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YEAR 26, NUMBER 2

FEBRUARY 2016

The East Shore Mainstreet

KOOTENAY LAKE BC

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

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One Flew Over the Cuckoo's Nest Feb 12-14, CBESS Performance Space

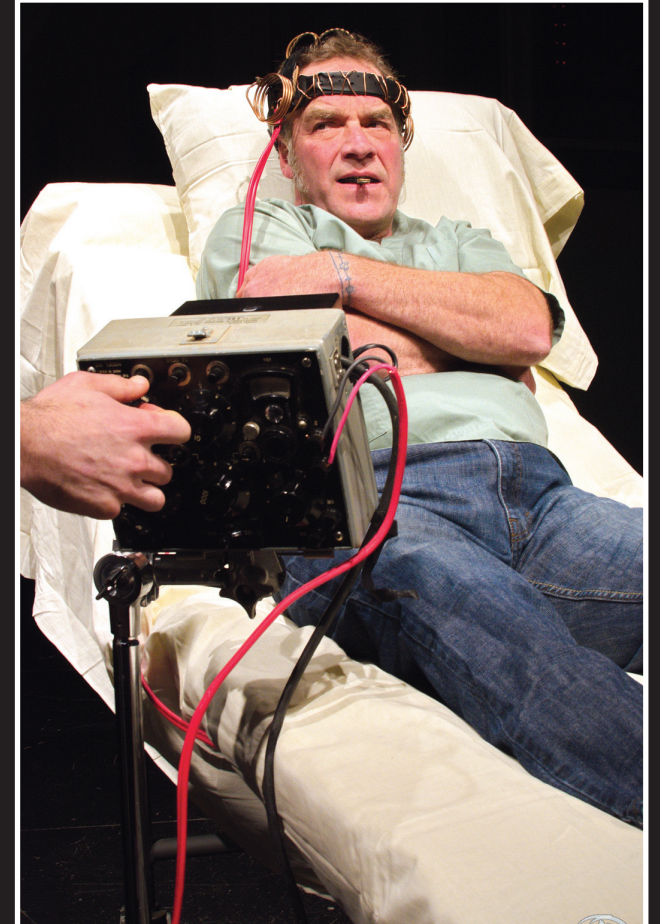
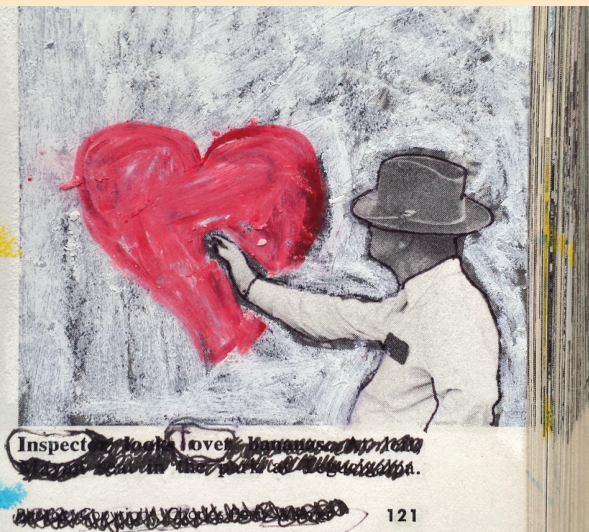


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"...and you will have seen the world"
By Elisa Rose



Photos by Allan Hughes

Don't miss getting your tickets for the Hexagon Player's 2016 performance of "One Flew Over the Cuckoo's Nest," coming to the stage this February 12-14 at the CBESS performance space. Tickets are on sale now at Crawford Bay Market, Riondel Market, Gray Creek Store and the school office desk. \$20/each - all tickets. This play deals with heavy material and may not be suitable for younger viewers. Under 14 must be seated by an adult at all times. Top left - Carol VanR and Ries Fowler as Candy and Billy Bibbitt. Top right - Ryan Davis as Dr. Spivey, Robert Baldwin as Ruckley, Mandy Petrie as Martini and Ries Fowler as Billy. Bottom right - James Linn as R.P. MacMurphy. Bottom left - Geoffroy Tremblay as Chief Broom. "Wire, brier, limber, lock..."

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Mainstreet Message

by Editor Ingrid Baetzel

I love to sing. I'm not that good at it and sometimes recognition of that fact smarts a little, but it doesn't stop me from loving the act of singing. I love to listen to people sing, particularly live. In the past couple of years, I've had more opportunities to sing in public than ever before. Being dry while singing out loud is a whole new concept (I can't bring the shower everywhere, acoustics be damned).

Becoming friends with people who LIVE music and love music and perform regularly has opened me up to really investigating what it is about singing that gets me excited. Spending time with musicians is about getting a little bit lost... a little bit swept away. Friends have invited me to jam with them, to play with them, to just sit and listen to them and I feel richer for having that opportunity. In November, Will Chapman and Michelle Moss of The Arcane Garden, put on a show at the Gray Creek Hall that wowed the full house. They featured other local guest musicians and had the old hall swaying and pulsing. I meant to shout out to them earlier, but forgot. Thank you both, for the treasure trove of talent you carry with you... everywhere.

In December about 15 local amateur singers joined a band of Kenji Fukushima, Will Chapman, Alex Mayer and Ben Johnson and we put on a 1970's Music Night for New Year's Eve at the Gray Creek Hall. At this event, my daughter, Zoe, decided to sing in front of people for the first time. I know no other words than this: she blew my heart open. She stood, alone and brave, in front of over 150 people and sang. And she sang well. It seems to have started a fire in her and I hope to see it burn long and slow in her life because it obviously resonated deeply for her. There's no doubt that I am unreasonably and intensely biased. There is

no doubt that my pride is from a deep maternal place that would probably see her as a massive talent even if she was squawking like a chicken at roost. Maybe it's really about more than talent. Maybe it's just that she's willing. And brave. And capable. In my opinion, that makes life richer and draws the positive closer. Maybe that's all she needs to be until someone else can tell her that she's talented and that takes her to a new place in her self-knowing. Either way – it's good stuff. And, now she's stepping out into the world with her voice more and more, singing in front of people and keeping me all giggly and chuffed, or as a friend said, so proud I'm "farting rainbows."

And, maybe it's just timing, but performing music seems to be catching on in a big way with our youth right now. There is some serious skill in our kids. Fortunately, starting this month, we're going to get to see just how far they can go with it. A "School of Rock" is starting up (Jacqueline Wedge facilitating and teaching) and will be running for approximately 10 weeks. The kids will be learning a bunch of 70's and 80's songs and hopefully performing them for the public in the spring. Keep your eyes open for it.

The Riondel Commission of Management 1511 Eastman Ave, Riondel BC

NEED SPACE? WE'VE GOT IT!

The Riondel Commission of Management would like to know if there is any interest on the part of a community organization, a society, or a private entrepreneur to make use of the Riondel Recreation Centre. This building, which contains a kitchen, washrooms, office space, and a gym & stage area, has been unoccupied for the past year but is in good condition. The kitchen/office area is approximately 42 ft. x 28 ft, and the gym/stage area is 71 ft. x 38 ft. The commission is prepared to offer the possibility of excellent terms on a rental or lease agreement for a suitable organization or business. Interested parties may contact the Riondel Commission of Management via email at riocom@bluebell.ca, or phone at 250-225-3262 on Tuesday mornings between 9am and 11:30am.

LETTERS TO THE EDITOR

LETTER FROM GERMANY

Hello everyone from Cologne, Germany!

I really cannot believe that I have been in Germany for more than five months now. I would like to give a few details about my daily life here and my host family before I continue. My host family consists of a mom, dad, and two sisters. I am attending Deutzer Gymnasium, Cologne (high school), which is about a twenty minute commute with the subway from my house. There are about 700 students, and it is also the smallest Gymnasium in Cologne.

I am slowly making progress in my German, as I speak every day in German and can participate in most conversations, albeit I speak slowly and make more mistakes than I can notice. I would say I am living a pretty normal young teenager life for a someone brought up in Cologne, and it is indescribably different compared to Crawford Bay. I can never decide if it feels like I have been here forever, or for no time at all. It's hard not to get so caught up in my daily life here that I don't notice all of the amazing things and amazing opportunities I have every single day here. There is no chance that I would be here right now if I hadn't had the help of my community at home, and I want to try and describe how thankful I am for that.


I have had so many amazing experiences already in my time here and I have so much time left for more. A lot of people here in Cologne find it funny when I describe the village that I come from, with a school of about 85 students and only a school bus for any sort of public transportation. They also eventually ask how I was able to pay to come here, and if I fundraised or worked. That is when I can say that the people, small businesses, and organizations from my com-

munity were the biggest contributors to my exchange. Every time I have said that, whoever I am speaking to says "You are so lucky, that is really amazing! That would never happen here." (A rough translation). That doesn't mean the city I am living in here isn't friendly and amazing, but only in a community as small and bonded as Crawford Bay and the East Shore is that possible.

One thing in particular I wanted to share while writing this, is something I have noticed more and more recently that has to do with appreciation. We are always told, especially as teenagers, to appreciate what we have in our lives. It shouldn't be so hard to appreciate the good things in our lives that make us happy, but it really is. As an exchange student with limited time in the country that I am in, I have more pressure to experience and appreciate what I am given here, and the opportunities I have. I won't lie, sometimes I don't. It's easy to get used to daily life, and that isn't necessarily a bad thing, but I think those special moments where some detail reminds us of what we can appreciate, should be strived for and, once again, appreciated.

I would like to thank the Nelson and District East Shore Branch Credit Union and Crawford Bay Lions Club for accepting my grant applications and helping hugely, as well as all of the very generous friends, family, and community members who donated to my fund and those who supported my various fundraising events. I hope that those of you who would be interested know about the blog I am keeping while here (dayindeutschland.wordpress.com), and I'm looking forward being to being back in the quiet Kootenays this summer.

Daelin Smith,
Cologne, Germany



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

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

Next Deadline: Feb 24, 2016

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GRATEFUL THANKS AND AN APOLOGY

Dear Editor:

First of all, grateful thanks to all community members who attended and performed at the Christmas concert at Harrison Memorial (Crawford Bay) last December 15. (A Celebration of Christmas Music) It was a wonderful evening of great music, beautiful lights and decorations and an enthusiastic audience.

Now, an apology to those who arrived close to 7pm who did not get in because the church was packed. The organizers are already discussing what we can do next time to accommodate everyone who wishes to come.

Supporting the Harrison Memorial concerts, both in the summer and at Christmas, is how we keep the doors open and the lights on. We want to maintain and keep this beautiful historic church, so your support is greatly appreciated.

There will be an Easter Sunday service on March 27 and one of our summer concerts is already scheduled: on August 7 we will see the return of Saskia and Darrel, "The Great Plains", a folk duo from Vancouver Island. The audience loved them last year. Please put these dates on your calendar.

Sincerely, Deberah Shears

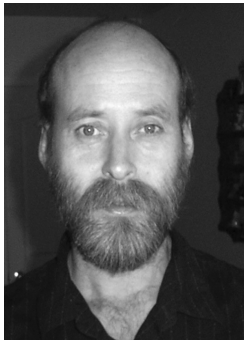
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RDCK Area "A" Update

by Garry Jackman,
Director - Area "A"

MORE ABOUT FOOD

News broadcasts continue to reinforce the obvious, that being since the majority of our food is imported we are vulnerable to wide swings in pricing due to world economic conditions and the strength of our dollar. Increased costs for water in regions such as California which produce large quantities of fruit and vegetables for export will add to future price hikes.

Stats Canada provides data in a number of forms, such as simple charts showing specific food price trends over the past five years or showing percentage changes month by month or year over year for categories of food or other products. For example, from December 2014 to December 2015 the cost of food purchased from stores increased by 4.1% while the Canadian consumer price index (CPI) increased by 1.4%. Looking more closely, the cost of fruit, fruit preparations and nuts increased by 10%. The price of fresh fruit increased by 13.2%. The price of vegetables and vegetable preparations increased by 10.5%. The price of fresh vegetables increased by 13.3%.

Not all of the items with rising prices could necessarily be grown more economically in Canada, or specifically here in the Kootenays, but a closer look at some items reveals opportunities. During that time the average price of one kg of apples went from \$3.77 to \$4.22. The price of one kg of carrots went from \$1.59 to \$1.81. One kg of celery went from \$2.59 to \$3.79.

Onions went from \$1.63 to \$1.80 per kg. Looking at earlier years shows a general trend of increasing prices. This trend is not assured to continue, but this round of economic conditions should present opportunities in the short term. With a cooperative approach perhaps these opportunities can translate into long term success for existing and new agricultural producers in our area.

As I noted last month, without consideration of product quality and maintaining local capacity for production (by paying the higher short term price to support local farmers) we have seen the percentage of locally produced food in our diet diminish over several decades. We have also undervalued the multiplier factor when wealth is generated locally by producing a basic commodity such as food and retaining the majority of the funds in our communities. Now we are paying higher prices without the added benefit of stimulating our local economy. This is a time to make a change by supporting our local agricultural community.

As I also noted last month, funding is available through the Creston and District CBT Community Directed Fund to support the creation of networks from the producer to the consumer. The networks must include the producers, large and small, plus the consumers (whether individuals or commercial entities such as restaurants) and everyone in between covering storage, transportation and supporting services. Core funding to begin the building of partnerships with a paid coordinator and other resources sustained over the first few years is now available. Creston and District Fields Forward has been launched.

PRELIMINARY BUDGET INFORMATION

The RDCK board held another budget meeting on January 21st where we reviewed budgets for some of our larger services plus looked at the trends in assess-

ments for land and improvements. All properties in the province are assessed for the purpose of allocating property taxes each year by the BC Assessment Authority. We received our notices over the past weeks along for information on how and when to appeal if there is a perceived inequity or error.

For 2016 taxation purposes Area A assessments have seen a modest overall increase but at a slightly lower rate than the RDCK on average or the neighbouring areas around Creston with which we share many of our local government services. This means that tax increases in Area A will once again be offset to some degree by larger increases in other areas shouldering a greater share of the total tax burden. I do not as yet have the breakdown on how much of the changes in assessment are due to growth (new houses and newly subdivided lots) versus market changes (increases and decreases in actual selling price for real estate).

Once draft budgets for all services are prepared they will be presented at a series of public meetings where you can ask questions or offer comments. I am also available to respond to questions or hear your concerns directly. Public meeting dates scheduled so far which will specifically cover services offered in Area A are March 9th in Riondel and March 10th in Creston. Other meetings will be scheduled in Nelson and other communities, generally from early to mid March. Go to the RDCK website for meeting date, times and locations.

If you have questions or comments on any topic please drop a note to gjackman@rdck.bc.ca or call me at 250-223-8463.

**Next Deadline:
February 24, 2016**



Hidden Taxes

by David George

WHAT is in our libraries? First thing you think of when I say library is books, right? Yes, books, many books, but not only books these days. After all, this is the 21st century.

This month we look at the other resources in our libraries, particularly our local East Shore Community Library in Crawford Bay.

First the books: there are about nine thousand of them (9,000) more than half of which are fiction. Fiction is located in the main stack area, with non-fiction along the back wall in the tall bookcases. New books are to the right, past the circulation desk. New books are kept there until they have been in the library for six months.

Just beyond the new books is the children's section, with suitable chairs and a partly padded floor. Some audio tapes and DVDs are in that area also.

Further along towards an exit door are audio books and videos, about two thousand in total (2,000).

They consist of four formats:

1) Audio books on CDs are an increasing presence in the library, and there are more than four hundred (400), many of them unabridged performances of the original book. The compact disc for audio has been around since the early 1980s and the standard for making them was a Sony-Philips collaboration.

2) Audio books on cassette tapes, about three hundred fifty (350) of them. This is an old technology, but a very robust one, and cassette tape players are still around. Philips introduced the compact cassette in the early 1960s, and blank cassettes are still manufactured, more than fifty years later. Sony had a big success with the Walkman, a portable cassette player popular with joggers and anyone who just wanted to listen to a tape

with headphones. I believe one can still buy the decks and players new, as there is a resurgence of interest in the format, partly from indie record producers, as the tapes are cheap to produce, and are less easy to share on the internet. The present collection in Crawford Bay will be kept for awhile, although some have not been taken out for so long that they are for sale along with the discarded books.

3) DVDs, a few more than five hundred (500) with some in the children's section. Most are movies, but there are quite a few documentaries and series. There are even a few of the newer Blu-Ray format, which is not compatible, although Blu-Ray players will also play DVDs. Btw---the initials used to stand for Digital Versatile Disc, but common usage has changed that to Digital Video Disc generally. The DVD standard, from 1995 was a collaborative effort by Philips, Sony, Toshiba, and Panasonic. It succeeded because the computer industry intended to boycott the original proposed two standards unless they were combined into one, remembering the battle between VHS and Sony's Betamax in the 1980s.

4) VHS tapes---yes, there are movies and series and documentaries on VHS videotapes. VHS stands for Video Home System, and was developed in the 1970s.

Around seven hundred (700) of these very durable tapes are still in the library. JVC, the Japan Victor Corporation was responsible for the original standard, and there was a bitter battle between them and Sony for the hearts and minds of the home viewer in the 1980s. The Sony system was demonstrably better, but Sony's original video cassette only played for one hour, while the VHS had a two-hour tape from the beginning. As we know, VHS finally won, but professional versions of Sony's Betamax were used for a long time for news gathering until fully digital systems became available. The library intends to keep the VHS collection for a few more years. New VHS decks combined with DVD

players are still available, and look to be for a while, for around a hundred dollars (\$100).

As of now, January 2016, there are no electronic books available through the library for the many readers such as Kobo and Kindle, but investigation into how they could be obtained is ongoing.

Inter-library loans (of books only) are available, and free. They usually take around two weeks to arrive. Fill out a form at the circulation desk.

Finally, there is a public computer available complete with a printer. Keychain drives are usable via USB.

Circulation figures for the eleven thousand (11,000) items in the East Shore Community Library annually are usually around half the size of the collection.

As of the end of January 2016, six hundred forty-six (that's 646!) people have library cards here. If you are reading this and do not have one, come in any Tuesday or Saturday from 12 Noon to 3PM, or Thursday evening from 7 to 9PM and get your free library card.



It is that time.

We are gearing up for the spring and are looking for a **full time cook and part time bartenders.**

Full time cook to start first of March.

Please feel free to drop off a resume at Newkey's or call Pam at 250.227.6911

NewKey's Place
250.227.6911



February Horoscope

by Michael O'Connor

Tip of the Month:

February is an interesting month as the hours of daylight noticeably increase while winter deepens. From Pagan tradition, Imbolc marks mid-winter, the half way point between Winter Solstice and Spring Equinox. Imbolc was renamed Candlemas by the 5th Century, especially in Britain as one of many adoptions of Pagan festivals by the Roman Catholic Church. In our modern era, it is commonly referred to as Groundhog Day.

The New Moon in Aquarius coincides each year with Chinese New Year and the Wood Sheep/Goat/Ram hands off to the mischievous and exciting Fire Monkey. The New Moon in the Pacific Time Zone occurs on February 8 at 6:39 am.

By mid-month, Mercury and Venus both enter Aquarius on February 13 and 16, respectively. The Sun enters Pisces on February 18 at 9:34 PST.

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

Aries (Mar 21 – Apr 20)

Your pioneering spirit has been activated and you mean business. You are determined to enter new territory. Your ambitions are running deep and strong. Nothing less than practical, strategic thinking will satisfy. A definite learning curve is indicated and the course load is hefty. While dreams are inspiring your actions, you want measurable results.

Taurus (Apr 20 – May 21)

Getting the attention you want, need and feel you deserve is firmly on your mind. The time has come to take some deliberate leads. Outlining your skills, assets and expertise towards boosting your confidence feels important, perhaps even necessary. Naturally you are drawn to others who recognize your interests and share your passions, especially now.

Gemini (May 21 – Jun 21)

Circumstances have been pushing you to dig deeper than you have for a while. You want answers and a research process is underway. For your part you have reason to feel pretty confident. However, others due to their situation and perspective may be a cause for some concern. Seeing a bigger picture and/or gaining a glimpse of the future to increase your confidence sure would be welcome now.

Cancer (Jun 21 – Jul 22)

A good deal of exchange and interaction with others has been keeping you busy. You can expect the pace to continue. In fact, in some respects the plot is getting thicker. The good news is that you are in a sporting mood, or is defiant a better word? Either way, you must contend with a spectrum of people and situations and that could be the cause of feeling stretched.

Leo (Jul 22 – Aug 23)

A social cycle has begun. New beginnings on relationship fronts are indicated. The twist is that you have to dig deeper and give more. This influence has already been underway for the past couple of weeks anyway. The good news is that you are in a strategic mood. This is where social outreach comes to the fore. Whether your approach is digital or literal, the time has come to increase your exposure.

Virgo (Aug 23 – Sep 22)

You have entered an inventive cycle. Already you have been feeling creative and determined over the past few weeks. Circumstances are also pushing

you to respond. There is more going on that simply a new year. Gain support from others without leaning on them. With your overall energy levels steadily on the rise, this could prove to be a breakthrough period.

Libra (Sep 22 – Oct 22)

Your ambitions continue to rise. Yet now suddenly you are in a playful mood. You will still want to attend to business, even to the point of turning your home into your work space. In fact, some major power moves are underway. A definite learning curve process is featured. The learning and lessons are occurring at multiple levels. Yet, you also want to cut loose. This is your invitation.

Scorpio (Oct 22 – Nov 21)

You are very much an individual and honoring your sense of individuality is important now. By extension this includes how you live your life, your lifestyle. So, the time has come to explore new possibilities. In the short term this can simply include playing with new ideas and strategies. Working more closely with the new players in your life is important.

Sagittarius (Nov 21 – Dec 21)

Many new ideas are rolling in. You are suddenly busier than you have been for a while. Practical ambitions are stimulating your focus. You are serious about expanding your world. Calculated risk is featured. Turning back now would likely result in failure and it may not even be possible. So, forward it is. Keep an open mind and be receptive to wise counsel coming your way.

Capricorn (Dec 21 – Jan 19)

The time has come to strengthen foundations. This is linked to nurturing alliances and rapport with key contacts. On the other hand, knowing which relationships or relationship patterns no longer work or serve is important. It may all come down to being more professional and/or mature. Either way, personal responsibility linked to honesty with self and others is featured.

Aquarius (Jan 19 – Feb 19)

The signs of change should be evident by now. These may be coming at you from without, yet you too are taking strides in new directions. In some respects it is about style and conduct; how you proceed and the approach you are taking. At deeper levels yet, it is about perception and interpretation. Your entire vision, philosophy and self-concept too are under review.

Pisces (Feb 19 – Mar 20)

The time has come to determine your direction. Knowing where you are headed will help you to know what to do. This includes a priority list. Some things are simply better done first than others. Gaining support and assistance from friends and other allies is extra important now, so ask and focus to work cooperatively. It is time to do the inner work to increase your outer influence.

Wynndel Box and Lumber Sawmill Sold to Canfor

By Lorne Eckersley, Creston Advance

After a century operating as a family business, Wynndel Box and Lumber Ltd, rebranded in 2014 as WynnWood, has been sold to Canfor, one of the world's largest wood manufacturers.

"All the management team and myself are staying on as part of the agreement," WynnWood president Michael Combs said today, shortly after making the announcement to the Wynndel sawmill's staff. "We are profitable, but to continue to grow, Wynnwood needs access to more fibre than we can supply, and the mill needs even more capital investment."

Wynndel Box and Lumber was on shaky ground until a turnaround was accomplished in the last several years, with a dramatic change in management structure and investment in state-of-the-art equipment, accompanied by a lower Canadian dollar that increased its competitive advantage in U.S. markets.

Combs said that he and his board of directors, members of the Wigen family, had looked at purchasing other mills, or selling to other companies. In the end, he said, the Canfor sale was the right fit.

"Canfor says they want to diversify their portfolio, and getting into the specialty wood products market is one way to do it. We make some of the best boards in the world, so we were attractive to them."

"I will be staying on and making all the decisions until I leave the business, and I don't plan to do that any time soon," he said.

- Planning a wedding?
- Holding a meeting?

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Taste of India

save the date

FRIDAY MARCH 4

An evening of food, dance and

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CBESS Hot Lunch Program FUNdraiser

@ Gray Creek Hall

Watch for more info to come!

Andy Shadrack for
Green Party MLA in 2017



In the 2015 federal election about 74 people on the East Shore voted Green, compared to 68 in the 2013 provincial election. If you would like to join the BC Green Party to help nominate the next green candidate for the 2017 provincial election, or to support my campaign to become that candidate, please contact me at:
ashadra@telus.net or 250-353-7350



Hacker's Desk

by Gef Tremblay

The Healing Art of Acting

It's well known that art has a therapeutic effect. Since 1991, art therapy has been recognized as a form of healing modality. There also has been a lot of research done on social creative activity and its healing potentials. I am part of the Hexagon Players not only because I find it a lot of fun to play, but I can appreciate the healing effect of this practice. I'd like to share some of the healing factors of theatre practice.

Social Interaction

It's not every day that you can laugh hysterically, yell as loud as possible, act the silliest that you've ever acted and get away with it. Acting is often as intense as a messy family Christmas party, without the negative repercussion and grievance.

I often feel that theatrical play is the pinnacle of human interaction. We fight, we yell at each other, fall in love, make love, hate each other and sometimes kill each other and when the practice is over it's all back to normal.

It somehow feels like getting an extra dose, an espresso shot of social life in one evening and the bonds that are created through these interactions are really profound. In turn, social interaction has major health benefits. A 2010 American study even explains the following, "Low social interaction harms longevity as much as alcoholism and smoking, has more impact than lack of exercise, and is twice as harmful as obe-

sity."

Emotional Process

In order to embody a role completely, there is a lot of emotional work that has to happen. Creating a character's history, putting yourself in the skin of that character and imagining how that character would feel in different situations, all lead to creating a different perspective in the world of emotions.

All these practices bring me closer to understanding the working of the emotions in my life but also how to reduce their effects, and loosen the association between myself and my emotion. So the next time I feel sad, I can see it as an emotion. I am not sad; I feel sadness, which is a passing emotion that has its color and could almost be enjoyable to certain extent.

Being able to control our own emotions also improves our emotional intelligence, which again is a major factor in healing. Uncontrolled emotions aggravate stress, hypertension and can lead to heart and circulatory problems, not to mention how emotions can have negative effect on our social life.

Pushing the Limits

Theatre is far from being a comfortable situation. We have to let go of most preconceived ideas of human action and interaction. Putting myself in a not-so-comfortable situation really expandd my comfort zone, which helps in many other parts of my life.

Going outside the comfort zone also means doing new things, which is directly related with creating new pathways in the brain. Of course that helps the brain to be active, but also keeps the brain fit for new activity.

Regular Practice

The art of acting affects the actor on many levels. Learning lines by heart, and reciting them definitely has a lasting effect on memory which is probably pretty

good for the brain. Committing to a weekly practice, on a voluntary basis also has its benefits for the mind. Although I wouldn't say that acting is completely selfless, the dedication needed to make this happen requires a good amount of self sacrifice, and humility. Like any regular practice, this commitment helps on many other levels in one's life.

The practice of theatre will of course be different for everyone, but for me it's quite a powerful practice, and I hope you'll have the chance to enjoy our play coming up in a couple weeks.



This Sharp-Shinned Hawk was photographed by Lorna Robin after it attacked a Flicker near her house. The flicker got away.

would also like to **thank Bob Carter for the many hours he spent preparing the Connecting Canadians project submission.**

As subscribers in Gray Creek know all too well, there have been **persistent problems with the Crystal Lake tower.** The problem was thought to be with the fuel supply for the back up generator but further trouble shooting pinpointed the charging system itself to be at fault causing the generator to run too often, using excess fuel. A new 48-volt inverter-charger is being donated by Blackwoods Solar which will hopefully help resolve the issue.

In other news, since the start of reorganization of operations in October the board has **converted subcontractor positions into payroll employee positions.** Although these positions include technicians and a bookkeeper, ESIS has been unsuccessful in negotiating an employment position with Bob Carter. **Therefore Cartergraphics is no longer associated with ESIS. This impacts subscribers with @theeastshore.net email accounts.**

The domain name @theeastshore.net and associated emails are registered to Bob Carter of Cartergraphics Media Services. We have asked Bob to transfer registration of the domain to ESIS but have been unsuccessful. Since Cartergraphics is no longer under contract with ESIS, we can no longer guarantee the functioning, support and privacy for @theeastshore.net email accounts. After reviewing this issue and consulting with CBT **the board has decided to not replace the email service.** This is a growing trend for small internet service providers such as ours. **We recommend subscribers change over to a free third party email service such as Gmail, iCloud, Hotmail, Yahoo or Outlook.** If you have an @theeastshore.net email account and continue to use it you will have to contact Bob Carter for service and he may choose to

bill you separately from what you pay ESIS. **For more information and instruction on how to go about this change please visit our website (www.eastshoreinternet.ca) or our Facebook page.**

Given all the current work and changes, **ESIS is actively seeking volunteer help.** We are seeking help from individuals with **snowmobiles to haul propane** to the remote Crystal Lake tower site. **We extend our special thanks to Glen Strom and Sonni Green** who have already helped us out with this. In addition we are **seeking "tech volunteers"** who could step forward to help neighbours set up their new email accounts, transfer contacts and notify their contacts of their new email address. **If you are capable and interested in volunteering, please email us at info@eastshoreinternet.ca**

ESIS board and staff look forward to continuing to serve ESIS members as best we can and continue to ask for your support during this time of transition.



EAST SHORE INTERNET SOCIETY

ESIS in February Upgrade Project Agreements Signed & More!

submitted by the ESIS Board

ESIS business has been moving along at a fast pace. There is much to do. The new subscriber packages have been introduced and will be available on February first. Check the website (www.eastshoreinternet.ca) for our new packages and we hope you will find a package that is suitable for you. The Kootenay Bay ferry webcam page can now be found on the ESIS website.

Great news – just this past week **ESIS finalized and signed the Connecting Canadians agreement with Columbia Basin Broadband Corporation (CBBC).** In January ESIS also signed the final agreement to **change broadband providers from Telus to the CBBC.** These are the first steps in the upgrade project. The ESIS board together with volunteers and ESIS staff continue to plan, research equipment and identify community resources to prepare for the Connecting Canadians project which **will bring a minimum of 5mb/sec of speed to all subscribers by 2018.** We want to give a **big thank you to Neil Myers** for the valuable time and expertise he is giving to update our project management plan. Neil will work as project manager during the project and will be responsible for keeping track of materials and task scheduling. The project will be officially underway in February. We

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Hexagon Players Corporate Sponsors

Newkey's Place is proud to financially support Hexagon Players in their performance of *One Flew Over the Cuckoo's Nest!*



The Historic Gray Creek Store is proud to have provided Hexagon Players with fabulous deals on lumber for their sets as well as being a ticket sales location.



Riondel Market donated financially and supported the Hexagon Players as being a willing ticket sales location. Proudly supporting arts on the East Shore!



The Yasodhara Ashram is a supporter of many community organizations & is more than proud to help out the Hexagon Players in their 2016 production!



James Linn Tree Service gladly supports the Hexagon Players. Arts & theatre at a community level are as important as anything else and this contribution reflects that appreciation.



James Linn Tree Service

Anderson By Design

A proud supporter of the Hexagon Players! Sam Anderson's contribution goes towards offsetting costs and supporting arts on the East Shore.

The East Shore Mainstreet very happily supports the Hexagon Players via in-kind donations of advertising space and design work.

Go, Cuckoos, Go!



Junction Creek Hub continues to support the Hexagon Players with financial support and endless appreciation.

Good luck, Hexagoners.



Riondel Fire and Rescue is very proud to support the Hexagon Players through donation.



If you are interested in sponsoring the Hexagon Players with a donation to say proudly that you support performance arts on the East Shore, feel free to contact James Linn at 250.225.3388. The Hexagon Players are endlessly and profoundly grateful for these generous donations. You make it happen!



ESTBA Trail Report

by Farley Cursons

“When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking.”

Sir Arthur Conan Doyle

It's an exciting time for outdoor recreation in our region. Hiking and Mountain Biking and the trail facilities that support these activities are being identified as major community assets. The East Shore Trail and Bike Association, through its community and membership outreach have identified dozens of historic trails that would benefit from remediation and development for non-motorized use. We have been so grateful for the valuable historic information provided by many longtime residents. Within the coming year ESTBA hopes to initiate the management and long term care of a number of nature trails in Riondel, Crawford Bay and Gray Creek.

One of ESTBA's guiding principles is to prioritize nature trails that are to be brought under our care. This is first done by identifying the land status of the trail. If it's on crown land that is usually easiest. ESTBA has now been involved in a couple of successful crown land trail proposals with Sites and Trails BC. We have regular consultations with Ministry of Lands, Forests and Natural Resource Technicians who are able to provide a multitude of support services as we implement our trail projects. We are also participating in a community trail mapping update with the RDCK.

Nature trails that cross private land presents an additional layer of challenge but is not impossible to negotiate. ESTBA carries comprehensive liability insurance coverage for the trail systems we display on our trail map.

Some of the trails on our map are on or cross private property and ESTBA carries them as an "additional insured" on our insurance policy. This can be quite beneficial if a commonly used community trail already exists and crosses someone's private property. The property owner doesn't want to be liable for someone getting hurt while crossing their land nor does he/she want to be held accountable for firefighting costs or trail use related theft. By permitting the management and community mapping of trails on private land ESTBA holds the liability coverage with the Property Owner now an additional insured. The Property Owner who was 100% liable is now "off the hook" and it is ESTBA's duty to maintain the trail. The down side of this is this for ESTBA is that the property could sell or the land owner could change their mind and the trail could be closed after significant trail work and effort. That's why crown land is a better choice for long term investment, from our perspective.

Nature trails offer fabulous settings and activities for adults and children alike, to enjoy the outdoors and to relax or re-energize with hiking or mountain biking. In tough economic times many families find our parks and trails their only choice for affordable sources of exercise and relaxation.

Far too often fears associated with public liability have resulted in constraints to the delivery of important amenities. The task of meeting our legal duty is not difficult. Taking some simple steps can all but eliminate public liability worries.

ESTBA MISSION

The mission of the East Shore Trail and Bike Association is to have a community coordinated, inclusive

process to strategically guide the preservation of, use and environmentally sustainable growth of non-motorized trails use and user groups on Kootenay Lakes East Shore.

ESTBA VISION

The vision of the East Shore Trail and Bike Association is to have:

- a collaborative and sustainable process to review and coordinate trail management annually;
- identified and empowered trail groups as champions to guide strategic location and selection of new trails and growth areas;
- identified & empowered trail groups as champions in the protection and maintenance of existing areas while aiming to formalize legal status of trails;
- support from all stakeholders, including water-user groups, for a managed trail network
- identified areas for growth & trail development.

ESTBA GUIDING PRINCIPLES

The guiding principles of this plan are to:

- coordinate local groups;
- educate trail users;
- develop standards for trail construction, use and maintenance;
- coordinate trail use and recreation with other activities such as logging;
- increase the profile and recognition within the community of trails and recreation;
- increase profile of trails maintenance and environmental stewardship;
- guide strategic location/selection of new trails;
- balance trail types with trail use to match needs of the community; and
- identify unregistered trails that will be legally registered

ESTBA and the Trans-Canada Trail

It's now been a year since ESTBA was contacted by Kootenay Trail Coordinator for the TCT, Sarah Meunier. We we're quite happy to be included in this national initiative and we invited her out for a site tour for a potential "off highway" route from Crawford Bay to Gray Creek.

A clear sunny February afternoon found us mountain biking the power lines route from Crawford Bay to the Gray Creek Store. There is a lot of potential to develop this very scenic route and connect the three gaps.

Following a community consultation in October of last year we began to study every option for an off highway segment besides the original road or power line route.

The real hope for ESTBA is to develop a hiking/cycling route along the original road between Crawford Bay and Gray Creek. With the focus of keeping the route on crown land we found a route that descends off the old road to Columbia Point just north of Starbelly Beach. The construction of this route from Crawford Bay to Gray Creek has been approved by Site's and Trails BC. The new trailhead to Highway 3A has been identified to the Ministry of Highways and we will be onsite with YRB and RDCK representatives in the coming weeks to determine access feasibility.

This route will be the official route for the Trans Canada Trail once all agreements are in place.

The TCT partnership has endless benefits for both the building and long term maintenance of the trail. Please visit the www.trailsbc.ca and www.tctrail.ca websites.

Back to the Crawford Bay Peninsula, ESTBA President, Sandy Oates had surveyed the Lakeside Trail to Boomers Landing earlier in January and reported many downed trees. Not long after he went out and cleared the trail. Thanks, Sandy.

The Lakeside trail is of course the primary trail used by visitors and locals alike. The first trail we get feedback on. We can expect the peninsula trail systems 30+km's to be cleared 3 or 4 times in 2016. Trails

closer to Crawford Bay will be cleared or swept even more. ESTBA is developing a trail maintenance strategy which includes Mountain Trek Fitness (Ainsworth BC), Tipi Camp and our own social media to identify trail issues and maximize Trail Crew work investments. This strategy will be tested should we receive similar storm activity as last year where an above average amount of clearing was required.

We will be reprinting our Crawford Bay Peninsula, Wet Lands and Golf Course Map in March. There is now advertising space on the new map. If you would like to promote your restaurant, bar, bed and breakfast, campground or rv park, contact us at eastshoretrailandbike@gmail.com

ESTBA would like to thank its supporters: RDCK, EDC, Rec 9, CBT, Selkirk College, The Lower Kootenay Band, Kootenay Lake Chamber of Commerce, Kokanee Springs Golf Resort, Harrop Proctor Forest Products, Ministry of Highways and Yellow Head Road and Bridge (YRB) and South Kootenay Lake Community Services Society (AKA Community Connections).

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Bottle Drive: Next SEVEC Bottle Drive will be on April 2 at 10am. If you have bottles to donate, you can drop them off at the cage behind the school. You can also contact Matthew Winger at the school if you would like to arrange a pick up on the day of the drive.

Wine Raffle: Watch for parents of CBESS students selling tickets for an amazing wine raffle this spring. You could wine a substantial cellar of wine (upwards of 20 bottles!) along with a handmade wine rack to compliment the bottles! Tickets \$10/each and 3 for \$25.





Seldom Scene
by Gerald Panio



"...every chance I got, I pitched the documentary [*Hoop Dreams*] to my friends as a movie not to be missed, one of the most insightful, accurate, affecting, least sentimental, least propagandized treatments of Afro-American family life I'd ever seen. I still say that." —John Edgar Wideman, Professor of African Studies and English at Brown University

Many of you out there have likely been following the latest Oscar controversy, fueled by the Twitter meme #OscarsSoWhite. For the second year in a row, black actors and directors have been completely shut out of the Academy Award nominations. Zero for twenty. Accusations of racism have been leveled against the Academy of Motion Picture Arts and Sciences, and there have been calls to boycott the Oscars this year. As usual, the issue is more complicated than it might at first appear, but in a year that's seen further police violence against blacks and the drinking water debacle in Flint, Michigan, forbearance is in short supply.

Twenty years ago, my feature film for this month's column, *Hoop Dreams* (1994), put the documentary branch of the Academy under a similarly unflattering spotlight. Over six years in the making, *Hoop Dreams* remains one of the finest documentary films ever produced—despite the fact that it wasn't even nominated for an Academy Award in the year of its release. It's not like people didn't know how good it was. The New York Times reviewer called *Hoop Dreams* "a brilliantly revealing documentary."

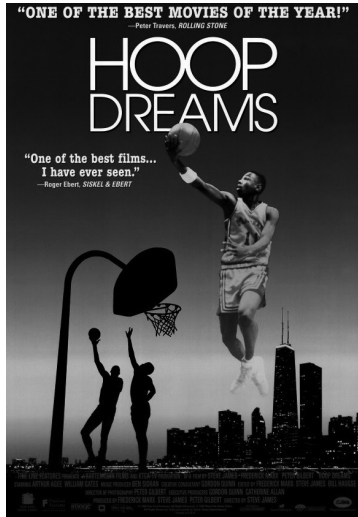
Critics Gene Siskel and Roger Ebert were high-profile champions of the film from the moment it hit the theatres. It went on to become the highest-grossing documentary of its time. But it wasn't good enough for Oscar. Siskel and Ebert voiced the general outrage at *Hoop Dreams*'

slighting, and a subsequent magazine investigation turned up some unsavory backroom collusion on the part of some members of the Academy's documentary nominating committee.

Hoop Dreams follows the family life and the careers of two talented young basketball players from low-income families in Chicago. With extraordinary honesty and zero polemics, producers Frederick Marx, Steve James, and Peter Gilbert shared five years with William Gates' and Arthur Agee's families, following the young men from junior high school through their first year of college and their parents and siblings through their daily challenges, victories, humiliations, frustrations, celebrations, and tragedies. There is enough genuine drama in their stories to make *Hoop Dreams*' three-hour running time a miracle of editing. Having originally planned to make only a thirty-minute documentary about eighth grade basketball players, after five years the filmmakers ended up with 250 hours of footage. Small wonder that what we get to see is amazing.

Both William and Arthur are scouted on playgrounds

and school basketball courts by recruiters from big high schools aiming at city and state titles. Both wind up on teams at St. Joseph's, a suburban Chicago prep school whose take-no-prisoners coaching style is exemplified by Gene Pingatore. Pingatore had coached Isiah Thomas; with every promising new player he's hoping lightning will strike twice. William Gates is one of his best prospects. A natural-born leader on the court, a quick study in the classroom, William seems destined for the NBA. He even gets the financial backing of a female executive from the Britannica Encyclopedia corporation. His older brother Curtis, whose own dreams of professional basketball had died on the vine, hopes that William will allow him to live out a vicarious career in the limelight. Gates' mother, Emma, is raising her family on her own, praying that William will catch the brass ring that slipped out of her other son's hands.



I'd love to be able to say that everyone got their wish. It could have happened that way. That it doesn't is one reason that *Hoop Dreams* has more depth, and is more affecting, than anything Hollywood could have engineered with a roomful of screenwriters. I'd tell you a lot more, but this is one documentary film that doesn't welcome spoilers.

Arthur Agee is a very different kind of kid from William. He's a scrapper, a joker, a firecracker—with a whipsaw slender build to contrast with William's solid physique. Arthur has no use for school outside of basketball. Academically, he'll do the least he can do to get by. He's recruited for St. Joseph's freshman team. At the beginning of his second year, when his parents can't pay his tuition, he's booted out the door. As someone points out, with a good deal of bitterness, he's not really dismissed because of money—had he proved to be the kind of player St. Joseph's was looking for arrangements would

have been made, somehow. To add insult to injury, a couple of years later Arthur's parents have to return to St. Joseph's, on bended knees, to get the school to release his transcript. They're told they'll get it when they sign a contract to pay over \$1500 in unpaid tuition fees. The brutally humiliating scene with the school's financial officer reminded me of the best work of another great documentary filmmaker,

Frederick Wiseman. People seem to forget that the camera is there. St. Joseph's eventually sued, unsuccessfully, to prevent the film's release.

They needn't have bothered. There's a good deal of unpleasantness, but there are no real villains here. Any system that filters 500,000 high school basketball players down to 25 NBA candidates is going to break some hearts and bodies. Throw poverty into the mix, and a lot more can end up broken. Arthur and William don't get everything they want, yet they still beat a lot of odds to get what they need. Even Arthur's dad, Arthur Agee Sr., manages to rise above. He's the film's most complex character, bottoming out one moment, reaching out towards salvation the next. Abandoning his family, and then returning to it. Spending time in jail, and starting a church. Supporting his son, and envious of his son's youth and talent.

No villains, but definitely some heroes. The mothers, for sure. Arthur's mother, Sheila, copes with a drug-addicted and abusive husband while running a household on \$268 a month (down to \$168 when Arthur turned 18), cheering at basketball games, celebrating

kids' birthdays, and getting a nursing degree. Talk about a role model.

Her son may not have been the basketball player St. Joseph's wanted, but Arthur's star rises when he transfers to Marshall public high school. For a while he and William are on intersecting arcs—the formers rising to success and the latter's dropping into disillusionment.

Things change again for both boys in college. Arthur lasts two years, William four. They pursue their hoop dreams as far as they can. The sport pushes them farther and harder than they might have ever gone without it. The dream shapes them; the NBA ultimately eludes them. One gets a sense of how hard the road is when one sees Arthur checking out the "basketball house" where the half-dozen black players at Mineral Area Junior College live. Isolated on its own barren little lot, that house seems to speak volumes about sacrifice and race relations in America.

In perhaps the profoundest of ways, being a part of the *Hoop Dreams* documentary will also have changed William and Arthur's lives. No one will ever know how much because there is no benchmark. As sports writer Alexander Wolff said in a commentary written for the Criterion DVD of *Hoop Dreams*, "Documentarians labor under the celluloid equivalent of the Heisenberg principle of atomic physics, in which the act of observing something unavoidably changes it."

Coach Pingatore is now 78 and in his 45th season at St. Joseph's. Arthur Agee has five children and works as a motivational speaker for inner-city youth. William Gates has four children and has dedicated his life to preaching. Both William and Arthur have lost family members and friends to urban violence. Their losses call to mind one of *Hoop Dreams*' most moving scenes. Sheila Agee prepares a feast for her son's 18th birthday, explaining why it's so special—not for any of the reasons we might give, but because too many kids in her neighborhood might not live that long.



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Job Creation Partnership Wraps UP

submitted by Laverne Booth

It is amazing how much a five-man trails crew can accomplish in six months. With four participants and a supervisor, the crew was able to:

- build a new board walk in the wetlands at Crawford Bay beach,
- complete a fire safe project on private land on Pilot Bay Peninsula (Don Boyle won the crew for a day in a draw from those who participated in a day long workshop on Fire Smart Wildland Urban Interface Assessment and Mitigation.
- in collaboration with the Lower Kootenay Band, started fire treatment on Burden's Cut (Gambolling Otter)
- respond to significant blow down of trees on the Pilot Peninsula trails and do maintenance and improvements.
- begin the work of defining the Trans Canada Trail from Gray Creek to Crawford Bay and Kootenay Bay (ESTBA will continue this)
- GPS several new trail proposals, map and submit for approvals
- Develop a conversation around collaborating in the forest- how can contract forest workers and craftsman and builders who work with wood support each other? How do private land owners get help to make their properties fire safe?

Many thanks are due. Ann Jensen and Ron Kerr of the Ministry of Social Development and Social Innovation for supporting the project which brought more than \$70,000 into our community spent on hiring local staff, and materials and supplies. Selkirk College took the lead on the partnership that supported the project- many thanks to Gregg Neelin and Andrea Hall for your consistent support!

Other project partners included Kokanee Springs Golf Resort (thank you Richard Bertram), Columbia Basin Trust (thank you Lynda LaFleur), RDCK Area A (thank you to Garry Jackman), and Kootenay Employment Services (thanks Hugh Grant and Paulette Francoeur). The East Shore Trails and Biking Association (ESTBA) partnered with the project. They sponsored a Community Trail Day and logged almost three hundred volunteer hours in trail maintenance over the time of the project.

Advisory group members Tom Lymbery, Joan Huiberts, Garry Jackman, Mike Jeffries, Greg Blackwell, Chris Choquette and others were active in giving us the feedback we needed to mitigate the impacts of the work. *The East Shore Mainstreet*, Gray Creek Store and Crawford Bay Market collaborated and supported the project. We appreciate Newkey's, Crawford Bay Cabins, and Tara Shanti for providing housing for the crew. Thanks everyone.

We would not have been able to do so much without our competent crew: Brian Turner, Michael White, Louis Basil, Simon Gagne and Steve Maxwell. These guys carried chainsaws and all kinds of equipment up and down Pilot Bay this summer and we appreciated it - with a perfect safety record, as well.

We had excellent trainers. Don Mortimer for S100/185 and WUI Assessment and Mitigation and Fire Smart Community workshops. Don is so great he even came over from Rossland for our final celebration. Terry O'Gorman of Selkirk College did excellent first aid training. Richard Johnson gave a complete orientation to Work Safe BC policies and practises in forestry work. Shaun Phoenix is

a fabulous trainer in the ENFORM Chainsaw Safety course. Gillian Sanders of Bear Aware shared information about safe relations with wildlife. John Addison gave a great GPS and navigation course and John Cathro facilitated meetings and discussion regarding trails and fire safety on the East Shore.

Finally, our fantastic project management team. Three supervisors shared one position and each specialized in areas- Sandy Oates (trails), Klaus Plaumann (wood working) and Farley Cursons in the fire safe work and general excellent orientation for the team. Farley logged many hours consulting and coordinating with government departments and local residents. Great job.

Nicole Plouffe was the administrative assistant for the project, and project manager was Laverne Booth.

Thanks again to all and sincere apologies if I have forgotten someone. It takes a village to raise a child, and it takes a whole community to pull off a successful employment project. Well done.

Senior's News

by Fran O'Rourke

At the January 12 Pot Luck Lunch, the members present discussed the issue of the membership fees and how it relates to our rising rents; a consensus was reached that there should be one membership fee and that it should be \$25. It was also agreed that, except for Bingo and Whist, there should be a drop in fee of \$5 for non-members who wish to attend activities. All of these matters will be raised again at the upcoming AGM on Tuesday, February 9th following the pot luck lunch starting at 12:30. If you were a Social Member last year and you take exception to these decisions, please come and put your argument forward. Every member's input is equally valued. We are considering a try-out exception for certain activities and making the drop-in fee cumulative, so if you attend 5 activities, you become a member. That will mean extra work for those who lead activities, so it requires full discussion

We have started Tai Chi and response has been strong. The 2nd session will be repeated on Saturday, January 23 at 11am. Each session is first shown on Tuesday at 10am. and repeated on Saturday to make it accessible to more people. Introduction to Genealogy will begin in February. Watch for announcements of day, time and starting date. As always, we welcome new members and new ideas; come and join us.

The Seniors Weekly Line-Up

- **Walk Away the Pounds:** Mon, Wed, Fri 10am.
- **How to Stay Fit As You Age:** Monday 11am.
- **Pool:** Monday & Thursday 12 noon
- **Essentials of Tai Chi:** Tues 10am., Sat 11am.
- **Bridge:** First & third Wednesdays 1:30pm.
- **Bingo:** Wednesday 6:30pm.
- **Whist:** first Fridays 7pm.

Shipwreck In Mexico

by Tom Lymbery

On the steep rocky shore of the Bay of Navidad there is the hulk of Los Llanitos a large 78,000-ton freighter that lost the battle of Hurricane Patricia on October 23, 2015. This wreck is not visible to those of us wintering in Barra de Navidad, Jalisco, Mexico, but a salvage tug and barge from Panama are easy to see as they are still anchored right in our bay. To check over the wreck, you need to take a small boat out, hardly 15 minutes around the point.

This ship was anchored at the port of Manzanillo, 40 miles south of Barra, when the forecast came of the 250 mph winds of the hurricane, and the ship was supposed to steer off shore because that would be the safest choice. However it didn't get moving soon enough and was carried onto the rocks. The 27 crew members were rescued unhurt by helicopter. A boom was placed around the site in case of oil leakage.

According to a report issued by the salvage company, the removal of fuel and chemicals was completed on November 26. But the most recent report on the ship says nothing has been announced regarding the required cleaning of the 20 fuel tanks. Under the maritime navigation and trade law, the owner of the vessel has 90 days to complete the clean up process and removal of the ship.

The 90 day period ended January 28. The Civil Protection director of the nearby port of Manzanillo, Guadalupe Tene Rodriguez, said the ship could be converted into an artificial reef or removed to another location for dismantling.

The Mexican flagged Los Llanitos was built in 1993 and is 720 feet long. It doesn't look so big in the picture but if you get closer it is actually enormous, towering about 600 feet above you.

We hear suggestions that it could become an artificial reef right in front of the town of Barra. This would allow the beach sand to stay in place in front of hotels and restaurants, instead of being dissipated by storms. However, while that might work such an enormous bulk would destroy the view.



This photo doesn't show the enormous size of MV Los Llanitos - the stern of the ship is at the far right with its bridge and accommodation towering above the seven tremendous holds where bulk cargo can be stored.

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Email: cbm_manager@theeastshore.net





Kokanee Springs Golf Resort

Job Fair

Date: Sat. February 20th, 2016
Time: 12 noon to 3pm MST
Place: The Lodges of Kokanee Springs - Meeting Room.
 16082 Woolgar Rd, Crawford Bay, BC

Jobs available in the following departments:

- Lodge/Accommodations - Housekeeping, Guest Services
- Food & Beverage - Servers, Bartenders & Cooks
- Pro-Shop - Retail, Starters/Marshals, Cart Attendants
- Course Maintenance – Grounds Crew
- Adventure Centre

Please bring resume/work history with you
 or email to brenda@kokaneesprings.com

Junction Creek Hub

Pub & Family Bistro



Hours: Tues-Friday: 9am-9pm,
 Saturdays, 10-9 & Sundays, 10-3
 (open later upon request or for special events)
 Closed Mondays.

FEBRUARY EVENTS!

Feb 5: Bob Marley Birthday Bash
 w/ Foundation Stone, 9:30PM-1AM.

Feb 7: Super Bowl Trifecta w/ brunch
 followed by game-time snacks, Pulled Pork
 Sliders, Chicken Wings, Potato Skins & more!

Feb 13: High As Mountains in the house!

Feb 14: Brunch (10-3), Cheesy Cupid
 Karaoke w/ lovely evening appy platters as
 well as... Wrap Party for One Flew
 Over the Cuckoo's Nest!

Join us Fridays for Fish Tacos & Margaritas!

Come in & enjoy fresh baking, daily specials,
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The Hub is now minor-friendly
 (if accompanied by an adult) until 8pm!

250.227.9339

Next Deadline: Feb 24, 2016

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Health & Safety Courses

More details: see the Selkirk Calendar
 which should have arrived in your
 mailbox or post office.

- PAL (firearms): April 2,3
- CORE (hunting): April 9,10
- Food Safe: April 16
- Market Safe: TBA
- Babysitting (age 11+): May 7
- OFA Workplace First Aid: May 14
- CPR-C & AED (recert also): May 21
- Emergency First Aid : May 22

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 If you have difficulty please call 250-227-9218 ext 5518



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pebbles by Wendy Scott Nellie

1920 – Tabor, Alberta – Dorothy was excited. Uncle Walter was coming with his sleigh and wonderful horses to take her and her mother, Ruth, to Retlaw. They would

visit Aunty Nellie and her husband, Jim, on their farm. It was February and both Dorothy and her aunt had birthdays this month. They would celebrate together. Dorothy was going to be ten years old and was proud of it. Aunty Nellie would never “give away” her age and her sister, Ruth – being younger by a good ten years – would only say, “Well, she’s nearly fifty!” The day was bright and sunny when they set out and Dorothy loved the sound and the smell of the horses and the feel of the sleigh moving easily over the snow. If the weather held, Uncle Walter said, they would reach Retlaw before dark.

Dorothy felt the first flakes on her face when they stopped to rest the horses and eat their lunch. “Just a flurry,” Uncle Walter said. He had travelled this route many times and knew it well but it did not take long for the snow to turn into a blizzard. Landmarks were obliterated and, as darkness closed in, all sense of direction scattered into the dizzying dance of snowflakes. Ruth was extremely worried and told her brother it would be his fault if they all froze to death. Walter said they would just have to trust the horses.

It was Dorothy’s young eyes that spotted the light and guided them to the farmhouse. To Dorothy, this made her adventure all the more exciting. The owners, a German couple, brought them in to their warm kitchen and Dorothy got to eat German food and sleep on a feather bed. Morning came bright and clear again and they continued their journey. It was a birthday that Dorothy would not soon forget.

1871 – February 12 – The child born on this day in Essex, England, would grow up in a strict Victorian environment. Her father was a mechanic. Children of middle class families were expected to make their own way and Nellie Parish was no exception. At the age of sixteen, Nellie was nursing at the Wakefield Asylum. The correct name for this facility was, West Riding Lunatic Asylum. At that time in our fairly recent history, the terms, lunatic, idiot, imbecile and hysteric were clinically (and politically) correct. This was the era of hypnotism and Sigmund Freud’s new theory of psychoanalysis, but most physicians still sought a physical cause for their patients’ mental instability.

The Asylum stories of forlorn lives and desperate treatments, stayed with Nellie for the rest of her life. When curious young relatives inquired, she was quick to describe vivid details. Cold baths seemed to take priority. The Asylum nurses in their starched uniforms, with bundles of keys hanging from wasp waists, had to have patience, dedication and, most of all, compassion to care as they did, for the “incurable lunatics” and the “hysterics” who fainted for no apparent reason and were wont to smash glassware and china by flinging it to the floor.

1905 – From the strictures and routine of a hospital environment and the day to day contact with a staff that included sixty-five nurses, Nellie sailed away to married life on a homestead in the new Canadian province of Alberta. She married Jim Culver, a widower with a young child. She lived on that farm for many years and, although she bore no children herself, became grandmother by default – but never really a devoted Granny. Nellie did not give up her corsets. She left the short skirts and Charleston parties to her nieces who wore outlandish hats and leaned against Model T’s for snapshots.

But Nellie had always been an independent woman

and at some point in the mid 1940’s, she arrived in Vancouver – alone.

1950 – Nellie’s hair is piled in soft rolls and folds. It is pure white now and carefully pinned. She never wore a net. Hairnets were items purchased frequently from the Fifteen Cent Store by her sister, May, whose own hair, steel gray and black, was chopped off short, and secured daily with one of those marvelous nets made from real human hair. May was my grandmother, and I often examined the flimsy, weightless packages and wondered where the hair came from. Could a person buy a ball of it and how many nets could be made from one ball? Was there a crochet pattern to follow and, since my own hair was long at the time, just how much might a few strands be worth?

The bond between these two sisters was strong. Each had witnessed at the other’s wedding then followed, a few years apart, across oceans and from province to province in this, their chosen country. Now, in Vancouver, my grandmother’s dark hair bothered Nellie’s sense of propriety. “May, you do something to your hair.” It was a frequent accusation. As far as she was concerned, by their age, (each entering their eighth decade with Nellie the elder by barely two years) hair should be white or, at least, a decent shade of gray. When Nellie went out – whether it was a trip to town or a walk in the garden – she dressed properly – coat, hat, gloves, decent walking shoes and, always, an umbrella. She was prepared, of course, for rain and could shade herself from the sun, but the most important reason, she said, was to deter a fleeing robber. “I would throw my umbrella between his feet”. This was her declaration. It would not have surprised you to hear a statement like that from this white haired lady. She stood straight, still wore her corsets and she seldom smiled. Life was a serious business – always had been and, as far as she was concerned, there was no reason for it to change, in fact, those who took life lightly would surely regret their frivolity.

1960 – “December 1, Lethbridge, Alberta. Dear Nellie ... I was out to Retlaw at the old home place. It is not the same ... I went to West Virginia and Ohio ... the kids ask about you. They think a lot of their Grandma and would like to see you ... Love Jim.”

Nellie folded the letter carefully and placed it into a little green cloth bag. It was the only one she had ever received from Jim. She sent no reply.

She lifted the gold watch from its special velvet box and wound it again. The long gold chain could still encircle her waist. The glass covered face is embossed in the centre with a garland of wild roses and surrounded by sixty tiny golden beads to mark the minutes of her future. The back cover also decorated with roses, bears the initials, N.P. and opens to reveal an inscribed acknowledgment of her other life:

Presented to N. Parish as a token of esteem from the nurses of the W.R.A. Wakefield 12. Nov. 1900. After 12 Years Faithful Service

1963 – Glen Drive Hospital, Vancouver. The two reminders of lifetimes lie side by side on her bed: a single letter and a gold watch. For the past five years, her sister, May, had been living in Haney – a short 30 kilometer drive, but an impossible distance for either of these women now. Independence does have its drawbacks. I had just returned from Haney and had been warned not to tell Nellie of her sister’s death – it would be too upsetting, I was told. But as I stood beside her bed she said to me, “She’s gone. Isn’t she.” And we both cried.

Later that year, Nellie followed her sister – one last time.

And Dorothy? That little girl who braved a blizzard to celebrate with her aunt? She slipped away ten years ago in her ninety-sixth year.

2016 – Nellie’s gold watch sleeps now, quietly, in its velvet case; the engraved tribute to a life of dedication, discretely hidden and secure.

Book Review

by Tom Lymbery

Who Killed the Avro Arrow? by Chris Gainer, Folk Lore Publishing, 256 pages, \$18.95.

We don’t know how many books have been published about the Arrow, but possibly this is the one that tells more of the true story. It lists seven vital questions on the back cover and provides the answers. This cover blurb says, “The Avro Arrow vaulted Canada into the front ranks of the world’s military aircraft design and manufacturing as the Cold War pitted world powers against each other. It brought together the most brilliant minds Canada had to offer, and more, in the quest for a jet fighter full of cutting edge technology capable of flying at twice the speed of sound. But less than a year after the Arrow’s first test flight in March 1988, the program was cancelled and the few existing Avro Arrows and all their specs were put to the torch in a controversy that reverberates even to day. Aerospace historian Chris Gainer explores the decades of reasons for the cancellation of the Arrow in this detailed, well balanced account.”

One of the things that affected early publicity about the first unveiling of a completed plane was that it happened on October 4, 1957 -- the very same day that the Soviet Union launched Sputnik – the first satellite – beating the US into space. The enormous publicity completely overshadowed Canada’s Avro Arrow. So there were no shining Arrow toys on sale the Christmas of 1957. Instead every boy (and some girls) were trying to build rockets. This even affected us in Gray Creek, for we were no longer allowed to sell the traditional rocket on a stick. For the Centennials of 1958, 1961 and 1967 we instead had to set off mortars at the Gray Creek Hall celebrations.

The Arrow miniseries gives the impression that Conservative PM John Diefenbaker was entirely responsible for the cancellation of the Arrow - but this book explains that the previous Liberal government had seriously considered the cancellation earlier. During the Cold War the RCAF had requested a fighter interceptor to handle Soviet bombers as they crossed Canada on the way to the US. However it appeared that the guided missile would replace fighter planes, so the supersonic Arrow would not be needed.

The one thing that Gainer doesn’t completely explain is the reason that the three completed Arrows as well as the plans and specifications were completely destroyed. There are reports in this book of which air museums have replicas on display. He does go into detail as to where the talented designers moved on to – some to the space program in the US. A true Canadian story – I happened to mention at a Rotary meeting in Mexico that I know a man in Kaslo who worked for Avro – and some of our members from the US had never heard of the Arrow.

COMMUNITY HEROES

a Mainstreet Feature

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

Wai Yin Fung (Winnie) for being one of the most generous and loving people on the East Shore. She has driven at least two elder woman with cancer to appointments in Nelson until the end of their lives. Picks up anyone who needs a ride. Supports all the local artists and has a home full of local art. She supports, talks to and always lovingly encourages pretty much everyone she meets, she is always willing to help out in any way she can.

Johannes Van der Krabben is 90 years old and is always willing to help anyone out that he can. He has been on the Commission of Management and on many many other committees in the area including being President of the Hospice association for some time. He is an artist, musician, potter and a great inspiration to us all to live life to the fullest.

Nominations by Blanche Tanner

Smarter than Jack or Jill

by Sharman Horwood

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

The Truth About Elk

Contrary to popular belief, elk are quite smart. Outside of hunting or mating seasons, though, they lead rather boring lives—unless they have a golf course handy.

"I want to show you something," my brother said. This was many years ago when I lived in Saskatchewan and one winter drove to Riondel.

I was quite willing. I love the winter in the B.C. mountains, that breathless hush under the trees as snow falls and the air is cleansed by thick fat flakes drifting slowly to the ground. This night was a little different. He didn't suggest until later at night, but there was a full moon bright in the sky. Its light glowed off the deep layer of snow everywhere. Like starlit lamps, it was reflected off the trees, bushes, and rooftops of houses around Riondel.

We walked down the road to the golf course, sliding across patches where the snowplow had cleaned the pavement down to a thin glaze of ice.

We stopped at the gate. "Be quiet," he murmured. The first fairway stretched ahead of us, thick and white. And elk. A herd of them were scattered across the open space.

Some were kicking at the snow, digging for the grass growing underneath. On the golf course this was easier to get at than foraging up among the bush and trees on the mountainside. Consequently, every night they could, the elk wandered down onto the open golf course to eat.

And to play.

A few younger elk jogged down the open fairway. One of them broke into a sudden run, dashing down the wide lane, free of trees and stone. As it picked up a good speed, it abruptly locked its knees, splaying its

hooves out, and slid for about ten feet. It left deep ruts through the snow, digging up the grass below it. Then, as soon as it stopped, another did the same: it ran, darting straight ahead. Just as abruptly as the first, it snapped

its legs straight, skating along for another twenty feet. Then another of the group did the same, skimming past the first two on the snow-wet grass. Like children on sleds, rushing down snowy hillsides.

They were the bane of the greens' keepers, leaving those deep ruts, but for me they were a wild delight to watch.

Elk may not be able to toboggan like we do. However, they certainly recognize an opportunity to have fun when they see it.



Riondel Community Library

by Muriel Crowe

I know that many suffer from the winter blahs and I hope that something in this wee article will cheer you and shorten your winter blues.

Yes! We are getting Downton Abbey Season 6. In fact, it may be in the library as you are purchasing your copy of Mainstreet. There are a few other new DVD's as well as new books including a new Ian Rankin and a beautiful book about Franklin's lost ship. That last one may make our winters sound like paradise. If that doesn't help how about some gardening books with their great colourful pictures or a novel about some place sunny and warm. No luck there? How about some decadent dessert recipes? You could either cook and indulge yourself or admire the art work and congratulate yourself on your wonderful willpower. If none of the above work then all I can suggest is closing the drapes, grabbing several enjoyable books, find a comfy chair, pour a tall delicious drink and settle down to several weeks reading.

We are once again planning our spring open house which will include a celebration of the Riondel Historical Society's 40th anniversary. If there has been an activity at previous open houses that you thought was very special, please recommend it to one of our volunteers. Help us make this a special event once again.

Suniversity in Mexico

by Tom Lymbery

Sharon and her sister Helen were invited to the Colima University campus in Manzanillo for the presentation of an award to Daniela Moreno for placing so well in her class of psychology at the University of Colima (the capital of the state of Colima, Mexico). Included with the award was a benefit contributed by Mina Pina Colorado, a mining corporation that has extensive iron properties in the mountains above Manzanillo and also in the state of Jalisco.

We are hoping to have Daniela and her mother Laura visit us in Gray Creek this summer. Daniela will soon have completed her four years at Colima U and hopes to take her Masters in psychology in Guadalajara University next year.



Helen Cummings, Daniela Moreno and Sharon Lymbery

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Next Deadline:

February 24, 2016

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**NEW LOCATION! We now have our clinics
at the Crawford Bay Motel, Unit 6**

Mobile Clinic Dates:

Feb 9 and March 8

*The Mainstreet
CREATIVITY,
COMMUNITY,
CONSCIENCE*

The PAC Box

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

PAC MEETING: The next PAC meeting is February 8 at 7pm in the school library. All parents and guardians welcome. If you have an item to discuss, please contact Ingrid at 250.227.9246 or mainstreet@eshore.ca

HOT LUNCH/HL MANAGER: Chef Tyler welcomes input and help/volunteers. We would like to thank JENNIFER IRVING for her years of dedication as Hot Lunch Manager and for helping get the program to where it is today. Thanks for all your work and love, Jen! Also, we welcome Palma Wedman as the new Hot Lunch Manager and are happy to be working closely with her as well. If you have questions/comments for the Hot Lunch Program, you can email Palma at cbsshotlunch@gmail.com. Welcome aboard, Palma!

PIZZA: Pizza is now being served on Fridays on a cash basis - \$2.50/slice. Proceeds go towards a school slush fund to help in affected areas

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

GROCERY GIFT CARDS: The next deadline is February 28 - order right away! Proceeds go towards SEVEC High School Exchange.

HOT LUNCH EVENTS: (1) Watch for the Taste of India Dinner on March 4 (Friday) at the Gray Creek Hall - an evening of Food, Dance and Music! (2) Cookie Dough Sales - Pre-order deadline is Feb 7. Sign up sheets at the school or email cbsshotlunch@gmail.com.

Food Roots

by Nicole Schreiber

Our Seed Swap (and food-growing knowledge-sharing day) is February 13 at the Crawford Bay School, from 11-3pm. Get FREE seeds, trade seeds. chat with folks about gardening on the East Shore. It's a great opportunity to learn and become inspired, to pass on your hard-earned knowledge and inspire others to gardening greatness! So, come with your questions and come with your experience.

Affordable Food and Thriving Food Businesses Can Be a Reality on the East Shore

Cauliflower suddenly became very expensive in January, sparking renewed discussion and anxiety about increasing food prices in Canada. The price of many foods has gone up, no doubt, although the recent tripling in the price of the imported brainy vegetable that caught many people's attention was probably temporary and based on crop issues and the value of the Canadian dollar. Price fluctuations are bound to happen more frequently and general food prices will continue to increase due to climate change and other issues involved with the complexity of our current global food system. Understanding the issues that affect how much it costs to feed ourselves here on the East Shore is important, and making changes as a community and in our personal habits that reduce cost and increase access to healthy food is common sense.

There are many things that can be done to increase food affordability, accessibility and sustainability, on both a personal and community level. There are already projects and opportunities developing locally that could lead to greater local food *sovereignty*. As diverse as they are, they all fit into one notion: **Grow More Food on the East Shore**

Below are three ideas that very much relate to growing more of our food locally and connect with events or projects that Food Roots is currently working on or supportive of. This is just a little taste; we'll expand on each in the coming months.

Support local people in the growing of food, and encourage and support increased harvesting and preservation of foods.

A tool library, bulk buying, knowledge building, seed saving and sharing, buying local, food storage, community gardening, harvest sharing, and many more. Food Roots has a seed swap (February 13) and a plant sale planned for this spring, and there are members independently working on some of the other ideas, as well. We need local people who are passionate about a particular project to come forward. That's what Food Roots is, community members supporting one another in our food projects, and coming together to put time and energy into other projects that support and promote the growing of food on our shore.

Help local food producers and other food businesses start-up, expand, and thrive.

There are many ways we can help support those who are trying to make a living growing or raising food locally, and Food Roots plans to become better at doing this. We've been connecting with local food businesses to find out how they are doing, what their challenges and hopes are, and in what ways they could use help. If you own a local food business and haven't talked with us yet, don't worry, we're trying to get to everyone (but give us a call if you want to talk now!).

One opportunity that is coming up soon and that we strongly encourage local food producers and other food entrepreneurs to take advantage of is the 2016 conference/workshop being held March 19 and 20 in Kaslo called 'A Growing Economy'. It promises to

14 Mainstreet February 2016

help local food businesses develop a strong and practical business plan, whether they are planning a new business or have been at it for years. We'll have more info on this next month, but please contact us now if you are interested, as we are in the process of seeking some funding to help cover some of the costs for local folks to attend. Having local food-business owners with good business skills benefits the whole community.

Put energy into food projects that will create a large, positive impact. Food Roots is participating with 'Fields Forward', a new partnership program intended to boost economic development in the agri-food sector and improve local food security in our area.



This new initiative comes from the Community Directed Funds Committee of Creston and District (Yahk to Riindel) (the same folks that conducted the 'Happiness Survey') and was launched January 11 with a two day training and collaborative action planning conference in Creston involving food groups, producers, entrepreneurs, as well as local, provincial and federal government representatives. Eleven people from the East Shore attended, including 4 members of Food Roots.

Food Roots hopes to have a member join the Community Impact Team now being formed for the next phase of the initiative. We'll keep you informed on how things are progressing with this initiative and we are excited about the opportunity for the East Shore to create or be a part of a food project in the next years that will have a large and lasting positive impact on the health and happiness of our area's residents.

If you have questions or are interested in being involved with any of these opportunities, please contact Food Roots at eastshorefood@gmail.com or call Nicole at 250-227-9111. Food Roots needs you too!

2016 Food Roots Seed Swap

Come share, swap, buy, learn
February 13th, 2016 11-3
Crawford Bay School

- seeds for sharing, trading, buying,
- seed experts,
- live winter foods,
- information about how to get chickens this spring

Bring seeds, questions, curiosity & ideas about how to make the East Shore a vibrant local food system!

Door prizes, snacks, tea & more.
eastshorefood@gmail.com

Friends of Kootenay Lake Has Become a Society

press release by FOKL

We are pleased to announce that after 3.5 years of service, the Friends of Kootenay Lake has become an official society. Under the diligent facilitation of Claire de la Salle, the hard work of our active Steering Committee and the hundreds of dedicated members and volunteers, the Friends of Kootenay Lake has evolved into the Friends of Kootenay Lake Stewardship Society.

Since its inception in 2012 the Society has devoted its efforts to improve the health and stewardship of Kootenay Lake through monitoring, habitat restoration, capacity building and the empowerment of local communities and stakeholders. The Society has delivered many successful projects and events around our many lake communities, that have inspired folks to be true stewards of this vast and integral body of water.

The Friends of Kootenay Lake Stewardship Society would like to thank all our, volunteers and members that have supported, shown interest and given their time to volunteer for our important projects and events. We would also like to thank our committed Steering Committee - David Reid, Sangita Sudan, Heather Leschied, Martin Carver, Ryan Van der Marel, Greg Utzig and the Lake Advisory Board for their countless hours of guidance and direction. More over we could not have accomplished our efforts without the contributions of our many partners: EcoSociety, Wildsight, Kootenay Lake Partnership, and our funders Columbia Basin Trust, Fish and Wildlife Compensation Program, BC Hydro, City of Nelson, Village of Kaslo, Columbia Power Corporation, Environment Canada Mountain Equipment Coop, Columbia Power, City of Nelson, Live in the Koots Team with Fair Realty, Real Estate Foundation of BC, Fortis BC, and Regional District of Central Kootenay.

Every lakeside community member has a role to play in protecting the lake's immense value. If you care about Kootenay Lake and want to preserve its natural values for generations to come, you can check out our website and sign up for our eNews, for events and actions taking place over the next few months, or you can contact us with specific questions about our programs.

Thank you from the Friends of Kootenay Lake Stewardship Society. For further information please contact: Kat McGlynn – Program Manager. Email: info@friendsofkootenaylake.ca. Ph: (250) 777-3542

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Tom's Corner

by Tom Lymbery

The First Road to Crawford Bay

Before the road was built between Gray Creek and Crawford Bay, a horse trail linked the two communities. Miss Winnifred Goodwin, who came from England in 1912 to keep house for her brother Harry at Crawford Bay, remembered being dropped off at Gray Creek and having to walk the narrow winding trail through the snow in her long trailing skirt. By the time Colin Haddon began his diary in 1915, roadwork to widen and upgrade the horse trail to an 8-foot road was already underway.

As Colin's diary records in *Fishes and Wishes and Fruit**, road construction in 1915 between Gray Creek and Crawford Bay depended on annual grants from the BC Public Works Dept which usually amounted to about \$300 per community. This paid local men \$3 per nine hour day for strictly manual labour – mostly pick and shovel work with wheelbarrows. Some dropped the trees and slashed the brush ahead of the picks and crowbars. Blasting was done with hand steel and powder. Horses were used to pull stumps, drag logs out of the right-of-way, and haul rocks to fill in holes and gullies.

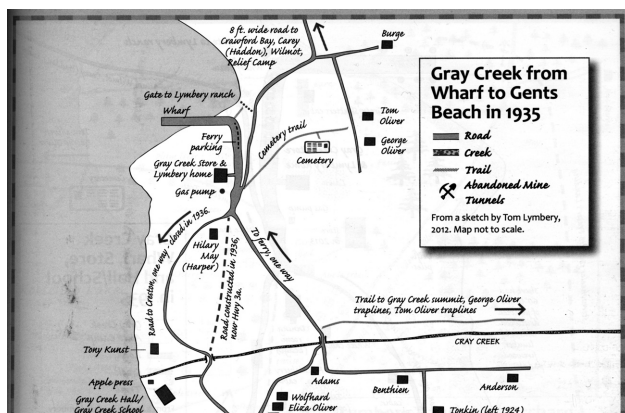
If you walk or cycle the original road where Wilmot Road extends north from the crossing of Wilmot Creek, you will see from the way the 8-foot track twists and turns that the only way to build a road by hand was to avoid the bigger trees as well as solid rock. Please look carefully and you will see that in many places the lower side is supported by a hand-built rock wall.

My dad, Arthur Lymbery told of milking his cow, rowing his small boat to work his nine hours on the road to Crawford Bay, and then rowing home again to do the evening milking. Why did he row? Because it was shorter and quicker than trying to hike a twisty trail through the bush.

Arthur also told us of the first time he took a horse and stone boat to Crawford Bay after the road was somewhat completed – and the stone boat sometimes slid off the road. We can't seem to pin down when it was first made passable and have to guess about 1918 – Haddon mentions clearing ditches for the spring run-off in March 1918. By 1920, when my mother Kathleen made a sketch of the road, it was looking rough but passable for vehicles.

their 1928 Essex over the dirt track en route from Vancouver to Kootenay Bay in 1935. They had no trouble negotiating Columbia Point, unlike Anne Gooch whose Buick roadster's wheelbase was too long for the sharp curve and had to be seesawed back and forth several times to get it around the corner. The telephone line came along the road in 1915, but it was mostly strung on trees, so didn't need anything more than a horse.

In the 1930s and '40s our family sometimes walked to Crawford Bay for church or to visit friends. Once I remember some road improvement work was being done. A forge had been set up to sharpen steel while they were hand-drilling to do some blasting on a corner. I often cycled to the Bay and back, and also walked leading a cow when she had an appointment with Ray McGregor's bull.



This detail taken from Tom's 1935 sketch map of Gray Creek shows the start of the 8-foot road to Crawford Bay from "downtown Gray Creek". From the highway across from the old Gray Creek Store, the road cut uphill through the Lymberys' ranch, orchard and hayfield, then turned north to the Careys, Eardley-Wilmots, and on to Crawford Bay. Branch roads linked up with the Burges' Caribou Ranch, Tom and George Oliver's, and the Gray Creek Cemetery. Map detail from Tom's *Gray Creek: A Kootenay Lake Memoir, Part I* by Tom Lymbery (Gray Creek Publishing 2013 pg 101)

Anyone driving the road had to watch carefully and be apprehensive about meeting another car, as this often meant backing for some distance to a wider spot where they might squeeze by. When Dawson, Wade



In 1920, Tom's Kathleen Warren (Lymbery) sketched this view of the newly upgraded road between Gray Creek and Crawford Bay, while here for a visit with Crawford Bay friends Sherlock and Anne Gooch. She met and married Arthur Lymbery a year later. Kathleen's pencil sketch titled "Gray Creek Trail" reproduced in *Kootenay Sketchbook 1920* by Alice Bruce (Winlaw, BC: Pigweed Press Ltd., 1981 pg 22), courtesy of Alice and Janet Bruce.

Construction Co. Ltd. won the contract in 1945 to build the new highway from Gray Creek to Kootenay Bay they had the Moyie barge their trucks and equipment to the Bay as the old 8-foot-wide road was just too narrow. They somewhat refurbished the old Relief Camp at Weasel Creek to house and feed their crew.

After the new highway to Kootenay Bay was opened in 1947, the old road saw little use until the power line was built in 1951-52. West Kootenay Power / CM&S Co.'s survey crew found this was a much better route than trying to follow the highway. Maintenance crews still use the route.

Some of this old road can become part of the Trans Canada Trail connecting to a new 18 inch wide cycle trail onward to Kootenay Bay over private property. A Trails Map shows a right of way along the road, even though BC Highways claims they have no record of this being the only road to Crawford Bay from 1918 to 1947.

* *Fishes and Wishes and Fruit*: 1915 Diary of H. Colin Haddon edited by Janet Schwieger (Gray Creek Historical Society 2005)

Next Deadline:
February 24, 2016

The Little Brown Church in Riondel

by Wendy Scott

Riondel Community Church has been on Eastman Ave. right across from the Community Centre for fifty-seven years, so yes, in three years' time there will be a Diamond Jubilee. Yes, I know, some say we should wait until we reach our 75th year, but thanks to Queen Elizabeth II and, previously to Queen Victoria, and a few sultans, sixty years on the throne has been considered significant enough to warrant a diamond.

I'm mentioning this because even though this building in Riondel has yet to reach its diamond year, the first Anglican service in Riondel was held on March 30, 1914 where Bob's Bar sits now – and that service pre-dates the construction of the Bluebell Mine.

One of the first priests to cross the lake from Balfour to conduct a service for the Protestant congregation was Canon Jim Hearne. Jim is still with us and is himself celebrating his 60th wedding anniversary with his dear wife, Colleen.

The church was built by energetic parishioners and everything you see inside – the altar, prayer desk, baptismal font, altar linen, altar cross, candlesticks, vases, even the church steps – all these and more came to the church as kind donations.

The record shows that ten people attended that first service in 1914. Now in 2016, our numbers have really not increased. Of course, expenses certainly have and donations to Riondel Community Church Circle are still gratefully accepted.

We hope to plan an event in the spring to help with maintenance and up-keep in Riondel Church – ideally beyond our up-coming diamond year. The church is available of course for weddings, funerals and baptisms, and we hope to plan a concert in the spring. Until then, our Sunday services are posted on the church door and in the Eastshore Mainstreet. Since our ministers still travel over mountains, up crooked roads and across the lake to reach us here in Riondel, it is a good idea to check with one of us to make sure the service time has not changed.

Many thanks to all of you who have been so kind.

Wendy Scott – Chair – 250-225-3381

Lee Martin – treasurer Riondel Church

Fran O'Rourke – secretary

Susan Corry – treasurer Riondel Com Church Circle



At Columbia Point on the road to Crawford Bay from Gray Creek in May 1930, young Toby Peters is squeezed between the family's Model A and a sheer drop off into the lake. Photo courtesy Topsy Spiers

The widest part of the route was at Columbia Point where a sharp turn needed extra space, in the hope that vehicles wouldn't have to back up more than twice to make the corner. This is high above the lake with a beautiful view, hence the name. Alan Robertson remembered his father David driving his family in

Better at Home Survey Outcomes

Submitted by Tom Wishart for the East Shore Health Society

The loss of personal capabilities as people in rural and remote areas age means that, unless they can compensate in some way (usually by having someone else perform necessary chores), relocating to a different locale is inescapable. The Government of British Columbia has allocated funds to support Better at Home programs in order to “help seniors remain independent at home and stay connected with their community. These programs allow seniors to access a range of non-medical home support services that are delivered by volunteers and paid workers (contractors).

On a sliding scale based on income, seniors are charged a fee for using these services (<http://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/health-care-programs-and-services/better-at-home>).

In cooperation with Ms. Ashlene Chadburn, Coordinator of the Better at Home Program in Creston, the East Shore Kootenay Lake Community Health Society (ESKLCHS) sponsored and distributed mail-out surveys to residents as possible in Riondel, Crawford Bay, Kootenay Bay, Gray Creek and Boswell in the Fall of 2015. The survey asked about needs and supports to enable seniors to stay longer in their own homes/residences rather than to move into communal/assisted living arrangements. This report summarizes the responses of 99 respondents to one of the questions on the survey.

The table below provides a compilation of the responses to the question “What non-medical support services from the Better at Home basket of services would you use if available?” Thus, for example, the third column shows that 66 of 99 (67%) respondents indicated they would use a “light house-keeping” service if it was available to them.

Potential Community Support for Better at Home Services

Region	# Surveys	Light House-keeping	Grocery Shopping	Minor Home Repairs	Light Yard Work	Friendly Visiting	Transport	Snow Shovelling
Boswell	14	9	3	11	13	3	10	11
Crawford Bay*	46	30	26	34	35	17	29	34
Riondel	39	27	18	35	27	14	26	28
% of Total		67	47	70	76	36	66	72

* Includes data from Gray Creek and Kootenay Bay due to small number of surveys returned from those communities

These data clearly indicate that a Better at Home program would be well received along the East Shore. Approximately 70% of all respondents would use one or more of 5 of the 7 services Better at Home programs can provide (housekeeping, home repairs, yard work, transport and snow shovelling). Somewhat fewer but still significant percentages of residents would take advantage of grocery shopping and friendly visiting services.

Next Steps

The creation of an East Shore Better at Home program depends on several factors including the availability of paid workers (contractors) and sufficient funding. Several individuals in our area have already signaled their interest in serving as contractors and undoubtedly more will come forward if/when a program is begun. Ms. Chadburn has informed the ESKLCHS Board that the Provincially-provided funds to support the Better at Home program will be insufficient to meet all needs. That fact has at least two consequences; first, it seems likely that communities will need to (a) select 1 or 2 of the 7 non-medical support services within the Better at Home offerings to implement at least initially, and (b) engage in fund-raising efforts to create and sustain the program.

Ms. Chadburn has asked the ESKLCHS Board to form an Advisory Committee for an East Shore Better at Home program; this will be accomplished in the immediate future. The Committee will then proceed to work with Ms. Chadburn and local communities to establish a Better at Home program in our area.

Next month the Board intends to submit an additional follow-up report of survey results which have other interesting implications.

Health & Happiness

by Dr. Sid Kettner

Exercise Motivation

Well, we did it again. Received another gift—another year to live, laugh and love. And again we have been faced with deciding how we will make this year healthier, happier and more productive. So the New Year’s resolutions have appeared again on scraps of paper or on the computer. But many of them have already been lost or deleted. May I challenge to at least one of my favorites—and it does have lasting benefits.

Again I will mention exercise. It is a win-win addiction, and comes without side effects. We have discussed many of these in past articles, but a brief review might be helpful as we consider a better year ahead. Longer lives, lowered risk of 35 different chronic diseases, such as osteoporosis, chronic pain, heart disease, diabetes, cancer, high cholesterol, erectile dysfunction, constipation, high blood pressure, poor immunity, depression, Alzheimer’s Disease, stress, insomnia, other dementias and chronic fatigue. Whew! That’s a mouthful. The bottom line is that people who exercise are happier, healthier, leaner, full of energy and they feel good about themselves.

So how can we get started?

- Be fully convinced of the health benefits.
- Choose walking as a start. Just 15 minutes a day, briskly, 4-5 times a week.
- Then add an additional 15 minutes per day every 6 weeks. By spring you will be at your goal of 45 minutes per day.
- Dress warmly and comfortably and with winter tread shoes.
- Drink 8 ounces of water every 20 minutes.
- Enjoy the scenery. Stand in awe of the blessings we have here in Canada—freedom, fresh air, clean water, great friends.
- Walk erectly with a smile on your face and wave at cars that pass by. They will wonder what you are up to!
- Find a friend for companionship, encouragement and to keep both of you accountable.

In two to three months you’ll be ready for gardening, hiking, swimming and a host of other fun possibilities.

Remember: “Take good care of your body. It is the only place in which you can live.” Sit less, move more, live healthier. Now, like Nike says, “Just do it!” See you on the road. Remember to wave!

Yoga & Asana Basics

Warrior 1 Pose ~ Virabhadrasana

This posture is named after the mythic warrior-sage Virabhadra, as a warrior needs, so this posture brings ~ strength, power, flexibility, endurance and presence.

Benefits

- Relieves backache, lumbago & sciatica
- Strengthens the back muscles
- Tones the abdominal muscles
- Relieves acidity in the stomach
- Strengthens the bladder
- Improves digestion
- Corrects a displaced uterus
- Relieves menstrual issues
- Strengthens the spine
- Increases knees & thigh flexibility
- Arms are deeply stretched
- Expands muscles of the chest
- Enhances the capacity of your lungs



Doing the Pose

- Stand, step your feet apart, about shoulder width or more
- Inhale and raise your arms in line with the shoulders
- Raise your arms above your head, with palms facing each other
- Turn your right foot and torso 90 degrees to the right then turn your left foot in about 45 degrees as well
- Exhale and bend the right knee till the right knee forms a right angle
- Balance and breathe deeply for 15-20 seconds

Focus in the Pose

- Keep opening in the upper chest
- Soften and release the shoulder-blades down away from the ears
- Keep your right knee over the right heel (not falling to either side)
- Outside edge of the back foot keeps grounding downwards
- Extend both sides of the torso up and open evenly
- Relax your face muscles and scalp – smile?!
- Explore the opening and deepening of the hips and groin

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

Next Deadline:
February 24, 2016
mainstreet@eshore.ca

Focus on Health Workshops

Submitted by Tom Wishart for the East Shore Health Society

Focus on Health workshops are held monthly in the Boswell Memorial Hall sponsored by the East Shore Kootenay Lake Community Health Society and supported by Interior Health Authority East Kootenay and by a discretionary grant from RDCK Area A Director, Garry Jackman. All East-Shore residents are invited to attend the workshops which stress the importance of nutrition, exercise and mental health/life-style to the prevention of chronic diseases.

The next Focus on Health Workshop will be held on Monday, February 22 at the Boswell Memorial Hall. This workshop will be the second in a series on Heart Health. Join us for soup-making at 10:30 or come at 12:00 for lunch and the afternoon presentations by special guests and Natasha Goldsbury, our Chronic Disease Management nurse. Two third-year nursing students from Selkirk College/University of Victoria will be participating in the Focus on Health workshops during February and March.

Please join us for lunch (\$5) and an enjoyable learning opportunity.

Notice of Passing

Margot Dahle

August 25, 1925 ~ January 11, 2016

Margot Dahle passed away peacefully on January 11, 2016.

Born in Berlin, Germany, Margot immigrated to Canada in 1953 where she met and married Henry Dahle, her soul mate and husband of 61 years. Margot and Henry raised their three daughters in Regina and Calgary. In 1979 Margot and Henry moved to Wynndel, where Margot established a pottery shop. Loving wife, devoted mother and enthusiastic crafts woman, Margot was an avid gardener, lover of nature and volunteer in many local organizations including Wynndel Community Hall, Tipi Camp, Wildsight and the Green Party.

Margot is survived by husband Henry; daughters Gudrun, Sigrid, and Dagmar, and granddaughter Emma.

The family is grateful to the staff of Crest View Village Residential Care and extend special thanks to Corinne Wilcox. Donations in Margot's memory may be made to Wildsight, Creston Valley Branch.

Garden of Remembrance

by Wendy Scott

Come into the woods, she said to me, come down this pathway. But this is not new, I say to her, it's been here since time began in this town. Take my hand, she said, we will just walk half way. So we went down the path – the well worn path, and we stopped in the middle of the woods. Listen, she said to me, just listen – then she left me there. I heard the wind move through the tall cedars and shuffle the leaves of the birch and the willow. I could smell green ferns, and there, beside my feet, small white blossoms had their own grove. I could feel the solitude and peace of this woodland place, and I could sense tales hidden in the bracken and sifting down from the tallest fir. I knew then that this was already a memorial garden and all we had to do was to give it a name.

In February, Kootenay snow can be slick and slippery. It's difficult to stop on a greasy surface. There are accidents. There are fatalities. And that was the reason why, in February of 2002, we stood in the Church beside these woods that had no name, and we paid tribute to a woman who had served the communities of the East Shore for over twenty years. It was on that day that we made a promise to an overflow crowd of friends and former patients. We promised that we would create a memorial garden, and we would dedicate it to the memory of Dr. M. Francis Savory. We did not know where; we did not know when, but we began to search. We wandered all over town until we were led back again to this peaceful, well-used path; the pathway that brought us into these woods; the woods that had been waiting, as only trees can wait, for us to give them a name.

I'm telling you all this now because it's time to remember and to discover. Fourteen years have brought people to the East Shore who may not know how the remembrance garden came to be here in the Riondel woods—and might not recognise all those names on the little marble plaques. By the end of February there will be more than sixty plaques on the hand-crafted cedar benches. Each one is a glimpse into a lifetime remembered. And—just in case you have no idea where this place is—the Eastshore Garden of Remembrance is across from the Community Centre on Eastman Avenue in Riondel. Come and take a look. You are always welcome.

Plaques – Wendy Scott:

wmescott@gmail.com - 250-225-3381

Shrubs & plants – Muriel Crowe:

mcrowe@bluebell.ca - 250-225-3570

Notice of Passing

Peggy Irene Horwood

July 20, 1918 – December 2, 2015



Passages

On the morning of December 2, 2015, Peggy passed away at Kootenay Lake General Hospital. She died after a very short illness. She is deeply missed

by her family (pre-deceased by her son Colin, Peggy is survived by her husband Clive, daughters Meg and Sharman, and daughter-in-law Sylvia, as well as her seven grandchildren).

She was 97 and had been a member of the Riondel community since 2003. She was active in the Art Club and enthusiastically supported those who wanted to learn what they could about watercolour or oil painting. Always willing to share her knowledge and skills with others, Peggy looked forward to the Tuesdays when she could get together with her friends in the art room.

Peggy was born July 20, 1918, in London, England, just after World War I. She grew up in London, and worked as a clerk. Her house was bombed in the London blitz of 1941, killing her mother. Peggy survived the bomb and was moved out of London with other young parents to the safer, more northern community of Carlisle where she gave birth to her first child, Colin. Later in Bournemouth she gave birth to her second child, Meg. In 1949, she had her third child, Sharman. When the Korean War broke out in 1950, Peggy and Clive decided that they did not want to become involved in a possible third world war, and emigrated to Canada.

In Canada, the family first settled in Lethbridge, Alberta, but soon moved to Nelson, B.C. They spent many happy years there, before moving to Vancouver in 1961 to find work. Peggy and Clive stayed in Vancouver until 1983, and then retired to Sooke, on Vancouver Island. It wasn't until 2003 that she and Clive moved to Riondel to be closer to family.

During her working years, Peggy held a few different jobs, such as clerking for a film company and later the power company in the U.K. She also worked as a proofreader for the Nelson Daily News in the 1950s. Later, she worked as a legal stenographer both in Nelson and in Vancouver until her retirement.

Peggy was a meticulous cook. As a young woman, she was responsible for making the pastry—she had a light, sure hand with it. She's also known within the family as the Sausage Roll Queen (not to mention roast beef, Yorkshire pudding, meatloaf and her own version of "country" cake). The sausage rolls had a secret: she'd put a teaspoon of minced onion on top of the sausage before she wrapped the pastry around it. As she aged, though, she enjoyed cooking less, tossing the spoons or forks across the kitchen, at the sink. But her family dinners were still the best.

She loved Christmas and all its bling. She delighted in hanging Christmas lights in her window, keeping them up until well after Christmas, long after the tree had been taken down. As the weather turned bad outside, she liked the cheery lights indoors to lift her spirits.

Above all, though, she would like to be remembered most for her painting. She loved watercolours and oil paints, and spent most of her retirement time pursuing that in the Juan de Fuca Arts Club, on Vancouver Island, as well as later in the Riondel Art Club. Her paintings were detailed and full of life, the colours laid down with the same meticulousness as she brought to everything else in her life.

In Memory

In memory of my late husband
Johann Soriat who passed away on
Jan. 17, 2014

I often sit and think about
The years that have passed by
And of the happiness and joy
That was shared by you and I
I think of all the laughter
The smiles and all the fun
And before I even know it
My tears have once again begun
For although, it brings me comfort
to walk down memory lane
It reminds me how without you
Life has never been the same

We miss you John

With love, Elizabeth and family

Tom Sez

by Tom Lymbery

Will the sale of Wynndel Box and Lumber to Canfor affect our lake? At least the timber north of Akokli Creek is now in the charge of Kalesnikoff – a smaller operation with more concern for the community and the environment.

The weirdest hoax I can remember – about 1955 there appeared in the media articles suggesting that all animals should be clothed so that their genitals were not visible. It was amazing how many supported this idea and how long it went on before it was found to be nothing but an ingenious hoax.

Why are we seeing a new spelling for pot as "marijuana"? It appears this way in news items where they are taking out the "j" which produces the "w" sound? Do you remember Johnny Oliver's version? He called it Mariethewanya.

I hadn't remembered that Dal Richards (The King of Swing) and his band had played for dancers at the Playmor at the Slocan Junction several times in the 1950s when he quite often toured in BC. He passed away Dec 31, 2015 at the age of 97.

The Ymir Post Office has re-opened after a short closure and the Nelson Star reports that it appears that a postmaster has been found for Sirdar.

A recent news item listed some of the unusual things left behind in hotel rooms. If this is a contest, I should enter the sack of cement I found one day when I went to clean one of our cabins at Gray Creek Auto Camp. It was of solid hardened cement, perhaps used for weight in a car trunk.

Do you rinse all your bottles and cans before taking them to the recycle bins? I wish everyone would - we see jars still half full of peanut butter and these can mean that the whole bin gets sent to the dump.

Toyo winter tires have crushed black walnut shells embedded in them, which is just as effective as metal studs but much easier on the pavement. In the 1950s we could buy sawdust retreads that left pockets in the rubber after the sawdust dropped out – these gave a better grip than plain rubber.

The lower Canadian dollar should increase Kootenay visitors from the US. Dan reports that the store has had some fireplace purchases from south of the border. However, few US people know of the up to 40% discount they can get in Canada. They don't get a daily dollar report in their news.

February and March winds can set your chimney afire. How long since you had it cleaned?

Our lake level begins to drop at this time of year with the lowest by the end of March. So please schedule beach cleanup and dock repairs.

February 2016 Mainstreet 17

SERVICES DIRECTORY

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

AUTOMOTIVE/MARINE

EASTSHORE AUTOMOTIVE - Service & Repair 250-227-9370

NORTHSTAR CRESTON - 1-800-551-9351 Full service 8-bay shop featuring Certified Service lube,oil and filter starting at \$22.95 plus parts & eco fees. Full line of major tire brands, GM & AC Delco parts and batteries.

BUSINESS SERVICES

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.

CONSTRUCTION/CONTRACTORS/TRADES

GRAY CREEK MECHANICAL - Marine Repairs and Surveyor: Serving the Eastshore since 1994 15295 Oliver Rd. Gray Creek. 250-227-9285 - Jerry or Sharon

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

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

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

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

PERSONAL CARE/HEALTH

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

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

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

EAST SHORE HOSPICE - Palliative care for anyone facing life threatening illness. Confidential support for individuals and their loved ones.Hospice can also provide grief and bereavement support. 250 227 9006 ext 29 - hospice@theeastshore.net. Volunteers needed - volunteer training offered once a year. Please contact for more info

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

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

MASSAGES & WELLNESS FOR WOMEN - Reflexology according to the clock of Chinese medicine, Rebutology: European method for deep tissue, Breuss spine massage with St.John's Wort oil, relaxing massage, Reiki, hot and cold stone therapeutic massage. Call Geraldine, certified therapist in Europe, over 15 years of practice, 250-227-9890

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 30 years clinical experience. Treatment of Lumbo/Sacral Strain, Whip Lash, Frozen Shoulder, Migranes/Headaches, TMJ problems, & Stress. No doct refl req'd. 227-6877/cell: 505-6166.

SUSAN SNEAD - MASSAGE PRACTITIONER: Certificates/training in Ayurvedic massages, Reflexology, Polarity Therapy, Acutonics Level 1, Fibonacci tuning fork alignment, Astrological Counselling. 250- 225-3520

RESTAURANTS

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

NEWKEY'S PLACE - Hwy 3A in Crawford Bay, licensed area. Open 10 am til close Monday to Sunday. Food Specials all day. 227-6911.

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

YARD/LANDSCAPING/SITE PREP

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mainstreet@eshore.ca

CLASSIFIED SECTION

BIZ ANNOUNCEMENTS

Insurance Certification requires professional chimney installation - we are the Pro's - Gray Creek Store, 250.227.9315

BUSINESS SERVICES

Fax service, photocopies, (with no PST/GST) Tom Lymbbery - Notary Public, 250-227-9315, fax 227-9449, 250.227.9448 for Notary Public.

EVENTS/NOTICES

One Flew Over the Cuckoo's Nest, A Hexagon Players Production: Friday Feb 12 and Sat Feb 13 at 8pm and Sunday, Feb 14 at 2pm (matinee). Get your tickets at the Riondel Market, CBESS, CB Market and the Gray Creek Store. Tix on sale Feb 1.

JOBS/EMPLOYMENT

TIPI CAMP ADMINISTRATOR: Contract position working closely with the public, existing camp managers, and the board to provide detailed oversight on bookings, workshops, & staff development. Grant writing also possible, depending on

qualifications. Please email tipicamp.ghrs@gmail.com for additional job description & salary range.

COOKS & BARTENDERS: It is that time. We are gearing up for the spring and looking for a full time cook and part time bartenders. Full time cook to start March 1. Please feel free to drop off a resume at Newkey's or call Pam at 250.227.6911.

Kokanee Springs Golf Resort Job Fair - Date: Sat. February 20th, 2016. Time: 12 noon to 3pm MST. Place: The Lodges of Kokanee Springs - Meeting Room. 16082 Woolgar Rd, Crawford Bay, BC. Jobs available in the following departments: Lodge/Accommodations - Housekeeping, Guest Services Food & Beverage - Servers, Bartenders & Cooks Pro-Shop - Retail, Starters/Marshals, Cart Attendants, Course Maintenance - Grounds Crew - Adventure Centre. Please bring resume/work history with you or email to bren-da@kokaneesprings.com

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250.428.9040



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

Next Deadline: Feb 24, 2016 mainstreet@eshore.ca



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

Our Hours

8-10 am Monday - Saturday
6-8 pm Monday - Friday

Call during open hours: 250.227.9218, ext: 5542

Next Deadline: February 24, 2016 mainstreet@eshore.ca

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BULLETIN BOARD

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

CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

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

EAST SHORE HEALTH CENTRE Call 227-9006

See calendar for doctor days - Doctor hours are from
9:30am to 4:30 pm. Please call 227-9006.
Interior Health Authority, Community Care Nursing
and Home Support Services - 250-352-1433.

PHYSICIAN COVERAGE FOR February 2016

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

Feb 2, Tues: Dr. Grymonpre

Feb 3, Weds: Dr. Moulson

Feb 4, Thurs: Dr. Grymonpre

Feb 9, Tues: Dr. Grymonpre

Feb 10, Weds: Dr. Moulson

Feb 11, Thurs: Dr. Lee

Feb 16, Tues: Dr. Grymonpre

Feb 17, Weds: Dr. Moulson

Feb 18, Thurs: Dr. Lee

Feb 23, Tues: Dr. Grymonpre

Feb 24, Weds: Dr. Moulson

Feb 25, Thurs: Dr. Lee

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

Call to make appointments at 227-9006

on doctor days and Thursday morning.

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

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

BOSWELL HALL HAPPENINGS

Yoga: Thurs, 9:30-11:00 am. Marilyn Arms 250-223-8058

Tone & Trim Fitness: Mondays & Fridays 9am. Darlene
Knudson 250-223-8005.

Vinters: Feb 10, 7pm. Jeanne Kay Guelke: 250.402.3391

Book Club: Feb 11, 2pm. Melody Farmer: 250.223.8443

Quilters Guild: Feb 16, 1pm, Linda Brown: 223.8607

Carpet Bowling - Tuesdays, 7-9pm. Tom or Linda
Sawyer - 250.431.8404.

Eastshore Health Society: Monday, Feb 22, 10:30-
2:30pm. Tom Wishart: 250.223.8445

SPECIAL EVENTS - BOSWELL HALL

Chinese New Year Dinner - Saturday, Feb 6, 6pm.
Sharlene Ryks: 250.223.8030 or 8554.

The MAINSTREET

Contact: Ingrid Zaiss-Baetzal

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

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

E-mail: mainstreet@theeastshore.net

** ADVERTISING RATES

\$35.00 - 3^{1/4}" wide by 1^{3/4}" high

\$40.00 - 3^{1/4}" wide by 2^{1/2}" high

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or 6^{3/4}" wide by 2^{1/4}" high

\$65.00 - 3^{1/4}" wide by 6" high

or 6^{3/4}" wide by 3" high

\$85.00 - 3^{1/4}" high by 9" high

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Sample Sizes - more sizes available.

Column Width: 3^{1/4} inches - double column width:

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

Classified Ads: \$5/first 30 words,

10¢/word after the initial 30.

**** 30% MORE FOR COLOUR ADS****

Next Deadline: Feb 24, 2016

website: www.eshore.ca

email: mainstreet@eshore.ca

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Winter Schedule in effect

All times listed in Mountain "East Shore" Time

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

CHURCH CALENDAR

RIONDEL COMMUNITY CHURCH FEBRUARY 2016 SCHEDULE

Feb 7: Canon Jim Hearne - 10:30am
Music: Brenda Panio

Feb 14: Rev. Derrick Smith, 1pm
Music: Brenda Panio

Feb 21: Brenda Panio, 11am
Music: Brenda Panio

Feb 28: Ramona Dannhauer, 1pm
Music: Richard and Ramona

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

Have a warm and peaceful Christmas!

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

For information call Christ Church Creston 428-4248

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

HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

No services at present time.

For info, please contact *Karen Gilbert: 227-8914*

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Come & join us Sundays at 10 am.

Coffee fellowship after the service.

Pastors Richard and Ramona Dannhauer
16190 Hwy 3A, Crawford Bay 250.227.9444

YASODHARA ASHRAM

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

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

Sun Mass at 2pm. 1st Sunday of month, Fellowship Sunday.

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.

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

CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church, 8151 Busk Rd, Balfour

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

Creativity, Community, Conscience

MEETING PLACES

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

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

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

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

PARENT ADVISORY COMMITTEE

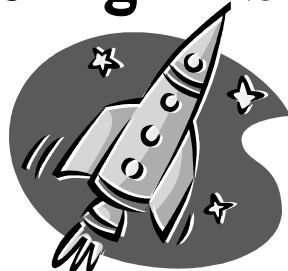
(PAC) Meetings held at 7 pm at the Crawford Bay School
on (usually) the second or third Monday of the month. (or Tues)
Call Ingrid to be put on the agenda - 250.227.9246

Next PAC Meeting:

February 8, 2016

February 2016 Mainstreet 19

Traveling This Year?



We have annual, single trip, family and
senior's travel insurance policies that can
go where you're going.

Our Hours:

Tuesday - Friday 9 am - 5 pm

Closed from 1 - 2 pm

Saturday 8:30 - 12:30

Kootenay Insurance Services Ltd.

#16030 Hwy 3A, Crawford Bay
Phone: 227-9698

February 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Tone&Trim, Bos Hall, 9am Karate, CBESS, 5pm	2 Dr. Grymonpre	3 Bingo, Rio CC, 6:30pm Volleyball, 7pm CBESS Dr. Moulson	4 Yoga w/ Melina Bos Hall, 9:30-11 Dr. Grymonpre	5 Foundation Stone, Hub Tone&Trim, Bos Hall, 9am Casual Karate, CBESS, 6pm	6
7 Super Bowl Party, Hub Cookie Dough Deadline	8 PAC Meeting, CBESS Lib, 7pm Tone&Trim, Bos Hall, 9am Karate, CBESS, 5pm	9 Vet Clinic, CB Motel Lions Mtng, 7 pm Dr. Grymonpre	10 Bingo, Rio CC, 6:30pm Volleyball, 7pm CBESS Dr. Moulson	11 Yoga w/ Melina Bos Hall, 9:30-11 Dr. Lee	12 Cuckoo's Nest, CBESS, 8pm Tone&Trim, Bos Hall, 9am Casual Karate, CBESS, 6pm	13 Seed Swap, CBESS, 11-3 High as Mountains, the Hub Cuckoo's Nest, CBESS, 8pm
14 Cuckoo's Wrap Party and Cupid Karaoke, The Hub Cuckoo's Nest, CBESS, 2pm	15 Tone&Trim, Bos Hall, 9am Karate, CBESS, 5pm	16 Kangen Water Demo Hub, 7-9pm Dr. Grymonpre	17 Bingo, Rio CC, 6:30pm Volleyball, 7pm CBESS Dr. Moulson	18 Yoga w/ Melina Bos Hall, 9:30-11 Dr. Lee	19 Tone&Trim, Bos Hall, 9am Casual Karate, CBESS, 6pm	20 Kokanee Springs Job Fair, Life of Pi, CBESS, 7pm
21 Kangen Water Demo, The Hub, 2-4 & 4-6	22 Full Moon Focus on Health, Bos Hall Tone&Trim, Bos Hall, 9am Karate, CBESS, 5pm	23 Lions Mtng, 7 pm Dr. Grymonpre	24 Bingo, Rio CC, 6:30pm Volleyball, 7pm CBESS Dr. Moulson	25 Yoga w/ Melina Bos Hall, 9:30-11 Dr. Lee	26 Tone&Trim, Bos Hall, 9am Casual Karate, CBESS, 6pm	27
28 Grocery Gift Card Deadline	29 Tone&Trim, Bos Hall, 9am Karate, CBESS, 5pm	EVERY TUESDAY: Yoga w/ Melina - Comm Corner, 9:30-11am Carpet Bwlng, Bos Hall, 7pm				30

Hexagon Players Present

ONE FLEW OVER THE CUCKOO'S NEST

By Dale Wasserman
Based on the novel by Ken Kesey

Crawford Bay School Performance Space
Feb 12/13, 2016 (doors open at 7:30, lock at 8pm sharp)
Feb 14 Matinee (doors open at 1:30, lock at 2pm sharp)

This play is not suitable for children. Children under 14 MUST be accompanied by and seated with an adult.
Tix available February 1st at Crawford Bay Market, Gray Creek Store and Riondel Market.

ADVERTISER	PAGE	PAC	
Andy Shadrack Green Party	4	PAC India Dinner	4
Boswell Hall	4	PAC Cookie Dough	5
Classified Ads		Riondel Comm/Space Avail	2
Community Futures	7	Riondel Market	10
Crawford Bay Hall & Parks	14	RVFD	9
Crawford Bay Market	10	Sapphire Hair Salon	10
Credit Union	11	Selkirk College LH Classes	11
Creston Valley Realty	18	SEVEC Fundraisers	7
Creston Vet Clinic	13	Sunset Seed	14
Dog House Studios	8	The Hub	11
ESIS	10	Theresa Lee Acutonics	11
Eastshore Physiotherapy	13	Tipi Camp Admin	1
Fitness Place	18	Turlock Electrical	10
Food Roots Seed Swap	14		
Gray Creek Store	10		
Harreson Tanner	9		
Hexagon Players Sponsors	6		
Hexagon - Cuckoo's Nest	20		
Hulland and Larsen	10		
Invest Kootenay	11		
Kangen Water	6		
KES	10		
Kokanee Springs Job Fair	11		
Kootenay Insurance Services	19		
Newkey's Help Wanted	3		
One Flew Over Cuckoos	20		

Library Hours:

ES Reading Cntr:
Tues & Sat: 12-3
Thurs: 7-9 pm

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

Transfer Station Hours

CRAWFORD BAY:
Sunday/Tuesday
10am-4pm
BOSWELL:
Weds/Sat 11am-3pm

ES Health Centre ~227-9006~

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