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YEAR 27, NUMBER 2

FEBRUARY 2017

# The East Shore Mainstreet

**KOOTENAY LAKE BC**

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



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**the mainstreet is online!**  
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Hexagon Players are bringing "Moliere Plays Paris" to East Shore audiences this February 10-12. Tickets on sale Feb 1st at Crawford Bay Market, Riondel Market and the Gray Creek Store. Play directed by Doreen Zaiss. Top photo: Ingrid Baetzel, Bottom: Geoffroy Tremblay. Featuring (l-r, clockwise): Madison Ashton, James Linn, Carol Vanr, Galadriel Rael, Jacqueline Wedge, Felix Wedge-Darchen, Cassia Welldon, Mandy Petrie and Tim Miller. Bottom: Carol Vanr and Jacqueline Wedge.

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# Mainstreet Meanderings

by Editor Ingrid Baetzel

At a party recently, I overheard a local business woman saying, “No one will every care about your work as much as you do” to another local business woman who was considering walking away from her current career and significantly shifting things in her life. The first woman went on to say that if you aren’t fully satisfied with what you do, or you don’t see the value in it anymore, than sure as anything, no one else would either.

At first, I somehow felt my defenses go up and I wanted to argue with her for some reason - to defend the work and try to convince her/myself/whoever that good work holds its own merit and stands for itself. Then, literally seven seconds later, I realized that the reason I felt that way was because what she said was true. My work holds its own specifically because it is held by hands that cherish and adore it. I love all of my jobs and because of that love, I tend to think that they’re just about the most important things in the world. They give me purpose and keep me engaged. This newspaper, my work with youth, my time on boards and in meetings, not to mention working to have fun (exercise, theatre, etc) - they are purpose and meaning amidst a sea of questions.

I suppose we shouldn’t really really call it work, but our energy in parenting and partnering and family-ing and friend-ing reaps even more of that good stuff. These things are not only our work, but also our purpose and our joy.

Perhaps one of the most dangerous feelings we can have toward our work is apathy... when we stop caring about it, or we stop doing it because we WANT

to do it, we risk presenting something genuinely lackluster and loveless to our clients or or customers. It’s not to imply that we can’t go through swells and lows with this attention and love (we go through swells and lows with everything into which we invest long-term) - rather it’s about finding the reason, the purpose, the shine in what we do and doing some couple’s therapy with our work... asking the hard questions, assessing our worth in the eye of our work and vice versa, being honest with ourselves and our work.

A few of the questions perhaps worth asking ourselves about our working lives might be as follows:

- At work, do I have the opportunity to do what I do best every day?
- In the last seven days, have I received recognition or praise for doing good work? (Or, if self-employed, have I praised myself or felt recognized and validated?)
- Is there someone at work who encourages my development? (Or, if self-employed, do I encourage and seek my own development?)
- At work, do my opinions seem to count? (Or, if self-employed, do I truly listen to myself? Trust my intuition? Respond accordingly?)
- Does the mission/purpose of my company make me feel like my work is important? (If self-employed, am I fulfilling my businesses mission and expanding upon it regularly?)
- In the last six months, have I talked with someone about my progress? (Self-assessment is important - finding mentors and leaders in your field is crucial for development and accurate assessments.)
- This last year, have I had opportunities at work to learn and grow?

I hope a lot of these questions were ones you could answer “yes” to. If so, count yourself as fortunate in work. Here is to happy work, fulfilled purpose and doing what we love.

## LETTERS TO THE EDITOR

### GRATEFUL FOR THE UNFAILING DEDICATION

Dear Editor:

I would like to thank Bob Carter. It is to his unfailing dedication to the independence and well being of this community, that we owe our much improved internet connectivity. Visionaries create the opportunities that we seize.

Gabriel Dinim

### WOW! WHAT A PARTY!

Dear Editor:

To my friends, my neighbours, my community, and my dear, sneaky sister who convinced Bob & Wendy to open the pub!

Wow! What a party!

Tons of warm hugs and many, many thanks for a great birthday celebration.

Wendy Scott, Riondel

### LOVE LETTER TO THE EAST SHORE

Dear Editor:

Yeah, another Valentine’s Day is on the horizon. What better time to write a letter of affection to the East Shore community, just to let it know that I’m still in love with it, after being here for 40 years. (I like to tell people that I came here for a visit 40 years ago and never left – true story!)

As soon as I arrived here I noticed some big differences from the city of Vancouver, where I’d been living in the West End. The big one – people actually looked at you when you met them and engaged you with their eyes instead of looking through you and past you. When you boarded the ferry and went up into the lounge areas on the old MV Anscomb, everyone talked to you as if they’d known you for a long time. Families occupied booths and the kids ran around all over

the boat. The crew’s quarters were right in the middle of the passenger area, so you got to know the crew members too. If you pulled into the parking lot just as the ferry was pulling out, it would often as not reverse direction and come back for you, just to save you the long wait for the next boat. I’ve always believed that the 35-minute ferry ride is one of the East Shore’s biggest unifying factors, because we end up sitting and talking to people that we would never meet if we all just sat in our cars for a 15-minute trip across. So, sorry Tom, I don’t back the relocation of the terminal from Balfour to Queens Bay – let’s keep it the world’s longest free ferry ride!

Speaking of Tom, what a treasure of the East Shore he is. Not only has he spent his entire long life here, he remembers every detail of it and regularly entertains us all with stories from the past (and comments and perceptions about present issues, too.) When I first moved here from the city, got some land on the Riondel Road and decided to build a log house, I didn’t even know how to sharpen a chain saw.

One visit to the Gray Creek Store fixed that problem. Tom gave me the free half-hour chain saw seminar, and I bought a used little Remington saw from him for 35 bucks that I cut all the logs for the house with. When it broke down and I took it apart to find a hole in the top of the piston, I went back to the store and bought some epoxy, glued it up and cut for another couple of months with it. When it finally quit again, my Dad lent me \$125 and I bought a brand new Pioneer from Tom, which I still have and which still runs fine. I used to take it in every year or two for a new chain and Tom would remember how many chains he’d put on it. “This is chain number six, as I recall.” Every community needs some “backbone” members and Tom is one of those, for sure! Now he and Sharon winter down in Barra de Navidad in Mexico. We dropped in on them there one winter a few years back and, sure enough – Tom knows that town inside out and backwards too. He toured us all around.



## OFFICE DESK

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## RDCK Area "A" Update

by Garry Jackman,  
Director - Area "A"  
2017 BUDGET

We held a budget discussion on January 18 in Nelson to discuss potential staffing needs followed by a more focused discussion on January 25 in Creston to specifically review the budget for recycling and waste services which are shared between Area A, B, C and the Town of Creston. Both meetings were open to the public, although attendance was low. Future meetings to discuss the updated budget are noted below.

At the meeting in Nelson, we reviewed the updated property assessments provided by the province. I note that once again the rate of growth in total assessment, whether through new construction adding value to an area or market pressures (upwards or down) on property values, varied widely across the RDCK. In general, real growth in the tax base (through new construction, improvements through renovations or subdivision resulting in a net increase in property value) tends to offset increases in taxation for property owners who did not make improvements. The other factor which impacts our taxation is how the burden of taxation is shared between properties within any given service area. This information is available through the province but I can also provide you with the breakdowns by RDCK electoral area or municipality if you want to contact me directly.

As I have noted in articles over the years, some of the services provided through the RDCK are 'stand alone' within a defined area or of cluster of properties. Examples would include the Sanca or Riondel water

service or the service to provide a funding contribution through taxation to the Crawford Bay hall. Other services apply to all properties within Area A but not to other portions of the RDCK. Economic development or regional parks would be examples. Some services apply to all communities and areas within the RDCK, while still others apply only to groups or sub regions within the RDCK. I can provide you with a one page summary sheet which shows all of the services which any portion of Area A pays into, plus printed information will be available at the upcoming public meetings.

In the case of a shared service such as waste management or resource recovery as it is officially called now (which includes Area A, B, C and the Town of Creston) when the tax base in one area rises more quickly than another then the area with the rising tax base will pick up or shoulder a greater burden of taxation. As it happens at our budget meeting on January 25 to review the resource recovery budget our preliminary direction to staff is to not increase taxation from 2016 to 2017. Any budgetary pressures due to inflation (fuel for trucking waste or recycle materials being a typical example) have been offset by other savings. However, even though the total taxation for the service will not increase Area A residents should see a slight decrease while Area B residents see an increase since growth and property values have increased more in Area B than A.

During the meeting in Nelson we also discussed staffing needs, including an increase to bylaw staff as a result of ever increasing calls. We are looking at hiring the next bylaw officer on a part time basis out of the Creston area to reduce travel time to some of the calls which currently must be handled by staff driving from Nelson. This is not finalized as yet, just one of the proposals to be rolled up into the bigger picture. We also gave the preliminary go ahead to hire sum-

mer students to visit communities with information on how to 'fire smart' their properties. A request to staff a wildfire mitigation coordinator was referred back to staff pending investigation on how else this position may be funded, potentially in part through provincial funding to reduce wildfire risk.

The next budget meeting for the board, which is open to the public, is in Nelson on February 17 at 9am. Following that there will be a number of meetings in communities around the regional district. The meeting where public can see what is proposed and ask questions in Riondel will be at 6:30 pm on March 8 at the community center. The next day there will be a meeting in Creston at the recreation complex beginning at 9am. There will also be a meeting in Nelson on March 2nd at the RDCK boardroom in Nelson at 6pm.

As always, 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.



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est small cities in Canada, I think) and to Creston and Kaslo and the Slokan. Heck, even Spokane is fairly close, and has its strong points, when you need a burst of city exposure.

But the best thing about this community are the great people who call it home, and I want to give a shout out to all of you who have accepted me for what I am for all these years and made me feel that this is my home. I have friends of literally all ages here, and for that, I'm grateful as can be. If I'd gone on living in the West End, I likely still wouldn't even know the guy who lived across the street.

What more can I say? We live in one of the finest places on Earth. I hope that this place never changes too much (improvements only, please!)

With great and sincere affection,

*John Edwards, Crawford Bay*

### IT'S ALIVE!!!

*Dear Starbelly Jam Supporters,*

The Starbelly Jam Board of Directors is thrilled to begin 2017 by announcing that Starbelly Jam is a go for the weekend of July 21-23. Our new Artistic Director is busy working on production design for the festival and, with the help of the Music Selection Committee, getting in touch with artists and agents. Starbelly will be contacting everyone who expressed an interest in helping out with managerial or volunteer roles. If you didn't get your name on our list of volunteers at the December AGM and you'd like to help out, contact us at info@starbelly.org. There's a tremendous amount of work to be done on a tight schedule, but there's no reason we can't bring back the Starbelly vibe in all its Kootenay glory. Everything's not going to happen overnight, so bear with us as we call you and email you and Facebook you to help us get this big, wonderful ball rolling. Stay tuned for regular updates. Jump on board! Spread the word! Let's make it another musical summer to remember!



## Hidden Taxes

by David George  
**99 Reasons 2016  
Was a Good Year  
- Part 1**

Do you remember 2016 as a horrible year? Did so many things in the world seem to go wrong that you would like to forget that last year ever happened?

Take heart--here are the first 33 reasons that 2016 was a good year, from an upbeat website called Future Crunch.

1. British Columbia protected 85% of one of the world's largest temperate rainforests, home to the wonderfully named 'Spirit Bear.' *Reuters*
2. In February, Peru and Bolivia signed a \$500 million deal to preserve Lake Titicaca. *HNGN*
3. In March, the US government abandoned its plan for oil and gas drilling in Atlantic waters, reversing its decision from a year ago. *Guardian*
4. After nearly 13 years of difficult negotiations, Malaysia established a 1 million hectare marine park that pioneers a mixed-use approach to marine conservation. *Guardian*
5. In 2016, more than 20 countries pledged more than \$5.3 billion for ocean conservation and created 40 new marine sanctuaries covering an area of 3.4 million square km. *Reuters*
6. That included a new record holder for the world's biggest marine reserve, off the coast of Antarctica. *National Geographic*
7. New research showed that acid pollution in the atmosphere is now almost back to the level that it was before it started with industrialisation in the 1930s. *Science Bulletin*
8. In 2012, the US and Mexico embarked on an

unprecedented binational project to revive the Colorado River. By 2016, the results had astonished everyone. *Audubon*

9. In December, the United States and Canada announced a joint permanent ban on all offshore oil and gas activity in the Arctic. *CBC News*

10. The World Health Organisation released a report showing that, since the year 2000, global malaria deaths have declined by 60%. *WHO*

11. In 2016, some of the world's biggest diseases, like colon cancer, dementia and heart disease, started declining in wealthy countries. *New York Times*

12. A new study from the world's leading health journal reported that the number of women dying from pregnancy and childbirth has almost halved since 1990. *Guardian*

13. Fresh evidence showed that public smoking bans have improved health in 21 nations. Wiley Blackwell

14. Uruguay won a major case against Philip Morris in a World Bank ruling, setting a precedent for other small countries that want to deter tobacco use. *CS Monitor*

15. Malawi achieved a 67% reduction in the number of children acquiring HIV, the biggest success story across all sub-Saharan nations. Since 2006, they've saved 260,000 lives. *Al Jazeera*

16. Child mortality rates came down by 12% in Russia. *Article*

17. Life expectancy in Africa has increased by 9.4 years since 2000, thanks to improvements in child survival, progress in malaria control and expanded access to ARVs. *Quartz*

18. Mobile phones made significant inroads in the fight against rabies, a disease which kills more people annually than all terrorists combined. *Ars Technica*

19. Thailand became the first country in the Asia-Pacific region to eliminate mother-to-child transmission of HIV and syphilis. *World Health Organisation.*

*Hidden Taxes, continued on page 4*

**February 2017 Mainstreet 3**



## February Horoscope

by Michael O'Connor

**Tip of the Month:** A universal 1-year, a new president, a New Moon in Aquarius, Chinese New Year, Mars in Aries, the sign of pioneering and new beginnings. There is a definite theme here. Call it is 90-degree turn. Even calling it interesting falls short. If you have not fastened your seat belts yet, do it now, and take a breath or two as well. 2017 is likely to be a wild ride and the tires are laying a patch. *(See ad on page 10!)*

**Aries (Mar. 21-Apr. 19):** The Chinese refer to this time of year as early spring and you probably feel the pulse. Fresh ideas, new friendships, and a tickle in the loins are some of the signs. Yes, feeling the love. People, please make a line!

**Taurus (Apr. 20-May 20):** Some exciting starts revealing a change in your social status are the signs you seek. If not, there may be a subconscious block. How are you going to participate in the deep changes occurring within you? Ask sincerely and expect answers.

**Gemini (May 21-June 20):** Thoughts about what is true and right and which represent freedom for all, are on your mind. Energetic, rebellious and provocative are keywords. Yet wisdom says: take a good look in the mirror before you venture out.

**Cancer (June 21-July 22):** Your ambitions are rising. Who has the answers, tools and/or resources you seek? Such questions are on your mind. The time has come to try new approaches. Circumstances may not simply be asking. Necessity

calls for decisive action.

**Leo (July 23-Aug. 22):** Fresh sparks of new friendships are a source of inspiration. Openings are appearing and you feel the drive to widen them. Unexpected attractions are stirring your emotions and igniting your passions. It may not be true love, but it is exciting.

**Virgo (Aug. 23-Sep. 22):** Making improvements is on your mind. First, you must remove and clear the old and outdated. The impulse to do so is extra strong. You feel the resolve to make extra efforts. The time has come; you have deliberated long enough.

**Libra (Sep. 23-Oct. 22):** Your research is leading you to many realizations. These investigations are the consequence of a steady flow of change on relationship fronts. Now circumstances are pushing you to entertain new leads and take few risks too.

**Scorpio (Oct. 23-Nov. 21):** You have entered a creative period. It can be best satisfied in your own home, lab, studio or garage. Thoughts and plans will give way to dreams and scheme. These will prompt you to make some lifestyle changes, to be inventive, to try harder.

**Sagittarius (Nov. 22-Dec. 21):** Your perspectives are changing. This will become increasingly evident. Ideally, you are sober and serious about the prospects. Decipher if denial and escapism are leading you astray. Your spirits are rising; take advantage.

**Capricorn (Dec. 22-Jan. 19):** Things are shifting and shaking close to home. The impulse to take new initiatives continues. The time is right to start new projects. Clearing a space is likely. You may even be in the mood to renovate. If all this happens internally, fine.

**Aquarius (Jan. 20-Feb. 18):** You are in the mood to take new initiatives. Turning mere rebellion into revolutionary action is ideal. Your momentum will build as the month progresses. The time has come to identify new goals that will inspire your efforts.

Meanwhile, our Technical Support staff and volunteers continue to move forward with the Connecting Canadians project, most recently having relocated our Ainsworth Access Points from the Mermaid Lodge to the Ainsworth Hot Springs hotel rooftop for a more sustainable tower partnership. Equipment upgrades continue and latest news is that there are now only 25 older Trango radio units remaining in service. We are also pleased to share that largely thanks to equipment donated by Backwoods Solar, our Crystal Lake off-grid tower site is burning less than half the propane that was used last year.

Looking to the future, as long as the need remains and it is within our capacity to fill it, ESIS will continue to build out our infrastructure, expand coverage and improve service at the most affordable price. In recognition of other regional community networks and the shared mutual need to achieve sustainable scales of operation, ESIS is committed to working in collaboration with our neighbouring internet societies, such as KiN, who share the vision of accessible connectivity for the entire Kootenay Lake Valley. As our respective independent networks mature the ultimate goal is to build upon this and establish meaningful connections between them, forming the basis of a lake spanning wireless and fiber network from an association of autonomous, community-based organizations. On that note, a big thank you to all those who continue to choose ESIS as their internet service provider; it's only through your continued support that we can thrive and put our shared community-minded values into practice.

Lastly, please note that as of February 1, ESIS' office will move to Room 10 in the Crawford Bay Motel. Our phone number remains the same as well as our office hours from 9am to 1 pm, Monday to Friday.

**Pisces (Feb. 19-Mar. 20):** Building a promising momentum is important now. Working both inside and out is ideal and implies focusing to get stronger emotionally, mentally and physically. Push yourself out to make key contacts and engage your mutual accountability.

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### Hidden Taxes, continued from page 3

20. Harvard scientists created a new platform for antibiotic discovery that may help solve the crisis of antibiotic resistance. *GEN*

21. Liberia was officially cleared of Ebola, meaning there are now no known cases of the deadly tropical virus left in West Africa. *Vanguard*

22. The WHO announced that measles have been eradicated in all of the Americas, from Canada to Chile. It's the first time the disease has been eliminated from an entire world region. *NBC*

23. The proportion of older US adults with dementia, including Alzheimer's declined from 11.6% in 2000 to 8.8% in 2012, a decrease of about a million people. *Scientific American*

24. The number of cigarette smokers in the US dropped by 8.6 million since 2005. That fall will be accelerated by a tobacco tax just passed in California. *NPR*

25. 93% of kids around the world learned to read and write this year. That's the highest proportion in human history. And the gender gap between girls and boys in school narrowed in 2016 too. *Medium*

26. In 2016, for the first time ever, the amount of money it would take to end poverty dropped below the amount of money spent on foreign aid. *Vox*

27. World hunger reached its lowest point in 25 years. *New York Times*

28. In February, Ontario announced a \$100 million initiative to curb violence against indigenous women. *The Star*

29. Myanmar swore in its first elected civilian leader in more than 50 years. *BBC*

30. Black incarceration rates fell in the United States. Not fast enough, but certainly something worth celebrating. *Washington Post*

31. In 1990, more than 60% of people in East Asia lived in extreme poverty. As of 2016, that proportion has dropped to 3.5%. *Vox*

32. Homelessness in the United States declined by 35% since 2007, and Los Angeles committed to \$1.2 billion to help get more people off the street. *CS Monitor*

33. Taiwan is on the verge of becoming the first Asian country to legalise same-sex marriage. *New York Times*

If you would like to see the complete list, try one of the two web addresses below. You may also sign up for a fortnightly newsletter.

<https://medium.com/future-crunch/99-reasons-why-2016-has-been-a-great-year-for-humanity-8420debc2823#tx6hveh4k> or use this shorter link: <https://t.co/xKdgaoAKjC>



submitted by Daniel Seguin for the ESIS Board

One benefit that comes from being a not-for-profit internet society is the opportunity to collaborate and connect (rather than compete) with other like-minded organizations such as the Kaslo infoNet Society (KiN). Formed in 1996, KiN is dedicated to achieving local access to global information and creating a presence for the North Kootenay Lake communities on the World Wide Web. Over the past several years, KiN has ventured past wireless connectivity and into fiber optics.

Recently, ESIS and KiN have been in discussions to explore possible ways of collaborating in their shared mission to bring affordable and reliable high-speed internet service to Kootenay Lake communities. As of mid-January 2017, the two societies agreed to develop a cooperative working agreement through which we will collaborate and share knowledge, particularly with regards to fibre optic infrastructure.

In order to develop its knowledge of fibre optic infrastructure and installation, ESIS and KiN will work together on the fibre distributions KiN is already planning for 2017. KiN's Board has agreed to support ESIS' suggestion to begin the fibre collaboration as soon as possible.

With its new knowledge, ESIS aims to begin developing a long-term vision for installing fibre on the East Shore. Plans are now being mapped, and thanks to new funding opportunities on the horizon, ESIS sees the possibility of at least a pilot fibre project on the East Shore in the coming years.



## Hacker's Desk

by Gef Tremblay

### Silk

The empress Lei Zu, who had the Yellow emperor as her husband was one day having tea when a cocoon of a silk worm fell into her bowl. Wanting to remove the cocoon, Lei Zu started to unroll it only to realize that the thread it created was really long. This gave her the idea to weave the fiber. She then devised a way to cultivate the silk worm and taught it to the people around her.

For thousands of years, since the fourth millennium BCE, silk was produced only in China. Even when the silk road was created, China was still the main producer of silk for hundreds of years.

There is no surprise, then, that silk screening, or screen printing, was invented in China in the first millennium to only arrive in the western world in the early 1900's. It took a few more years for the word *serigraphy* to be coined. (Latin root from silk and graphic).

In my learning process of graphic design, I feel I've started from one far end of the spectrum; I knew all about computers. Although it is now a primary tool for graphic design, it's only a small part in the creative aspect of design.

I've then slowly made my way to the hands-on of graphic design. A couple of years ago I acquired a letter press, which is one of the foundational tools in the history of graphic design. Last year I started calligraphy (I've also just registered for another calligraphy class today), which brought me more into typography. Finally I've been back into illustration and watercolor. On my latest poster for the Hexagon Players, I've finally been able to use one of my hand illustrations in a graphic design production.

This year, we're in the process of acquiring a silk screening business. It comes at an interesting time, since I've wanted to do silk screening for few years now, mostly from a graphic design perspective. You can print the most amazing (and really big) posters with a silk screening setup, for instance. You can also apply silk screening to pretty much any material, from electronic PCB board, to street signs and of course clothing.

The three main branches of design are: industrial, architectural and fashion. Why is that? Well when you look at human evolution, we first had to create tools to survive; we had to build shelters and clothing. So these foundations of design are really close to our evolution. Interestingly, visual creativity came in quite a long time after that. I mention that because for one thing, sometimes studying visual design seems more of a 'lesser' type of design, but also Melina has started to learn about fashion design in a very hands-on practice.

I have the chance to see her progress as she learns about fabrics, dyes, fashion and in the last week, silk screening. It's quite exciting to see a tool that can be used directly for both graphic design and fashion design at the same time. For one of her first homework, I was lucky enough for her to choose one of my drawings to test her new skill of screen printing.

Although my vision of serigraphy was mainly for posters and signage, I can see how that can be applied to fashion and extended into many more avenues. It makes me realized how visual design is also a foundation that can be expanded on every medium possible.

One artist that I've been following for a few years now, Pokras Lampas, has been known for his calligraphy style (Russian calligraphy is quite something; you should check it out). He has been experimenting doing calligraphy on people as well as on objects. His style is really close to graffiti and he has been instrumental in the creation of what is now called calligraffiti. After doing calligraphy on almost everything, one of his latest project brought him to fashion design, doing calligraphy on cloths.

I find this a really exciting re-mix of the classical art of calligraphy, merged with graffiti and then applied to fashion. It's a good reminder that getting away from the computer is one of the best ways to continue exploring the world of graphic design.



Image: All right reserved Pokras Lampas

## Wood Stove Exchange Program



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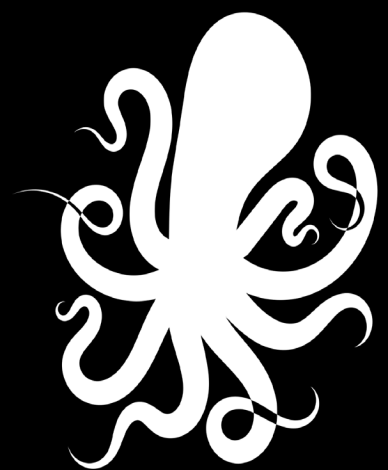
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For more information and the application form visit: [www.rdck.ca](http://www.rdck.ca)

### REMEMBER TO BURN IT SMART!

- Build small, hot fires
- Ensure the wood is properly seasoned (less than 15% water content)
- Split wood into pieces 4" to 6" in diameter
- Store wood outside, off the ground, covered
- Never burn garbage, or treated wood
- Use a high efficiency wood stove
- Ensure stove is installed/inspected by a certified technician

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## Lazzi\* Laughs

by Doreen Zaiss

*Molière*: many called him the Shakespeare of France. He acted and he wrote, mostly comedy for the masses and for King Louis XIV. He was brilliant, satirical and critical of society. And if you are afraid that sitting through *Molière Plays Paris* will tax your grasp of 17th Century French literature, let me disabuse you. In our play, Nagle Jackson has translated the original text of two short plays to suit our contemporary tastes and intellectual disabilities. Believe me, this play is simply fun, ridiculous even.

If you're thinking it might be too intellectual, too French for you, consider this: In 1997 eleven grade 11 and 12 students from Crawford Bay managed an energetic and frolicsome production of this play. Not only did they present it to our community, they also took it to a tree planting camp in the East Koots and performed it there. (The director did not travel with them because she didn't dare take on the responsibility of policing them.) I'll never forget Fawn (Kiem) Schutter coming up to me following their return and handing me a bag with almost \$1000 in it: proceeds from the tree planting performance. Well, you gotta finance the acting program somehow when you've been allotted \$300 per annum to run a full drama program.

**The Plot:** *Molière*, not in the first bloom of youth nor in the second, is enamored of Armande, the younger sister of his mistress Madeleine. He tries to turn good sense around to accommodate his lust, never acknowledging the abundant clues that disaster lies therein. As the real *Molière* once said, "Love is a great master. It teaches us to be what we never were." *Molière* (as Sganarelle) blunders his way through the two plays-within-the-play forever battling with good sense and instinct while the lovely young thing leaves a trail of evidence that she cares only for his money and her freedom. But again, as the real *Molière* states somewhere else, "A lover whose passion is extreme loves even the faults of the beloved."

Sganarelle seeks advice from three doctors, three philosophers, and two gypsies each less helpful than the previous one. He is tortured by self-doubt but is tenacious in holding onto his desires. Again, the real *Molière* should remind him that "Doubts are more cruel than the worst of truths."

**The Cast:** The play has a large cast of veterans and newbies and an extensive crew of designers and technicians. The actors have a challenging role, but many of them play not only their main character (an actor) but the one, two or three characters that actor plays within the play. They're working hard to please you all.

- **James Linn** as *Molière* who plays Sganarelle
- **Jacqueline Wedge** as Béjart who plays Gorgibus and Alcantor
- **Ingrid Baetzel** as Madeleine Béjart who plays Sabine and La Comtesse D'Escarbagnas
- **Carol VanR** as Armande Béjart who plays Lucinda and Dorimène
- **Cassia Welldon** as La Grange who plays Valçre and Lycaste
- **Felix Wedge-Darchen** as La Thorilliére who plays Toxin and Geronimo
- **Ryan Davis** as Brécourt who plays Prophy-lactus and Alcidas
- **Darlene Knudsen** as De Croisy who plays Mortice and Marphurius
- **Mandy Petrie** as Gros-René who plays La Flush and the Servant
- **Tim Miller** as Beauval who plays the Notary and Pancrace
- **Madison Ashton** as Catherine De Brie
- **Galadriel Rael** as Marquise-Thérèse Du Parc
- **Gef Tremblay** as Louis XIV

6 **Mainstreet February 2017**

- **Babs Lucas** as The Herald
- **Ben Johnson** as The Minstrel

Costumes, props and sets will also jolt us into another level of comedy as the quirky Steam Punk era of the late 19th Century superimposes itself on the reign of King Louis XIV.

\*And just what is a **Lazzi** but a physical and verbal comic bit that likes to pop up every here and there,

now and then. Maybe like collapsing furniture. Maybe a little like *The Three Stooges*. Maybe like *Family Guy*. But, as *Molière* said somewhere else, "The world, dear Agnes, is a strange affair."

**Tickets on sale Feb 1** (and not a moment sooner) at Gray Creek Store, Crawford Bay Market and Riondel Market.

## Hexagon Players Corporate Sponsors

Newkey's Place is very proud to support Hexagon Players in their performance of *Molière Plays Paris!*



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.



Black Salt Café is so pleased to be able to support the Hexagon Players production. We value art and culture and are happy to help make it work in the region.



The Yasodhara Ashram is a supporter of many community organizations & is more than proud to help out the Hexagon Players in their 2017 production!



Yasodhara Ashram  
YOGA RETREAT & STUDY CENTRE

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**



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

Merde, merde, merde!!!



Junction Creek Hub continues to support the Hexagon Players with in-kind donations and endless appreciation.

Good luck, Hexagoners.



Crawford Bay Market is very proud to support the Hexagon Players through donation and a ticket sales location. Break a leg, players!



**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!**

# Robin Sturdy's 'Exceptional Pass', an East Shore Mystery

by Susan Hulland

Back in the seventies, one of many 'newcomers' to Upper Gray Creek hill was an Alberta artist named **Robin Sturdy** who first discovered the East Shore when visiting a longtime friend, **Rick Choquette**, at Ledlanet Ranch in Crawford Bay. Robin and his wife Brenda had a dream that was shared by many during the back-to-the-land movement, to build meaningful, self-sufficient lives in remote, unspoiled places. Back in the 1970's the East Shore fit the bill!

Robin and Brenda both left behind steady employment as fire tower lookouts and brought with them an unfailing love of wilderness. Robin also gave up a career in the arts that began in 1974 when he became a founding member of **Stonecrop**, an artists' cooperative that still exists in Canmore today. While at Stonecrop, he created a large ceramic mural that was included in a book, *Exceptional Pass: The Quests, The Expeditions,*



**Bottom:** The partially reassembled mural showing where tiles, several featuring a group of enraged, sharp-toothed furies inside a snowy cavern, are missing. Credit: Susan Hulland

**Top:** This photo which shows most of the mural was part of a display of Robin Sturdy's life and art which was seen by many at Gray Creek Museum Days in 2009. Credit: Susan Hulland

*The Explorations* (1982) and also displayed in a show at the **Peter Whyte Gallery** in Banff. Robin brought this 132-tile mural with him when he moved here in 1976 along with boxes of clay, glazes, and a modest kiln for firing his hand sculpted creations.

Along with organic gardening, animal husbandry and homeschooling, another ideal embraced by the newcomers was the barter system. Times were hard for Robin and Brenda during those early years and around 1980 the mural was bartered for mechanical work and installed on a building belonging to **Chris and Pegi Choquette**, who had purchased the old Anderson farm at the top of Gray Creek hill from **Al Byers**.

While living on the East Shore Robin treeplanted for the **Gray Creek Co-op**, **Rick & Pauline Hanbury**, and the **Brinkmans**. He tailed the mill at **Strom's Sawmill**, built trails and fought fires for the **BC Forest Service** and worked on the bookstore complex at **Yasodhara Ashram**. In the last five years of his life Robin had what he called 'a real job' as a water allocations technician for the **Ministry of Environment** in Nelson. (A job he loved as he thought of it as protecting 'wild' water.)

But perhaps the most significant thing he did, without fail until his untimely death in 1998, was to continue sculpting clay. If he ran out of propane for his kiln in the dead of winter, he would strap the cylinder to a toboggan and cheerfully slog up and down the (then *never* plowed) road to the **Gray Creek Store**. If he ran out of Medicine Hat clay he would experiment with local sources or borrow from potter, **Ted Diakiw**, another Alberta artist who had relocated to the Kootenays. Robin was the first to acknowledge that he seldom made any money from his art, but he never let this stop him! When Robin died at the age of 51 there were half a dozen bisque fired pieces of his work, all lined up on the windowsill of his tiny studio, waiting to be glazed.

Words that come to mind to describe Robin's unique style are whimsical, humorous and naughty, as many of his figurines were sculpted naked, with ample breasts and blue triangles covering their genitals. Over the years he made legions of small figurines including devils, angels, sailors, pirates, admirals, tree planters, and kayakers and I am still delighted to come across his creations in unexpected and far-flung locations. (One of his cheeky little angels is *inside* the time capsule in the memorial wall of the **Gray Creek Cemetery** but she won't be seen again until 2109!)

Robin created more large murals, too, with whimsical names like 'Hockey Night in Heaven' and 'Hey Sailor Do Ya Wanna Dance'. Several lucky East Shore residents including: **Richard Gagne**, **Debbie Turner**, **Greg** and **Keith Lostraco**, and **Steve White** and **Frances Roback** have murals embedded in, or on, their dwellings. My sons, **Tom** and **William Hulland** both inherited murals from Robin, too. I have seen all these works of art, but until last fall I had only heard stories about another mural up at the top of Gray Creek hill.

Late last fall my partner, **Dave Hough**, spied the *Exceptional Pass* mural at Chris' place and recognized Robin's unique style and trademark use of a cobalt blue glaze. The mural was in a sorry state. The footing under the mural had settled around 1993-94, causing the bottom half to separate and many tiles were missing. Chris expressed regret about its condition but explained that he had been an absentee landlord on and off between 1998 and 2014 while working away from home. Then, in an amazing display of generosity said, "I should probably give it to Susan." Of course I was thrilled!

I visited the old Anderson farm several times last fall to collect the mural piece by piece. **Doreen Zaiss** helped me the first time and we recovered a number of tiles, just where Chris said he had tucked them away for safekeeping. **Melody Arnold** helped me the next time and we unearthed four more tiles and, believe it or not, recovered five tiny ceramic arms and hands that had been broken off the mural. Then **Debbie Turner**, Dave and I made a third visit to dismantle the large intact part of the mural. We drove home triumphant because we thought we had recovered it all.

One of the first people I told the good news to was Robin's 48-year-old son, **James Sturdy**, who lives in Calgary. He passed the news on to Robin's 10-year-old grandson, **Kingston Sturdy**, and to Robin's 96-year-old father, **Ken Sturdy**. They were doubly pleased when I told them that after enjoying it for a few years it's my intention to give *Exceptional Pass* mural back to the Sturdy family.

I began working with the tiles, chipping concrete from the backs of them and washing decades of dirt, plant roots, and insect cocoons from the nooks and crannies on their surfaces. I tried reassembling them using the numbers on each tile but ran into a Robin Sturdy idiosyncrasy that won't surprise his friends. Some tiles had *two* numbers! Furthermore, an

81 could also be an 18 if it's not apparent which side up the tile was originally placed. I was also hampered by not having a close up photo of the intact mural. Thankfully, I was recently helped with that problem by the **Gray Creek Historical Society**, that featured Robin Sturdy's art at their 2007 **Gray Creek Museum Days**. It took a while for me to accept it, but eventually it became clear that something was wrong with the mural which was slowly taking shape. There were gaps, twenty-two of the 132 tiles are missing!

I enjoy solving mysteries just as much as anyone but despite numerous conversations, phone calls and emails I still have no idea where these tiles could be. Did a friend, neighbor, or tenant of the property pick them up and put them away somewhere on the property for safekeeping? Or, seeing them on the ground, pick them up and keep them as a cherished memento of their

friend Robin's work? Did a small child bury them in a long-forgotten sandbox? Were they tucked into a rock wall, which is now hopelessly overgrown? Were they found irrevocably damaged and discarded?

Because there are so many things that *could* have become of these tiles, I am asking for help. As Robin's partner of 18 years, I would absolutely love to see this one of a kind piece of art put back together again. Recognizing their value to the finder(s) I would gladly compensate them through barter for other pieces of Robin Sturdy's exquisite work.

I live at 16440 Wadds Road in Crawford Bay and can be reached by mail at Box 42, Crawford Bay, BC, V0B 1E0, by phone at 250.227.9387 or by email at susanhulland@gmail.com. Please feel free to pass this story along and watch for further developments.

**Left:** In Greek and Roman mythology the furies were terrifying female spirits of justice and

vengeance who pursued male wrongdoers. The *Exceptional Pass* mural depicts furies sending deadly avalanches of snow down onto a party of mountaineers who have trespassed into their sacred domain. Credit: Susan Hulland





## Seldom Scene

by Gerald Panio



*"The first thing you make is a story. Then you decide where the location of the story will be, and how the story will develop. And then, when you think how the visuals will be in this process, you think about how you take something from the setting and use it, how to depict it, and how to make the setting beautiful. That's when you begin to think that. So the story always comes first."* --Makoto Shinkai

A few years I happened to read a review of a new Japanese anime with the odd title of *5 Centimeters Per Second*. It was apparently a love story, and the title referred to the speed at which cherry blossoms fall. Fond as I am of all things Japanese, that bit of trivia stuck in my head. It seemed perfectly suited to



romance in that same minimalist way that haiku telegraphed the seasons. I spent the next 9 years dropping into stores that I knew handled anime, hoping to score a copy of the film. Clerks responded enthusiastically, but on every occasion they'd either sold their copies, the DVD was on order, it was no longer available, or it was just about to be re-issued. Sure, I could have ordered online, but by that point *5 Centimeters Per Second* had become my own little anime Grail and the quest had to continue in the old-fashioned way.

It finally ended last September at Chibi's Anime Goods & Collectibles at Orchard Park Mall in Kelowna. The moment was both gratifying and a tiny bit sad. I'd be needing a new Grail, and I had no guarantees that *5 Centimeters Per Second* had more going for it than a cool title.



No worries. It's one of the most visually stunning animated films I've ever seen. It's also an interlinked series of three love stories told with a Zen-like spareness that makes the speed of falling cherry blossoms just one perfect detail in a complicated chain that both binds characters together and holds them apart. In a striking departure from most anime, and from classic Hollywood storytelling in general, there's no climax. If there's any message, it's Dylan's "It's alright, Ma, it's life, and life only."

Of course, in the intervening 9 years since I saw that first review the writer/director of *5 Centimeters Per Second*, Makoto Shinkai, has made quite an impression in the world of anime. His *Garden of Words* (2013) turns up on a lot of anime "Best of" lists, and his most recent work, *Your Name* (2016) is the second highest-grossing Japanese film of all time. So, while his films still aren't readily available here in North America I suspect the situation will change quite quickly. Those who have labelled Makoto Shinkai the next Hayao Miyazaki might not be far off the mark. Keeping in mind, however, that that kind of identification is more a tribute to talent than a matching of visions.

One of the hallmarks of the most sophisticated animation is the way that it integrates character figures into their backgrounds. Often, the effect is simply that of a character moving in front of an elaborate backdrop. Shinkai's animation team created an almost miraculous melding—there is truly a fine line here between the real and drawn worlds. Part of this is explained by the way these animators (there was a team of 13

artists) work. They scout locations the same way a regular film crew does, sometimes spending a week or a month exploring and photographing a city or a landscape to find the perfect elements for their story. In Shinkai's case, he then sets aside those thousands of photographs and draws



his settings entirely from memory. Here's where the magic happens—everything on screen is both jaw-droppingly realistic and detailed, and something more. Surrealistic in the most literal sense of the word. Like a Ken Danby painting. The streets, skies, landscapes, even the humblest grocery stores, are more than they should be. It's a bit like looking at the world through Emily Dickinson's eyes. *5 Centimeters Per Second* has the production values that one might expect from masters of Production Design such as Dean Tavoularis

or Dennis Gassner.

I don't recall if I've ever talked of lighting as an element of animation. The topic doesn't usually come up. Again, Shinkai uses lighting the way a master cinematographer would—twilight, winter light, neon light, firelight, fluorescent light, dawn light, starlight. There are impossibly

beautiful skies. The winter train ride that's central to the first of the three stories is brilliantly conceived. If Shinkai should ever decide to do a version of Bashoo's *The Narrow Road to the Deep North* it would be the anime equivalent of Jack Kerouac's *On the Road*.

Great visuals are wasted if the storyline doesn't support them. That's not a problem here. Shinkai's themes are love, time, distance, and speed. The first tale is that of Akari and Takaki, who bond together in elementary school, are separated in middle school, and struggle with a long-distance relationship. There's an excellent interview with Makoto Shinkai on the DVD, where at one point he talks about the challenges of finding voice actors to capture his sense of Akari and Takaki as they grow from children to young adults. There are no blinding revelations, only the lessons of distance and the heart. They are consumed by thoughts of one another.

The second story is set in Takaki's new high school. A younger girl, Kanae, falls in love with the handsome and gentle, but somewhat remote, new student. The more time they spend together, the harder it becomes for Kanae to confess her true feelings. Throw in a wind turbine and a rocket ship, and it all somehow fits. Kanae drowns in thoughts of Takaki; Takaki drowns in thoughts of a space probe on its "desperate search of the abyss for the secrets of the world." His connection with Akari frays. "When did I start writing messages I could never send?" he wonders aloud.


I'm actually not sure what happens in the final story. There's all the angst that goes with being a young adult and trying to balance responsibility with holding on to dreams. Takaki sums it perfectly when he says, "I was just going through the motions of life. Sorrow was building wherever I looked—on my bedsheets, on my toothbrush, in my cell phone history." That's what the blues look like in the 21<sup>st</sup> century. In one of my favorite scenes, Takaki crosses paths with a young woman at a railway crossing. He has the feeling that if he were to turn around and look back at her, she would be doing the same. But by the time he does turn around, a train barrels through the crossing, cutting off his view. When the train passes, the street is empty. What if he'd looked backwards just a few seconds sooner? How many near-misses like this are there in our lives?

As I said earlier, there's no stirring emotional climax near the end. Akari and Takaki are still in motion, still on their journeys. They're in their 20s, lifetimes still ahead. The movie ends with a ten-year-old Japanese popular song, "One More Time, One More Chance,"

and some lovely, uncredited piano music. For Makoto Shinkai, our ordinary lives are the source of wonder. If we're, lucky there will always be one more chance to experience it.

(*5 Centimeters Per Second* is, amazingly, available on YouTube. Running time: 63 minutes.)

**ED: Please take a look at Gerald's new website: [seldomscene.ca](http://seldomscene.ca) to see his archived movie reviews and learn more about the writer and his history with film and writing about them. Gerald has been writing reviews for Mainstreet for over twenty years! Website design by Geoffroy Tremblay, [ponnuki.studios](http://ponnuki.studios).**



## Apply now

COMMUNITY INITIATIVES AND AFFECTED AREAS PROGRAMS (CIP/AAP)

Wish to apply for project funding?

The Regional District of Central Kootenay is now accepting project proposals for CIP/AAP funding from non-profit organizations, societies, and groups throughout the RDCK.


Application forms and guidelines are available:

- RDCK office, Nelson
- Municipal and Village offices
- Electoral Area Directors
- Online at: [rdck.ca/cip-aap](http://rdck.ca/cip-aap)

**Apply by 4:30pm, Tuesday, February 28, 2017.**

Applicants are required to present their proposal at public meetings during the month of April 2017.

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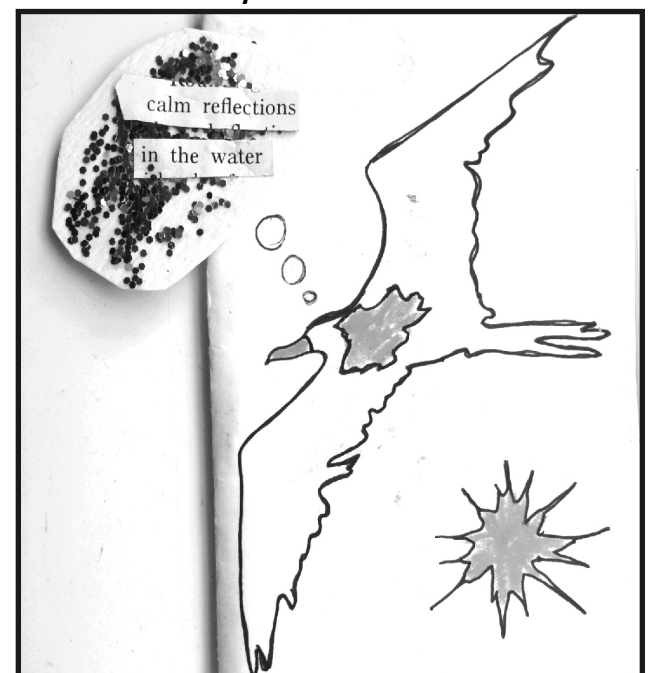
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...and you will have seen the world

by Elisa Rose





## Building up the Temple

submitted by Guenevere Neufeld

The Temple of Light is coming together at Yasodhara Ashram. The panel pieces, fabricated at Spearhead Inc, are being assembled on site, and every day the intriguing shape of the eight-sided structure becomes more apparent.

The base layer of prefabricated panels is now completely installed and forms the first full circle of walls



along the perimeter. The second ring is almost complete, and the Temple will continue to be built up like an igloo, one ring of panels being precisely placed on the next until it is whole.

Work on the annex also continues, with this beautifully curved entry-way structure now enclosed and roofed. We welcome you to come for a visit to see for yourself!

## Women's March

submitted by Guenevere Neufeld

Yasodhara Ashram hosted a Women's March on January 21 in solidarity with the Women's March on Washington.

Over 70 people gathered from as far as Creston to show support for women's rights. The global phenomenon was one of the largest activist gatherings ever to occur in the United States. World-wide estimates conclude that between 3.3 million and 4.6 million people marched in the United States and up to 300,000 people gathered throughout the rest of the world. Marches and rallies occurred in all seven continents.

"Yasodhara Ashram offers a lineage of teachings passed through women," says Ashram president Swami Lalitananda on hosting the march. "We understand the principle of interdependence, that the world is a village. What affects one country affects the world. The Ashram is inclusive of all spiritual traditions, genders, races, ethnicities, ages."

At the Ashram, the intergenerational, culturally diverse group gathered at Mandala House, expressing the values for which we marched before making our way through the Ashram grounds.

The march at Yasodhara Ashram culminated at the Temple of Light construction site. It was a joyful first gathering in the space that symbolizes unity and inclusivity.

The ceremony ended with participants circling around the Temple's perimeter acknowledging our common values and respect for human dignity.



## Reflecting Back ... and Looking Forward!

Community Connections Update

by Greg Blackwell, Administrator

The end of 2016 sees Community Connections having been in operation for 6 years. Starting in the Fall of 2010, by offering reputable services, Community Connections (CC) has established itself as a valuable community resource and grown considerably. Here are some performance statistics.

- Number of Projects/Programs – 79
- Grant Funds Awarded/Managed - \$458,200
- Currently Active Open Projects/Programs – 19
- Raised Funds Managed - \$53,100
- No. of Successfully Sponsored Grants – 127
- Total Proj/Pgm Funds Managed - \$511,300 (#s do not include CC funds/budgets)

Our goal has been to foster economic growth and community development by acting as a responsible third party agency for grant or locally funded programs and projects. We have done this by performing the following functions and their respective services:

- Sponsor Community & Economic Development Projects/Programs
- Includes Management of Our Society
- Organize and/or Run Events or Projects
- Participate in Area "Connectivity" Activities

In 2013 we developed a process called "Grant Sponsorship and Project Life Cycle" and use it to explain and manage how we work together on projects and the services we provide. Details on each of these steps and our value add can be seen at [www.cconnections.ca](http://www.cconnections.ca)

1. Grant Concept & Initialization
2. Grant Application Build & Submission
3. Agreements & Project Setup
4. Project Implementation & Review
5. Project Closure & Reporting

By performing our role on projects, we believe these are some examples of important value add we bring to the table:

- Allow for facilitation/support of new ideas
- Allow individuals/groups to receive grants that otherwise wouldn't qualify
- Help bring funding from external organizations and groups into the area
- Ensure workers compensation coverage is applied
- Ensure responsible public transparency in the administration of funds
- Utilize formal bookkeeping system and practices that are audit-able
- Save fund providers time and money by providing trusted 3rd party oversight

Our operating revenues are dependent on administration fees from grants sponsored, and direct funding. To provide all functions we do today additional administrative volunteer time is required. We will be reviewing our admin fee structure in 2017 to determine if raising fees will help better support the organization.

Starting this year, CC has decided that a refined and restructured version of today's organization stands the best chance of continuing to deliver services and becoming more sustainable. To that end, we will take the following actions to "tune" what we are doing today.

-Our core services of Sponsor Community & Economic Development Projects/Programs will continue under the guidance of a paid Administrator and Bookkeeper. This includes things like grant/project sponsorship, fund administration and control, CC society management and Board support, and walk-in community office. We are actively looking for an Administrator and Bookkeeper.

-In order for CC to Organize and/or Run Events or Projects, volunteers will be used wherever possible, but specific funding will be required to cover all costs. Past examples of these are speaker events, East Shore forums, Imagine Kootenay promotions or projects, research, and workshops.

-Continued Participation in Area "Connectivity" Activities will require volunteer effort and in some cases, may be considered billable work. This could be done by CC or other individuals or groups. This includes things like East Shore 1st-Point-of Contact for Imagine Kootenay, Creston & District Community Directed Funds Steering Committee, participation with Other Groups (eg. KL Chamber of Commerce; Area A EDC, Kootenay Employment Services, Valley Community Services)

We need a flexible model and resources that can manage services, accommodate services requests, and still allow for connectivity. We feel our "tuned" approach provides for core services offered today, can operate with a leaner budget, be accountable, and mitigate risk. Adequate ongoing funding is critical to sustainability and there is more work to do there.

We look forward to continuing to serve East Shore communities and contribute to residents having dependable and supported access to a range of funding and community services that maintain and enhance well-being.

If you are thinking of having Community Connections sponsor your grant application, please contact us early so we can do a good job of supporting you!

To contact Community Connections [www.cconnections.ca](http://www.cconnections.ca) or please call or email our Administrator Greg Blackwell at 250-227-9218x5505 or cell 250-509-0751, at [skootenaylakeccss@gmail.com](mailto:skootenaylakeccss@gmail.com) or [blackwellgregw@gmail.com](mailto:blackwellgregw@gmail.com), or drop by our office 1-4pm Wednesdays at Crawford Bay School.

**Next Deadline: Feb 22/17**

**Better  
at Home**

**Volunteer  
Coordinator  
Sought for Part  
Time Work**

The East Shore is seeking a qualified **Volunteer Coordinator for 4 hours a week who will coordinate volunteers and sub-contractors to deliver services** needed to ensure the welfare of seniors within the **Boswell to Riondel** area via the **Better at Home** program. Responsibilities include maintaining the program database with the subsequent information as instructed by the Creston Program Coordinator, hiring, monitoring and arranging payments to housekeeping contractors, arranging travel with clients and volunteers, and ensuring travel reimbursement to transportation volunteers. As well, they will promote partnerships with other community professionals in order to meet the needs of the target population and adhere to guidelines as provided by the Better at Home program. The program client and contractor base needs to be developed; continued employment will rest on that development. Applicants should have knowledge of local geography, BC Driver's license and reliable vehicle access, current criminal check, and some background in health care is preferable. Length of contract estimated to be **one year**. Compensation is **\$20/hour** with flexible hours. **Deadline for applications is February 20, 2017** and resumes can be submitted to [skootenaylakeccss@gmail.com](mailto:skootenaylakeccss@gmail.com).

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The Employment Program of British Columbia is funded by the Government of Canada and the Province of British Columbia.



**We Support Anti-Bullying Day, so on Wednesday February 22, come in wearing a pink shirt, have a cup of coffee and cookies, and maybe win a door prize.**

**Our Hours:**  
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Closed from 1 - 2 pm  
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SD8 Kootenay Lake is pleased to welcome all students to our schools and invites registration for 2017-2018



SD8 is pleased to welcome all students to the 2017-2018 school year. For more information, please visit the web at: [www.sd8.bc.ca](http://www.sd8.bc.ca) "News & Highlights" - "2017-2018 Student Registrations & Transfers" or contact your nearest school. We have a program that is just right for you!

## Junction Creek Hub

Pub & Family Bistro



**February Events:**  
 Bob Marley Birthday Bash - Feb 4  
 After Party for Hexagon Players - Feb 12  
 Val Day Karaoke, Dinner/Dessert Specials - Feb 14

**HOURS:** Tues, 4pm-Close  
 Weds-Fri, 12-Close  
 Sat/Sun: Brunch 11-3 and open until close

The Hub is now minor-friendly (if accompanied by an adult) until 8pm!

**February Hours:**  
 Weds - Sun, 12-9pm  
 (later for special events or if busy)

**250.227.9339**



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[www.eastshoreinternet.ca](http://www.eastshoreinternet.ca)  
 Central Kootenay Lake's community non-profit ISP.

HEXAGON PLAYERS PRESENT their 7th annual production:

# MOLIERE

PLAYS

# PARIS

by Nagle Jackson



Crawford Bay School Performance Space - February 10, 11, 12 2017

All tickets \$20, on sale Feb 1 at Crawford Bay Market, Riondel Market, Gray Creek Store

Friday, Feb 10 at 8pm sharp  
 Saturday, Feb 11 at 8pm sharp  
 Sunday, Feb 12 at 2pm sharp

**Cast & Crew**

Madison Ashton, Ingrid Baetzel, Ryan Davis, Felix Wedge-Darchen, Cathy Donnison, Ben Johnson, Darlene Knudson, Mauz Kroker, James Linn, Babs Lucas, Michelle Moss, Tim Miller, Mandy Petrie, Galadriel Rael, Geoffroy Tremblay, Carol VanR, Jacqueline Wedge, Cassia Welldon, Barbara Wells, Doreen Zaiss.




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# Tom's Corner

by Tom Lymbery

## Kitchen Cookstoves – Keeping The Cold Out



Our kitchen cookstove was our basic heater in the years when we lived in the house under the old store, which had no insulation whatsoever. All heat just went straight up through the floor above, which was the store itself, and then right through the roof. This stove was lit just as soon as you got out of bed and kept going until you went to bed at night. This needed wood split in smaller pieces to fit into the relatively small firebox, and had to be replenished every hour. If you failed to keep the fire going, the room cooled ever so quickly and took at least an hour to become comfortable again.



Until 1969, the Lymbery cookstove (photographed here in 1963) turned out meals and baking for the family, guests, paying customers, and more. Photo courtesy of Julia Barton

We kept all the doors carefully closed, except for the bathroom, which needed heat to prevent the pipes from freezing. We all wore long underwear and I had on wool pants on all winter, so we were used to the chill. Since the bulk of Kootenay Lake winter days have only a few degrees of frost and many afternoons rise to 40F, we were reasonably comfortable and would leave the living room door open and light its stove for the evening.

Virtually all houses managed winters with the kitchen stove to keep one room reasonably warm. In many houses you would find the oven door open with firewood on the oven racks, as their wood supply hadn't dried sufficiently. When Mother or Sharon wanted to bake, I would have some extra dry birch stashed away to be used only for baking, as it was a chore to get the oven up to temperature with everyday wood. There was also a water coil in the firebox to heat our hot water.

The store right above the kitchen had no heat except what rose through the floor. But almost all our regular customers walked to buy their daily needs, so they didn't expect a heated store. When the temperature dropped for perhaps a week, everyone moved faster and

didn't stop to talk when they picked up their mail or even renewed their insurance. One cold day in 1976 I had an ICBC auditor come in from his heated car. With no long underwear on he was most uncomfortable and finished his audit in record time. I should have sold him the Stanfields he needed. Suppose his car got stuck somewhere?

In 1951 we had almost a five-week cold spell with the overnights dropping below zero F. That was the year that the bay froze from Gray Creek Hall all the way up to the flats in Crawford Bay. That was the first time we had any real skating, until the snow became too deep on the ice. Early in February a stronger wind came up and the ice was all gone in one day. However the coldest that I have ever seen in my 80 plus years in Gray Creek was the winter of 1968 – 1969 when the thermometer dropped to 12 below zero F. (-25C). We expected the bay to freeze as there was drifting ice but a constant wind kept that from happening. With cold temperatures like that the creeks would all freeze to slush ice, but then the water would make its way underneath



Tom Lymbery (L) and David Harper try a little ice skating on the frozen bay at Gray Creek, Jan. 1951. Photo courtesy of Tom & Sharon Lymbery

and continue to run, insulated by a snow cover.

When we first moved into the house under the old store we had the basic cast iron cookstove – not a range with its warming oven above. That early unit warmed up quickly but was inconsistent for baking and took more careful loading. The range in the photo - a Round Oak Chief built in Dowagiac, Michigan - came to us in 1938. We bought it from Anne Gooch when she sold her home in Crawford Bay and moved to Metchosisin near Victoria. This had been an expensive one which was sold by Wood Vallance Hardware in Nelson for \$200 when basic units went for \$50 or less. Commander Harrison also had the same model in Wedgwood Manor and his

later served for many years in the Crawford Bay Hall's kitchen. When we finally sold this heavy duty relic, it went to Mike Strong who rebuilds and refurbishes cookstoves in Kaslo. I think he sold it to a customer in Golden, Colorado, so it is still in use.

We still sell brands of wood-burning cook stoves and have found the most popular are the Mealtime Stoves, made to order in Ontario, with glass doors so that the fire can be seen.

## TOM SEZ

by Tom Lymber

What projects can we plan on to celebrate Canada's 150th anniversary? In applying for a grant for the fireworks we said we would set off rockets in series of 150 but we need much more than that – and something that is a visible, lasting benefit. The 1958 Centennial saw new foundations and a STAGE added to Gray Creek Hall as well as George Oliver's preservation of the 1890s Henry Rose fireplace.

I am pleased to be included in the *Nelson Star's* list of newsworthy people in 2016. An honour to be listed with Dr. Jim Noiles who has delivered over 3000 babies in Nelson.

We seem to be in danger of losing much of our Canadian spelling. With a new cell phone's automatic spell correction I find I have re-type cheque three times to prevent being downgraded to the US spelling "check", which has not the definitive meaning that our country's spelling has.

March winds may set your chimney afire – please make sure that it has been cleaned this year. If you have an older stove then it may qualify for a substantial grant, helping you change up to one of today's units that meet strict emission standards by burning the smoke that causes creosote – please check with Dan at the store. That grant is primarily funded by the Lung Association with the intention of improving our air quality.

Since Norway had phased out all FM radio, what replaces it – digital? Don't 90% of our cars only have FM? What says Greg Nesteroff of Juice FM?

Please look at [geologypage.com](http://geologypage.com) Colima Volcano 2017 to see recent large eruptions. This volcano is 65 miles inland from the west coast and Barra de Navidad where we are wintering.

My idea of a Super Bowl is a toilet that flushes well.

Shouldn't Canada have a special visa requirement to keep out Jane Fonda types who come to interfere with our country?

Amor y Armistad – February is the month of love and friendship.

When Bing Crosby recorded the hit song "Pistol Packing Mama" many years ago, did we ever think that almost every US woman would be carrying a loaded pistol in her purse? And carelessly looking after this so that her kids could shoot her or their siblings?

MADD wants convicted drunk drivers publicly named. We should all push for this because so many with suspended licences continue to drive regardless. If we knew who they were, there would be a much better chance of keeping them off the roads.

The draw for two return tickets to anywhere in the world that Westjet flies will be held February 25. There is still time to enter this for \$15 a ticket – please see Rosie or Christy at the store. This runs through 2018 and we expect to sell only about 600 so your odds are so much better than a lottery.

Kootenay lake hits its low point every March 31, so now is the time to plan for dock repairs and beach cleanup. We stock the tools you need as well as dipped galvanized chain and fittings.

Whoever thought that we would be checking the outside temperature on a cell phone, after spending years peering at a tiny red line in a thermometer several times every day, winter and summer.

Since we are in the middle of avalanche season, with a life recently lost above Ymir, please read this month's book review *Buried* by Ken Wylie.

All of those that understand the life line that is our Kootenay Lake Ferry should apply for a RDCK grant to fund a report on the savings to be made by shortening the trip and providing hourly service. Traffic would increase enormously - look how many people pull out of the line when they find out how long the wait is. As well thousands of vehicles avoid the lake crossing because of the so hard to remember schedule.

# CHANGES IN ADULT EDUCATION on the EAST SHORE

Press release from Learning Hub

**C**RAWFORD BAY – The East Shore Community Learning Hub has received notice that the partnership with Selkirk College, which began in July 2013 as a pilot project initially funded also by Columbia Basin Trust, is changing form. Selkirk College will no longer fund a community education staff position and core costs such as rent and phone on the East Shore as of December 31.

According to Neil Coburn, Vice President of Education Selkirk College, this decision was made after an internal review process of the Community Education & Workplace Training (CEWT) program.

“There are major changes underway in the BC and Canadian post-secondary system,” said Coburn. “Many institutions have reviewed their community education and outreach divisions in order to ensure they are aligned with current institutional needs and goals. Although revenue generation has always been part of the CEWT mandate, at this time this has become the primary focus for this division.”

Laverne Booth, Community Education Coordinator of the East Shore Learning Hub comments, “Our outreach office located at the school in Crawford Bay did well in the areas of community development and training programs; however, on a day to day basis, we do not have the population and the enrolments needed to bring in sufficient income. Although this is a loss for our East Shore communities, I personally feel grateful for the core funding support that Selkirk College and Columbia Basin Trust provided for pilot project stage of the Learning Hub project.”

The East Shore Community Learning Hub continues as a social business enterprise under the umbrella of Community Connections (SKLCSS). A feasibility study, started last year, will continue to bring residents together to explore financial options for other core funding and the staff position. Those involved have learned about what works, what doesn't, what could work in order to provide residents with the educational and training opportunities needed to thrive. The hope is to maintain a core function, balance local resources, and use technology to overcome limitations in Area A.

Selkirk College has agreed to let the Learning Hub run the winter/spring courses that were planned and advertised in the Winter Selkirk College calendar. Please call 250-227-9218 ext: 5518 to register or email to [eslearningplace@gmail.com](mailto:eslearningplace@gmail.com). Nursing and other practicum students may continue to work with local organizations such as the East Shore Community Health Society. Gregg Neelin, now Business Developer of Applied Research & Innovation at Selkirk College can continue to work with local businesses.



## What I Have Seen

a message from  
**CBESS Principal,  
Laury McPherson**

We have seen a small influx of funds trickling into our school very recently. As this is an election year, it is not surprising that we are seeing some temporary changes, and we will endeavor to maximize any funding that we receive. The two that we have just seen are the Rural Transportation Fund and the interim funding for teaching staff to support students between February 1st- June 30th 2017.

The Rural Transportation Fund is a provincial initiative of targeted funding allocated to rural and remote schools, and we received this in January, though we heard it was coming in late fall. It can only be used to support transportation costs to allow remote students greater access to activities. It recognizes the additional costs associated with transportation to remote schools and how that can impact the number of excursions schools are able to offer. At CBESS we are using this new money to support our elementary swimming lesson program in Creston. We were able to fund the cost of busing to Creston for six sessions at the pool, with qualified swimming instructors. Knowing how to swim and be confident in water is an essential life skill and is something that has been challenging to access because of transportation costs.

All of our K-3 students, and several other elementary students, are currently participating in this swimming program, while most of our Grade 4-12 students are participating in ski days at Whitewater. Fortunately for our students, the significant cost of transportation to Whitewater for our older students was covered by a generous grant from the RDCK and without this we would not have been able to run the program. Whitewater offers a highly subsidized rate to all students for this extra-curricular activity; the RDCK granted the funding for the bus; and Whitewater also will subsidize 1 student per 20 who cannot participate due to financial hardship. Ski days seem to be an established extra-curricular tradition here in the Kootenays and they cannot happen without extensive financial support from outside agencies to reduce overall costs for students.

Most of you are aware that we have an active Parent Advisory Council (PAC) that works very hard to fundraise to support different areas in the school. There are many, many different programs that they would like to support, but this requires someone's time and energy to find granting opportunities or to fundraise from within our small community. A small group of PAC volunteers can only do so much, and I commend this group for their energy and commitment. It is crucial for parents to understand that if they have identified a need for programming or extra-curricular activities to support our children, then they need to first bring it to the attention of PAC. The next step is to be prepared to help PAC raise money for it if it is something that PAC decides to support in the future. All financial support from PAC for school programs comes from fundraising and grant applications, and is limited to what the PAC volunteers can do in addition to their regular busy lives of working and raising children. I encourage all parents/caregivers who see a need to step forward to join with PAC, even for just one particular fundraising


activity, in order to provide the people power necessary for action to happen. It is not realistic to expect that PAC can support any and all activities without this.

Many of you have read about the court decision regarding class composition and class size. Negotiations regarding this are currently underway at the provincial level with provincial parties; they are not negotiated at the local district level. Because the provincial parties wanted to get funding into schools as soon as possible, even though negotiations for new language in the teacher collective agreement are not complete, they agreed on an interim measure to get some funding into schools by February 1, 2017. CBESS was allocated a small amount of funding that can only be used for teaching staff. The teaching staff and I met to discuss values and priority areas needing support, and we agreed that increasing support for students with a variety of special learning needs was crucial. To this end, a small posting is currently out for a teacher to provide some learning support in our school several hours per week. We hope to have this in place for February 1st.

In addition to news regarding funding, we have a number of programs and initiatives happening at school. Laura Douglas is running six sessions of parenting workshops to support our school Positive Behaviour Plan, and this is a result of parents expressing a desire to see this happen to help them develop more positive and effective parenting skills. These take place every Monday night in January and early February- please see our school Facebook site for reminders and further details. And please note- dinner and childminding will be provided free of charge!

I have been working with the Grade 11-12 students to help them navigate their way through the decisions and opportunities for life after secondary school. We have attended a number of career/post-secondary events that have been organized by the school district or Selkirk College, and the objective is to help them understand the range of opportunities that exist; the process of accessing them; and the need to be thinking about these things by the time Grade 11 rolls around. It is an important process that helps transition our students into the next phase of their life, where they will need to follow through on things independently. We most recently attended a Careers/Transition Fair at Selkirk College in Nelson, where students listened to and asked questions of a panel of students, learning about the challenges and celebrations of transitioning into post-secondary. They also attended a panel of professionals ranging from trades to digital media to hotel management who were able to provide insight on different careers, the paths that are possible, and what employers look for when making hiring decisions. Prior to that, several students attended Made for Trades at Selkirk College, a day that allows students to experience hands-on a few different trades to help them become more aware of the options out there. They also offer Student for a Day programs, where students can go to Selkirk and find out more information about programs they are interested in. I recommend that parents contact Selkirk to arrange for this. We have also been talking about university options and pathways, as well as how to apply for bursaries and scholarships.

On February 2 we are hosting a curriculum evening at CBESS. All parents/caregivers are invited to attend and learn more about the revised curriculum; ask questions of our school staff and district staff; and have light refreshments. Remember to look for information on our school Facebook page for reminders, celebrations, and news about upcoming events.



### The PAC Box

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

**PAC MEETING:** The next PAC meeting is tentatively on **February 20 at 5:30pm** (note earlier time!) Email Nicole ([nrlplouffe@gmail.com](mailto:nrlplouffe@gmail.com)), Palma ([palma.wedman@gmail.com](mailto:palma.wedman@gmail.com)) or the new PAC email [cbess.pac@gmail.com](mailto:cbess.pac@gmail.com) to be put on the agenda or with questions.

**GROCERY GIFT CARDS:** The next round of gift cards has a **deadline of February 15**. Remember to order your cards monthly (on the 15th!). It's a great and easy way to support music, travel and the hot lunch program. To order, call/text Maria at 250.509.1155 or [posturebeads@gmail.com](mailto:posturebeads@gmail.com) or Sandy at 250.227.9218 or [clerical.crby@sd8.bc.ca](mailto:clerical.crby@sd8.bc.ca). **WE ARE NOW TAKING E-TRANSFER PAYMENTS FOR GROCERY CARDS!** Remember to include a note for what the transfer is for. E-transfers can be sent to [cbess.pac@gmail.com](mailto:cbess.pac@gmail.com)

**HOT LUNCH:** Hot Lunch is now **MONDAY, TUESDAY, THURSDAY AND FRIDAY—NO HOT LUNCH ON WEDNESDAYS!** Tyler welcomes feedback at [cbess.hotlunch@gmail.com](mailto:cbess.hotlunch@gmail.com).

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Growing communities one idea at a time.

## What's Missing In Paradise?

by Mautz Kroker, ESYC

*We are lucky because we live in paradise.  
We have water, clean air, space, nature and tons of  
inspiring potential. We have food.  
We are lucky because we have youth here.  
We are a care-taking community.  
We are lucky because we have ideas and two  
powerful and energetic youth coordinators,  
and  
We are lucky because we have the money to  
implement their plans!*

**But, something is missing...**

Five years ago, Columbia Basin Trust funded a program to support fun and educational activities for youth in this area. The intention of the program was to increase local activities and services for youth. The CBT recognized that there was a lack of resources in rural areas and they wanted to create a safe space for youth.

The first program started in 2012 and ran for four years until the third quarter of 2016.

With the support and protection of the South Kootenay Lake Community Services Society, other local non profit societies and organisations, the youth council was founded to run and coordinate the program.

Over the last four years many engaged people built up a regular structure of adventure events and educational opportunities for youth. A youth coordinator was hired to run these events, to inspire the kids and to receive their feedback and ideas.

There have been four years of engagement and energy, creating experiences for lucky kids in paradise.

**And now?**

We still live in paradise and it's better.

Last November CBT issued a new Youth Funding

Program for the next three years and will spend more money on this than ever before, up to \$55,000 per year to increase and expand youth opportunities.

The Youth Council is now called East Shore Youth Society and we have TWO youth coordinators, Carol Vanruymbeke and Ingrid Baetzel who work hard, loud and happily to make the most out of this gift.

**That is what we are doing now:**

-Every week a drop-in for youth at the school with different games, programs and food;

-Weekly youth coordinators office hours at the school Thursdays from 12pm to 3pm for requests, problem solving or questions;

-At least twice a month a big event at the weekend like sleep overs, cinema, driver education, skiing, horseback riding, zip-lining, boxing, theater and more and more and more;

-A volunteer program run by youth to support and help the elders or people in need or whoever is asking for help;

-Permanent communication and idea exchange with the youth;

-Fund raisers and activities organized by the youth;

-Coordination of micro grants for local educational and fun events for the youth;

-Beautiful prizes for the most engaged youth in the program;

-Transportation for youth to events and back home if needed;

-Monthly meetings of the East Shore Youth Council Society to run the program and discuss ideas.

**This is where we are and it's true, it's paradise.**

*But, something is still missing ...*

**We need more members for our society!**

Parents, youth, people who are interested in the future of our kids and their world and want to help them discover their potential.

You can be part of the East Shore Youth Society as a member and giver of inspiration and ideas.

We will hold annual AGMs to listen to your ideas, input and critique and will report how we used the

given resources and finances.

As a member of this society you'll have an influence on the program and may be a chaperone or volunteer for youth events.

And once a year you will celebrate your membership at a party organized by the youth and the East Shore Youth Society.

This celebration will be financed by the membership fees and donations.

\$10 for parents and adults, \$5 for youth and seniors per year. This sounds fair and finally like nothing is missing anymore!

Please apply membership in the East Shore Youth Society and show up at the youth coordinator's office hours. Call Carol 250.505.3760, Ingrid 250.505.7697, Mautz 250.551.4405 or write a message to eastshore-youthcouncil@gmail.com. Yes, we are lucky!

### Free Labour? Yes, Please!

If you have work around your house, yard or business and would like to "hire" some local youth to help you out, now is the time!

The East Shore Youth Network invites you to take advantage of our Volunteer Reward

Program where youth assign themselves to help out neighbours and receive points for doing so.

This incentivized program encourages youth to stretch themselves more and become greater citizens of their communities.

If you need a hand, call/email Ingrid (505.7697/eastshoreyouthcouncil@gmail.com) or Carol (250.505.3760—carolynvanr@yahoo.ca) to put your name and job on our list and we'll coordinate the opportunity with a willing youth.

## Fields Forward is One Year Old!

by Paris Marshall-Smith

As the inaugural year of trying a different approach to strengthening the food and agriculture sector from Yahk to Yaqaan Nukiy to Riondel, 2016 was a big year. Since launching in January of last year, great and diverse efforts on the part of so many in our region have resulted in significant Fields Forward activity. Volunteers from the various working groups have contributed hundreds of hours to the advancement of the goals determined by the people that attended that first session and those that have come forward since. What began as a bold plan has been stretched and made real by the contribution of communities who see the potential of our region to use its abundance to benefit more people and families. The Impact Team members: Nicole Schreiber, Jen Comer, Laura Francis, Dave Mutch and Tanya Wall, have brought in their valuable perspective as entrepreneurs, managers, facilitators, community leaders and producers to help shape, direct and initiate. Kootenay Employment Services has provided the backbone support so essential during this formative stage.

By working together as a collaborative, the Fields Forward network is able to engage with complex issues that challenge the food and agriculture opportunities in our communities: economic growth, jobs, housing, marketing, distribution, access. By working in partnership with existing initiatives like the Creston Valley Food Action Coalition, East Shore Food Roots, Kootenay Food, Central Kootenay Food Policy Council, Kootenay Regional Food Producers Co-op and others, we can be more efficient in our actions, build greater levels of momentum and learn from each others experiences. The Central Kootenay Food Policy Council currently has three representatives from Creston & District - Dobrila Braunstein (Creston), Steve Kruse (Riondel) and Tanya Wall (Erickson). Interested

in being on the Council? - there are two additional seats on the Council one for a Yaqaan Nukiy/Lower Kootenay Band member and one for a commercial farmer from the Valley.

As Fields Forward continues to expand and define itself, it will also continue to work with the structure of Working Groups. Individuals and groups are invited to come forward with ideas that they feel would benefit the community, create economic opportunity or add value in some way to strengthening food and agriculture in Creston and District. Fields Forward supports nimble action from groups that respond to a need in our region and then disband once the goal is achieved.

The areas of focus for Fields Forward for 2017 are:

1. Procurement - how can we encourage increased sourcing of local products in our stores, restaurants and institutions. Currently a group on the East Shore is looking at this question and designing an event or two for the Fall and Spring of 2018 that would support producers to connect with those who can sell and celebrate local food and products.

2. Marketing and Distribution - as we look to increase value-added opportunities through infrastructure investments like the mobile press, how do we expand the marketing and distribution opportunities beyond the Creston and District to the Kootenays, BC, Alberta and beyond. How do we all grow together?

3. AgWorks - a working group has formed with the ambitious goal of increasing food and agriculture employment opportunities by 20% by 2020. For 2017, the group wants to add 10 new mentored food and agriculture jobs for this season.

4. Food and Culture - The Full Plate working group is celebrating the intersection of food/agriculture and art with a year long project. The project launched on January 15 and will collaborate with existing events and projects using art to highlight the processes that are required to make our food and agriculture from Yahk to Yaqaan Nukiy to Riondel.

5. Education - on April 8 & 9, innovative food

educator Michael Becker will be coming to Creston for a 2-day workshop and community event (evening of April 8). This will be an exciting weekend for educators and teachers to learn simple and effective ways of bringing more food based education into the classroom. Tickets will go on sale at the end of the month. Stay tuned.

If you would like to learn more or have an idea and would like to get involved, please be in touch. And did you know that there is a Fields Forward newsletter - email for your name to be added? To join the conversation, come out on Saturday February 25th from 1-4 Fields Forward invites all those interested to an open house at Creston and District Recreation Centre or email paris@fieldsforward.ca. May it be an abundant year for all.

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## pebbles by Wendy Scott DRAGONS

Yes there be dragons.  
In this inaugural year, in this month of valentines, it is our time

to look for unknown and perhaps mythical creatures. To discover that the magical fantasies ascribed to fairytales and small children are now realities in the deep blue sea. Ah no, not Pete Seeger's lyrics – not that sea where he apparently drowns a family, but wait a minute, could that be considered traditions and familiar ways of life that are sinking, rejected, fading as our American cousins take in a breath that is stuck half way between larynx to lips.

It is worth a look and listen to Seeger's "Wimoweh" during a *Smothers Brother's* episode on YouTube (not the pop version) And it is Seeger's somehow prophetic songs from the 1970's that bounce time ahead with a crash into the world around yesterday's Washington DC. Seeger sang "Waist Deep in the Big Muddy" as a protest against the Vietnam War; "We Shall Overcome"; "This Land is Your Land"; "Healing River," and so many, many more.

It was Seeger who encouraged Joni Mitchell, who in turn brought Leonard Cohen to the stage.

Considering the Washington world, we can turn that breath into a sigh of relief that neither Leonard Cohen nor Pete Seeger was subjected to this day's events. These musicians of song and word live in our memory and, I'm sure, can rest in the thoughts of our American friends as a cloak of calm and a reminder that the world can remain at peace.

That and the realization that women in both our countries can take to the streets individually and en masse to emphasize the power of democratic unity. Women marched in Washington DC; women marched here on the East Shore and notably the marchers in Washington included our former Governor General The Rt. Hon. Adrienne Clarkson and the award winning poet, author and order of Canada recipient, Margaret Atwood. All women by supporting this march demonstrate and continue to emphasize not only the power of truth but the inalienable strength of a country's constitution and the democratic right to equality and freedom from discrimination in all aspects of life encompassing all gender identities.

February is Black History month. February 12, 1809, was Abraham Lincoln's birthday. Lincoln was against the Mexican-American war and referred to President James K Polk's desire for "military glory – that attractive rainbow that rises in showers of blood." (pay attention Mr.T)

I'm not sure that a reference to this would make much difference in today's Washington given the blood worldwide already spilled and the seeming reluctance to quell yet more.

Leonard Cohen's voice could have spoken the lyrics of his music: "For what's left of our religion/ I lift my voice and pray:/ May the lights in the Land of Plenty/ Shine on the truth some day."

Let's get back to the dragons and in particular the Ruby Sea Dragon; a newly discovered ruby red fantasy floating through anemones and strands of green alga at a depth of about 55 metres off Australia's Pacific coast. Delicate, about 30 cm long, and beautiful, it could be lifted from a child's picture book.

And as dragons go, we must include Puff, that magic dragon inspired by a child's inquiry about a poem by Ogden Nash, "The Tale of Custard the Dragon" which begins:

*Belinda lived in a little white house,  
With a little black kitten and a little gray mouse,  
And a little yellow dog and a little red wagon,  
And a realio, trulio, little pet dragon.*

So no reference to Kootenay bud, just a song about a dragon named, Custard. Yep.

And how about Kootenay Lake? There are stories. Let me tell you:

Let's think about the northern tip of the lake and the lakes beyond and the access road winding up North Riondel Road to the face of a cliff where it stops. Argenta and Johnson's Landing can not be reached from here. And then we wonder again about the pictographs (c12,000 BC) that dance high above the lake and picture our world in much more water than we can imagine. On Riondel's February beach when the lake is low it is possible to catch a whiff of the ancient sea floor of a buried land. And we wonder again about the anthropological history of the Ktunaxa of this area and the quarries, pictographs and arrowheads that date back at least fourteen thousand of those ancient years.

The Ktunaxa Creation Story, told by Nictahal'ana – (Joe Pierre – Susap Pi'al) tells of a long time ago when the animals ruled the world. At this time the Nipika, Creator, God, sent out word to all of the Nasukin, the chiefs, and to all the living beings of the world to come together.

The Nipika told them that soon there would be 'aplsmaqnik (human beings.) The Nipika asked the creatures what they would do for the humans and what they would offer to them. One of the first Nasukin to stand up was Cupqa, chief of the deer. Cupqa said, I offer myself to the human beings, my flesh for food, my skin for clothing, my bones and my antlers for tools, as long as they sing my song and say my prayer, I will always be there for them. And so it went with all the creatures – the animals, the fish, the birds, the plants, and the trees, even those like the cougar that promised to stay out of sight until called upon for spiritual help.

The meeting went on for a long time and two little birds got bored. They were sisters, but not Nasukin, nor were they chiefs, so they decided to go fishing. They chose the place we know today as, Bonners Ferry, in Idaho. The big sister waded into the river without much success and decided to go deeper and, to the great concern of her little sister – deeper still. And this is where the monster comes into the story – the giant water monster, the Yawu'nik. Little sister squealed as loud as she could – as little birds are wont to do in these situations – consequently they were both swallowed (no pun) by the water monster.

But big brother, Yamakpal, a little red headed woodpecker, came to the rescue, but he knew he would need help. Nalmuqcin, the giant, agreed and suggested they form a hunting party. All the creatures were gathered including Skinkuc, the coyote, who got so excited that he fell into the river and had to be rescued by Nalmuqcin who grabbed a handful of reeds, called Wasa, and pulled the unfortunate coyote onto dry land. And yes, the place was named, Wasa, the Ktunaxa name for horsetail rush.

And so the chase continued and every creature that joined or every plant used became a place name until the entire Columbia Kootenay area was, you might say, catalogued. And the creatures kept right on chasing the Yawu'nik who was bigger, stronger and faster than any of them. The kept going until they heard laughter. Kik'um, the wise old spirit, had been sitting on the side of the mountain watching. You creatures, he said, you will never catch him, but you Nalmuqcin, you giant, why don't you topple a mountain and cut those two rivers off. Then he'll be trapped.

Hey, we should do that, they said. And so Yawu'nik was trapped in the newly formed Columbia Lake and Yamakpal is allowed to finish him off – with a bit of help from his friends.

Then Nalmuqcin collects the parts of the monster, he gives meat to the animals; ribs and bones become hoodoos; and then he scatters the white swim bladder and he says, this will be the white race; the black kidney, he flings in all directions and says this will be the black race; then he gathers up the roe and says this will be the yellow people. His hands are covered in

blood, he pulls grass to wipe his hands and lets it fall to where he stands, and he says, this will be the red race of people and the creatures are happy. Nalmuqcin, the giant, is so happy that he jumps up, hits his head on the sky and falls over dead. His body parts fill in the rest of the Columbia Kootenay area.

When Nictahal'ana, Joe Pierre, finishes the Creation Story, he says Hunaq'anaq'nini, Thank you.

Now you have The Creation Story of the Kootenay. And now you know why there just might be a dragon in the lake. Watch for it.

When the sun sets here in Riondel it dips behind the Selkirks and we do not see its last rays until we look north to the suffusion of fiery palettes fading into the dusk of evening. Long ago Nietzsche wrote: "For you, the glacier clothes its old gray hue In rose attire,/ The rivers seek you, running with desire,/ The winds and clouds climb high into the blue, As high as birds – to keep their watch for you."

And that, my friends, is your Valentine.



## AGAVE Cactus in Mexico

by Tom Lymbery

photo by Helen Cummings

Four agave cactus next to the wall of our home in Barra de Navidad, Mexico grew 15 feet high stems with branches and flowers opening progressively upwards. These are alive with bees all day, taking honey to their hive. These are not the Blue Agave from which tequila is made but grow similarly. The species cultivated for tequila making is carefully trimmed so that the plants don't grow stems - instead of flowers the sugars are concentrated in a head on the plant. These heads are harvested and cooked down at the start of the centuries old tequila process.

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## Riondel Library

by Muriel Crowe

The past year has been a wonderful one for the library other than a break in and petty theft in the summer. Our borrowed items showed an increase of almost ten percent. That is an astonishing figure compared to previous years that saw four to five percent or lower increases. Our open house and celebration of words were very successful as was the book sale at the end of July.

This success was made possible by tax dollars designated for libraries and reading centres. Heart felt thanks go directly to Garry Jackman who has always been supportive and has gone to battle to protect our funding. There are two groups deserving of appreciation. The largest group are all who use the library in a multitude of ways as libraries are not just books. Those deserving our deepest thanks are the volunteers who make this all possible. I feel deep appreciation and respect for all of them and am awed by their dedication and enthusiasm. Please let these special people know that you appreciate them.

We appreciate hearing from you and encourage purchase requests and any suggestions you may have. Ask and we will try to meet your requests. Drop in, visit, browse and borrow.

## Smarter Than Jack or Jill

by Sharman Horwood

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

### Puzzle Solving for the Birds

In the wild, when a wolf wants to play, he drops down on his front forelegs and bobs his head, mouth open and shows what can only be described as a welcoming expression (tongue out and happy). But pets have different obstacles because they're dealing with humans who speak a different language. My sister-in-law's cocker spaniel, Charlie, has solved that problem. When I come to visit, he immediately brings me a toy (his favourite is a plastic hot dog that squeaks). He presents it as an invitation to come into his home and play with him. To him, the hot dog is a symbol of fun, a kind of tool for him, and he uses it to welcome me. Charlie likes to be a good host.

The issue of tools and animals has been controversial. Originally, animals using tools, let alone making them, was thought to be impossible. That was supposed to be what separated humans from other animals in intelligence; only the intelligent animal made tools. However, Jane Goodall found with the chimpanzees, sticks and twigs, stripped of their foliage, made excellent tools to dig termites out of their nests. Orangutans and other primates make similar tools.

Even birds, like the lammergeyer, have found ways to use objects to help them get food. Bones dropped from a great height will shatter against the rocks—and these birds have been seen to aim for a specific area of favourite group of rocks—then they can dig out the nutritious marrow inside that was otherwise inaccessible. Some monkeys in Latin America and Puerto Rico actually work to shape the rocks they use to break open particularly hard nuts. It takes them a long time—sometimes even a couple of years—but they will get the rock in the right shape, to fit the right indentation where they place the nuts, eventually so that it will break open the toughest shells.

Crows and jays in a variety of studies have shown that they, too, use tools. Crows will shape twigs in order to winkle a grub out of a piece of wood. Scrub jays have also shown they can learn how to get food rewards in a variety of situations. One of them is a tube with water in it, and a grub temptingly placed on top of the water. Pebbles are scattered around the test. The jay's problem is that the water level is too deep for the bird to reach the food. His beak just isn't long enough. What he does then is marvelous: he takes a pebble at a time, drops it into the tube, and thus raises the level of the water until he can easily pluck the grub out of the tube and eat it.

The New Zealand kea, however, takes intelligence to a rather different level. This parrot is large, with olive green feathers and a splash of orange underneath its wings. In general, most parrots are intelligent but this bird is exceptional. It is only located on the South Island in mountain areas. I first became fascinated with this bird when I took a train across Arthur's Pass. The train stopped at a glacier, a beautiful spot on the route, and let the tourists out to enjoy the scenery. The keas were waiting. They flocked down to the passengers, looking for food, and some people happily obliged with bits of meat or bread. What struck me

as interesting, though, was that the birds went first to the groups of Asians on the train. Sure enough, they were getting more food from them than from the other passengers, and I believe the parrots had learned this from past experience. The keas knew who would be generous.

Keas are notorious for tormenting skiers and campers in the region. The birds love to take things apart. They take apart equipment, especially cords and ropes, pulling down wiring of all kinds, including antennae on houses, and car windshield wipers as well as the rubber casing around the doors. They are inquisitive with no sense of shame. As if the cars, the wiring, the packs and toggles are all puzzles just for the kea to solve, and solving them seems to be the birds' sole reward.

In one study, the researcher set up a tall tube with different devices going down it, and food placed on the top device. The levers were each different: one had to be turned, for example, another was a block that had to be pulled out in order for the food to drop down to the next device. The bird had to get the food from the top of the tube past each of these problems in order to have it eventually reach the bottom. Then the kea could retrieve the food. The researcher showed the kea how this worked once. The kea completed the puzzle, retrieved its treat, all in the space of seconds.

Keas, however, are also known for their cooperation with each other, and studies have shown that social animals develop intelligence more than solitary animals do. In one study, a group of three keas are presented with a device. On one end is a plastic box with a lid. A string is attached to the lid, and run through a higher piece of wood. In order to get to the food in the box, one bird has to pull on the string and lift the lid so that the other can put its head in and get the reward. One bird alone cannot pull the string to lift the lid and then run to the other end of the puzzle to get the food. Solving the puzzle takes at least two birds. Of course, the keas didn't hesitate. The first bird pulled the string. The other reached in for the food and quickly nabbed it. The reward wasn't big enough to share, and the kea who plucked it out, hurried off to gulp it down. The first bird had to know it probably wouldn't get any reward, but it was still willing to help.

The researchers' puzzles were just a kind of tool to get food, and the birds were quite willing. I like to think of that as cooperative tooling!

## Book Review

By Tom Lymbery

**BURIED** BY KEN WYLIE, publisher Rocky Mountain Books, 283 pages, \$25.00

Ken Wylie was a ski guide when seven people were killed in an avalanche near the Durrand Glacier high above Revelstoke on January 20 2003. Ken was completely buried for at least 30 minutes so was lucky to survive himself. He was the assistant ski guide under Ruedi Beglinger, owner of Selkirk Mountain Experience. Ruedi is Swiss and a leader who insists on his assistant guide following exactly as he specifies, even to treating the skiers in the same way.

Ken describes in detail the dangerous routes that he has to follow, set out by the leader, with no choice allowed. He finds he is subservient to Ruedi whose forceful personality has built a very different operation from snowcat or helicopter skiing operations. In this challenging terrain the skiers follow their guide, climbing with the aid of skins that stick to the skis and then use their own strength and effort to climb high up to ski downhill. This is only for highly experienced skiers with much stamina – very different from other sites where you are lifted up to ski down.

The Durrand Glacier Lodge is at 6380 foot elevation, close to tree line and guests are brought in by helicopter from a site on Highway 23 a few miles north of Revelstoke. On their day of arrival all are fitted with transceivers and taught how to use them and how to handle a possible avalanche. If you are caught in one it is important to try and wriggle some space in the snow around you to create an air space as a dense snowpack doesn't have sufficient oxygen. The guides use snow probes – feeling into the pack for a possible unsubstantial layer that may allow the surface above to shift.

Most of the guests are from California and the US as it is very expensive to spend a week in such a challenging and dangerous environment. One of those killed in the avalanche was Craig Kelly from Nelson BC, a world champion snowboarder, sent by a sponsor to take in a very different ski experience.

From the book's back cover blurb: "*Buried* is the assistant guide's story. It renders an answerable truth about what happened by delving deep into the human factors that played into putting people into harm's way, as well as the peace that comes from accountability and the personal growth that results from understanding." Ken Wylie blames himself for not taking action to prevent the skiers from climbing into *La Traviata*, such an avalanche prone area, even though he was only following orders from the leader, Ruedi. This leads to the break up of Ken's marriage and he spends years trying to re-establish self worth.

He even goes to Iquitos, Peru for a Ayahuasca psychedelic sojourn – a puking experience that doesn't seem to do much for him. In January 2009 he comes to our Kootenay Bay Yasodhara Ashram for a three month yoga development course – much more effective than the Peru treatment. However he has become involved with a married woman in Calgary and she keeps interrupting his progress.

Ken continues to work with avalanche training but can never leave his horror of the La Traviata disaster. Ruedi is still running his operation but has modified some of the risks and provides self inflating personal air bags that help to give some of the oxygen space needed when engulfed by solid snow.

When we were in Revelstoke for the 2016 BC Historical Federation Conference were able to see *Land of Thundering Snow* featured by the Revelstoke Museum, a movie of the inside of an avalanche itself and emphasizing the dangers and safety precautions needed.

CBESS 2017 Drama Program's Production:

## Stroke Static



Feb 2, 7pm & Feb 3, 5:30pm

*Stroke Static* is a play that has the past, the present, the fictional past, some dramatization of medical jargon and a couple of bent theatrical traditions all flung together in the same pot. The main character in the play has a multi-infarct dementia. This type of dementia is brought on by a series of small strokes and often looks like Alzheimer's but it isn't: an individual has detailed memories, mixed with hallucinations, mixed with confusion, mixed with the occasional lucid knowledge of where they are and what happened to them. It is about the struggle of dealing with the diseases that attack the mind and how people cope with them.

Catch the Gr 7-12 30-minute drama production at Crawford Bay School, Feb 2/3.

Tickets are \$5 per person. Come by or call the school for your ticket today!

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**Next Deadline: Feb 22/17**



## Health & Happiness

by Dr. Sid Kettner

### Optimism

That's way to start the new year, right? Optimism—a buoyant and confident attitude, a cheerful and positive mindset, a “I can do this!” feeling. But come January 7, the wonderful “ride” is over and you find yourself back in the dark depths of 2016 once again.

We read of the medical research on 100,000 older women that showed that those who expected good things to happen had lower rates of chronic disease than those who expected bad things to happen. And they had a 30 % less chance of dying of heart disease and an 15% less chance of dying over the eight years of that study. They also suffered from diabetes less and hypertension. Why? Maybe they behave in healthier ways—diet, weight control, exercise, getting counseling for depression or stopping smoking.

The authors felt the poor health outcomes were largely due to an attitude of pessimism—expecting the worst outcomes in most life situations or blowing problems out of proportion. They also tend to personalize events, blaming themselves for problems, even when they have no role in creating them

What to do?

1. Think positively and concentrate on your past successes. Control what you can and forget the rest.

2. Devise a coping plan—think about what you can do in certain stressful situations.

3. Learn to tolerate uncertainty. Who knows, it may turn out to be an unexpected positive experience.

4. Look for ways to improve your self worth—learn new skills, engage in new activities, find a sense of purpose.

5. Adopt a healthy lifestyle.

6. Spend time with upbeat people—hope and optimism are contagious.

7. Regulate your media exposure, like TV, movies, magazines and the Internet—it rarely dwells on positive situations.

8. Each day think of something, for which you can be grateful.

9. Meditate spiritually, 10-15 minutes per day.

10. Consider cognitive behavioral therapy (CBT) if the above does not work for you.

Above all, “Be Happy.” Smile often. Speak positively and live longer.

## Remembrance Garden

by Wendy Scott

Snow melting, dripping, falling from pine, sliding from cedar; pathway still crisp from last nights freeze.

The benches are still heaped with snow, but it's not light or fluffy any more and needs a good whack if you want to clear a space to sit.

But it's worth the effort. Bring some coffee or get a cup from the store and sit for a while surrounded by the peace and quiet of winter.

Ideas for spring? Let us know.


Wendy: [wmescott@gmail.com](mailto:wmescott@gmail.com) - 250-225-3381

Muriel: [mcrowe@bluebell.ca](mailto:mcrowe@bluebell.ca) - 250-225-3570

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## Surrey Man Uses Naloxone Program to Reverse More Than 100 Opioid Overdoses

by BC Centre for Disease Control

Surrey – In his four years using the drug naloxone to reverse opioid overdoses in the area known as “the strip” in Surrey, Doug Nickerson says a few reversals stand out.

“I went to visit a friend one night and this couple went out and bought some heroin,” said Nickerson. “They came back, did it, and overdosed simultaneously.”

Nickerson also remembers bringing back 12 people during one particularly bad weekend when he says fentanyl had been mixed with crack cocaine. Another time he used naloxone to revive a 16 year old girl who had overdosed.

“I don’t go anywhere without a naloxone kit,” says Nickerson. “I hang a kit on my belt loop and away I go. Always have it.”

Fifty-eight year old Nickerson, or “Little Doug” to the people who know him, has reversed 113 overdoses using naloxone, and has himself been given naloxone five times. Nickerson is a “peer”, somebody with lived experience who provides important perspectives on harm reduction services delivered by the BC Centre for Disease Control (BCCDC).

“He is one of the ‘Harm Reduction Heroes’ of BC’s Take Home Naloxone Program,” said Dr. Jane Buxton, program lead at the BCCDC. “The purpose of the program is to ensure there is a supply of naloxone in the community where overdoses are happening, empowering people so they can help prevent opioid overdose deaths. Doug embodies that and shows how community members truly care about each other.”

The Take Home Naloxone program has seen exponential growth in recent months. In 2013, the first full year of the program, 617 kits were dispensed. So far in 2016, BCCDC has distributed 13,324 kits to individuals who have been trained in overdose recognition and response. Some weeks, as many as 2,500 kits are sent out the door to harm reduction sites across the province.

“The Take Home Naloxone program is an important part of BC’s response to the opioid overdose crisis that has taken the lives of far too many people,” said Dr. Mark Tyndall, provincial executive director with the BCCDC. “Work is also underway to improve access to treatments like Suboxone and methadone, and to establish additional supervised consumption services. A lot of work has been achieved and we know there is still more to be done.”

#### Quick Facts: Take Home Naloxone Program

- Established August 2012
- THN kits contain items including syringes, three single-dose ampoules of naloxone, alcohol swabs, gloves, mask.
- As of December 2016, the THN program distributes kits to 384 locations across BC including:
  - o 56 First Nations
  - o 57 emergency departments
  - o 7 corrections facilities
- 18,703 naloxone kits dispensed since 2012.
- 16,464 people trained to administer naloxone since 2012.

Learn More: [towardtheheart.com/naloxone/](http://towardtheheart.com/naloxone/)



Have Your Say in  
the Direction of  
the Fitness Place!

If you are a past, current or future member/user of the Fitness Place at the Crawford Bay School, or you are interested in learning more or having input in how the FP develops, take our survey.

The survey is only up until February 5, but it's your time to say if you'd like to see extended hours, new equipment or any other changes.

Help us make the Fitness Place a centre for health and wellness and meet the needs of all community members! Have your say!

Email [iazbaetzel@gmail.com](mailto:iazbaetzel@gmail.com) to request a survey invite to be sent to your email.

**Next Deadline: Feb 22/17**

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**YARD/LANDSCAPING/SITE PREP**

**INTERFACE WILDFIRE PREVENTION STRATEGIES:** Services: Assessment & Abatement of Wildfire Hazards, Brushing, Thinning, Limbing, Clearing & Removal, Prescribed Burning, Multi-Use Trail & Access Road Clearing/Maintenance, GPS Services, Rooftop Sprinkler Systems. Farley Cursons: 250.354.8553. Certified/Insured.

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

**SUNSET SEED COMPANY**



Your Complete Farm, Garden & Pet Care in Creston, BC 250-428-4614

**NOW OPEN!** We look forward to seeing you. 1628 Canyon St, Creston (right next to 7-eleven)

*Creativity, Community, Conscience*

**CLASSIFIED SECTION**

**BUSINESS ANNOUNCEMENTS**

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

**Commercial Lease Space:** Accepting applications of interest for the lease of the commercial space @ 16072 Hwy 3A, next door to Black Salt Cafe. All applicants will be considered. Contact Terry or Todd (email): soyoucansendmemail@gmail.com or call: 250.227.9510.

**Kootenay Gourmet in Balfour** - Coffee at 1.50 Buy 4 get 5 free. Winter offer: Spend \$100 in 30 days and get \$20 off for towards future food purchase. Breakfast Sandwich, Pull Pork on a Bun, Mexican Egg Wrap,are just some of your options. A selection of hot soups,and daily specials and sandwiches. **READY MEALS** include: Meat Lovers Lasagna or Roasted Veggies Lasagna, Beef & Beans Burritos, Spaghetti MeatBalls, Chow meins, Butter Chicken , and more....\$10 each. House made 1 L/ **SOUPS** \$10. A selection of Pot Pies is also available: Turkey, Butter Chicken,

Shepherd's, Mexi- Lentil.\$5.50. **PIZZA** (6 toppings of your choice,on pizza crust and sauce made in house) Take & Bake or Baked.\$25! See you soon.

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

**EMPLOYMENT:**  
**Job Opportunities:** Black Salt Cafe is considering applications for the following positions: line/prep cook, dishwasher, barista & server. Contact Terry or Todd (email) soyoucansendmemail@gmail.com or call 250.551.3455.

**Wanted:** Bookkeeper and Administrator for Community Connections (SKLCSS). Send cover letter/email and resume to: skootenaylakecss@gmail.com. Call Greg B at 250-509-0751 for info.

**NOTICES**  
**Lisa's Professional Organizing:** decluttering, disposal facilitator, tidier & cleaner. 250-777-2855

From...  
**A - Zed**

**Need insurance? Remember 3 things:**

- It doesn't matter what letter of the alphabet it begins with.
- A lot of things can be insured.
- We insure a lot of things.

**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

**YOUR HALL IS AVAILABLE!**

For community events, wedding receptions, workshops... you name it!

**Booking: Kathy Donnison - 250.227.9205**

**CRAWFORD BAY HALL**

*Your community hall*

**A non-smoking facility**

**NOT YOUR AVERAGE VOLUNTEER GIG**

*Serving the East Shore.*

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

Call 250.551.1352

**Next Deadline: Feb 22/17**

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

**HELP WANTED**

**CRAWFORD BAY MARKET**

is looking for a part time **NIGHT CLEANER/ SHELF STOCKER** (possibly leading to full time)

If interested, please call or email Sonja at:250-227-9322  
Email cbstorebc@gmail.com

# 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 FEB 2017

*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 1: Dr. Fontaine

Feb 2: Dr. Lee

Feb 7: Dr. Piver

Feb 8: Dr. Moulson

Feb 9: Dr. Lee

Feb 14: Dr. Piver

Feb 15: Dr. Moulson

Feb 16: Dr. Lee

Feb 21: Dr. Piver

Feb 22: Dr. Moulson

Feb 23: NO DOCTOR

Feb 28: Dr. Piver

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** - Wednesdays 9:30 - 11:00am. Contact is Merilyn  
Arms 250-223-8058

**Fitness** - Mondays and Thursdays 9 - 10am, Contact is  
Darlene Knudson 250-223-8005

**Carpet Bowling** - Tuesdays, 7pm, Contact is Tom Saw-  
yer - 250.431.8404.

**Vintners** - Sunday, Feb 19th, 2pm, Contact is Alan Mader  
403-467-5720

**Book Club** - Thursday, Feb 9, 2pm, Contact is Melody  
Farmer 250-223-8443

**Quilters Guild** - Tuesday, Feb 21, 1pm - Contact Linda  
Brown 250-223-8607

**BADEV** - Monday Feb 6, 10am - Contact is Rod Stewart  
- 250.223.8089

**Boswell Historical Society** - Friday, Feb 3, 10am.  
Contact is Margaret Crossley - 250.223.8455.

**Boswell & District Farmers Institute AGM:**  
Thursday, Feb 23, 7pm. Bob Arms: 250.223.8058.

**Focus on Health** - Monday Feb 27, 10:30am, Contact is  
Margaret Crossley 250-223-8445

## Community Futures is Your Small Business Expert

Community Futures offers business  
loans, business management workshops, business  
library and more. Unemployed? Ask about the self-  
employment program.

- Need assistance with your business?
- Have a business idea to explore?
- Need a business loan?

Call Alison Bjorkman at  
250-428-6356 to book a free  
appointment in Crawford Bay...  
www.futures.bc.ca



Growing communities one idea at a time.



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

## 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/MEETING CALENDAR

### RIONDEL COMMUNITY CHURCH

**FEBRUARY 2017 SCHEDULE**

**NO SERVICES THIS MONTH.**

See you in March to prepare for spring!

### 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 MEMORIAL COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

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 7:30pm. Everyone welcome,

250.227.9224

### MOST HOLY REDEEMER

**CATHOLIC CHURCH, RIONDEL**

Fr. Sylvester Ibekwe 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

*Next Deadline:*

*Feb 22, 2017*

*mainstreet@eshore.ca*

*www.eshore.ca*

## 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

Email cbes.pac@gmail.com for info or to add to the agenda.

**Next PAC Meeting:**

**CBESS Library, 5:30pm, February 20**

**February 2017 Mainstreet 19**

## 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!*

**Paula Howe** for shoveling the deep, deep snow off our walk  
way and deck in order that we could get in our front door when we  
returned from holidays. **Oliver Greenough, Greg Garbula**  
and **Sam Anderson** for cleaning the drive. These folks went far  
beyond the call in order to help us - what wonderful neighbors. To  
**Rick Bertram** and **Richard Bell** who came to our home to  
check on our water and found a pipe in the garage had frozen and  
split. Thank you all, so very, very much.

- Hope and Jim Fortune

**Jackson Wilkinson** for being a good samaritan on the streets  
of Nelson, feeding expired meters and helping out a man looking for  
some financial help with a generous donation. Keep up that kind of  
good work. Appreciative eyes are seeing the kindness you create.

-ESYC Peers and Coordinators

February 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Yoga Bos Hall, 9:30-11 16+ Volleyball, CBESS 7pm Dr. Fontaine	2 Bookkeeping Sm. Biz. Learning Hub (thru Feb 9) Dr. Lee	3 CBESS High School Play, Stroke Static, 7pm	4 CBESS High School Play, Stroke Static, 5:30pm Bob Marley Bday Bash, Hub
5 Fitness Place Survey Deadline Bottle Depot, 10-3	6 Mosaics, Rio Art Club, 10-3	7 Painting, Rio Art Club, 10-3 Vet Clinic, CB Motel Lions Mtng, 7 pm Indoor Soccer - 7-9 CBESS Dr. Piver	8 Yoga Bos Hall, 9:30-11 16+ Volleyball, CBESS 7pm Dr. Moulson	9 Bookkeeping Sm. Biz. Learning Hub (thru Feb 9) Dr. Lee	10 Full Moon Moliere - Hexagon Play, 8pm	11 Moliere - Hexagon Play, 8pm
12 Moliere - Hexagon Play, 2pm Hexagon After Party, Hub	13 Mosaics, Rio Art Club, 10-3	14 Val Day Karaoke, Hub Painting, Rio Art Club, 10-3 Indoor Soccer - 7-9 CBESS Dr. Piver	15 Yoga Bos Hall, 9:30-11 16+ Volleyball, CBESS 7pm Dr. Moulson	16 Dr. Lee	17	18
19 Bottle Depot, 10-3	20 PAC Meeting Mosaics, Rio Art Club, 10-3	21 Painting, Rio Art Club, 10-3 Lions Mtng, 7 pm Indoor Soccer - 7-9 CBESS Dr. Piver	22 Anti-Bullying Day MAINSTREET DEADLINE Yoga Bos Hall, 9:30-11 16+ Volleyball, CBESS 7pm Dr. Moulson	23 No Doctor	24	25
26 Bottle Depot, 10-3	27 Mosaics, Rio Art Club, 10-3	28 Painting, Rio Art Club, 10-3 Lions Mtng, 7 pm Indoor Soccer - 7-9 CBESS Dr. Piver				

ADVERTISER	PAGE	ADVERTISER	PAGE
Michael O'Conner	10	Bake Shop	17
Better at Home Coord	9	Moliere Plays Paris Hexagon	11
Boswell Hall	17	PAC	13
Classified Ads	18	RDCK CBT Comm. Init.	8
Community Futures	13	RDCK Woodstoves	5
Crawford Bay Hall & Parks	17	Riondel Market	10
Crawford Bay Market	4, 11	RVFD	17
Creston Vet Clinic	3	Sapphire Hair Salon	10
ESIS	11	SD#8 Registration	11
ESYN Vol Reward	6	Stroke Static	16
East Shore Electric	10	Sunset Seed	17
Eastshore Physiotherapy	14	Turlock Electrical	10
encreLibre	5		
Fitness Place	17		
Fitness Place Survey	17		
Gray Creek Store	10		
Harrison Tanner	14		
Hexagon Sponsors	6		
Hulland and Larsen	10		
Imagine Kootenay	10		
Junction Creek Hub	11,20		
KES	10		
Kootenay Gourmet	1		
Kootenay Insurance Services	10		

## Junction Creek Hub



Pub & Family Bistro

**February Hours:**  
Weds - Sun, 12-9pm  
(later for special events or if busy)

**February Events:**

Bob Marley Birthday Bash - Feb 4  
After Party for Hexagon Players - Feb 12  
Val Day Karaoke, Dinner/Dessert Specials - Feb 14

**HOURS:** Tues, 4pm-Close  
Weds-Fri, 12-Close  
Sat/Sun: Brunch 11-3 and open until close

The Hub is now minor-friendly  
(if accompanied by an adult) until 8pm!

250.227.9339

**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:**  
Sun/Tues, 10-4  
\*\*\*\*\*


**BOSWELL:**  
Weds/Sat 11-3


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**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