

**\$2.50**

# The East Shore Mainstreet

## KOOTENAY LAKE BC

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

Year 33, Number 3

February 2023

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



### February Special Events



Saturday Feb 4

Women Entrepreneurs Networking Event  
Katrina Kadowski at Harrison Memorial Center  
Century 21 Open House

Saturday Feb 11

First Dance of 2023 at Boswell Memorial Hall

Feb 17 @ 4:30pm

ReDi Grant Application Deadline

Saturday Feb 18

Community Valentines Celebration in Rionel



IN THIS EDITION

- Jobs
- Art
- Calendar
- Colouring
- Page



Festival Update  
+ Employment  
Advertisement  
**See Pages  
6&11**

RRSP INVESTMENT DEADLINE IS APPROACHING.

• **Wednesday, March 1, 2023**



\*terms and conditions may apply

Helping is at our Heart

An investment with NDCU is an investment in your community.

<< contact us today to learn more about your investment options >>



**Still**  
✓

Tired of doing your **INCOME TAXES?**

**Let me do them for you!**

**Business – Personal – Corporate – Seniors**

\*30+ Years of Experience \*Reasonable Rates \*Free Consultation \*Pick-up & Delivery

Wynndel, Boswell, Gray Creek,  
Crawford Bay, Kootenay/Pilot Bay,  
Riondel - all stops in between!

**EAST SHORE ACCOUNTING**  
Randel Ball B.Comm

**250-223-8394**



Return Undeliverable Items to: The Mainstreet - Box 140 Crawford Bay, BC V0B 1E0



# Mainstreet Meanderings

by Dee Gilbertson  
Editor, East Shore Mainstreet

Well, I am certainly glad to be moving on to the February edition, letting the initial pain and urgency of learning this new software remain forever in the January 2023 issue (please, don't point out my double-also in one sentence, I think it physically hurts me!).

I owe much thanks to Ingrid and Geoffroy for being available for my sporadic pressing questions over the holidays that likely made them question the likelihood of the issue being published on time, at least without looking like a kindergartener had pasted it together. In my post flu, post Christmas, midst holiday rush mind frame I tackled the conversion of submissions and advertisements into one file with some beginners' luck aiding my path, the print press thankfully on holiday schedule, and Ingrid – bless her motherly heart - counting pages. The decision of whether to either add or cut two pages when my 22-page mistake was pointed out caused a bit of anxiety, but there was not enough time to dwell on it and so she may be a little uneven in spots, and I have a lot to learn yet, but if the readership can bear with me I'll get the hang of this sooner or later.

Thank you to everyone who has reached out to congratulate me on this new role, to the columnists old and new for their contributions providing relevant content, to the community members who contribute tidbits, and to the advertisers who keep the Mainstreet afloat and available for the readership.

I know that many of you have read The Mainstreet with dedication for years, some have picked up a copy here and there, and some are brand new to this wonderful community just discovering the community she represents. My goal for this year is to get comfortable with production and operations, develop relationships with everyone taking part in this unique and loved community, and hopefully welcome more members to participate. It will be fun to find ways to allow more people to enjoy the nostalgic connection a community newspaper can provide, to support our local economy, and explore the literary world that quietly resides here on the East Shore. As a parent in a world where our communication and social life has moved so primarily to online, I see the importance of retaining these avenues of communication. Whether my children will pick up a newspaper at this precise point in their lives or not, I would like them to still exist when they do realize the value of our freedom of speech and avenues of communication.

That being said, I am living in this day and age and not entirely off the grid, so I see the value also in the marvel of the internet. I would like to support the *Mainstreet* website along with the newspaper itself, in becoming an efficient and effective online community hub for the East Shore. There are sometimes urgent news events that can be communicated via internet between issues (rockslide on the highway, for example) or changes to scheduled events (Yoga moved to Saturday, perhaps) or maybe last-minute inklings for free community ventures (garage sale, anyone?). If you would like to receive email notification of submission deadlines as well as posts added to the website between newspaper printings, please subscribe via the website [www.eshore.ca](http://www.eshore.ca), there is a form on the front page.

My life seems to follow a trend, where it never rains but it pours. I am excited to share with you that my family and I will be opening a storefront in Kootenay Bay March 4, 2023! Those that know my parents and had the chance to visit their Gallery in Crawford Bay between 2012-2017, will appreciate how incredibly elated we are to have this opportunity and realize a very long family dream. Merv & Donna are amazing artists, and I am thrilled to be able to work along with them to build our family business, an Art & Wellness Gallery, here on the East Shore. Their former space was home to 49+ unique, Canadian artists and a frequent stop for locals and tourists alike. Bonus - The Mainstreet will have a small office space to call her physical home!

I must thank Ingrid again, because she made me cry and feel the warm tingly happy feelings that keep a person going in mid-January when life can seem to suffocate a person with icy negativity and angst if we don't keep ourselves turned to the warmth of light. I think this is what I feel The Mainstreet is – how we keep connected despite the busy-ness of life, a chance to slow down where we are, and really take in the other people around us. I am so proud to be continuing such a beloved tradition alive. Thank you Ingrid, from the bottom of my heart.

Together, this year will be amazing! Until next month, D.

PS: February is full of fun, get-out-and-visit events! Mark your calendars and have fun!

## LETTER TO THE EDITOR

by Ingrid Baetzel

Former Editor, Gray Creek, BC

### Glow Up For The Old Girl

Dear Editor:

Big Ups to Dee! Congratulations on your lovely first edition in January. I'm so tickled to see the paper being loved the way she deserves and to witness the infusion of energy and vibrancy that you've brought to it. I know how steep that learning curve is and I had a lot more time to get to know it intimately. You've done spectacularly for the short amount of time you had training and moving into it. I have little heart pangs of sadness and remorse from time to time, but it's like sending your child off to live with Auntie after they've stayed at home far too long and you know that they are in good hands, safe and nourished. Although it hurts to see them go, a million little moments of time and reflection open up in their absence and the relief is almost as palpable as the grief.

I thank you, Dee, for stepping up in such a meaningful way. I'm proud of what I built and continue to be proud of what you are developing further. The January edition had some small layout and formatting issues (mostly invisible to the layperson's eye, I'm sure) but was full of real content, a bright and formidable energy and so much love. Keep up the good work, and know that I (like this whole community) stand behind you.

Here's to the old grey mare getting her glow up!  
Endless gratitude and appreciation,

# Introducing...

## THE EAST SHORE ART & WELLNESS GALLERY

**Opening Saturday March 4**

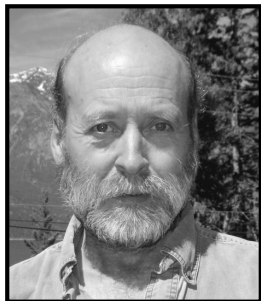
**10:00 - 5:00**

**Weds-Mon (closed Tuesdays)**

**Website Coming Soon**

**[esgallery.ca](http://esgallery.ca)**

**Located beside the ferry terminal in Kootenay Bay**



## RDCK Area A Update

by Garry Jackman  
RDCK Director Area A  
Wynndel/East Shore Kootenay Lake

### Budget 2023

We have begun our budget process for 2023 where we update our 5 year financial plan which will set RDCK property taxation for 2023 plus provide estimated budgets for 2024 through 2027. Our fiscal year runs from January 1st through December 31st. The final accounts (with actual year end expenditures) are balanced in January and any amounts carried from year to year are rolled into the individual budgets for about 160 RDCK services for the next budget cycle. We begin the current year budget review with drafts in January and February at meetings of the RDCK Board plus have several smaller conversations in between to look at details for localized services such as fire and emergency services, water systems, waste management including recycling and organics diversion, recreation, etc. After this pulls together we need to vote on a finalized budget by the end of March with “requisition” or taxation amounts for each RDCK service.

Each year I hear similar concerns from both residents and some of my colleagues who may not have delved into the mechanics of regional district budgets as much as others. Those concerns, which arise after people receive their property tax assessment notices from the provincial authority in January, are that if they see their property assessment rise (use 20% year over year as an example) that their property taxes will automatically go up by that same percentage. This is a complete misnomer. The taxation requested by any regional district is based on the total amount projected to support each individual service for the coming year (whether the service is required statutorily by the province, such as solid waste management, or is optional like recreation services which are based on resident expectations). That total amount of taxation to be raised is then distributed by the provincial authority across the properties in the service area taking into consideration the various taxation categories (such as residential, commercial, industrial, etc.) using the tax rate multiplier factors set by the province for rural areas. The relative shift in your property value versus the shift in value of your neighbour’s property, along with other factors such as new value added to the total tax base (the new and renovated homes, the newly created properties following subdivision, the new or expanded industrial site) will influence the net amount you are taxed, with the total adding up to what the RDCK requested for that service plus a small fee which the province retains for going through their portion of the calculations, printing and mailing out the tax bills and collecting the funds.

By this time of year I generally have more information confirming past year actual expenditures, but with 11 new directors out of the Board of 20 our staff have been spending more time than usual on orientation. The drafts for all of our 160 service budgets will be pulled together and available for review by February 17th. Through the following month we will make final adjustments, in preparation for approval by our Board and then send the requested requisitions

to the province. The province will include the RDCK budget components in your property tax bills, along with the rural tax components such as school tax, policing, etc. which make up your total property taxation.

Each year our finance staff host public meetings to present the draft budget at various locations around the regional district. A date will be proposed for a presentation in Riondel, as well as in Creston. Please contact me over the first few days in February for confirmation of the dates if you are interested in attending.

### GRANTS

A long time, valuable community champion reminded me recently that the system of grants offered through the regional district can be difficult to navigate. Around the same time, I had a call from a new resident, outside of Area A, who was directed to me perhaps to both vent frustration with government and to ask for guidance. So I am going to recap what I have put in my articles over the years as a refresher on what grants are available.

The main grants offered through the RDCK include discretionary, community development, economic development, community works (the name changes every few years at the whim of the feds but it is best remembered as “gas tax”), Columbia Basin Trust Resident Directed grants (recently renamed from Community Initiatives Program), Rec 9 and a host of “contributions” which are essentially grants built into various services that can be adjusted from year to year based on local need and level of community and political support.

The most flexible are the discretionary and community development grants. Discretionary grant funding is a direct taxation on all Area A residents, business, and industry. It is a line item within a larger budget that might be increased this year based on inflation and the level of increasing demand. The amount has been steady for a number of years at \$25K for all of Area A. In 2022 that required a tax rate of about 2.5 cents per thousand dollars of assessed value. That means a property assessed at \$400K would pay \$10 per year to support the pot of funds which in turn supports many community activities and events. Community development funding flows from the province. It is a “payment in lieu of taxes” or PILT fund that flows into the regional district and then is re-allocated by resolution of the Board to each of the 11 electoral areas plus 7 of our 9 municipal partners. Castlegar and Nelson each have their own PILT grant arrangements directly with the province. The electoral area contributions ranged from \$36.4K in 2022 (as is the case for Area A) to \$127.7K for Areas D, E, H, J and K. Villages received between \$14.5K (for the smallest population) to \$36.4K. Note that when you request a discretionary or community development grant you can ask any of the electoral areas or villages to also contribute, depending on the extent of benefit your project or activity offers to community. For information on these go to rdck.ca and then from the home page click on “admin” then on the “grants” tab. I will go into more detail on the other grants in my next article.

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.

## Community Support Needed

submitted by Ali George

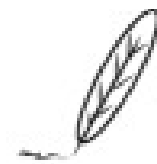


This is Cole, who is the son of our most excellent neighbours, Cindy and Ron Little, here in Crawford Bay. Last winter, just before he turned 21, he was diagnosed with osteosarcoma,

the same kind of cancer that Terry Fox had. Since then, he has endured a lengthy course of chemotherapy to shrink a large tumour on his pelvis, and last October, he had surgery to remove the tumour, which resulted in the loss of half of his pelvis and his tailbone. He developed a post-surgery infection which was then addressed with high doses of antibiotics and more surgeries. Before his diagnosis, he was at the beginning of a very promising career as a chef. Now, he is at the beginning of a two-year (at least) rehab journey so that he can learn how to walk again.

Cole will need financial support during his rehab to help with basic living expenses, expensive leg braces, a specialized wheelchair, and other related costs. A family friend of the Littles is raising money for Cole on GoFundMe. You can read more about Cole’s story and make a donation by going to this link: <https://gofund.me/b847dbc9>.

### MAINSTREET OFFICE DESK



Box 140, Crawford Bay, BC, V0B 1E0  
**Editor: Dee Gilbertson (since 2023)**

Phone: 250.551.8800 Web: [www.eshore.ca](http://www.eshore.ca)

**Writers:** Community

**Article? Letter? Etc?:** email to [editor@eshore.ca](mailto:editor@eshore.ca) or call 250.551.8800 for alternative arrangements

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

The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake and is available at the following stores:

**Boswell - Destiny Bay Grocers**

**Gray Creek - The Lakeview & Gray Creek Store. Crawford Bay - Green Bubble Co. & Crawford Bay Market.**

**Coming Soon: The Ladybug**

Home Delivery available Riondel to Boswell.

Email or call to schedule.

Print and Digital Subscriptions \$40

## Check out the Community Calendar

Check out the back cover for a glimpse of the local community offerings taking place in

You will see that Tuesdays are apparently a favourite day for activities on the East Shore.

This is a work in progress, please let me know what’s working and what doesn’t!



**Riondel Fire and Rescue Blotter**  
by Corey Medhurst  
Fire Chief

Mother Nature sure is having fun with the weather as of late. She went from trying to kill us all with frozen rain and dumps of snow in the beginning of January to teasing us with a pretend spring mid month, and then back to Arctic temperatures. People and animals are confused alike; should we start our garden, or fly back North from our winters rest, or hunker down and brace for more? Hopefully Mr. Groundhog will give us all some good news soon. January had a usual amount of unusual medical calls as follows:

**January 9th** – A call for a medical emergency on Riondel Rd had 3 members responding. They were called off soon after the initial page as our local Paramedics did not require assistance.

**January 13th** – A time sensitive medical emergency in Gray Creek had 5 members respond to assist Paramedics. The crew helped clear a path from the home to the Ambulance, as well as assisting with patient movement.

**January 17th** – Another medical emergency in Gray Creek had 5 members respond to assist Paramedics with patient movement. The crew worked quickly to move a seriously ill patient to the Ambulance for a quick transport.

**January 26th** – A medical emergency in Crawford Bay had 6 members respond to assume patient care until our local Paramedics arrived from Boswell. The crew calmed and assisted the patient and then assisted with patient movement.

**January 27th** – 2 members responded for a medical lift assist in Riondel. Paramedics on scene required some help moving the patient from the home to the Ambulance in a hurry.

With all of the new people and families that have moved to our community recently, I'd like to take a moment to remind everyone what our department does on the East Shore. With a current compliment of 18 members, 10 of which are also licensed Medical Responders, we respond to almost every emergency on the East Shore. With three separate boundaries for Fire protection, Medical First Response, and road rescue we are kept pretty busy. As Firefighters our first and foremost responsibility is structural protection within our Riondel Fire Boundary (Riondel Rd and Highway 3A to Tam o Shanter Creek North of Riondel). We do not do fire suppression outside of this boundary, meaning we unfortunately do not take the Fire Engines out of this boundary. We will attend structure fires

outside the boundary for public safety only. We learn and practice fire suppression once a week on Thursday nights, 7:00PM.

Our next boundary is for medical First Response. This area encompasses all of Riondel and North to Garland Bay (and beyond), Kootenay Bay and Pilot Bay, and all areas south to the highway address 13911 in Gray Creek. From there, the Boswell First Responders assume control over medical emergencies. As First Responders, we are trained to respond to all medical emergencies to assist Paramedics, or to take over patient care until an Ambulance arrives (if our local Ambulance is busy or unstaffed). We practice as a crew running medical simulations on the first Tuesday of every month.

Our last but largest boundary is for road rescue. This includes low angle rope rescue as well as traffic control for emergencies and the use of the Jaws of Life auto extrication tools. This boundary includes the first two and takes us out to Akokli Creek Bridge where Creston Fire takes over. Our Rescue truck is equipped with everything required to help in the event of a motor vehicle incident or over the bank rescue. We practice these skills in our spare time and during weekend courses throughout the year. Trying to stay on top of all the training and practice is a huge task that our members do with pride and enthusiasm. We do our best to help everyone during their time of need.



**Hacker's Desk**  
by Geoffroy Tremblay  
**From Left to Right in Karate**

My body is aching from the last few classes of Karate. We're building up the class's resistance to be able to do 500 kicks and punches as a warm-up. I am not alone in doing this; 10 to 20 other kids are kicking and punching with us.

With Covid, it has been a while since we last had a Karate class, but before Christmas, we started to meet regularly at the gym.

Every year has been different in Karate. Some years it was Klaus, James and me, only the three of us. I remember the two of them on my case, correcting my every move. In some other years, a few teens would join and then leave again; the group would grow and shrink with the seasons. It's been over 7 years now that I've been regular in Karate.

This year is yet another change in the class. There are a lot more kids from the school joining in. With different age groups, the teaching of Karate has to be different. While sometimes we focus more on the martial art aspect of Karate, this time, the focus is on the foundational part of Karate.

Karate is a martial art, and karate-do is a way of living. We're more in the Karate-do aspect of the art this year. What is the karate way of living?

One thing is to figure out what is your left from your right. What is walking, moving, and devel-

oping the mind-body connection. Listening to what is being said and trying to emulate it. It's concentration, discipline, and pushing yourself outside your comfort zone. It's continuing kicking even if you were tired at punch #200. There is an aspect of understanding your limits, comfort zone, and spatial awareness. How to interact with others and stand in front of someone who is about to punch you. How to move away while in control and control a situation to your advantage. Developing a strategy to know when you are tense and have a technique to relax.

All that while being playful about it. That part, the kids got it! All these learnings come before even learning the technique of Karate.



I enjoy both the martial art and the karate-do part of the practice. The DO at the end means the 'way' like in Bu-Do Aiki-DO Ju-Do, or even Shin-To (the religion following the way of nature).

What has been motivating is to see the evolution of all the students. Starting from a place mixing up their left and right to a place where they know different Katas (karate forms), being able to focus and direct their energy toward their punches and kicks. The changes I've seen in them are pretty impressive and happen quickly from class to class. This also motivates me to continue my own process of learning and pushing my limits. 500 kicks as a warm-up is hard for all of us!

With all the screens and the online distraction that I am trying so much to get away from, being able to offer an alternative to the digital world is quite rewarding.

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

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

Please remember, if you find yourself itching to help your community and meet a great group of peeps, come and join our team of professional volunteers, we meet **every Thursday night from 7PM-9PM** at the fire hall in Riondel.

Go online to [www.rdck.ca/EN/main/services/fire-services/volunteer-as-a-fire-fighter.html](http://www.rdck.ca/EN/main/services/fire-services/volunteer-as-a-fire-fighter.html) and fill out the application .

We hope to see you at practice soon!

**Community Futures** Central Kootenay

**Turning ideas into businesses**

- ✓ Self-Employment Program for business planning & launch
- ✓ Extra support for persons with disabilities
- ✓ Small business loans
- ✓ Free expert advice on business growth & product exporting
- ✓ Business management training

250-352-1933 • [futures.bc.ca](http://futures.bc.ca)  
Remote services available during Covid-19



Online Learning  
SD8 Kootenay Lake

## Media Release SD8 Now Designated as Provincial Online Learning School (POLS)

Elev8-DESK and Homelinks programs to be available province-wide. School District No. 8 (Kootenay Lake) is now a Provincial Online Learning School (POLS). This means that in 2023-2024, the district will be able to continue welcoming online learners locally and from across B.C. to its Elev8-DESK and Elev8 Homelinks programs under the new POLS model.

“I am very proud that our district has been designated a Provincial Online Learning School and that Elev8-DESK and Homelinks are recognized as valuable programs for K-12 online learners in our district and across the province,” said Board of Education Chair Lenora Trenaman.

“Currently we have approximately 600 students enrolled in online learning in SD8, and with this new POLS designation, we could see that enrollment increase as students from other districts will have the opportunity to pursue their education either in Elev8-DESK or Homelinks in the next school year,” said Superintendent Trish Smillie.

Students from SD8 will also be able to enroll in online learning programs at any designated POLS in B.C. with the assurance that no matter



## New Business on the East Shore by Dee/Aisha. The Blackbirds Bread.

A home-based micro-bakery located conveniently in the heart of Crawford Bay, The Blackbirds Bread supplies the community with organic artisan sourdough breads, bagels, and the occasional sweet treats.

Each bread dough consists of all organic and local flours, including Creston's Treasure Life Flour Mills heirloom grains. Some whole grains are milled in the bakery and used fresh in the next days' baking. The sourdough undergoes a slow, cold, overnight fermentation which increases the bioavailability of the bread's vitamins and protein, including gluten. This makes the sourdough easier to digest and available for usually gluten-sensitive people.

Every loaf is hand-made with lots of time and care. Always pursuing the perfect artisan loaf consisting of a rustic, deep, golden brown, blistered crust; while containing a soft voluptuous open crumb, with sweet characteristics of wild natural fermentation.

Contact Aisha Sayer at 250 777 8501 to order your loaves today – they aren't too beautiful to eat, they just look that way!

which POLS they attend, they will use a single provincial online learning platform (learning management system or LMS) and that each POLS will follow the same accountability and quality assurance process applicable to all provincial online learning schools.

B.C. Provincial online learning schools offer province-wide access and support services for learner needs. Students will be able to take online courses or programs no matter where they live, including:

- Students in any school district or independent school
- Students attending a non-independent First Nations school

- Homeschool learners taking grade 10 to 12 online courses

The way students access online learning in SD8 won't change for 2022-2023 and Elev8-DESK continues to welcome new students.

Contact: Trish Smillie, Superintendent and CEO  
250-352-6681/ trish.smillie@sd8.bc.ca



## Revised Media Release

A revision to the a media release below is highlighted. The public consultation will continue through February, 2023, rather than until the end of January, 2023 as previously stated.

January 13, 2023, Nelson, BC –SD8 is renewing its strategic plan and wants the public to share their ideas.

Contact: Trish Smillie, Superintendent and CEO  
250-352-6681/trish.smillie@sd8.bc.ca

*Article, Promotion, Opinion,*

*or just something you might like to share?*

**OPEN FOR SUBMISSIONS**



## Co-Op Grant Opportunity

by Dee Gilbertson

Editor, East Shore Mainstreet

I recently came across an advertisement for the Co-op Community Spaces Program. It was established to improve community health and well-being by building places for Western Canadians to come together, build social connections and enable community development. Projects can apply for between \$25,000 and \$150,000 in capital funding in three categories: recreation, environmental conservation, and urban agriculture. The application period is Feb 1 - March 1.

Further information can be found at [co-op.crs/articles/detail/community-spaces-funding](http://co-op.crs/articles/detail/community-spaces-funding) or contact: [communityspaces@fcl.crs](mailto:communityspaces@fcl.crs)



## Media Release

## Bargaining Continues Between SD8 and CUPE 748

School District No. 8 (Kootenay Lake) (SD8) is actively engaged in bargaining with CUPE Local 748 to negotiate a renewed collective agreement under the Province's Shared Recovery Mandate.

The union advised SD8 that CUPE members will take a strike vote. A strike vote is not a strike notice. This does not mean that CUPE staff will be going on strike.

“Once the vote is complete, the results are valid for 90 days. If CUPE members do want to strike within those 90 days, they would need to issue us with 72-hour strike notice. The parties have made progress at the bargaining table. While we have not yet reached an agreement, we are hopeful that an agreement will be reached,” said SD8 Superintendent Trish Smillie.

A mediator has been appointed by the British Columbia Labour Relations Board (LRB). Both parties attending mediation is a typical process in bargaining, which supports the parties to reach an agreement with the assistance of a neutral third party. SD8 believes that an agreement can be reached through mediation.

The deadline to finalize mediation is February 22, 2023. The deadline to finalize ratification of the mediated agreement is March 15, 2023.

Contact: Trish Smillie, Superintendent and CEO

250-352-6681 / trish.smillie@sd8.bc.ca



## WKCA Grant Opportunity

by Dee Gilbertson

Editor, East Shore Mainstreet

The West Kootenay Arts Council recently advertised some extensive and diverse funding opportunities. Please visit [www.wkartsCouncil.com/ckca-funding/](http://www.wkartsCouncil.com/ckca-funding/) for more information.

The main categories are:

- Arts Funding to Communities
- Minor Capital Arts
- Touring
- Mentoring/Master Classes
- Major Projects in Arts & Culture
- Arts Evolution
- Art Starts School Residency Pilot Project

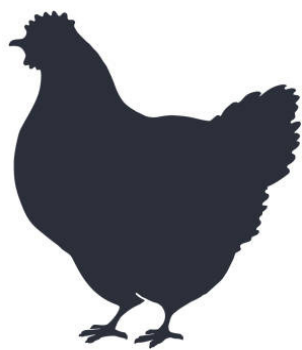
We live here artistically by nature, in this gem of a community - perhaps these opportunities will be of interest and benefit to some of our wonderfully talented members and those that enjoy supporting them.

For new members to our community, so you know - the Community Connections organization is the group to work with if you require a non profit or charitable organization to work with you in order to apply for a grant.



## Tales From *Sphrixieland* by Heath Carra Poultry Mysticism and Wood Stove Spirits

I spend a lot of time brooding on the lives and philosophies of my chickens, and I've recently come to understand that my chickens are animists. Only, they don't so much 'believe' in the souls of things like the roost, the feeder, the gate, and the plum tree, as much as they recognize their existence, and that's because chickens can see a lot more of the universe than we can. To begin with, they have 300° vision, and their eyes are tetrachromatic, meaning they have four types of cones which allow them to see far more colours than we can see, as well as ultraviolet. But as impressive as this is, it isn't actually what allows them to see into the spirit plane of the universe.



You know when you see a chicken bobbing its head as it's walking or even just looking curiously at something? That bob of the head is what allows them to see this other level of reality. It's like there's some switch in their neck somewhere that gets flipped, and they get a peek behind the veil. Then they just toggle back and forth as they waddle.

That spirit plane they bob their heads into, they call it the Numisphere. And those spirits of the roost, the feeder, the gate, and the plum tree? They call them the Numinous Inherent in the Corporeal or just the Numi.

The interaction of all the Numi creates a harmony that acts as a sort of latticework support structure for our mundane physical reality. By respecting the nature of those spirits, a chook can align herself with that harmony and realize a rich and fulfilling backyard life.

How do I know any of this? I mean, it's not like I heard a pecking on the door one day, and when I opened it, there were two neatly trimmed out chickens with a pamphlet under a wing asking if I've heard the Numinous good word or anything. Chickens aren't really too interested in spending time trying to enlighten others to the structure of spiritual reality. They're too busy eating, laying eggs, and pooping to be bothered with any of that. But if you're patient and you listen, they're often generous with their wisdom.

If you take time to study it, poultry religion and mysticism proves to be a fascinating subject. It's not a topic a lot of people think about, but I've had time to spend with my chickens recently, and this is what I've been learning.

Now, I'm not saying I've converted to Chick-enism or anything, but I have started looking

more carefully at the world around me, and I've been considering the idea of things having spirits.

Take the wood stove, for example. I have a daily relationship with it that begins with me gathering the materials to start a fire. Then, throughout the day, I make regular pilgrimages to maintain it. But the wood stove has a nature that needs to be understood and respected for a clean burning and happy home heating experience.

Some days, the Numi of the wood stove doesn't like my arrangement of paper and kindling when I'm building a fire. It gets offended and sulky, and it peevishly burns up all the paper without igniting the rest of the kindling, leaving it scorched like a kind of rude gesture. So then I have to come back and placate it. I recognize that maybe I was just mechanically going through the motions this time without stepping back and taking a moment to pay proper homage to a very powerful entity that resides in my home and upon whom I rely. I then take a moment to be thankful for it. I add more paper and fuss with the kindling, creating a more pleasing arrangement of the small crisscrossing sticks. The Numi of the wood stove has a keen eye for composition. Also, I think they like it when you whistle to them. There's a nice symbology in the blowing of air, and the musical nature puts the Numi in a generous mood.

They also like company. When you've developed a relationship with your wood stove Numi that is based on mutual respect, they can be very happy with a bit more independence. But you never want to piss a stove Numi off. Remember, you're literally playing with fire. Don't toy with its emotions too.

It's worth keeping in mind that wood stove Numi are very proud. They like cleanliness, and they like attention. They're actually quite extroverted, and they like bonding with people. They feel rewarded by making you comfortable in the dead of winter, and in exchange, they like to be groomed. They're kind of like a cat. You know the look of bliss that comes over a cat's face when you scratch between its ears? That's the look the wood stove Numi makes when you sweep its chimney.

Sweeping up around the stove, keeping it tidy, is always a good practice too because the stove Numi doesn't want to look bad in front of the other Numi in the room. They want it to be known throughout the home that they have status. This helps them feel they're receiving the respect they deserve, and they're much more likely to be an ally. Stove Numi can get very emotional, and they can feel hurt if you don't regard them as an entity with feelings. I mean, you wouldn't like that, would you? And they hate it when people treat their stoves like a soulless piece of equipment meant to be dominated.

So the next time you're building a fire in your wood stove, take a moment to consider the unique and sensitive nature of your own stove's Numi. As you perform your rituals, consider how pleasing or abrasive they may seem to the Numi. Take care when arranging your kindling and whistle as the fire comes to life. If you feel like it, try bobbing your head like a chicken. Who knows, you might be able to catch an actual glimpse of the Numi in action. And if not, then at least you'll look really silly. Wood stove Numi are so serious all the time that a bit of comic performance could only be refreshing.



## Festival Update submitted by Matthew Winger

### Dearest Starbelly Community

We have been touched by your support, enthusiasm, and encouragement over the past couple of years and we've heard loud and clear that you want **ANOTHER STARBELLY FESTIVAL!**

We are pleased to inform you that we have been working hard since our AGM to try and make this a reality for this coming summer. There are lots of new faces on our team and this juggernaut of a project is starting to gain momentum, BUT, we need some more key teammates to join us in this endeavor. Since our East Shore Community has always been an integral part of any festival in the past, we wanted to let you know while we're still in the planning stages about what we're putting together:

#### DETAILS:

We'll be moving the festival a little later to July 28 - 30th. This should allow us to dodge the worst of the mosquitos and slide in before the smoke arrives.

The scope of the festival will be trimmed back. We're aiming for half to two-thirds of our normal attendance. This should allow us to reduce the pressure on our managers and volunteer staff and help make things a little easier to manage.

As we proceed with our planning, we'd like to know:

- 1) Are you interested in working with the Starbelly Team again this year?
- 2) If so, in what capacity?

We need managers to help organize and oversee the:

- Decorations
- Parking
- Food and Craft Vendor
- Campground and more...

There are many ways you can be an essential, highly valued, member of our team. Also, there is a job posting in this month's issue of the Mainstreet for a Festival Operations Manager.

If none of these managerial roles have piqued your interest, no worries. We'll have plenty of volunteer opportunities coming up as we get closer to the summer.

If you have any questions and/or would like to get involved, please contact us via: [info@starbellyjam.org](mailto:info@starbellyjam.org).

**Barefoot Handweaving**



**Warm cozy straw building, warm colours and warm hearts for this year!**

**Open ... sometimes 227-9655**

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

**Smarter Than Jack or Jill**  
by Sharman  
w Horwood  
**Revising Rats**

Like humans, rats can be found on all continents, other than Antarctica. They are adaptable and know they can thrive on our waste. They originated on the central plains of Asia about one million years ago, and followed us from continent to continent, surviving in our cities.

The first wild rat I encountered was a brown rat in South Korea. I lived in an apartment in Chin-ju, considered to be a country town, but really a city. The population was over 350,000 then. My apartment was on the third floor of a concrete building. One night on a full moon, the night was so clear I stood outside the front door, and looked out. A rat was clinging to the outside wall, an extension from the next building. It was managing to climb across the vertical wall to our building. Its arms were splayed out, its claws scrabbling in cracks so small I couldn't see them. I had nothing to throw at it, so I shouted. It ignored me. And it succeeded in reaching the other end of the building.

The second rat was in Seoul, that vibrant metropolis of over fourteen million people. South Korea has a very good waste management system: every night all stores and small residences place their garbage bags out by the curb. During the night, every night, small trucks scour the streets, picking up all the trash that's been set out. The system has worked for them for many years. It also works for the rats.

I was walking home from the subway station. I saw something move next to a pile of garbage by the curb. It was a large rat sticking its head out of a hole in the sidewalk. Right beside the garbage. It nipped into a bag, then dashed back down the hole, disappearing just as fast. The rat had found the food it needed.

Cities are havens for rats. I saw these two rats not because I was in Korea but because I was in a city each time. New York City estimates that it has over two million resident wild brown rats, according to The Nature of Things, "Rat City." Rat researchers in Vancouver collect biological samples and send them the New York State Psychiatric Institute to be tested for the presence of hormones that indicate stress levels, as well as genetics. There they study how stress impacts the brain, and the damage that does to human abilities. Rats might have an answer to this in their brain's evolution. If they have developed neuroplasticity, the ability in the brain to adapt, they are coping well (The Nature of Things, "Rat City").

In Richmond, Virginia, for example, behavioral neuro-scientists are testing methods to reduce stress in domesticated brown rats, cousins of wild brown rats. To do so, they are teaching the rats to drive (The Nature of Things, "Rat City"). If a rat presses a lever, the small box they're in moves forward. They enjoy the experience, as well as their Fruit Loops reward. Putting them in the driver's seat reduces their stress levels because they feel more in control of their lives.

Surprisingly, rats have a social culture. They are homebodies. With DNA testing, scientists have learned that they remain in the same area all of their lives. They also develop a taste for certain foods. The rats on one city block that has a pizza restaurant, prefer pizza over other foods. The rats in the next block, that has a Chinese food

takeaway, like chop suey over everything else (Nature of Things, "Rat City").

One rat mother raises her pups for three weeks. Once the pups are weaned, they are on their own; however, they have developed a taste for certain foods from their mothers' milk (The Nature of Things, "Rat City"). As a result, they are pre-programmed to eat foods available to them on their block. Rat mothers are rapid reproducers: when their weaned pups are gone, the mother gets pregnant again immediately. They give birth to two to twelve pups at once. In theory, a rat mother could bear 15,000 descendants in one year (The Nature of Things, "Rat City").

One benefit is that diseases rats might carry don't always spread to rats on the next block. Dr. Kalee Byers in Vancouver (the city that has been voted the "rattiest" city of B.C. for five years in a row, according to The Nature of Things, "Rat City") has shown that while 60% of the rats in one block might carry a specific disease, sometimes none of the rats in the next block carry it at all. By staying in their "hood," rats actually contain the spread of their diseases. Also, rats carry diseases like salmonella or E coli, but don't often spread them to humans (The Nature of Things, "Rat City"). Instead we catch them from other sources, like poorly washed lettuce, for example.

Rats build their nests in areas they can easily access, such as tree pits where trees are planted in cities. From there they dig holes that go down to the sewers--their superhighway--that form their infrastructure as well as ours. They love pocket parks, little corner parks for trees, bushes, and grass. Their holes are hidden from above, and they are safe from predators. In rat burrows, they will have excavated different rooms for separate purposes: a nursery, for example, where the pups live, or a pantry where food can be stored (The Nature of Things, "Rat City"). Litter bins are food buffets for rats. Like the rat I saw plowing its way into the garbage bags, rats will climb into the litter bins with gusto. Rat superpowers include the ability to climb up the sides of bins, or even walls. Their toes can dig into spots that we can't see.

Rats have followed humans around the world. They have some great superpowers, such as their sense of smell, their hearing, and the ability to squeeze through a hole the size of a quarter. They also have a great ability to adapt. Their culture and reasoning skills make them remarkably intelligent for diminutive animals.



**Yarns of a Back Alley Shepherdess**  
by Barbara Kuhn

**Happy February, everyone!**

I have been wondering about so many things in the past few years. Humanity and all its manifestations have particularly been on my mind. I've wondered about our ability (or disability) to truly accept and help one another as a community. I have come to understand that it has little or nothing to do with ability; it has more to do with our willingness to participate.

I am guilty of being a turtle at the first sign of trouble, hiding in my shell and retracting myself from everything and everyone around me. Just like we all had to do, albeit against our will, not so long ago. My overwhelming conclusion is one that has surfaced throughout history: we are meant to live in community. Isolation will kill us faster than anything. What is the glue? What draws people together?

The love of singing draws us together as a group on Tuesday evenings in Gray Creek. We come out of our individual homes, some of us taking considerable effort to arrive. Why? The feeling when we arrive at the hall is much different than when we leave. We start out,

well, at least I do, making some sort of warbling noise that has to find it's tune as we warm up.

My vocal chords sometimes start twitching in public to sing songs and I find myself singing in the Crawford Bay market. The other day it was "Amazing Grace", a while ago it was a Gregorian Chant. I don't know, it just came out of me. I realize this makes me seem eccentric, well, it's because I have always been this way.

As a child I sang, very loudly, running through the woods by myself. I once encountered a classmate from school unexpectedly while doing this. She told me at school the next day that she didn't know I could sing. I had kept this to myself, being very shy.

At other times, I hummed. I was swimming with some friends, doing laps to practice for swimming tests. My friend asked me why I was humming. "I am?" was my response. I had no idea. I just always had.

So, finding myself in Gray Creek on Tuesdays, is the perfect place to be. We come from our homes and lives, bringing our unique vibrations, born of our experiences and our love of singing, to share. The result leaves us feeling a harmony that can't be adequately described. I can't help but feel that it eases us through the next week, until we meet again. How can I keep from singing?

This article is dedicated to *Ellie Reynolds*. **Thank You** is not enough.

**The Fitness Place**

**OPEN 5:30am-10:30pm**

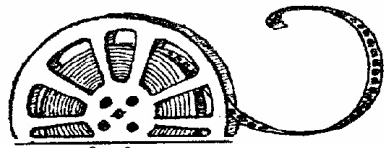
(with select hours closed for cleaning/school use)

MEMBERSHIP PRICING:

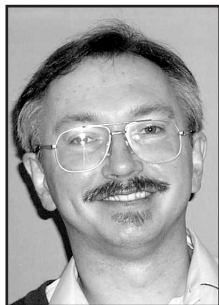
- 1 Month - \$30
- 3 Months - \$60
- 1 Year - \$200

Inquiries can be made by emailing [eastshorefacilities@gmail.com](mailto:eastshorefacilities@gmail.com)

**We are currently looking for volunteer Gym Supervisors, in exchange for free membership!**



**Seldom Scene**  
by Gerald Panio



“Mrs. Lewis paints what we dream about.”

I’m always looking for Canadian and Canadian-themed films to feature in this column, and this month I’ve got both a memorable film and a remarkable story. The film is *Maudie* (2016), directed by Aisling Walsh. *Maudie* is a biopic about the life and work of Maud Lewis (1903-1970), a Nova Scotia artist who managed to transcend personal hardships to create paintings that are utterly suffused with joy. One of my favorites is “Cows Grazing among Flowering Spruce”—an impossible vision that leaves me smiling for days on end. She is the only artist I know who has had her entire house restored and displayed inside an art gallery (the Art Gallery of Nova Scotia, to be precise).

Maud Lewis’s health was precarious from her early childhood. Congenital disorders sloped her shoulders, curbed her spine, recessed her chin, limited her growth, and made walking increasingly difficult as she grew older. When she died, she was buried in a child’s coffin. She likely suffered from juvenile rheumatic arthritis, which over the years crippled her hands to the point where she could barely hold a paintbrush. This may not sound like a scenario for a life of artistic triumph, but it most definitely was.

Veteran English actress Sally Hawkins captures the Maud Adams who gives new meaning to the overused word “resilience.” Not just her debilitating physical pain and the soul-killing ostracism she faced, but her humor, her sass, her indomitable courage, her fierce independence, her humility, her smile, and her extraordinary talent for turning memories into paintings as bright as birdsongs. The quality of Hawkins’



performance was sadly overlooked in the year of the film’s release (perhaps, in part, because many critics never saw the film, or failed to grasp how closely the performance mirrored reality), but she did win a Best Actress Award from the National Society of Film Critics in the U.S. Somebody was paying attention.

Maud Lewis’s childhood was a loving one, despite her challenges. Her mother taught her piano and painting, and in her early teens Maud would paint Christmas cards that she and her mother would sell door to door for 5 cents apiece. Art was a very practical affair from Maud’s earliest days. That sheltered childhood ended abruptly; by 1937 both of her parents were dead and Maud was left to the untender mercies of her older brother, Charles. Charles sold the family home from under her, kept the

profits, left her at an aunt’s house, and never looked back.

Penniless, unable to do the physical work that a typical unmarried young woman might have done at that time (housecleaning, working in a cannery), Maud was adrift, then seduced and abandoned. Pregnant, she was whisked away to give birth far from gossiping tongues. Her aunt told her that her baby had been stillborn and deformed. Maud never saw the child. Towards the end of her life, she would learn that her aunt had lied—her baby had been perfectly healthy and “sold” to a well-to-do couple to raise as their own. After all, her aunt would insist, she couldn’t possibly have raised a child herself.

It’s at this very low point in her life that Maud Lewis demonstrated the strength of will that would ultimately make her one of Canada’s best-loved artists. She answered an ad for a live-in housekeeper, posted by an itinerate, illiterate fish peddler, Everett Lewis, who lived in a tiny house on a dirt road connecting Yarmouth to Halifax. Everett was no picnic—misogynistic, miserly, short-tempered. His house measured 4.1 x 3.8 m, with a low ceiling, three windows, a loft with a bed, no running water, no electricity. The only source of a heat was a woodstove. Not exactly the home Maud Lewis



might have dreamed of, but a home nonetheless. Within the space of a few weeks, Maud had convinced Everett to marry her (she was 36 or 37, he was 44) and they spent the next 32 years together in a space no bigger than most people’s living rooms.

We don’t really know what went on in that little house over the three decades that Maud Everett lived there—we have no letters, no diaries, no detailed testimonies from close friends or neighbors. But what we do know is that Everett would, as the years passed, let his wife cover virtually every available surface in their home (including stairs, windows, doors, the stove, etc.) with paintings. He provided boards for her to paint on, and bought her first oil paints. As Maud’s physical health deteriorated, he took over all of the housework and cooking while she sat in her chair by the window and created the hundreds of cards and paintings that would wind up on Canadian postage stamps and in galleries across the country. During her lifetime, Maud Lewis never sold a painting for more than \$10, including the one commissioned for the White House by then Vice-President Richard Nixon (from whom she insisted on cash-up-front before she mailed her painting). Everything she painted, she sold, either by mail or to people driving by.

Times have changed. Lewis’s small paintings now sell for tens of thousands of dollars. In 2017, a painting found in a Mennonite-run thrift store fetched \$45,000. Another, *Black Truck*, traded for a cheese sandwich in 1973, in 2022 sold at auction for \$350,000. Even during Maud’s lifetime, her extraordinary work ethic meant that she’d do as much as a painting a day, or one every couple of days, When Ever-

ett died in 1979, killed by a young thief who’d heard rumors about pots of money stashed in the house, about \$20,000 was found in the home and a similar amount in a bank account. It’s possible that Maud had no idea of how suc-



cessful her sales had been during her lifetime. Everett made no improvements to their home, with the exception of the purchase of a small trailer for use as a studio in Maud’s final years.

In *Maudie*, the role of Everett Lewis is played by Ethan Hawke, almost unrecognizable as a gruff, monosyllabic, tongue-tied, chip-on-the-shoulder bachelor and problematic husband. As with Sally Hawkins, Hawke’s performance was almost totally ignored by critics. He won a Canadian Screen Award for Best Actor, and an Irish Film and Television award. I think this is one of the best instances of an actor playing against type since Catherine Deneuve’s turn in *Repulsion* or Henry Fonda’s as a cold-blooded killer in *Once Upon a Time in the West*.

Sherry White’s screenplay makes Everett out to be a bit of a diamond-in-the-rough. A man struggling with his limitations, but from time to time rising above them. It’s likely too-generous a portrait, but that’s okay. Something kept Maud and Everett together for 32 years, and made possible that wonderful, happy river of paintings. Family, imperfect and frustrating as it can sometimes be, can be essential to long-term survival. Emily Dickinson’s life makes a good parallel to Maud Lewis’s; the shelter provided by Dickinson’s home & family allowed her to write some 1800 extraordinary short poems. Lines from many of those poems, in their understated celebrations of nature at its most engaging, could caption Lewis’s paintings.

As for what can happen when family ties are broken, one could watch *Maudie* on a double bill with *The Whole Wide World* (1996). Set in 1933 in rural Texas, *The Whole Wide World* is a window into the last years of fantasy writer Robert E. Howard, the creator of Conan the Barbarian and other memorable characters, Howard committed suicide at age 30, shooting himself hours after being told his mother would likely never regain consciousness from the



coma she’d fallen into. Maud Lewis, without Everett and his tiny house, might have waged a similar short, losing battle with loneliness and illness.

*Maudie* is beautifully photographed by cinematographer Guy Godfree, with shots of the Maritime landscape through the four seasons. Curiously, the film was shot on location in Newfoundland rather than in Maud’s south-



## LOCAL COLUMNISTS

eastern Nova Scotia. I loved the shots of Everett trundling Maud around in his massive peddler's wheelbarrow, a Sisyphus who's found a better fate than pushing a rock up a hill (his life before Maud). Frequent silhouetted shots of Maud crossing a long causeway have the lyrical effect of the dashes in Dickenson's poems. Michael Timmins, of the Cowboy Junkies, provides a spare, gently buoyant musical score. There are fine supporting performances from Gabrielle Rose as Aunt Ida, and Kari Matchett as Maud's supportive New York neighbor, Sandra.

Maud Lewis finally caught the attention of the wider Canadian public when a CBC news crew filmed her and Everett at their home in 1965. A year earlier, an article on her work had been featured in the Toronto Star Weekly. An NFB documentary, Maud Lewis: A World Without Shadows, came out in 1976. Since then, Lewis's nostalgic pictures of turn-of-the-century Nova Scotia, her landscapes, coastal scenes, her cats & deer & oxen, have become iconic. One of the best biographies of Lewis, Lance Woolaver's Maud Lewis: The Heart on the Door, is available through Kindle for under \$8. Another excellent online source is Roy Cronin's richly illustrated e-book, Maud Lewis: Life & Work, at the Art Canada Institute website. You can even do a virtual tour of Maud's rescued & restored Painted House. As one critic remarked, both Maud and her house were tiny in stature but large in character. The same could be said of Maudie. It's available for streaming on Netflix.

CRAWFORD BAY  
COMMUNITY HALL &  
THE PARK FACILITIES  
ARE AVAILABLE FOR  
YOUR NEXT FUNCTION



email: [bookings@cbhall.ca](mailto:bookings@cbhall.ca)  
Crawford Bay Hall & Parks Association

*Next Deadline:*  
**WEDS Feb 22**

## Crawford Bay Hall Board News by Leona Keraiff

After three years of intensely devoted time and energy by members of our Association and the incredible support of many of you, we are seeing a light at the end of the tunnel that is the restoration of our community hall. We have some promising grant opportunities inspiring our vision so please stay tuned as we cross all fingers and toes for good news in the near future.

Because of the aforementioned 'light', we are casting our eyes on the other properties of which we are the stewards: our community park which includes the Pavilion and Community Corner building as well as the Kootenay Bay Boat Launch. We are aware that these community spaces also need care and attention. We invite any and all of you with ideas to formulate them into a plan (hopefully involving your participation) and to share them with us. [info@cbhall.ca](mailto:info@cbhall.ca)

Please allow me to remind you that the small hall, main hall & kitchen as well as the park's corner building and pavilion are all available for community activities. Covid restrictions have lifted and these spaces are ready for you. We welcome your joyful noises!

Email [bookings@cbhall.ca](mailto:bookings@cbhall.ca) to reserve.



## Rooted in Health

by Maya Skalinska  
M.H., R.H.T (BCHA)

## Seasonal Allergies

It's February - You would think it's way too early to be thinking about seasonal allergies. Generally, hay fever, a hypersensitivity reaction stimulated by tree, grass or weed pollens, doesn't start till March or April, depending on the year. This unpleasant inflammation of the nasal passages resulting in sneezing, runny nose and itchy red eyes is on the rise. There are many factors contributing to this rise, including increased sterilized lifestyle, sensitivities to other allergens such as house dust, animal dander, or toxins in processed foods. A diet high in foods that promote thick mucoid accumulation (pollen and other allergens get trapped in the mucus of the upper respiratory system) and high histamine foods also play a role. Damage to the gut wall, which in turn promotes histamine release and poor assimilation of nutrients is a culprit as well. On top of that, environmental factors such as climate change is increasing the length of allergy season.

So, why am I talking about this in February? For those of you who suffer from seasonal allergies, and want to get a handle on this naturally, now is the time to start taking key supplements and herbs, as well as reducing the intake of mucus forming and high histamine foods. To start treating hay fever with natural products at the same time of symptom onset is too late. It takes time. Depending on severity, I find one month before onset of symptoms is the very minimum to start treatment and dietary changes. If you have been suffering from hay fever for years and your symptoms are severe, you may want

to start treatment at least three months or longer before hay fever hits, and implement preventative measures all year round.

For the diet, reducing or ideally eliminating mucus forming foods is a good start. These foods include all dairy, flour and sugar (refined white or brown sugar). High histamine foods include processed foods with food coloring, canned foods, cured meats, and most fermented foods. Additives such as nitrates and sulphites, avocados, bananas and sadly, chocolate trigger histamine release. Alcohol, black, green and mate teas block the necessary enzyme responsible for breaking down histamines. So, you want to be mindful and choose your meals wisely.

Key supplements and herbs:

- Vitamin C is a primary antioxidant in the lungs and is a powerful antihistamine that does not cause side-effects. It also normalizes our immune responses. Recommended adult dosage is 1000 mg, three to five times per day, or to bowel tolerance.
- Quercetin/Bromelain combo. Quercetin is a potent antihistamine flavonoid. It is concentrated in onions, garlic, capers, cayenne, apples, berries and tea. Bromelain is an enzyme from pineapple. It reduces swelling of the throat, sinuses and nasal passages, and thins mucus. Both should be taken together for better absorption. Products containing 1000 mg Quercetin and 500 mg Bromelain are best, taken three times per day.
- Nettle tops, Holy Basil, Reishi. These are my favorites and work best in combination with the above supplements. All can be taken as tea, capsule or tincture. For tea, two pinches of nettle or holy basil per one cup boiling water, cover and steep for 10-15 minutes. Drink 2-3 cups per day. For Reishi, 2-3g per day is a general recommended dose. Reishi mushroom is also a fantastic immune modulator. If you need more immune help, Reishi works best in combination with other mushrooms such as Chaga, Turkey Tail or Cordyceps.
- Homeopathic remedies are recommended based on a person's symptoms. For exam-

ple, if your symptoms are repeated fits of sneezing, and a nose that "runs like a tap", Sabadilla would be the remedy for you.

- Essential oils such as Myrtle, Hyssop and Eucalyptus oil are all very effective decongestants. Put 2-3 drops of each in a vaporizer and have it on when you sleep.

In addition, a diet high in a flavonoid called kaempferol found in cruciferous vegetables, and luteolin found in thyme, sage, celery and parsley, plus quercetin mentioned above is a good way to go. For severe cases, the use of specific herbs that inhibit inflammation, tone and re-store the respiratory mucosa and lungs, as well as modulate immune response is always indicated.

To treat hay fever naturally, our bodies need time to properly regulate our histamine response, strengthen our immune system and clean up our guts, so when the pollens hit, we're better equipped to fight them off.

Maya is a Registered Herbal Therapist with BCHA. She offers **Iridology**, **Herbal Medicine** and **Nutritional Consultations** in Crawford Bay and Nelson.






Tom's Corner  
by Tom Lymbery

## Cruising The Yukon River

Having read so many stories of the Yukon gold rush and the sternwheelers I have always been fascinated by the Yukon River. And Geoff Beley's canoe trip from Carmacks to Dawson City made me want to actually travel that amazing watercourse that is 1,980 miles long (3,190 kilometres).

When I found an ad in Harrowsmith Magazine for a tour boat that was going to make a weekly trip from Whitehorse to Dawson City, I immediately sent for information. Sharon and I booked the first trip north to Dawson City on MV Anna Maria, a boat with 12 cabins each accommodating four in bunks, deck passage for more, and a charter to deliver mail along the route.

	<b>MV Anna Maria</b>
	River & Lake Tour Vessel
	L.O.A. 19.81 M
	Beam Mid 7.62 M
	Full Load Draft 0.76 M
	4 Engines 4 Rudders
	Fuel Oil 6,900 L
Crew of 4	
Aluminum Construction	

The MV Anna Maria can accommodate 28 day passengers and 12 berthed passengers.

This was being organized by Gus Karpes and Irene

Pugh, who had piloted rivercraft on the Yukon for ten years and 20,000 miles. The brochure even included a schedule showing trip departures and arrivals at 20 ports-of-call along its 460 mile route from Whitehorse to Dawson City and back every two weeks. Only sketches of the boat were shown, as it was under construction in Sidney at the Victoria airport. That first trip was deferred from June to August. Then we heard it had been delayed again until the following year. The boat had to be built entirely of metal, as fires on cruise ships using wood had caused horrible deaths. We had already bought our air tickets, so we decided to make that August trip regardless. We rented a pickup and camper in Whitehorse and did some touring - Mayo, Keno, a few days in Dawson City for the annual anniversary of Discovery Day, then over the Top of the World highway to Tok, Alaska, and back to Whitehorse.

We rebooked for the first trip the following June, and learned we were to catch the first Anna Maria trip up the river from Dawson City to Whitehorse.

The staff was most helpful, and when we landed in Whitehorse, we found they had arranged for us to drive a pickup to Dawson, as Air North didn't fly there on Saturdays. In Dawson we booked into a hotel, and as we had an Air North credit we booked a return flight to Old Crow, north of the Arctic Circle. Old Crow is an isolated indigenous community which is only accessible by air. This got us in the air for over two hours so we could see the many twists and turns of the rivers. The plane crew was unused to tourists visiting Old Crow and we enjoyed



flying in a DC-3, the 25-passenger plane which had proved itself during the war years and initiated popular flying.

Later Gus Karpes contacted us to say that the boat was not going to make it to Dawson. Instead we would only go upstream from Carmacks to Whitehorse.

The rudder on one of the four outboard motors had broken off while crossing a gravel bar on the downstream trip. They had managed to get as far as Carmacks, above the Five Finger Rapids where you have to take the right hand channel.

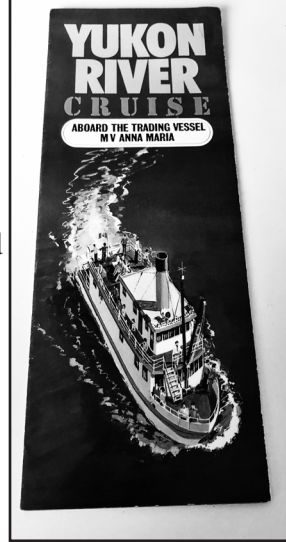
We were disappointed to miss it. However the Anna Maria's pilot house was only one deck above the level of the Yukon River, which constantly changes direction as the river level and flow drops and rises. In the years since sternwheelers travelled the river, bridges, power lines and more had restricted the clearance underneath. If the Anna Maria had been built with a sternwheel it likely would have crossed those shallows safely, but sternwheel technology had been discarded by the Sidney rivercraft builders.

We were driven to where the Anna Maria was tied up. We were welcomed and found our cabin comfortable and the meals excellent. At the dinner table one evening, an older passenger told us he had been born in Dawson City but had never lived there, so he was unable to join the Yukon Order of Pioneers. His father had travelled north in 1902, hiking the rail line from Skagway to Bennett under construction at the time, and then rafting down to Dawson City for a job as a printer for the Dawson Daily News. His son had his father's diary of that trip, and read us selections from the diary. We had seen some of the places mentioned, such as the place where a sternwheeler had blown up, and the U.S. Bend where the river makes a U-turn and reverses itself.

From Carmacks we stopped at Hootalinqua where the Teslin River flows into the Yukon. While there we viewed the remains of the Evelyn (later renamed Norcom), a derelict sternwheeler abandoned on the shore. We then climbed to Thirty Mile where the river makes sharp bends to climb to the level of Lake Laberge. We could easily see the Arctic Grayling in the clear water. At Lower Laberge, we tied up overnight to the frame of an old sternwheeler which serves as a dock. The next day we motored up Lake Laberge without encountering the fierce winds that it is famous for. All too soon we were back in Whitehorse.

We much enjoyed the trip but were disappointed not to have travelled all the way to Dawson. Later, Joann Vriend reported she had seen the Anna Maria in Dawson, so the boat did manage to make one trip all the way.

tacted us to say that



The MV Anna Maria as pictured in the brochure. Photo courtesy of Tom Lymbery

View of Lake Laberge. Photo courtesy of Janet Schwieger

Carved figure overlooking the Yukon River. Photo courtesy of Janet Schwieger.

Builder's specs for the MV Anna Maria, from the brochure. Photo courtesy of Tom Lymbery

## TOM SEZ

by Tom Lymbery

- Strict Amish families don't allow their children to have doll with faces – no hair, nose, mouth or eyes. This apparently is because "All are equal in the face of God".

- Skunk cabbage leaves can be used to wrap food with no flavour being attached – even for roasting a steak inside a leaf. The big skunk cabbage leaves can also be folded to contain berries if you find a patch when you don't have a container.

- Jamie Davis, the star of the TV show on the Coquihalla, Highway Through Hell had an accident January 8th, while driving his red tow truck on highway 5, near Avola BC. No one was injured but several vehicles tied up the highway. Jamie grew up as his dad took him along in his tow truck from the age of 5.

- In grade 11 at St Georges 4 of us were sent to see A Summer Nights Dream at St. James church on Cordova Street. Arriving early after the streetcar ride downtown we walked down Cordova. At the foot of a stairs a woman said "come on up boys, if you've got \$2 I'll show you something nice." I had \$2 but was outvoted. At least we still had our admission for the Shakespeare play.

- The annual Stupour Bowl is a big elbow bending event across the US, and for some in Canada.

- Having cats is like having teenagers – you never know what they may do next.

- I completed Grade 13 at St Georges in Vancouver in June 1946. There was no graduation ceremony as all private school students had to write all the exams, and wait for the results in the mail, sometime in July.

- I had a Latin exam which delayed my departure on the Kettle Valley train to Nelson. When I got there at 7.30 pm I found I had to wait for the east-bound train to leave, as the train had an engine and crew change before leaving at midnight. In about 30 minutes I got to Procter where I stayed overnight with friends. The Nasookin was in for a boiler clean so the Moyie was substituting. It was Saturday when the Moyie made her weekly trip to Kaslo which was unchangeable. I boarded the Moyie with my bike and got off in Kootenay Bay, then cycling home to Gray Creek.

- Follow up on this month's article – Cruising the Yukon River. The unsuccessful Anna Maria was sold that fall, loaded on a trailer to end up I don't know where. Since Old Crow is only accessible by air the Native Band has substantially funded Air North, making a valuable joint venture. Air North has also offered Yukon residents the opportunity to invest in the Airline, including one free return flight each year. These are highly prized, but rarely available.

- Kootenay Lake level starts to drop ever January to reach zero feet by March 31, to prepare for the seasonal runoff.

- When Sharon was taking Nurses Training in Vancouver in 1962, I found a Playboy Magazine ad for the Worlds Largest Valentine. I mailed a US dollar bill and when it arrives at Sharon's Grandmothers place where she was boarding, Sharon found it almost covered one wall.

- Further to this month's obituary for Jane Snelgrove – her father, Arnold Spence, moved his family from Springhill, Nova Scotia as the Bluebell Mine was looking for experienced miners. Hard Rock mining was also considerably safer than coal mining, with explosions and "coal damp". Springhill was as well the site of the Canadian movie "Margaret's Museum". Springhill is also the home of Anne Murray, Canadas best singer.

## COMMUNITY NEWS



### SKLCSS January Update by Garry Sly

2022 was a busy year for *South Kootenay Lake Community Services Society* (aka *Community Connections*). As a local non-profit society, we continue to try to serve the community by sponsoring grants and projects that support and enhance the health and well-being of residents of Area A. We are also continually trying to initiate new programs that can benefit our communities, particularly programs that can benefit seniors and youth.

Our *TAPS* seniors social program has been going strong since last spring and will continue throughout the winter and spring at which time our program and funding will be reviewed and, we hope, renewed. Ginger and Tina, our *TAPS* team, have posted the winter schedule throughout the community and continue to update the Eastshoretaps *Facebook* page.

We are also currently running a project to help Seniors with small jobs around their homes or properties for the next two months. Please contact us if you need some assistance with a small job such as getting garbage/recycling to the dump or moving or stacking firewood.

A new program that we will be initiating this spring is a Junior Youth Group that will be for youth aged 6 to 11 years old. This was made possible by a *Thriving Families Grant from Columbia Basin Trust* and from a *Community Investment Program grant from the Nelson and District Credit Union*. We are currently looking to hire a coordinator and assistant coordinator for the program and we are hoping to run the program two days a week after school. Many thanks to the dedicated group of parents that have worked with SKLCSS towards planning for this program.

The East Shore Youth Network has continued to be very active with sports, cooking programs, art classes as well as providing a Whitewater ski shuttle for youth. We are currently looking for a new assistant coordinator for the program. The position

requires a very flexible schedule and is usually between 6 to 10 hours per week. Please contact us if you are interested. Many thanks to Columbia Basin Trust for their ongoing support of our East Shore Youth Network.

Babs Lucas and Farley Cursons recently completed a historical interview project with Tom Lymbery. The project was made possible by Regional District of Central Kootenay grants and will soon be uploaded to the Eastshore.life YouTube channel. Many thanks to the RDCK for their ongoing support of the historical video projects. There are currently seven videos on the YouTube channel of interviews with long-time residents of the East Shore.

The SKLCSS Annual General Meeting will be taking place on Wednesday, February 15th at 6:30 pm at the Crawford Bay Hall. This meeting is open to the public and anyone wishing to become a member of our society, please contact Garry Sly at 250-505-2634 or email [skootenaylakecss@gmail.com](mailto:skootenaylakecss@gmail.com). This is a good opportunity for community members to come out and learn more about our organization and the local projects and programs that we support.

Part-Time

EAST SHORE  
YOUTH NETWORK  
NOW HIRING

Wage  
\$22/hr

### ASSISTANT COORDINATOR

South Kootenay Lake Community Service Society is seeking an Assistant Program Coordinator to help supervise recreational, cultural and social programming for youth, as well as front-line facilitation. Experience with outdoor recreation is an asset, as well as experience working with youth.

The Duties:

- Supervise recreational, cultural and social programs and special events for youth aged 12-19 residing on the East Shore of Kootenay Lake
- Supervision of volunteers
- Work with the Youth Network coordinator in programming creation and prep
- Approximately 5 to 10 hours per week

The Candidate:

- Must be flexible, fun, responsible, respectful, good listener & communicator, strong leader, able to collaborate, self-directed, team player
- Required: 19 yrs old, BC Driver's License, Criminal Record Checks and Drivers Abstract, Technology and Social Networking skills.
- Assets: Experience working with youth & program development, experiential facilitation, Lifeguard and First Aid training

Submit Cover Letter and Resume to Garry  
Applications Open Until Position is Filled

CONTACT GARRY SLY AT 250 505 2634 OR EMAIL  
SKOOTENAYLAKECSS@GMAIL.COM

Part-Time

EAST SHORE JUNIOR  
YOUTH GROUP  
NOW HIRING

Wage  
\$22/hr

### ASSISTANT COORDINATOR

South Kootenay Lake Community Service Society is seeking an Assistant Program Coordinator to help supervise recreational, cultural and social programming as well as front-line facilitation for youth, aged 6 to 11. Experience with outdoor recreation is an asset, as well as experience working with youth.

The Duties:

- Supervise recreational, cultural and social programs and special events for youth aged 6-11 residing on the East Shore of Kootenay Lake
- Supervision of volunteers
- Approximately 6 hours per week
- Work with Coordinator to help facilitate programming

The Candidate:

- Must be flexible, fun, responsible, respectful, good listener & communicator, strong leader, able to collaborate, self-directed, team player
- Required: 19 yrs old, BC Driver's License, Criminal Record Checks and Drivers Abstract and Social Networking skills.
- Assets: Experience working with youth & program development, experiential facilitation, First Aid training

Submit Cover Letter and Resume to Garry  
Applications Open Until Position is Filled

CONTACT GARRY SLY AT 250 505 2634 OR EMAIL  
SKOOTENAYLAKECSS@GMAIL.COM

Part-Time

EAST SHORE JUNIOR  
YOUTH GROUP  
NOW HIRING

Wage  
\$25/hr

### COORDINATOR

South Kootenay Lake Community Service Society is seeking a Program Coordinator to be responsible for the development, implementation, evaluation and supervision of recreational, cultural and social programming for youth, as well as front line facilitation for youth ages 6-11. Experience with outdoor recreation is an asset, as well as experience working with youth.

The Duties:

- Develop and implement cultural and social programs and special events for youth aged 6-11 residing on the East Shore of Kootenay Lake
- Work with oversight committee on furthering their goals and attend Youth group advisory committee meetings
- Approximately 10 hours per week

The Candidate:

- Must be flexible, fun, responsible, respectful, good listener & communicator, strong leader, able to collaborate, self-directed, team player
- Required: 19 yrs old, BC Driver's License, Criminal Record Checks and Drivers Abstract and Social Networking skills.
- Assets: Experience working with youth & program development, experiential facilitation, First Aid training

Submit Cover Letter and Resume to Garry  
Applications Open Until Position is Filled

CONTACT GARRY SLY AT 250 505 2634 OR EMAIL  
SKOOTENAYLAKECSS@GMAIL.COM



### We're Hiring! Operations Manager SBJ 2023

The *Starbelly Jam (SBJ) Society* is a CRA registered charity. SBJ is a decades-old music festival held annually in Crawford Bay on the East Shore of Kootenay Lake. The festival is a family oriented three day event that includes live music, a campground and daily kids activities. The event site includes vendors and food truck areas. This is a community based event with upwards of 200 volunteers providing the bulk of the labour. The Operations Manager is a dynamic leader who will oversee all aspects of this event.

#### RESPONSIBILITIES

General: Working under the direction of the SBJ Board of Directors the Operations Manager will ensure the efficient running of the festival. The job includes pre-event planning, set up, management of the festival, and finally, the teardown and cleanup of the site, aided by historic procedures and policies.

#### SPECIFIC:

1. Attend and have input into board meetings in an ex-officio capacity and assist in the development of the operational plan.
2. Confirm and order the inventory of items essential to the festival operations
3. Ensure BC health regulations are followed
4. Understand, coordinate and supervise and assist sub managers including:

- a. Artistic Director
- b. Media Director
- c. Volunteer coordinator
- d. Services Director
- e. Security Director
- f. Site Director

5. The Operations Director will effect close co-operation with the Financial Manager and will oversee the financial wellbeing of the festival including onsite funds management during the festival

#### REPORTS:

The Operations Manager will report to and take direction from the Board of Directors through the Chairperson.

#### SKILLS REQUIRED:

Demonstrated ability to coordinate the activity of multiple complex sub reports. Demonstrated abilities to problem solve and prioritize. Excellent verbal, listening and written communication skills. Ability to work independently

#### REMUNERATION:

This is a contract position and the Operations Manager is responsible for his/her own taxes and benefits. It is seasonal and the contract expires on the 1st of August 2023. Up to 40 hrs per month (pre festival), 100 hrs in July at \$25 per hour.

If you are interested in this fantastic opportunity, please contact us through [info@starbellyjam.org](mailto:info@starbellyjam.org) before **February 8th, 2023**.

**worklocal**  
Contact us today about an new employment opportunity at our East Shore branch.

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

Click to learn more >>>

Visit [nelsoncu.com/careers](http://nelsoncu.com/careers) to learn more!

ADVERTISEMENTS



**SKLCSS AGM**  
**Wed, Feb 15, 2023**  
**6:30 pm**  
**Crawford Bay Hall**



\*Deli Meats/Cheeses \*Liquor agency \*Groceries  
 \*Natural foods \*Fishing tackle \*Gas  
 \*Large selection of baskets \*Fresh sandwiches

**Your Valentine's Headquarters**

Fresh-cut Flowers  
 Delectable Chocolates  
 Valentine Cards

**Shop while supplies last!**

**Mon-Sat, 8:30-6:30 / Sun 9-6**  
 Bottle Depot Sun only 10-3



(250) 227-9322  
 Fax: (250) 227-9417  
 cbm@crawfordbaymarket.ca



**Gray Creek Store**

Building Community Since 1913  
 Mon-Sat, 9 to 5:30 Sun, 10 to 5



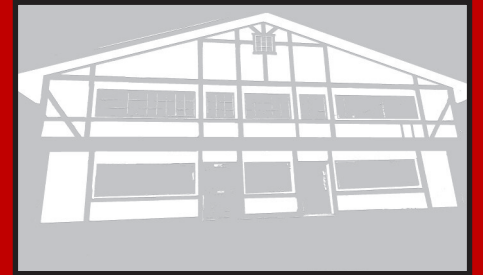
**A Sweetheart of a Deal  
 from Regency!**

Dan or Patrick Are Here to Help  
 Find Your Perfect Fireplace

Free Delivery Mondays, Wednesdays & Fridays!

**250-227-9315**  
 orders@graycreekstore.com

www.graycreekstore.com



CUSTOM HOMEBUILDING  
 DESIGN SERVICES  
 REMODELING

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

**Soul's Paradise RESORT**

Yearly campsite pad for rent  
 Soul's Paradise Resort  
 Kootenay Bay  
 Septic, water, 50 amps  
<http://www.soulsparadise.ca/long-term.html>  
 Text Valéry for a visit: 250-201-9441

**Turlock Electrical Contracting Ltd.**  
 Your Local Electricians  
 Commercial, Residential Licence# LEL0098331  
 Over 20 Years Local Experience

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

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

**Boswell Memorial Hall**  
**First DANCE of 2023!**  
 Saturday Feb 11 7:00 - 10:30  
 Music by Mike Stenhouse  
 Tickets \$15 available at Destiny Bay Store

**KOOTENAY SOUND HEALING CENTRE**  
 Therapeutic Gong Journeys

Wednesday 3PM  
 Friday 8PM  
 Sunday 1:30PM  
 \*\*\* Mountain Time \*\*\*

691 Riondel Road, Trail Entrance  
[theresa@kshc.ca](mailto:theresa@kshc.ca) to register [www.kshc.ca](http://www.kshc.ca)

**GRS CONTRACTING**  
 SINCE 1980

Glenn Strom  
 Aaron Strom  
 Box 101, Crawford Bay BC V0B 1E0  
 Phone/Fax 250-227-9679

- Excavating
- Logging
- Road Building
- Gravel
- Rock Hammer

[grscontracting@gmail.com](mailto:grscontracting@gmail.com)  
 Cell: (250) 505-3075 or 505-3117

\*All specs of gravel & drain rock\*  
 Discounts for entire job.

**Can we help you with  
 an Insurance Quote?**

Auto, Property, Business, Recreational & Travel  
 Property, Liability, Business Interruption Coverage

**CRAWFORD BAY**  
 kootenayinsurance.ca  
 16030 Hwy 3A, P.O. Box 98  
 Crawford Bay, BC V0B 1E0

CONTACT:  
 T: 250 227 9698  
 TOLL FREE: 1 844 467 8748

HOURS:  
 Mon to Fri: 9am to 1pm,  
 2pm to 5pm  
 Sat: Closed  
 Sun: Closed

**kis** Kootenay Insurance Services  
 Owned by you and your Credit Union

**KIS | Kootenay Insurance Services Ltd.**  
 A strategic partnership leveraging the strengths of East Kootenay Community, Kootenay Savings, Nelson District & Summerland District Credit Unions

JOIN US FOR *New to yoga? Injured? Tired?*

**Restorative Yoga**  
 5 WEEK SERIES

WITH SARAH NICOLE OF WILDFIRE YOGA

**RECHARGE • UNWIND • HEAL**

An introduction to meditation and breath work  
 using props in gentle & supported yoga poses

Mondays 4pm - 5pm MST \$11 February 13, 20, 27  
 Crawford Bay School (theatre space)  
 16150 Walkley Rd VoB 1E0 March 6, 13

Please RSVP & visit [WildFireYoga.net](http://WildFireYoga.net) for more details

## ADVERTISEMENTS

CRAWFORD BAY  
COMMUNITY HALL &  
THE PARK FACILITIES  
ARE AVAILABLE FOR  
YOUR NEXT FUNCTION



email: [bookings@cbhall.ca](mailto:bookings@cbhall.ca)  
Crawford Bay Hall & Parks Association

### Advertising Rates

PRINT: FOR COLOUR, ADD 30%

\$45 -	3.25x1.75
\$50 -	3.25x2
\$55 -	3.25x4
\$70 -	3.25x6t OR 6.75x3
\$95-	3.25x9 OR 6.75x4.5
\$115 -	3.25x10.25
\$150 -	1/4 PAGE (5x7)
\$175 -	1/3 PAGE (6.75x7 OR 3.25x14.5 OR 10.25x4.5)
\$250 -	1/2 PAGE (10.25x4.5)
\$450 -	FULL PAGE (10.25x14)

#### Column Widths:

Single 3.25 inches / Double 6.75 inches

Full Page 10.25 inches

#### FRONT PAGE ONLINE

**Banner Ad:** \$40/week, \$125/month  
Desktop/table size 1200wX200t pixels

Tablet/mobile size 600wX300t pixels

**Side Bar Ad:** \$30/week, \$85/month  
350x350pixels

Coming Soon: promotional page on our website for businesses advertising in The Mainstreet newspaper!

SAMPLE  
SAMPLE  
SAMPLE  
SAMPLE  
SAMPLE

The above sample is 3.25x4inches

*Next Deadline:*  
**WEDS Feb 22**



EAST SHORE INTERNET SOCIETY

## HIGH-SPEED INTERNET

1 (844) 776-3747

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

Central Kootenay Lake's community non-profit ISP.

**21 OPEN HOUSE**



**SUNDAY**  
FEBRUARY 5TH 2023  
**11AM - 1PM**  
VILLA #221  
16310 WOOLGAR RD  
KOKANEE SPRINGS RESORT

Sheena Sobkiw 250.254.4580 [sheena.sobkiw@century21.ca](mailto:sheena.sobkiw@century21.ca)

Angie Prentice

Insurance Broker

Working for my clients locally and beyond



Home Commercial Seasonal Farm Condo

contact me for a quote

[angie@brokerbc.ca](mailto:angie@brokerbc.ca) 250-540-1000

### Bluebell Publishing

In addition to editing & publishing The East Shore Mainstreet Newspaper we offer print & office services such as:

- Basic bookkeeping
- Web site management
- Social media management
- Transcription & typist services
- Proofreading & editing
- Photo digitization
- Small batch printing
- Email answering service
- Data entry

Contact us to discuss how we can support your office needs. Reasonable rates. Virtual and in-person services.

[office@eshore.ca](mailto:office@eshore.ca)  
or 250.777.4470



### RDCK Recreation Commission No. 9 – Electoral Area A

#### Notice of meeting

The Recreation Commission No. 9 - Electoral Area A will hold its first meeting of the year at 2:00 p.m. MST on Tuesday, February 21, 2023.

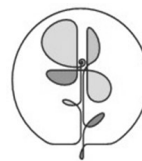
The meeting is open to the public and can be joined in person at the Community Corner in Crawford Bay at 15990 Hwy 3A or via WebEx teleconference. The login details will be posted on the RDCK Meetings page.

The dates when non-profit groups can submit recreation grant-in-aid applications to the Recreation Commission No. 9 will be discussed and set at this meeting. Public attending the meeting will have an opportunity to ask questions.

General information on Recreation Commission No. 9 grants can be found at:

<https://rdck.ca/EN/main/administration/grants/recreation-grants.html>

### Green Bubble Co



(SUNNY WOODS)

**WINTER HOURS:**  
Weds-Sun: 10AM TO 4PM  
(closed Mon/Tues)

Pet Supplies, Farm Feed,  
Giftware, Garden Décor & Supplies,  
Fresh Eggs, Wildly Delicious  
Condiments, and Kootenay River  
Beef/Chicken/Fish

**CALL (250) 505-0847**

## ‘Now is not the time’: B.C. faces growing backlash from health-care professionals over Bill 36

by Penny Daflos

CTV News Vancouver Multi-Media Journalist

As British Columbia’s health-care system verges on collapse, provincial lawmakers have enacted sweeping changes to the oversight of medical professionals in a surprise move workers are denouncing as an unnecessary, years-long transition ripe for potential political interference.

When hospitals and doctors’ offices began seeing an onslaught of sick patients this fall, politicians were busy passing Bill 36, new legislation merging colleges but also fundamentally changing how those colleges will function going forward.

Regulatory colleges oversee whether technical standards and professional guidelines are followed for health-care personnel including nurses, doctors, psychologists and pharmacists.

Complaints ranging from improper treatment or dispensation of medication to bodily harm or sexual assault are overseen by those bodies.

B.C. currently has 15 colleges, which the new Health Professions and Occupations Act will streamline down to six. In addition, the colleges’ oversight system will be expanded to include more professions.

Merging and adding is not controversial, but what’s rankling many healthcare professionals is the changes to the administration of those colleges.

Going forward, the board members who hear and make decisions on issues of professional misconduct will be appointed by the province, as will the superintendent who oversees the colleges and has the ability to change or overrule board decisions.

### BACKLASH OVER LITTLE FEEDBACK ON MASSIVE BILL

Bill 36 was introduced by a multi-party committee and passed into full law this fall without much fanfare. Multiple health-care professionals have since contacted CTV News, and say the massive 278-page document sailed through the legislature with minimal efforts made to consult the people who will be most impacted.

“This is not the time to implement and make these kinds of sweeping changes without deep consultation that could actually impact our profession and our patients,” Dr. Ramneek Dosanjh, the president of Doctors of BC, told CTV News.

Postponed surgeries, 12-hour waits, 60% more inpatients in B.C. pediatric wards amid viral surges

Her association had already been busy incorporating physician feedback into a new compensation system for family doctors, while compiling more feedback from physicians and surgeons alarmed at the soaring backlog of surgical and imaging patients. Her biggest concern, echoed by dozens of her peers on social media and in messages to CTV News, is the removal of doctor-elected members to the college boards.

Specialist doctors report 1 million B.C. patients

on waitlists

“Why are we going to have political influence in bodies and jurisdictions and regulatory authorities where there was none before?” Dosanjh asked.

The BC Nurses Union, which represents the majority of the members in the province’s largest college, raised similar concerns about potential political interference, as well as the erosion of due process.

Until now, only allegations substantiated by investigations and board deliberations have been made public, but it appears all allegations will now be published under the new act.

“We need to ensure that they are allowed due process and that their privacy is protected, balancing protection of our communities and the public, but also the privacy of our members,” said BCNU president, Aman Grewal. “We also need nurses to be on that body to be able to direct and provide guidance to any body that does not have experience as to what is the proper standard of care.”

The consensus from other health-care professionals can be summarized as a system that’s not broken and doesn’t need fixing, with workers subjected to discipline already publicly identified.

2 B.C. nurses punished for 'diverting narcotics'

### MINISTER ON THE DEFENSIVE

When the government announced they’d be introducing new legislation under the health professionals act, they characterized it as a necessary move to streamline the colleges.

The minister kept returning to that point when pressed by CTV News about concerns the government could potentially appoint insiders party loyalists or others without any medical background to make decisions about the conduct of health-care professionals.

“This is designed to improve the efficiency of the health-care system,” said Adrian Dix. “Yes, there’s a superintendent to protect the public interest and ensure the colleges are acting fairly and responsibly and efficiently -- that’s the purpose of it.”

He also claimed that part of the impetus for the new bill was complaints from members of both the media and public that the colleges were opaque and unresponsive to requests about disciplinary proceedings and other actions.

'Crawl back to Surrey': Vancouver surgeon's comments under scrutiny

Dix did not explain how a superintendent and government appointees will lead to more transparency. B.C.’s government has been repeatedly criticized for concealing and obfuscating basic information about the COVID-19 pandemic and other public health issues in recent years.

### NEW ADDITIONS AND COMBINATIONS

In recent years, several nursing colleges and midwives were merged into the BC College of Nurses and Midwives, while podiatrists were added to the College of Physicians and Surgeons of BC.

Data by the health ministry show 129,313 health-care workers were governed by colleges in the province of British Columbia at the time of the

bill’s passage.

A total of 25 professions will be governed under the college system through Bill 36, and those about to be welcomed into the fold are enthusiastic.

“We are excited,” said Michael Radano, CEO of the BC Association of Clinical Counsellors, in an interview with CTV News. “P.E.I, New Brunswick, Quebec and Ontario already regulate clinical counsellors and psychotherapists so we are catching up.”

Until now, the association has set standards and expectations of members, but Radano acknowledges there are inconsistencies across the province. He believes having more clarity around credentials and the complaint process will strengthen the profession while making mental health services more accessible.

“The BC Government has not yet released an implementation schedule and in force date for the Health Professions and Occupations Act,” the College of Physical Therapists wrote in a memo to its members after the bill passed.

“One amalgamation will combine the colleges for dietitians, occupational therapists, opticians, optometrists, physical therapists, psychologists, and speech and hearing professionals into one regulator,” the health ministry noted in its October announcement. “The other amalgamation will combine the colleges for chiropractors, massage therapists, naturopathic physicians, traditional Chinese medicine and acupuncturists.”

Multiple sources tell CTV News the process will be complex and that the changes will likely take years to implement due to all the moving parts.

“It’s going to take up a lot of time and effort at a time our members are already busy and exhausted doing their jobs,” said Dosanjh, who worries the changes will be one more stressor pushing doctors out of the health-care field together. “Why are we doing this now?”

---

## Current Health Care Issues

by Dee Gilbertson

Editor, East Shore Mainstreet

I share the following link as I have encountered it in numerous online locations in recent days. Corinne Mori practiced as a licensed nurse at the Kootenay Lake Hospital. I have met her personally, enjoyed her company, and believe in her good intentions and care for community. Please visit the following link to hear from Corinne and her latest publicly posted video: [www.youtube.com/watch?v=86LK7oKqSmg](https://www.youtube.com/watch?v=86LK7oKqSmg)

These issues must certainly be affecting the East Shore. When I moved here in 2019, there was already a growing concern over a lack of qualified professionals to replace those retiring (a general consensus across Canada, I believe). With a lack of staff in general across the province, an increase in population, and the added complexities that East Shore life can bring with situations (ferry schedules, power outages, etc), the need to address our health care crisis seems to be becoming much larger, minute by minute.

## Kootenay Connect offers hope for species at risk

submitted by Nicole Trigg

Communications Manager

844.775.2722 / 250.409.4433

## Extended federal funding helps Kootenay region contribute to global biodiversity conservation targets

What do grizzly bears, badgers, and western painted turtles have in common? They are three of the more than 30 at-risk species in the Kootenays that will continue to be helped by a large-scale habitat conservation project thanks to a big boost in federal funding.

Managed by the *Kootenay Conservation Program (KCP)*, the *Kootenay Connect Priority Places* project began in 2019 as a four-year project with a \$2 million grant from *Environment and Climate Change Canada's Community-Nominated Priority Places (CNPP)* program. *Kootenay Connect* includes over 30 partners collaborating on over 50 restoration projects benefiting species at risk and the habitats they need for survival.

KCP recently learned the project will receive an additional \$1.95 million, which will extend this habitat restoration work another three years.

"*Kootenay Connect* is providing on-the-ground solutions to address the loss of biological diversity in our region," said Marcy Mahr, KCP's *Kootenay Connect Manager*. "From rolling grasslands and open dry forests to rich wetlands and towering stands of old growth cedar-hemlock, all of these habitats are essential to the day to day, seasonal, and long-term survival of the species who call the Kootenays home."

Four landscapes totalling one million hectares have been the focus of *Kootenay Connect: Bonanza Biodiversity Corridor* (north of New Denver), *Creston Valley*, *Columbia Valley Wetlands*, and the *Wycliffe Wildlife Corridor* (north of Cranbrook).

CNPP funding will now be extended until 2026 to support conservation and restoration projects in the current areas as well as three additional hotspots for biodiversity. This funding boost will expand the *Kootenay Connect* project area to 16.6 million hectares, which is about 20% of the Kootenay Region.

"We're going to see new conservation projects that address the habitat needs of more species at risk along the Slokan River, in the Duncan Lardeau Valley at the north end of Kootenay Lake, and around Columbia Lake," explained Mahr. "It's an exciting time for enhancing and connecting more wildlife habitat with big implications for biodiversity in the Kootenays."

In the *Bonanza Biodiversity Corridor (BBC)*, multi-year *Kootenay Connect* funding supported the identification of over 55 species at risk, in a biodiversity rich and rare environment, that includes a wide range of lichens, fungi, birds, amphibians and aquatic species. It also supported the successful enhancement of three wetlands through nature-based solutions in support of improved hydrologic and ecosystem functioning that included the intrinsic value of beavers in the hydrologic functioning of this series of wetlands and riparian zones.

"We now have a comprehensive view of species and sensitive habitats providing a common un-

derstanding to share and build upon with First Nations, resource managers and stakeholder groups in the ongoing effort to retain and hold those conservation values," said Wendy King, Chair of Slokan Lake Stewardship Society and BBC project lead. "The BBC has now become recognized locally, regionally and nationally as a unique and special place for biodiversity and wildlife connectivity, as well as a climate refugia that will protect conservation values during periods of drought, wildfire or other habitat disruption."

Future projects in the three new targeted landscapes include restoring riparian areas, conserving wetlands vulnerable to climate change, using beavers to help reconnect floodplains, protecting turtle nesting sites and installing more basking logs, protecting mineral licks for mountain goats, and replacing fencing to be more wildlife-friendly.

"This is a critical time for conservation work locally, and also globally. *Kootenay Connect* is moving our region toward doing our part to protect 30% of Canada's land and water by 2030, the recently agreed upon global conservation goal to minimize our planet's ongoing biodiversity loss," said Dr. Michael Proctor, *Kootenay Connect Science Advisor*. "We look forward to a network of healthy interconnected ecosystems that support a rich array of wildlife and important ecosystem services."

To learn more, visit <https://kootenayconservation.ca/kootenay-connect/> where you'll find a database of reports, maps and videos.

### ABOUT KOOTENAY CONSERVATION PROGRAM

The *Kootenay Conservation Program (KCP)* is a partnership of more than 80 organizations that work together to protect clean water, conserve important wildlife habitat, and steward the land to allow for healthy, functioning ecosystems in the East and West Kootenays. Learn more at [www.kootenayconservation.ca](http://www.kootenayconservation.ca).

### ADDITIONAL INFORMATION BY REGION AVAILABLE. ONLY CRESTON VALLEY POSTED BELOW:

In the *Creston Valley*, an internationally recognized *RAMSAR* site, 16 hectares of open fields were protected to provide breeding habitat for bobolinks, and 12 hectares of riverine and wetland riparian habitat were protected from impacts of cattle with new wildlife-friendly fencing. The work conducted will also help conserve a significant section of riparian area along the *Kootenay River* and the *Duck Lake Nesting Area* as well as improving east-west habitat connectivity for wildlife movement.

"The KCP *Kootenay Connect* funding allowed us to conduct habitat enhancement and restoration work to increase habitat complexity that will benefit a variety of species, including species at risk such as the endangered northern leopard frog," said Marc-Andre Beaucher, Head of Conservation Programs at the *Creston Valley Wildlife Management Area*. "Other species that should directly benefit from the activities we implemented are grizzly bear, bobolink, short-eared owl, and western painted turtle."

fe Conservation Complex over the last four years, addressing approximately 17.3 kilometres of new fence builds, replacements, repairs and removals.

"Installation of new wildlife-friendly fences along property lines, as well as repairs and removal of derelict fence segments, have been

completed by dedicated, local contractors," said Chris Bosman, *Kootenay Conservation Land Manager* for the *Nature Trust of BC*. "This work helps to reduce threats to both common wildlife species as well as species at risk. For example, securing conservation properties with perimeter fencing can reverse habitat loss and degradation that the common nighthawk, a threatened ground-nesting bird native to the *Wycliffe* area, is currently facing."



## Insurance Check-In

by Angie Prentice

Senior Account

Executive

Central Agencies Ltd., Vernon, BC

### Question 1: Does my policy include forest fire?

**Answer:** Fire Insurance is part of a standard home policy, and that includes wildfire. If your home is damaged by fire of any kind, the policy will assist in repairing or rebuilding your home, replace the contents and cover other expenses that occur. It is subject to limits depending on your policy. Do not be afraid to ask your agent/broker what those limitations and subjects are, your investment is important!

### Question 2: What is the replacement cost?

**Answer:** A broker using various programs calculates replacement cost. This amount will be what it cost to rebuild your home if you suffer from an insured peril. It will replace with similar materials of like kind and quality, and there can be cap on the value. Guaranteed replacement cost on the other hand would rebuild even if it exceeds the policy's limit. Keep in mind, the replacement cost does differ from market value and tax assessed value therefore cannot be compared to them. It is important to discuss with your broker/agent any additions, renovations, or change you have completed. It is also important to ask your broker to do an evaluation every three to five years to ensure you are keeping up the changes and trend in the markets.

### Questions 3: What are some discounts available on policy?

**Answer:** Insurance discounts varies on the risk, person(s), and Insurance Company, but you might be pleasantly surprised what is available. Discounts for the following but the amounts varies; claims free, no mortgage, age discount, credit score, loyalty, alarms being monitored by a company, nonsmoking, new home, unfinished basement, leak prevention discount, and bundling. This is another talking point with your agent/broker. They may be able to apply other discounts not listed here.

Please feel free to contact me by email at [angie@brokerbc.ca](mailto:angie@brokerbc.ca) or on my cell 250-540-1000.

Serving BC & Alberta

HOME COMMERCIAL FARM CONDO

Website: [www.centralagenciesbc.com](http://www.centralagenciesbc.com)

Broker Canada Head Office Langley Crossing  
Fax: 604-271-6547



## Artery-Fartery

by Jacqueline Wedge  
Thistle&Moon Art  
Academy

This month we have three cute things on the menu: we celebrate Zora Doval, we draw the sky, and we fill a few spaces on our calendar with live entertainment.

**Zora:** What a quirky beautiful woman she is! I've known Zora forever, and she is a powerhouse of art & music. I've asked her a few questions, so you'll get to know more about her. ~these are her words, unedited.

**Q:** what is your cultural background, and how did you end up on the East Shore? **A:** I came to Canada from Slovakia as a political refugee, seeking a more liberal society, more freedom. It was always my dream to live surrounded by nature (Vancouver was not my cup of tea), and I became a treeplanter to get the hell out of the city. To be honest I found the East Shore by dreaming: we didn't know where to go (my now ex Miroslav and our 6-year-old daughter Slava). Each night I would enter dream-time, and ask for the next day's directions: we drove around southern BC in a van. When we came to a fork in the road, I would ask for guidance for which way to go (just like Alice in Wonderland!). Eventually we found our dream land, and built our house in Crawford Bay.



**Photo:** *Child Sleeping*

**Q:** how long have you been a painter, and how would you describe your work? **A:** Well, I thought I started after age 40, because that's when I really started to feel like a painter. But when I was talking to my aunt, she informed me that as a child, I would carry around a satchel of brushes and other supplies, I guess I forgot about that. When I was in a communist school, we were only taught realism and I sucked at it. I was told I wasn't talented. I never considered that I could express myself through art. (But apparently I persisted!) When my mom died (I was 43), I entered a period of very deep inconsolable grief, and it was around this time that I began to paint frantically and sketch, as if in a trance, with no worry about quality. I made monumental collages with my ripped up pieces, and this form of expression suited me fine. I cried a lot, my tears were the glue yet this was very liberating, and I realised that I didn't have to be "good" in order to express myself visually. At the moment of my mother's death, I feel like she opened doors for

me, into a new dimension. It was crazy.

**Q:** what motivates you to paint? Who are you painting for? **A:** My motivation comes from various sources. Sometimes I go for a walk and a cloud formation will inspire me, or the marshy wetlands. They grab me. Nature NEVER fails to inspire me: water, waves, trees, reflections of trees in the water, ever-changing colours, and foremostly, those clouds moving above the landscape. Besides the natural world, I also get inspiration from my own inner place / psyche, when a certain subject matter or theme presents itself with some urgency. It's like an inner prompting. Art, for me, is no doubt a meditation, self-therapy, like jungian analysis. It's self-soothing and a way to prevent a descent into madness, haha! It's actually a very responsible thing to do! Mostly I create art for myself, as a self-reflective process. My audience is not around me when I paint. After the fact, people are free to either like my art or hate it. People often have strong emotional reactions to my art, especially those pieces with feminist undertones. Once, a guy hurled a knife at a piece of my art, he attacked it. The knife landed in the heart of the female figure. I was later told that this was possibly, in a strange way, a form of successful audience rapport, because I evoked a strong emotional response. Despite everything, I don't tell people how to feel about my art, and I also don't cater to them, but they can feel what they need to feel. Personally, I feel free when I paint.

As if this isn't at all artsy enough, Zora also uses her voice as a form of self-expression. I happen to know (as her piano accompanist), that she has studied classical soprano in Europe.

**Q:** tell us about your music. Where does it come from, or what is your passion? **A:** I like to sing Renaissance pieces: Italian operas, Stradella, Siben Crudel, O Mio Babbino Caro,... I do notice that when I sing these, my dopamine levels rise. I feel like a million dollars! I feel strong and amazing (no artificial substances needed). I am floating. The love of opera is an odd passtime to exercise in the deep dark woods of the Kootenays, indeed! I could explain the quarks of an atom before I could explain why I love opera so much. I would much rather give a lecture on quantum mechanics than attempt to rationalise my adoration of singing. It's an irrational stirring of the soul. Basically, I've always loved singing. The voice has always been my main instrument, except, back then, when my parents enrolled me in piano and flute (I struggled with these. I didn't have the time or energy to become really good in 3 things... I'm not *Lady Gaga!*).



**Photo:** *Work In Progress "OMG, Look at that TAO"*



**Photo:** *"Buddha Statue"*

**Q:** please tell us about your involvement in the Harrison "Art Connect" Centre. What was at the root of getting it started? **A:** As I was conducting the weekly life-drawing sessions out of my studio, the moment came when we wanted to show the group's artworks, in a public space to the community at large, but this space was difficult to find. Truly, there had not been, on the east shore, an appropriate space dedicated solely to exhibiting visual artworks. When I heard that the *Harrison Memorial Church* was up for sale, I knew this was a great opportunity. *The Art Connect Society* was born, and in 2021 we were able to purchase this incredibly beautiful heritage building for the community. The board has a vision, which is to promote liberal arts on the East Shore: music, visual arts, literary arts, theatre, healing and contemplative arts, and other important creative endeavours.

## FEBRUARY ART PROJECT

Our art project this month involves the sky. I want you to draw what you see when you look up. There have been some pretty phenomenal cloudy days lately, pierced by crepuscular sun splices, dark nefarious rain moods, and odd little prismatic colours floating throughout (maybe an osprey will whiz by). Your homework is to gather supplies and draw the sky. 10+ times. Obviously this will be super boring on a clear day, but honestly, February isn't known for clear days around these parts; I'm sure there will be fodder for creativity if you try even a little bit. **MATERIALS** needed: some or all of the following: charcoal, HB pencils, fine sharpies, microns (...), anything that makes a mark and makes your heart happy; paper ~ any size (any paper at all if you are not going to be adding paint / wet medium. Use the thicker watercolour paper if you are); a stiff surface for your paper (clip-boards are great); colour? (sure, coloured pencils/ conté/ markers for filling or accents, but try to concentrate on the lines, focus on the movement, the shadows, the shapes that you see). **ELEMENTS** needed: peace and quiet; a generous/ open disposition; a willingness to plop down your expressions and interpretations of the lovely moist atmospheric suspended water vapour (clouds). **CONSIDERATIONS:** vary each piece ~ make sure they are all relatively different from each other (contrasts, shading, level of abstraction, perspectives, highlights, amount of detail,...). Remember that clouds move around, so just try to capture the energy, the whimsy, the delight. Don't forget that taking a photo of the clouds will give you ample opportunity to finish your sketch later (like in the ferry line-ups, or at the dentist's waiting room).

I will be hosting a groovy ART SHOW at the end of the year to celebrate all of these blog projects from 2023. Please join this wacky proj-



ect by participating in the creative chaos.

What's going on in the art world of the East Shore for FEBRUARY (beside YOU doing art)....

At the Harrison Art Connect in February....

*Katrina Kadoski:*

A release of her latest album, *Anthems of the Soul*. Deeply-felt original music on contemporary issues. Saturday, FEB 4

5:30 doors open, show starts at 6:00. \$20

*Three Sopranos:*

Top-level musicians. A bit of opera, but also much, much more! A varied repertoire including 3-voice harmonies, a cappella, shamanic pieces, jazz, ballads,... total crowd pleasers!

Sunday, FEB 26, Matinée at 3:00



## ArtConnect.cc NEWS UPDATE

Submitted by Lorna Robin

What a successful first year! The ArtConnect Society has presented ten concerts, two theatre shows, one Starbelly concert, seven coffee houses, a recital for piano students, and a yoga series. The vision for 2023 includes art shows and increased use of the building for contemplative practices, poetry readings, book launches, and other artistic endeavors, as well as continuing musical performances. Directors Zora Doval, Lois Wakelin, and Nicole Plouffe have worked very hard to bring this vision to life.

We have such a community gem, the Harrison Memorial Cultural Centre (formerly the Harrison Memorial Church) with 1.12 acres of surrounding woodland. It is a lovely heritage building with stained glass windows and excellent acoustics, and a history of hosting community concerts over the years. The BC Assessment Authority just came out with an assessed value of \$160,400 for the property with a "nil" tax owing amount due to our non-profit status. Currently the property is owned by the South Kootenay Lake ArtConnect Society, and a mortgage for \$167,500 at 1% per year, now all due and payable in four years, is being held by some community members who wish to remain anonymous. It is our hope that we can pay off the mortgage in a relatively short time through

ongoing fundraising and events.

At the AGM in December, two new board members were added: Cathy White of Gray Creek and Lorna Robin of Crawford Bay. Zora Doval continues as President and Artistic Director of programming, which of course is central to the purpose of the Society. Lois Wakelin continues as Treasurer, with due diligence as to regulations and bylaws, property and society legalities, as well as grant writing. Nicole is Secretary, taking minutes and providing website and online media support. Cathy is focusing on building and property maintenance, while Lorna's focus is publicity and member services. We are each providing guidance and support to each other's roles. We truly welcome community members to contribute your comments and suggestions for the vision and operation of the Society. Sustainability is only possible with community support.

By next month we hope to be able to present more of our ideas and vision for this year, including a deep dive into fundraising. You can support us by becoming a member through our website, [www.artconnect.cc](http://www.artconnect.cc), or email to [esartconnect@gmail.com](mailto:esartconnect@gmail.com). Membership is \$25 per year, and comes with perks - as soon as we decide what those perks will be! Members will receive email notifications of events and ArtConnect insider news (perk #1). You can also follow us on Facebook to keep abreast of events.

We have two concerts scheduled for February, Katrina Kadoski on February 4, and the Three Sopranos on February 26. So forget about spending all that money on an evening in Nelson, because you can do it all right here where you live.

See you soon at our next amazing concert.

## ArtConnect presents Three Sopranos & Piano by Zora Doval

The board of *ArtConnect Society* was very sad to cancel our long awaited and carefully planned Christmas Open House, an event that was such a success the year before. We were all ready with cookies and hot chocolate but have heard that some of our musicians were "stranded" and we also did not want to jeopardize the safety of our audiences. With sadness we decided to postpone the event....until what time? you may ask.....well, until next Christmas at this point.

The year of 2022 was very successful for our society. The building of (former) Harrison Memorial Church resounded with music during 20 musical events! Many community members expressed their satisfaction with the artistic choices of music genres and musicianship. We started with celestial harp of Diemm, continued with blues with Sam Hurrie, inspired originals by Patrick Alexandre.....to reminisce Janis Joplin and some jazz with Zabel Trio, then celebrated the peak of summer with more jazz from the hot Mexican band Chill"N Go. The church was bursting in seams during the John Prine Tribute by Patrick Alexandre and Cam Penner. Quieter but not less artistically significant were the concerts of Doggone Brothers and Howling Dan. Coffee Houses have offered very high quality music by featuring musicians such

as Wilds, Peach and Quiet, Thomas Radcliffe and The Threewheeler, among others. The "one woman shows" were amazing too. Ellie Reynolds play (on birthing process) brought tears to my eyes and almost full-scale contractions! There were some men with tears in their eyes also.

I believe that great artistry, be it literature, theatre, dance or music does bring tears to our eyes and it is a wonderful thing. There were tears in people's eyes during the two performances of Noemi Kiss, a Hungarian born Soprano who has offered two performances in different configurations. She was the leading part of the Two Sopranos show and also The Michel Legrand Tribute show. She brought along the amazing jazz pianist David Restivo and violinist/composer Don MacDonald and singer Kathleen Neudorf. These performances were awesome and it is quite lucky for us that we can welcome Noemi back on the East shore on Sunday, February 26, at 3 pm for a matinee concert.

The concert will be named simply "Three Sopranos & Piano" and will feature Noemi Kiss, Kathleen Neudorf and Malaika Horswill, also Christoph Martens on piano. Those of you who have seen these concerts with three sopranos or tenors might right away think "opera". Please dont. The program will include songs from different musical styles, folk, jazz, contemporary classical, including Wailin' Jennys, Mountain Man, Moira Smiley and more. Beautiful, fun, rhythmic, funny, stirring songs, some a capella,

some with piano accompaniment. This will be a great show! Make sure you dont miss this one!

We also have another concert on Saturday, February 4, 6 pm. Posters have been up for quite some time for Katrina Kadoski and the concert celebrating the release of her latest album "Anthems of the Soul". Katrina is not unknown on the East shore either. She has introduced herself to our audience with her "one woman show" last August "Cougar Annie". She seems to be a veritable fountain of creativity and will sing a concert of her original songs. She accompanies herself on guitar and drums (I want to see that set up! dont you?) and will be joined for a few songs by guests Paul & Mary Wherpeter. My feeling is that this will be a very creative fun event! Please come and support this young lady with Ukrainian roots who is so brave to sing originals rather than time proven covers. I will go....love to hear what is in other people's minds and hearts these days.

For more information and tickets:

[www.artconnect.cc](http://www.artconnect.cc)

SUNDAY, FEBRUARY 26, 3 PM

## East Shore Reading Centre

### January Update

by Taryn Stokes

Librarian

Happy February to everyone. It looks like the forecast is for some cooler temperatures again, which is the perfect weather for reading a good book inside by the fire. Check out our selection at the East Shore Community Reading Centre on Tuesdays and Saturdays from noon to 3PM.

January was also a little quieter, as we had only 130 items checked out and served 33 of our library members. We added 19 new items in January, mostly at the end of the month, including some DVD donations. One book with local history is *Lost Souls of Lakewood*, with some tales about the Blaylock Mansion. Also now on the shelves is the 2022 Scotiabank Giller Prize Winner, *The Sleeping Car Porter*, by Canadian author Suzette Mayr.

If you are in the mood for a light-hearted, romantic comedy type new release, check out *Reasonable Adults* by Robin Leffler. This debut novel was a pandemic project by the Canadian author. I enjoy reading about pandemic projects as they are a testimony to what can be accomplished if you do a little bit each day in pockets of time.

Welcome to all of our new patrons and new volunteers. This month we had Wayne Campbell and Sophie Vinette join our volunteer team. Thank you to all our volunteers for supporting us in getting books into the hands of readers! To all new patrons curious about the local history - we have a great selection of reading material thanks to many local authors.

Also, thank you to Bev and Doug Anderson for managing the baseboard building heat for the library - the building has been toasty warm and pleasant lately thanks to their efforts and time. Thank you to Lea George for considering this change.

I'm happy to report that late last year the Reading Centre was a recipient of a Columbia Basin Trust Technology Grant to upgrade our circulation desk computer. This was a huge advantage to our operation and we were able to repurpose the old computer to replace the public computer which had recently failed. Many thanks to CBT for offering this program which many local (basin area) groups are able to benefit from.

We can be reached at 250-777-1492 or via email at [escomlib@gmail.com](mailto:escomlib@gmail.com). Our address is 16234 King Road, across from the Crawford Bay Hall. We are pleased to host the Hospice Library collection at our location as well. You can also follow us on Facebook (@escomlib) to stay current on all our new books and activities. Take care this winter and happy reading to all.

## Youth Showcase

by Dee Gilbertson

Editor, East Shore Mainstreet

The East Shore is home to many artisans, some with exceptional talent even with a lack of much experience.

This month we feature Abi Harris, a Crawford Bay grade nine student who has exhibited artistic talent since she could colour on walls!

Abi attends the Thistle & Moon Art classes offered through the East Shore Youth Network weekly, and looks forward to trying new projects in romanticism and surrealism.

January 2023 Mainstreet 18

## Riondel Arts Club

### January Update

by Sharman Horwood

Mainstreet Columnist

The past two days have had some bright spots of sunshine in spite of the gloomy clouds. If you're tired of sitting at home, feeling down because of the weather, the snow, or just not having something to do, come by the Riondel Arts Club on Tuesdays. We're there from the morning to the afternoon. The Mosaics group is there on Wednesdays, and also have a lot to offer. You can paint or create flowers and sunshine for yourself. Don't worry if you haven't painted or drawn anything before. We all had the same problem (really!), but we learned, and so can you. We are a very supportive group and enjoy helping others do this creative thing.

If you're not interested in painting, but love hearing about art, on Tuesday afternoon at the Riondel Community Centre, Gerald Panio gives some fascinating lectures on art history. On Feb. 7th, he will show a short video from the *Art of the Western World* series, on the Early Renaissance. On Feb. 14th, Valentine's Day, Gerald is giving a lecture on Pieter Bruegel, the Elder. Bruegel was a Flemish Renaissance painter, and a formative influence on the Dutch Golden Age of painting. After that, on Feb. 21st, Gerald will show an episode of Simon Schama's *Power of Art*, featuring Pablo Picasso. On Feb. 28th, Gerald will give a lecture on Mary Pratt (1935 to 2018). She was a Canadian artist, famous for her photo-realist still life paintings. Mar. 7th will be another episode from *Art of the Western World*, on the High Renaissance. There is a drop in fee if you're not a member of the Seniors' Association, but the lectures are so interesting.

We still have two ongoing shows: one at the Riondel Community Centre, and the other at Nelson & District Credit Union. Drop by and tell us what you think.

In the meantime, treat yourself to a little cure for cabin fever: paint or draw or create mosaics. That will help get rid of the winter blues.

**Tuesdays**

**@ Riondel Community Center**

**Art Room**

## East Shore Youth Network

### January Update

by Eowyn Lawrence-Fry

Program Coordinator

Hello East Shore! Happy New Year from the Youth Network!

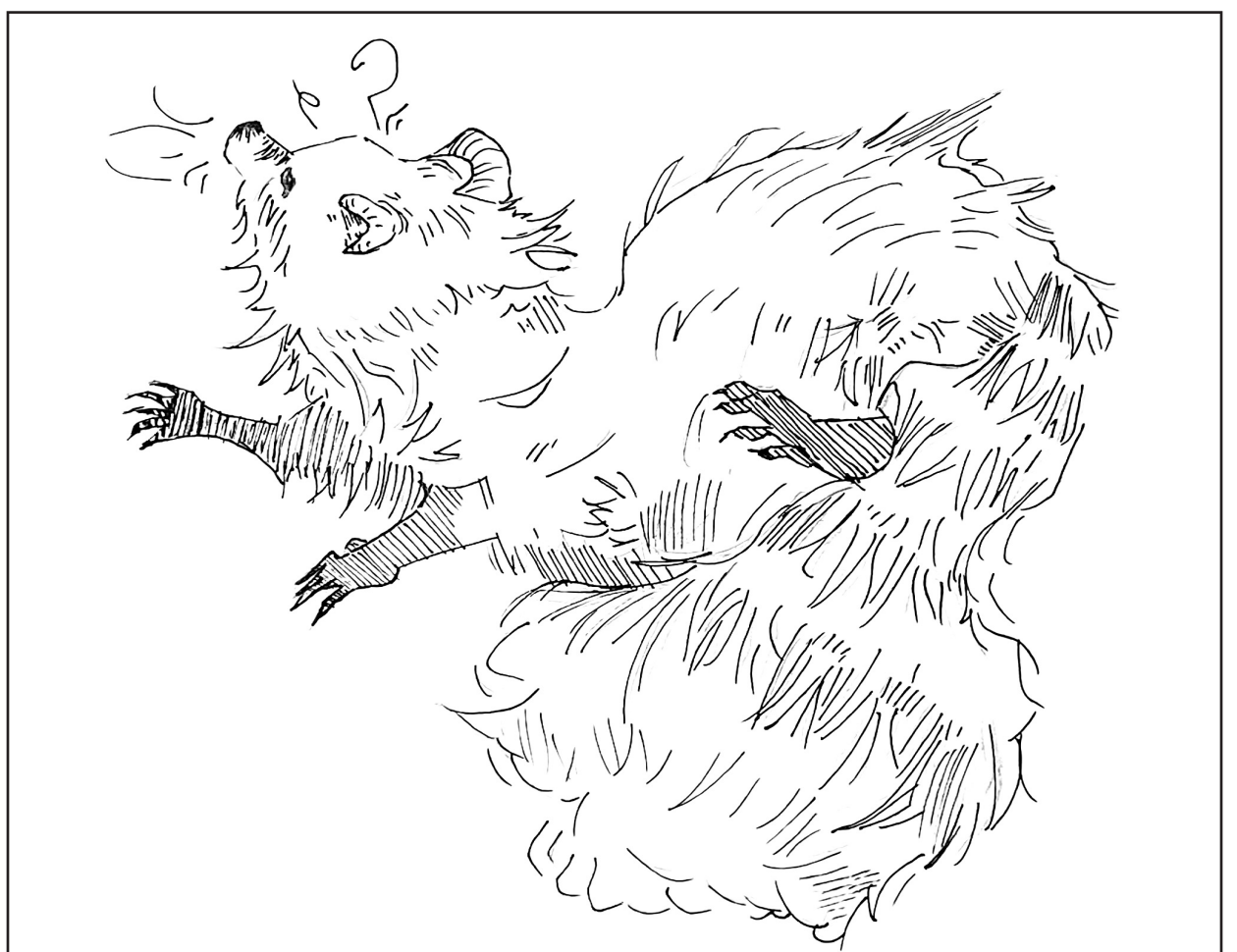
We all had a wonderful holiday season and have returned rested and ready to take on this year with renewed vigour.

Our first cooking class back we made Chinese Bao Buns which is a steamed bun stuffed with pork and mushrooms. This was a delightful class where the youth were folding beautiful spirals into the buns by the end of the evening. For our second cooking class we enjoyed making sweet and savoury crepes. We filled them with delicious fixings such as whipping cream, blackberry compote, bananas with caramel sauce, crispy prosciutto, pesto, caramelized onions and mushrooms, what a flavourful evening that was.

Art classes have continued with Jaqueline in her wonderful studio, this month we are focusing mostly on clay. Jaqueline is teaching us techniques such as the pinch pot method, coiling, and stamping all while instructing us on good clay shaping techniques to avoid air bubbles in our beautiful pieces.

For our Pro D Day adventure this month we took a trip to The Nelson Cube, while there we had a very informative presentation on proper belaying and rope tying procedures which the youth were then able to practice on the climbing wall. By the end of the morning the youth were bouldering and belaying with ease, it was a great sight to see. For the afternoon that day, we stopped in at the Nelson Aquatic Centre for a hot tub, waterslide and a game of water volleyball. It was a great day in town, I look forward to taking the youth on our next adventure.

For our open gym time we have been meeting at the Crawford Bay School and playing volleyball and badminton most Fridays after school, with snacks and rides available to all the youth who want to join. It's been a great month and as always I look forward to the future with the Youth Network and all we can offer the youth of the East Shore. Happy January everyone!



## For The Love of Genre

by Sharman Horwood



### Vera At Her Best

Ann Cleeves has written ten novels in the Vera Stanhope series. (Only one of the novels hasn't been dramatized for television: *The Glass Room*, 2012). All of the novels are driven by Vera's relentless pursuit of the murderer, as she delves into the various sins of each group of suspects. She lives alone, and is obsessed with her work. She is also very good at it, too.

The tenth Vera novel is *The Rising Tide* (2022). As the cover's promotional quote by Val McDermid promises: "Nobody does unsettling undercurrents better than Ann Cleeves." This time the murder takes place on a small island, Inisfarne--or Holy Island. This is a real island, and a popular spot for bird watchers (a subject Cleeves knows well).

When Ann Cleeves was young she cooked for the Bird Observatory on Fair Isle. She used this experience to create the fourth Shetland novel (*Blue Lightning*, 2010). While she was on Fair Isle, she met her husband, Tim, a visiting ornithologist (GoodReadsOnline). Also Ann did a short film for Border TV, titled *Catching Birds*. The program won the Royal Television Society Award. As a result, Cleeves speaks of birders with a certain knowledge. Vera's father's obsession with birds, his stealing of bird eggs for

collectors, is a real problem for ornithologists and bird watchers around the world.

There is an element of nostalgia to this story that is unusual for Cleeves. It centers on a group of people who have been holding a reunion every five years at a former convent--now a guesthouse--on the island. The island is connected to the mainland by a causeway. This, during high tide, becomes flooded and impassable, isolating everyone on the island. The group first came to the island as teenagers in order to participate in a retreat called "Only Connect." The teachers organized the retreat so the students would learn what's important in relationships, and to learn to understand themselves as they quickly become adults. The retreat takes place over one weekend, away from other distractions, like family or television.

The retreat was so successful for seven of them that they have kept coming back for the past fifty years. Every five years they come together at the guesthouse, and renew their friendships. They were sixteen when this started, and now they are all in their 60s. Their relationships have gone through a lot of changes: six of them married, but only one of the marriages lasted (Louisa and Ken stayed together, but the marriages between Annie Laidler and Daniel, as well as the one between Rick Kelsall and Charlotte, ended in divorce). After the initial retreat and subsequent graduation, they all went their separate ways, but the retreat became a regular event, a nostalgic part of their lives.

At the start of the novel, the group is meeting once again. On Friday night, they get together to share food and a few drinks. The food is supplied by Annie Laidler. She stayed in the Inisfarne area and works in a local delicatessen, Vera's favourite cafe. One of the group, Rick Kelsall, brags about writing a novel. He claims he has a "deal" already with a publisher and has been paid for it. The novel is fiction, he says, but he tells them that he is basing it on their

relationships, all the ins and outs of them as well as all their sins. He is proud of this venture since the last year of his life has not gone well.

Apart from the lucrative book deal, Rick had a well-paid job as a BBC presenter. Recently, he was let go under contentious circumstances. He was accused of sexual harassment by one of the staffers. His friends are well aware of his attitudes towards women, particularly the younger ones. According to Annie, at the time she "had wanted to defend Rick, but . . . his attitude to younger women was indefensible" (p. 32). BBC won't reveal the victim's name. They also aren't willing to keep Rick on once the complaint was made.

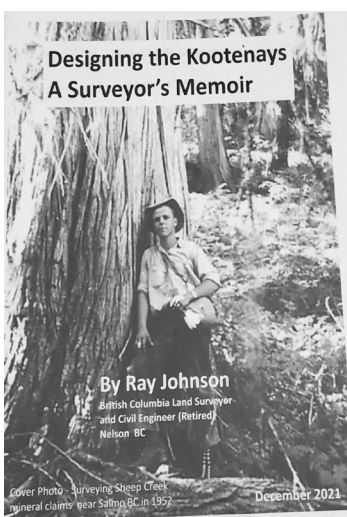
The next morning Annie walks into his room to find him dead. Apparently he committed suicide without leaving a suicide note. The subsequent autopsy, however, reveals that he was smothered before the belt from his robe was tied around his neck and his body hung from a rafter in his room. Vera knew it had to be murder right away. As she says, she has a "nose" for these things.

This death wasn't the first on Holy Island. After the first gathering of the "Only Connect" group, these seven people had another one with an additional eighth person, Isobel. She is the younger sister of Louisa; she is very pretty, has a fiery temper, and is adored by her parents. However, she and Rick have a long, heated argument, and Isobel storms off. She didn't take the tide into account, however. Water is beginning to cover the causeway. Her car is swept off it and into the sea, where she dies. Vera, of course, suspects that that might not have been an accident.

*The Rising Tide* has a good story, though at times it feels a little rushed. However, those uneasy undercurrents are all there, and the mystery is a terrific puzzle. Try to think of stormy waters, and the cries of gulls as you settle in to read this tenth installment of the Vera story.

## Book Review

by Tom Lymbery



*Designing the Kootenays - A Surveyor's Memoir*

By Ray Johnson

February 2023. Self-Published, 144 pages.

Contact 250-352-7116 for purchase options (not in stock at Gray Creek Store).

Ray writes his story of first helping BC Licenced Surveyor Boyd Affleck, when Ray was a teenager, still in school. Affleck found that Ray was hardworking, showed up on time and had an aptitude for following directions.

I saw Ray working with Affleck in 1949, soon after the newly built road from Gray Creek to Kootenay Bay had been paved. Affleck had the job of doing a final survey on this new highway. So here they were, driving nails through the freshly laid blacktop to mark the centre line. Affleck had no hand or wrist on one arm, but was able to hold his paperwork with the stub.

Ray received good wages so saved his money towards getting qualified as a BC Licenced Surveyor but it took several years. He had saved enough to be able to enroll at UBC where he took years of Civil Engineering so qualified as an Engineer. He had married by this time and started a family. While at UBC he also received certification as a BC Licenced Surveyor.

Ray's most important and complicated project was to design the Nelson Bridge. Since 1931 the only all season highway across Canada crossed Kootenay Lake by ferry and then the West Arm at Nelson by cable ferry. Traffic continued to grow so a bridge was the only solution. Ray was both the Engineer and Surveyor so had a tremendous responsibility. Peter Kiewit Co of Ontario was the prime contractor but they had never built a bridge this size before. Ray had to lay out coffer dams in 80 feet of water to drive hundreds of feet of steel pipe deep into the lakebed to provide an immovable solid footing for the cement piers. The first cement slurry had to be changed to a different supplier to fill the plywood forms that Ray designed. This was innovative and Kiewit patented the process. Then the piers had all to be lined up with no deviation whatsoever. Ray was concerned because, as both Engineer and Surveyor he had no one checking his work. However it all worked out and the new bridge opened in 1967. Kiewit wanted Ray to continue bridge building but he preferred to stay in Nelson.

Ray found there was plenty of work all over the Kootenays from Invermere where laid out and designed Fairmont Hot Springs with accommodation, pool, airstrip and a golf course. He writes of the projects he did all over, including resurveying Kaslo, Salmo, Nelson and more. The posts that had been used 60 years ago were not there, as they had all rotted away. Ray used steel posts so that they could be found almost forever.

He surveyed and laid out *Kokanee Springs* 18 hole golf course, designed by Norm Woods, professional golf course designer. The operation wanted a ski hill as well. Ray was an avid skier himself but found there was no suitable site, after bring in Hans Gmoser to confirm that it wasn't possible.

Ray actively pursued land accretion (adding additional areas to owners properties) as he knew that the completion of the Libby and Duncan Dams would lower Kootenay Lake level. Previously the frontage had been determined by trees and foliage. This was a battle, as officials didn't agree. On Ray's own time he was able to prevent officialdom from raising the level of the Nelson Airport by five feet.

He worked in Riondel, Boswell, McGregor Lake and more. An amazing record of diligent work - his book is an important historical record.

# BULLETIN BOARD

## CLASSIFIED ADS

**\$60 Annually \$30 BiAnnually \$5 Month**

### BUSINESS ANNOUNCEMENTS

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

### BUSINESS SERVICES

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

**EASTSHORE AUTOMOTIVE - Service & Repair 250-227-9370**

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

**CIRCLE OF FRIENDS ART & CRAFT SHOP**, Riondel, BC. Open Thursday, Friday and Saturday from 11:00 am to 3:00 pm, June 30th to September 5th

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

**ALCOHOLICS ANONYMOUS:** If you drink, and don't want to stop, that's your business. If you drink & find you can't stay stopped, that's ours. 1.250.800.4125

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

**SAMURAI HARDWOOD FLOORING:** Sales, Installations, Tile, Stairs and Millwork [www.samuraihardwood.com](http://www.samuraihardwood.com) 2505513764.

**TURLOCK ELECTRICAL CONTRACTING LTD.** (See colour ad in this issue for more information.) 250-227-9688 or 250-551-4671 Liscence # LEL0098331

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

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

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

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

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

**PROVINCIALY REGISTERED HEALTH CARE AID** - Christian McStravick of Mary Anns Way. Providing confidential, home-based support for individuals, and their family members. Home health care, respite care, and hospice care. (800) 278-8716 / [christianmcstravick@gmail.com](mailto:christianmcstravick@gmail.com)

**REGISTERED ACUPUNCTURIST, LISA SKOREYKO R.AC.** Treatment for pain, emotional disturbances, gastrointestinal issues and much more. 250.777.2855. <http://lisaskoreykoacupuncture.ca/>

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

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

**SUSAN SNEAD: Massage practitioner** using tuning forks, foot reflexology and energy balancing to create a balanced full body massage and tune up. Astrological counseling with 40 years experience. Bach Flower and other flower essences available. For appt: call 250.225.3520.

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

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

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

**CRAWFORD BAY HALL & COMMUNITY CORNER BUILDING** - available for community events, wedding receptions, workshops etc. Non-smoking facilities. [bookings@cbhall.ca](mailto:bookings@cbhall.ca)

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

**TREE SERVICE, RESIDENTIAL** - Fully insured Limbing, Pruning, Topping, Falling. Danger Tree Assessments and now offering brush chipping and hauling. Free Estimates. Call James Linn at 250 225 3388

**Pet RX Delivery:** I have recently become an employee at the Creston Vet Clinic and am personally providing a service for those who need food and prescriptions picked up. I will deliver to your doorstep for \$15. I drive daily from Creston to Riondel. This is NOT a program the clinic offers it's something I have taken up in my own time. Call in and order as usual and after your done on the phone.

TEXT me at 250 354 3082 or EMAIL me at [makayliwilkinson@hotmail.com](mailto:makayliwilkinson@hotmail.com) You will have to make arrangements with the Creston Vet Clinic for payment of food/rx. My delivery fee can then be covered in cash or e-transfer to me and NOT to the Clinic. - Makayli Wilkinson

## MEETING PLACES

**LIONS CLUB** - meets at the *Kootenay Lake Community Church* - 16190 Highway 3A, Crawford Bay. Meeting Times: 7 pm. 2nd and 4th Tuesday of the Month. For More info call Lion Mike Jeffery – 250-227-6807 or Lion Doug Anderson at 250-227-6966 or Lion Fraser Robb at 250-227-9636.

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

**CBESS PARENT ADVISORY COMMITTEE (PAC)** Meetings held at 4:30 pm at the Crawford Bay School on the first Wednesday of the month. Email [cbess.pac@gmail.com](mailto:cbess.pac@gmail.com) for info.

**East Shore Youth Network Parent Committee** Meetings held approx. bimonthly. Email [skootenaylakeccs@gmail.com](mailto:skootenaylakeccs@gmail.com) for meeting info

**ALCOHOLICS ANONYMOUS:** Every Weds. 7 pm at Crawford Bay Corner Building

**Sweet Tuesdays Singing Practice** Every Tues 6:30 pm at Gray Creek Hall

**Improv for Adults** Every Fri 7:00 pm at Gray Creek Hall

**Gym Time for Kids:** Every Tues from 10-11 at Riondel Community Center. **Bring indoor shoes!**

### MARQUEE MONDAYS

**Movies every Monday at 7pm.**

**Riondel Community Ctr Seniors Room**

Jan. 30: The Hustler (1961)

Feb. 6: The Banshees of Inisherin (2022)

Feb. 13: West Side Story (2021)

Feb. 20: 5 Centimeters per Second (2007)

Feb. 27: Spider-Man: No Way Home (2021)

March 6: Cyrano (2021)

March 13: King Richard (2021)

March 20: The Sweet Smell of Success (1957)

March 27: Belfast (2021)

April 3: Nightmare Alley (2021)

April 10: Iyengar: The Man, Yoga, and the Student's Journey (2018)

April 17: The Matrix Resurrections (2021)

**Everyone Welcome (membership not required) Admission by Donation**

**Boswell Memorial Hall  
First DANCE of 2023!**

**Saturday Feb 11 7:00 - 10:30**

**Music by Mike Stenhouse**

Tickets \$15 available at Destiny Bay Store

**Valentines  
Celebration**

**Riondel Hall**

**Sat Feb 18 from 11-2**

**All Welcome!**

**Food and Beverage Provided**

Intimate, private, heritage venue for weddings, funerals, concerts.

**Harrison Memorial Cultural Centre.**

[artconnect.cc](http://artconnect.cc) / [esartconnect@gmail.com](mailto:esartconnect@gmail.com)

# BULLETIN BOARD

## FOR EMERGENCY CARE CALL 911

Creston Public Health	250-428-3873.
East Shore Health Centre	250-227-9006
Community Nursing	1.800.707.8550 Ext: 2,Ext 3
Mammography	1.800.663.9203
Mental Health & Substance Use	250.505.6829
Laboratory Services	1.877.740.7747 or

www.labonlinebookingca for Lab Appointments

## DOCTOR DAYS

East Shore Community Health Centre

Feb 1, 2 & 3	NO COVERAGE
Mon Feb 6	Jayne Ingram, NP
Tues Feb 7	Jayne Ingram, NP
Weds Feb 8	Dr. Moulson TENTATIVE Jayme Ingram, NP
Thurs Feb 9	NO COVERAGE
Fri Feb 10	Jayne Ingram, NP
Mon Feb 13	Jayne Ingram, NP
Tues Feb 14	Jayne Ingram, NP
Weds Feb 15	Dr. Moulson TENTATIVE Jayme Ingram, NP
Thurs Feb 16	NO COVERAGE
Fri Feb 17	NO COVERAGE
Mon Feb 20	Jayne Ingram, NP
Tues Feb 21	Jayne Ingram, NP
Weds Feb 22	Dr. Moulson TENTATIVE Jayme Ingram, NP
Thurs Feb 23	NO COVERAGE
Fri Feb 24	NO COVERAGE
Mon Feb 27	Jayne Ingram, NP
Tues Feb 28	Jayne Ingram, NP

## East Shore Hospice

East Shore Hospice volunteer care is free of charge and is available in your home, and it offers support for those living with chronic illness, some of whom might be nearing end of life, to enhance the quality of life.

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

We also offer grief support, for those who are struggling with loss and feel they need to have someone walk with them through their grief journey.

If you or someone you know needs hospice care or you would like more information, please contact *Susan Dill East Shore Hospice Coordinator* at the *East Shore Community Health Center Hospice Office* at 250 227-9006. In addition, there is a free Library with hospice related books and some DVD's on care, grief, and mourning. The library can be accessed both here on the East Shore at the Crawford Bay 'Reading Room', via Susan Dill, and at the Hospice Office in Nelson on Tuesdays between 10am-2pm.

## CHURCH/MEETING CALENDAR

### RIONDEL COMMUNITY CHURCH

Everyone welcome.

### KOOTENAY LAKE COMMUNITY CHURCH

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

### YASODHARA ASHRAM

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

### MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

No Mass until April 2023

### CHRISTIAN SCIENCE CHURCH SERVICES

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

## Riondel Community Library

Books \* DVD's \* Periodicals

10:00-12:00 Mon, Weds, Thurs, Sat  
2:00-4:00 Tuesdays

1511 Eastman Ave Riondel 250.225.2242  
the\_librarian@bluebell.ca www.library.riondel.ca

## East Shore Reading Center

Tuesdays & Saturdays 12:00-3:00

16234 King Road, Crawford Bay

250-777-1492 / escomlib@gmail.com

## Hours of Operation Resource Recovery Facilities

**Crawford Bay Transfer Station**  
November 7, 2021 to March 12, 2022  
10:00 am — 4:00 pm  
Sunday & Tuesday

**Boswell Transfer Station**  
Year Round  
11:00 am — 3:00 pm  
Wednesday & Saturday



rdck.ca  
250.352.8161 | wastedept@rdck.bc.ca

## RIONDEL REFUSE AND RECYCLE

Monday & Thursday  
8:30 - 11:00

## PICTURE YOUR AD HERE!

Reasonable Rates  
Print & Online  
Promotion

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

## Who is your Community Hero?

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

## THANK YOU TO LOCAL EMERGENCY RESPONDERS.

I suffered a stroke in our home on December 18, on a very stormy afternoon. I want to extend my extreme gratitude to the first responders and ambulance attendants who responded to our call in that storm and arrived at our home in what seemed only minutes. Not only did they make sure I was stable, but someone shoveled a path up our driveway so there was a clear access to get me into the ambulance. A call was made to the ferry personnel to hold the ferry for us on this side of the lake, prompted by knowing time was of the essence, which meant my arrival time to the Nelson hospital was faster than would have been the case otherwise. They had let the Nelson Hospital know we were enroute and so it was the Nelson team were ready for our arrival. I was rushed in for a cat scan by the attending staff followed by the administration of the clot-busting medication. I was informed I was being sent on to Kelowna to have further intervention. At this point, I was handed over to the Nelson ambulance to take me onward. Thanks to the prompt response of our local responders and care in Nelson and then Kelowna, I am grateful to have a full recovery. My husband and I thank you from the bottom of our hearts for all you did for me; your kindness comforted me in a very scary situation and your professionalism and commitment to your role ensured I got the attention I needed in a timely fashion. You all need to be commended as your care of me was amazing. WE are so blessed to have such amazing emergency personnel in our remote community. I could have had a very different outcome had it not been for your response. Thank you all so very much!!! I am sorry I did not get everyone's name but I hope you will read my thank you as it is intended for all you great people.

In gratitude, Marilyn Campbell

HUGE HUGS GOING OUT TO THE RIONDEL COMMUNITY PARK & CAMPGROUND SOCIETY for the lovely donation given to the Riondel Curling Club which will be very helpful for repairs that is needed to this Club to keep it up & running. This year we have 8 full teams with several spares as well and most are Seniors who really enjoy the game. Thanks to everyone who made this possible, every donation is appreciated.

- submitted by Isabel Snelgrove on behalf of the Riondel Curling Club

*Next Deadline:*

**WEDS Feb 22**

## Notice of Passing



Our dear Dad and beloved Opa passed away peacefully, surrounded in love with his family at his side on Wednesday, Dec 23rd, 2022 at Mountain Lakes Senior Community.

Jim was born on a dairy farm in Obdam in North Holland. He was the middle child of a family of seven. Being a good storyteller, he often had us on the floor laughing with tales of the many childhood pranks he and his friends played on each other.

In 1949, Jim's adventuresome spirit took him across the Atlantic to Canada, where he found work on numerous farms in Ontario. After a few years, he bought a brand new Ford truck with his earnings and set out for British Columbia, with his brother and a friend. They fell in love with Nelson when they first saw its' twinkling lights from the North Shore and vowed that if they could find work they would stay. The next day they all found employment at the local sawmill. Within a year, Jim acquired a job working for Kootenay Valley Dairy as a milkman.

With his new job and savings, he purchased a house on Houston Street, and sent for his sweetheart (Betty), in Holland. They were married shortly after our Mom arrived, and lived in Nelson for three years, welcoming their first two children, before purchasing their dairy farm in Sunshine Bay.

Dad loved his wife, children, animals, and farming. He and Betty brought up 6 children who feel blessed to have been supported by loving hard-working parents who brought them up on a beautiful organic farm, filled with animals, gardens, and great memories. Unfortunately, the farm could not solely support his growing family and so Jim took on several jobs to make ends meet. He eventually found employment with the Provincial Parks Branch, and worked at Kokanee Park, as well as several other parks throughout the Kootenays for 24 years.

He loved his job, which included maintaining and helping to construct new parks. Some of the campgrounds he worked on include: Kokanee Park (Sandspit), Pilot Bay, Rosebery, Lockhart, Syringa, Cody Caves, Blanket Creek and the Stagleap trails and cabin. Jim's co-workers and staff fondly remember his humour and pranks that kept them laughing.

Jim also volunteered his spare time helping to maintain the Sunshine Bay Park, and Procter Catholic Church. He was an active member of the Knights of Columbus, as well as the Procter Seniors and Hall board. Over the years, he lent a helping hand to many community members. Their home was always a welcoming place, where many friends enjoyed a good laugh over coffee.

After selling the farm in 2016 to one of his grandsons, Jim and Betty moved into Lake View Village, to live out their retirement years. Dad enjoyed strolling to Lakeside Park and his "BS" sessions with the other fellows over coffee. He always had a story to tell that would

be sprinkled with jokes and laughs. Dad had a great sense of humour, as well as a love for a good dessert.

The family wants to thank the staff at Lake View for their kindness and care that our parents received for the past six years, especially for the exemplary care given to our father during the past six months after our mother passed in May. Dad moved into Mountain Lakes a month ago, and we wish to thank the care aids who compassionately cared for him.

We would also like to acknowledge our appreciation and gratitude for our extended family that became our "aunts, uncles, and cousins" when our immigrant parents moved to the Kootenays. The Steenvoorders, Kempermans, Groots, Ravesteins, Schamharts, Bogaarts, and Zieverinks, and for our real Kootenay cousin Leny, and our uncle Gordon.

Jim was predeceased by Betty, his beloved wife of 67 years, and his daughter Karen. He is survived by his five remaining children: Joan (John), Yvonne (Drew), Audrey (Daniel), Mim, Dan (Kris), as well as nine grandchildren, and twelve great-grandchildren.

We will miss our dear father whose humour, generosity, wisdom, and love enriched our lives.

A celebration of Jim's life will be held in Procter, this spring.

## East Shore Hospice



A few years ago, my mother-in-law passed away leaving a fully furnished 4-bedroom home loaded with mementos, souvenirs, clothing, furnishings and many other items accumulated well over a 90+ year period. As you can imagine, it was quite a task for family members to sort out and separate things of interest.

When it came time to deal with the family home after her passing many treasures and surprises were uncovered. This included artifacts from her mother's estate, as well as memories of her life journey. Embedded among layers of unsorted mementos and random newspaper clippings were details of both her life and my father-in-law's, which the family never knew. The process itself was at times amusing and sometimes revealing and emotional. This eventually led my husband to embark down the road of exploring his family history through genealogical research. The research uncovered aspects of his family, opening up a new understanding and appreciation for both his parents and the generations that preceded them. This included the suffering they endured and the challenges they faced through family trauma and some of the global conditions they lived through, such as wars or periods like The Great Depression.

These emotional explorations are rife with emotional highs and lows but they can lead to self-healing and inner peace. I read the book "They Left Us Everything" by Plum Johnson (Canadian author) which was recommended by a hospice volunteer a few years back and I found it very helpful in assisting my family during this time of grief. If interested it is available in electronic format at both the Creston and Nelson public Libraries. For more information about East Shore Hospice please see the Bulletin Board page in The Mainstreet.

## Notice of Passing



Elizabeth (Jane) Snelgrove (nee Spence)

July 13, 1951 - December 31, 2022

With heavy hearts we regret to announce the passing of our dear sister Jane.

Jane joined the love of her life, Bryan, just 7 months after his passing.

Jane is survived by her loving daughter and son-in-law, Debi and Matt Kosolofski, her grandchildren and pride and joy, Piper and Sawyer. Also survived by her four sisters, Diane (Grant), Pat, Susan (Willy), Kathy (Rod). Jane was predeceased by her Dad and Mum, Arnold and Bette Spence.

Jane was born in Springhill, Nova Scotia, on July 13, 1951. The family moved to Crawford Bay/Kootenay Bay in 1956, when Jane started and completed Grade 1 to Grade 12. She then attended Trail Business College, after which she moved to Nelson and then to Williams Lake. She and Bryan met in Masset and they married on December 6, 1973. Their beautiful daughter Debi was born in 1979, in Prince Rupert, BC.

Jane, Bryan and Debi never had any moss grow under their feet as they moved often. They lived in Masset, Winnipeg, Prince Rupert, Fort St. James, Salmo and Haines Junction, Yukon. They loved to take Sunday drives and thought nothing of driving 5 hours, one way, to have coffee with family or friends and then drive home again. While in the Yukon, Bryan had a massive stroke and heart attack and the family moved to Williams Lake to be closer to family. Years later after Debi married Matt, Jane and Bryan were on the move again. Kamloops, MacKenzie, Westlock, Courtenay and then back to Williams Lake to be close to Debi, Matt, Piper and Sawyer. She loved to spend time with their grandkids.

Our minds still talk to you and our hearts still look for you.

## Memorial Wall

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

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

## 4KIDS!

Text/Email a photo or Mail/Drop off the original of your child's coloured page for a chance to win a \$5 gift certificate to a local cafe of your choice!

Winners will be announced in the next months edition of The Mainstreet.

JANUARY WINNER

Emily! Age 4

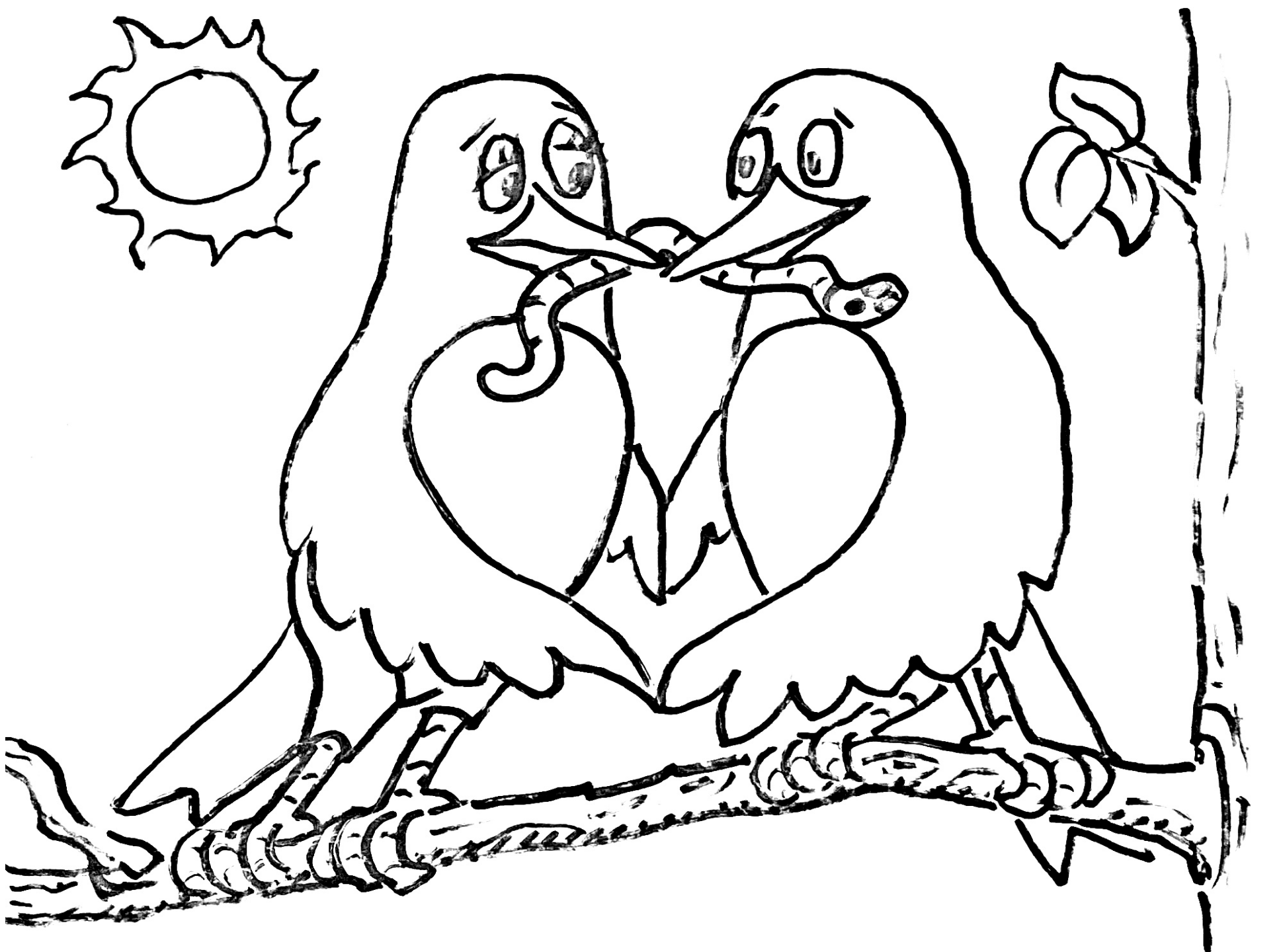
Cafe Choice: Red's Bakery

FUN PAGE

d f y a w e t u d s x f g e w a s d g  
t i d u i a f u z v p y d a q a b h s  
r u s y n k g j s m o h f s w q n k e  
e y d t t g h m d n l n g d e u u w r  
s t f r e f j n f b a v r f r a , i t  
s r g e r d d l o c r d o g t r w n y  
c h o c o l a t e d d f u k y i e d h  
f h j s t r k g l s i r n j g u r y g  
g f e d g y u f o e p j d h f s t k f  
h s j a f h y d i r f u h g d b s j d  
j k y g r b t s k t g y o f c n e h s  
k a t g d t r e j g h t g d c m d a d  
l t r f f d e d u f j r s s b h f s x  
i i e h a p p y i d k e d a n w g d c  
u n e c g e s r k e l s a z o f h f b  
y g w v f f e b r u a r y d h d y r m  
t w d b g t s t d e h o a v y t t n  
r e f n b u d y s w g h h b t e c i h  
e r g m n y f u g a s e f t r y e t j  
v a l e n t i n e s d a y e e u a e u  
l o k h y t r e e g s h c u p i d a y

WORD SEARCH

- Ground-hogs Day
- Winter Heart
- Aquarius
- Ice Shadow
- Cold
- Valentines Day
- February
- Polar Dip
- Windy
- Skating
- Chocolate
- Happy Cupid



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Gym!4kids10:00 Yoga w Katel4kids 3:00 Karate 5:00 Sweet Tuesdays Singing Practice 6:30 @ Gray Creek Hall Meditation Circle @ Tara Shanti 7:00	Yoga with Melina 1:30 @ Boswell Alcoholics Anonymous 7:00		Karate 5:00	Let's Get Down to Business Event 2:00 ArtConnect presents Katrina Kadoski 5:30
5 Century 21 Open House 11-1	6	7 Gym for Kids 10:00 Yoga w Katel4kids 3:00 Sweet Tuesdays Singing Practice 6:30 @ Gray Creek Hall Meditation Circle @ Tara Shanti 7:00	8 Yoga with Melina 1:30 @ Boswell Alcoholics Anonymous 7:00	9	10 Karate 5:00 Improv 7:00 @ Gray Creek Hall	11 Boswell First Dance of 2023
12	13	14 Gym for Kids 10:00 Yoga w Katel4kids 3:00 Sweet Tuesdays Singing Practice 6:30 @ Gray Creek Hall Meditation Circle @ Tara Shanti 7:00	15 Yoga with Melina 1:30 @ Boswell Alcoholics Anonymous 7:00	16	17 Karate 5:00	18 Community Valentines Day Celebration 11-2
19	20	21 Gym for Kids 10:00 Yoga w Katel4kids 3:00 Sweet Tuesdays Singing Practice 6:30 @ Gray Creek Hall Meditation Circle @ Tara Shanti 7:00	22 Yoga with Melina 1:30 @ Boswell Alcoholics Anonymous 7:00	23	24 Karate 5:00 Improv 7:00 @ Gray Creek Hall	25
26 Three Soprano's 3PM	27	28 Gym for Kids 10:00 Yoga w Katel4kids 3:00 Sweet Tuesdays Singing Practice 6:30 @ Gray Creek Hall Meditation Circle @ Tara Shanti 7:00				

# EVENTS

Welcome to the Mainstreet Calendar! This calendar is subject to change. Changes will be published on the Mainstreet website [eshore.ca](http://eshore.ca) to the best of our ability, as soon as possible. Delays may, however, be inevitable.

Sign up for notifications! We promise not to spam you. Sign up for website notifications to receive cancellations/updates to events posted on the calendar, submission deadline reminders, and truly pertinent between-editions information.

Event Details To find event details such as cost, registration, and location information of events listed here, please visit the Calendar page on our website [www.eshore.ca](http://www.eshore.ca).

**Cover Photo Search**  
Send your fave shots to [office@eshore.ca](mailto:office@eshore.ca) for consideration on our front page. All submissions will be entered to win a \$50 gift certificate to the local store of their choice. Draw will be made in July.

