1G5 (Attention: Heather More)

Eastshore Garden of Remembrance

by Wendy Scott

The benches may be a bit wet. There could be new snow on the pathways. But that's what winter's all about – so I've heard. The garden's been refurbished by James Linn, and Mirolsav Doval has been generous with his large trailer and his time.

Now the light comes through the branches and around the bare trunks that wait for their first Flicker – or perhaps a little Downy will discover just the right branch. Squirrels have already staked their claims for storage and I've seen a few tufts of mysterious black hair caught on twigs and tree trunks.

The animal world has prepped the garden for winter and left the pathways for daytime strollers. Stroll through – walk slowly – Christmas is a good time for quiet memories.

Wendy - 250-225-3381 -- wmescott@gmail.com
Muriel 250-225-3570 – mcrowe@bluebell.ca

East Shore Hospice Tree of Remembrance

submitted by Susan Dill,
Hospice Coordinator

This year the students of Crawford Bay School got involved to help with the **East Shore Hospice Tree of Remembrance** by making the cards for it.

The tree will make its first appearance at the Bevy of Angels Faire and then move into the lobby of the Nelson and District Credit Union in Crawford Bay from where you most likely will recall it from the other years, becoming an old tradition. Thanks to the kind cooperation of our local Credit Union for providing the space year after year.

Our culture makes it difficult to talk about death and loss even it is a reality that will happen to all of us and can happen at any time. **The Tree of Remembrance** gives the opportunity to slow down for a moment in the sometimes hectic holiday season. This is an opportunity to pick out a card and write on it and then place it on the tree to remember and recognize a loved one that is no longer here with us.

Hospice volunteers will remove and honour the cards in a ceremony after the holiday season.

Donations are gratefully accepted in our new box designed and forged by Cory Medhurst (Kootenay Forge). This is a piece of art in itself. Many thanks to Cory for the wonderful design incorporating the hospice symbols with functionality.

Hoping to build more awareness of the hospice support on the East Shore is an other motive for the tree. Our trained volunteers give support when there is demand for relief... caregivers often underestimate their need for it.

Should you or some you know be in need, please call us and tell them about us. We are here to help.

Eastshore Hospice 250-227-9006 ext 29.

Notice of Passing

Maria Prest

Aug 14, 1917 - Sept 19, 2015

Born in Saskatchewan in 1917, Maria passed away peacefully at Crestview Village in Creston on September 19, 2015.

She moved to Riondel in 1980 with husband Wilfred. She loved her home and liked to entertain, cook and meet people.

She is predeceased by her husband Wilfred, sons Gordon and Richard and daughter-in-law Donna.

She is survived by daughter-in-law, Louise; four grandchildren, Glenn (Janice), Dawn (Wayne), Joel (Helen), Chesley (Jen); ten great grandchildren and three great-great grandchildren.

(More from Thompson Funeral Services
Online Tributes)

With our hearts overflowing with love, truth, honesty, humility, wisdom, respect and courage that we say good-bye for now to our beautiful grandmother Maria Prest. Grandma filled us with all the knowledge and teachings to carry on her legacy. Grandma loved Grampa Wilfred, more with every breath she took and she loved her two boys (Gordon and Richard) the most.

Grandma excelled at all she did in life from her early days playing ladies fastball to raising her two wonderful sons and their families, dancing and singing at all the holiday festivities. Grandma lived her life on her terms and her beauty and personality took over every room she entered, she had style that reflected her personality.

We will forever carry on the feasts that you made for us every holiday and every visit, your cabbage rolls, perogies, turkey with special stuffing, glazed ham, and baby cabbages that you made sure all your grandkids ate topped off with those delicious apple pies and the secret butter tarts will bind our family forever. Grandma filled us with love, respect and courage to be honest with ourselves and others.

That laugh, we all will hear your bellowing laugh all our days. We will miss you forever and carry you with us in our hearts and our spirits always.

Grandma met all challenges with courage and wisdom, she was predeceased by her husband Wilfred, son Gordon, son Richard and daughter-in-law Donna.

Grandma leaves her memory with daughter-in-law Louise, as well as four grandchildren Glen (Janice), Dawn (Wayne), Joe (Helen) and Chesley (Jenny), twelve great grandchildren, Brittany, Joni, Tristan, Mary, Lil Donna, Lil Chesley, Jade, Lil Joseph, Deidre, Gordon, Chanel, Aubree, and eight great, great grandchildren Chenaya, Delareese, Marshal, Gordon, Miguel, Tyler, Rainalee, Delilah. We love you the most, Grandma.

Next Deadline: Dec 23/15

Did you colour outside
the lines as a child?
Do people call you stubborn?
Did you drop out of school?

Congratulations! These are common traits found among successful entrepreneurs. If you want to find out if you have what it takes to be an entrepreneur call Community Futures for more information.

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Call Alison Bjorkman at
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SERVICES DIRECTORY

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

AUTOMOTIVE/MARINE

EASTSHORE AUTOMOTIVE - Service & Repair 250-227-9370

NORTHSTAR CRESTON - 1-800-551-9351. Full service 8-bay shop featuring Goodwrench Service - \$41.95, genuine GM & AC Delco parts. Full line of major tire brands featuring: BFGoodrich, Michelin, Uniroyal, Hankook, Goodyear and Firestone brands.

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

STEEL WHEELS - Septic systems planned & installed. We dig too, mini hoes for you. Dave/Donovan. 250-227-9646.

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

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

PERSONAL CARE/HEALTH

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

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 - hospice@theeastshore.net. Volunteers needed - volunteer training offered once a year. Please contact for more info

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

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

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

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CLASSIFIED SECTION

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BUSINESS SERVICES

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EVENTS/NOTICES

Conscious Breathing Afternoon at the Gray Creek Hall, Sunday Dec. 13th For Health, Well-being, and Inner Peace. Theresa Lee will be there with her healing acutonics and gongs. From 1:00 PM to 4:00 PM. Cost is by Donation to go to the Christmas Hamper. To Register or for more information call Blanche and Harreson at 250-227-6877 or e-mail lifeshift@bluebell.ca. Please bring something to lie on, blanket and pillow.

BEVY OF ANGELS Yule Artisan Craft Faire, Dec 6 in Crawford Bay. Handmade local artisans, sweet treats, lunch and goodies supplied, gorgeous creations by friends and neighbours. Shop local this Christmas! Info: Jacqueline at moonrakingsclayart@gmail.com.

18 Mainstreet December 2015

Free Classifieds available online at eshore.ca, the Mainstreet's official website!

Next

Deadline:

Dec 23,

2015

Life Shift Seminars presents a....



**Conscious Breathing afternoon
For Health, Well-Being & Inner Peace**

"Conscious Breathing" can assist you in releasing accumulated stress, bring clarity, and open your heart to your own knowingness, deepening your understanding of yourself. Theresa Lee will be bringing her healing acutonics and gongs. Sound has the power to heal our wounds, ignite our spirit, change consciousness, and re-unite us with the divine harmonies and rhythms of the universe.

Date: Sunday, Dec. 13th

Location: Gray Creek Hall, Gray Creek

Time: 1:00 PM until 4:00 PM

Cost: By Donation for the Christmas Hamper

For More Information: call Blanche or Harreson

250-227-6877 e-mail lifeshift@bluebell.ca

Please bring a foamy or something to lie on, blanket and a pillow

Harreson and Blanche Tanner have been co-facilitating workshops for personal development and life enhancement for over 30 years. Website www.lifeshiftseminars.com. Theresa Lee, Teacher and Practitioner, www.kootenaysoundhealing.com

Creativity, Community, Conscience

website: www.eshore.ca

email: mainstreet@eshore.ca

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

EAST SHORE HEALTH CENTRE Call 227-9006

See calendar for doctor days - Doctor hours are from
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Interior Health Authority, Community Care Nursing
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PHYSICIAN COVERAGE FOR DEC 2015

**Note: Call to cancel if you can not make your
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patients needing to get an appointment.**

Dec 1 - Tuesday: Dr. Lee

Dec 2 - Weds: Dr. Moulson

Dec 3 - Thurs: Dr. Lee

Dec 8 - Tues: Dr. Lee

Dec 9 - Weds - Dr. Moulson

Dec 10 - Thurs: Dr. Grymonpre

Dec 15 - Tues: Dr. Grymonpre

Dec 16 - Weds: Dr. Moulson

Dec 17 - Thurs: Dr. Lee

Dec 22 - Tues: ?

Dec 23 - Weds: Dr. Moulson

Dec 24: No Doctor

Dec. 29: Tues: No Doctor

Dec 30 - Weds: Dr. Moulson

Dec 31 - Thurs: No Doctor

Please Note: Lab hours 7:30 - 10:30 am, Weds

Call to make appointments at 227-9006

on doctor days and Thursday morning.

Tues, Weds & Thurs (8:30 to 12:30)

Phone: 250-227-9006 Fax : 250-227-9017

BOSWELL HALL HAPPENINGS

Yoga: Thurs, 9:30-11:00 am. Marilyn Arms 250-223-8058
Tone & Trim Fitness: Mondays & Fridays 9am. Darlene
Knudson 250-223-8005.

Vinters: Dec 9, 7pm. Jeanne Kay Guelke: 250.402.3391

Book Club: Dec 10, 2pm. Melody Farmer: 250.223.8443

Quilters Guild: Dec 15, 1pm Jan Brooks: 250.223.8667

Carpet Bowling - Tuesdays, Dec 1, 8 & 15, 7-9pm. tom
or Linda Sawyer - 250.431.8404.

BADEV: Dec 10, 9am. Rod Stewart: 250.223.8089

Boswell Historical Society: Dec 2, St. Anselms
Church 7pm. Margaret Crossley, 250.223.8445

BOSWELL HALL SPECIAL EVENTS

• **Chirstmas Potluck Dinner - Dec 24,**
5pm. Linda or Rory Smith, 250.223.8351

CONSCIOUS BREATHING AFTERNOON

Conscious Breathing Afternoon at the Gray Creek
Hall, Sunday Dec. 13th For Heath, Well-being, and Inner
Peace. Theresa Lee will be there with her healing acuton-
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tion to go to the Christmas Hamper. To Register or for more
information call Blanche and Harreson at 250- 227-6877 or
e-mail lifeshift@bluebell.ca. Please bring something to lie
on, blanket and pillow.

The MAINSTREET

Contact: Ingrid Zaiiss-Baetzell

Phone: 250-227-9246 Fax: 250-227-9264

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Next Deadline: Dec 23, 2015

website: www.eshore.ca

email: mainstreet@eshore.ca

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Winter Schedule in effect

All times listed in Mountain "East Shore" Time

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

CHURCH CALENDAR

RIONDEL COMMUNITY CHURCH DECEMBER 2015 SCHEDULE

Dec 6: Jim Hearne - 10:30am

Music: Deberah Shears

Dec 13: Rev. Derrick Smith, 1pm

Music: Deberah Shears

Dec 20: Ramona Dannhauer, 1pm

Music: Richard and Ramona

Please check www.riondel.ca for changes Info at 250-225-3381

Have a warm and peaceful Christmas!

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

For information call Christ Church Creston 428-4248

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

HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

No services at present time.

For info, please contact Karen Gilbert: 227-8914

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Come & join us Sundays at 10 am.

Coffee fellowship after the service.

Pastors Richard and Ramona Dannhauer

16190 Hwy 3A, Crawford Bay 250.227.9444

YASODHARA ASHRAM

Satsang (non-denominational, "in the company of the wise"),
each evening 8pm. Everyone welcome, 250.227.9224

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Reverend Thomas Kakkaniyil Phone: 428-2300 Fax: 428-4811

Sunday Mass at 2:00 pm

1st Sunday of the month, Fellowship Sunday.

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.

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

CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church, 8151 Busk Rd, Balfour

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

Creativity, Community, Conscience

MEETING PLACES

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

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

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

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

PARENT ADVISORY COMMITTEE

(PAC) Meetings held at 7 pm at the Crawford Bay School
on (usually) the second or third Monday of the month. (or Tues)
Call Ingrid to be put on the agenda - 250.227.9246

Next PAC Meeting:

December 14, 2015

December 2015 Mainstreet 19

Next Deadline:

December 23

mainstreet@eshore.ca

December 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Yoga @ Tara Shanti, 9-10:30 am & 7:30-9pm Creston Vet Clinic, CB Motel Yoga w/ Melina, Com Cor, 9:30-11 am Dr. Lee	2 Volleyball, 7pm, CBESS Bingo, Rio CC, 6:30pm Dr. Moulson	3 Yoga @ Tara Shanti, 9-10:30 am & 7:30-9pm Yoga w/ Melina Bos Hall, 9:30-11 Dr. Lee	4 Casual Karate, CBESS, 6pm	5
6 Bevy of Angels, CB Hall, 10-4	7 Karate, CBESS, 5pm	8 Yoga @ Tara Shanti, 9-10:30 am & 7:30-9pm Yoga w/ Melina, Com Cor, 9:30-11 am Lions Mtng, 7 pm Dr. Lee	9 Volleyball, 7pm, CBESS Bingo, Rio CC, 6:30pm Dr. Moulson	10 Yoga @ Tara Shanti, 9-10:30 am & 7:30-9pm Yoga w/ Melina Bos Hall, 9:30-11 Dr. Grymonpre	11 Christmas Carol Panto, CBESS, 7pm Casual Karate, CBESS, 6pm	12 Christmas Carol Panto, CBESS, 3pm Newkey's Xmas Party w/ High as Mountains Community Christmas Potluck, CB Hall, 5pm
13 Conscious Breathing, 1-4pm GC Hall	14 PAC Meeting, CBESS Lib, 7pm Karate, CBESS, 5pm PAC Meeting, 7pm CBESS	15 Celebration of Xmas Music, Harrison Church, 7pm Yoga @ Tara Shanti, 9-10:30 am & 7:30-9pm Dr. Grymonpre	16 Volleyball, 7pm, CBESS Bingo, Rio CC, 6:30pm Dr. Moulson	17 Yoga @ Tara Shanti, 9-10:30 am & 7:30-9pm Yoga w/ Melina Bos Hall, 9:30-11 Dr. Lee	18 Newkey's Name that Tune Casual Karate, CBESS, 6pm	19
20	21 Karate, CBESS, 5pm	22 Yoga @ Tara Shanti, 9-10:30 am & 7:30-9pm Lions Mtng, 7 pm Dr. ?	23 Volleyball, 7pm, CBESS Mainstreet Deadline Bingo, Rio CC, 6:30pm Dr. Moulson	24 Candlelight Service, KL Church Yoga @ Tara Shanti, 9-10:30 am & 7:30-9pm Yoga w/ Melina Bos Hall, 9:30-11 NO DOCTOR	25 Full Moon	26
27	28 Karate, CBESS, 5pm	29 Yoga @ Tara Shanti, 9-10:30 am & 7:30-9pm NO DOCTOR	30 Volleyball, 7pm, CBESS Bingo, Rio CC, 6:30pm Dr. Moulson	31 70's NYE Party, GC Hall Yoga @ Tara Shanti, 9-10:30 am & 7:30-9pm Yoga w/ Melina Bos Hall, 9:30-11 NO DOCTOR	Jan 1	Jan 2

THE HISTORIC GRAY CREEK STORE
EST. 1913

250-227-9315
graycreekstore.com

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

Cozy Up: Time to curl up beside the fire in a Tilma blanket with a favourite history book...




General Store

Woodstoves & Fireplaces	Housewares
Lumber & Building Materials	Paint & Supplies
Chimney & Stove Pipe	Electrical
Plumbing	Key Cutting
Work Clothing & Safety Gear	Marine
Nickel Candy & Fireworks	Tools & Hardware
Fishing & Hunting Licenses	Camping Gear/Tarps
Gardening Tools & Supplies	Bear Bangers/Spray
Gloves/Rubber Boots/Flip Flops	Fishing Gear/Tackle
Groceries	Propane & Acetylene
Wide Selection of Axes/Handles	Kootenay Lake Nautical Charts
Gifts	A Friendly Smile and a Great Cup of Coffee!
BC History Books	
Rope and Chain	

The Treemote... Ask Rosie about it.
Join Us - For our 5% off "IT" Sale
Feeling Chilly? We have your Stanfields!
In Time for Christmas - We have gift certificates available.
PLUS: WETT inspections & Free In Home Consults

ADVERTISER	PAGE	RVFD	
70's NYE Party	1	Sapphire Hair Salon	10
Barefoot	12	Studio Ponnuki	5
Bevy of Angels	4	Sunset Seed	16
Black Salt	15	Tara Shanti Yoga	14
Boswell Hall	6	Turlock Electrical	10
CBESS Pantomime	13	Yasodhara Ashram	2
Chamber Smoke Alarms	2		
CKBays Xmas Party	11		
Classified Ads	18		
Community Futures	17		
Crawford Bay Hall & Parks	16		
Crawford Bay Market	10		
Credit Union	10		
Creston Valley Realty	10		
Creston Vet Clinic	3		
ESIS	1		
Eastshore Physiotherapy	16		
Fitness Place	10		
Gray Creek Store	10		
Harreson Tanner	14		
Hulland and Larsen	10		
Invest Kootenay	10		
KES	10		
Kootenay Insurance Services	8		
Koot. Lake Comm Church	10		
Lifeshift Conscious Breathing	18		
Newkey's	6		
PAC	15		
Riondel Market	10		
RDCK TS Hrs	15		



Library Hours:


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

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

Transfer Station Hours

CRAWFORD BAY:
Sunday/Tuesday
10am-4pm

BOSWELL:
Weds/Sat 11am-3pm



ES Health Centre ~227-9006~

Drug & Alcohol: 353-7691 Child & Youth: 353-7691
Public Health Dental Screening/Counseling: 428-3876
Community Nursing: 352-1433 Hospice: 227-9006
Mammography Screening: 354-6721 Baby Clinics: 428-3873
Physiotherapy: 227-9155 Massage Therapy: 227-6877
For more on facility, call Kathy Smith, 227-9006