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YEAR 29, NUMBER 2 FEBRUARY 2019



The East Shore Mainstreet

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The Super Blood Wolf Moon was caught rising behind the Kokanee Glacier by East Shore resident Cam Stokes on Jan 21/19.

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Mainstreet Meanderings by Editor Ingrid Baetzel Moving On...

Some readers may have already heard (or noticed the job posting ad in this issue or online) about the opportunity for someone to take over the youth coordinator job for the East Shore. I've been involved with this program, and employed by it, for over three years. I've learned so much about myself and will always be grateful for this time. I never saw myself as someone working with youth, but I suppose that's where the magic lies - discovering internal truths through unexpected experiences and challenging my perhaps limited vision of myself and my skill set.

I'm going to miss the heck out of this job. It engaged me with local kids (love you all!), it brought some great training opportunities to my door, it introduced me to some fantastic humans working in the field already (people who make things happen, play games, start stuff!), and allowed for a very healthy working relationship with an oversight board that I cherish. It also gave me the opportunity to work with one of my dearest friends in the world, and we did it so well together. I'll miss these symbiotic, idea-generating years with you, Carol. Thanks for all the support and good times. Now we can use what we learned in other ways, and I'm glad you're still beside me.

The job is posted for the next two weeks, and people who might be interested in it are encouraged to submit their applications soon. Information is provided in the ad - just to the right... Here's to this programming continuing to the benefit of all!

**JOB POSTING
YOUTH PROGRAM COORDINATOR
AND FACILITATOR**

The East Shore Youth Network Society (in partnership with Community Connections) is seeking a Program Coordinator (*or two* to job share) to be responsible for the development, implementation, evaluation and supervision of recreational, cultural and social programming, as well as front line facilitation for youth.

The Duties:

- Develop, promote, implement and evaluate recreational, cultural and social programs and special events for youth aged 12-18 residing on the East Shore of Kootenay Lake.
- Administrative/operational duties, supervision of staff & volunteers, managing social media and outreach, finances and more...
- Design/implement events in collaboration w/ youth
- Work with oversight committee on furthering their goals and attend youth council meetings.

The Candidate:

- **Characteristics:** flexible, fun, responsible, good listener & communicator, respectful, strong leader, able to collaborate, self-directed, team player.
- **Required:** BC Driver's License, Criminal Record Check, Technology and Social Networking skills, First Aid & Experiential Facilitation experience are assets.
- **Assets:** Experience working with youth & doing program development, experiential facilitation, and First Aid training.

The Position:

- Effective March 1, 2019 - on-the-job training available with current coordinators. Job can be shared between two people.
- Competitive wage based upon either full time or job-share position

**Please submit a cover letter and resume before
February 12, 2019**

**By mail: East Shore Youth Council, Box 275,
Crawford Bay, BC V0B1E0
OR by email in pdf form to
eastshoreyouthcouncil@gmail.com or
mautz.kr@gmail.com**

*Application deadline is Friday, February 12 with
interviews scheduled soon after.
Questions may be directed to Mautz Kroker at
250.551.4405 or at the email above.*



OFFICE DESK

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

Copies every issue: 700-1000

The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake, written by community volunteers.

Send in March 2019 issue items by:
Next Deadline: Feb 20, 2019

LETTERS TO THE EDITOR

SPECIAL THANKS TO RDCK:

Dear Editor:

The Riondel & District Curling Club gratefully acknowledges and thanks the Regional District of Central Kootenay - District A and its Director, Mr. Garry Jackman for all their help in getting our curling rink upgraded to comply with current safety and health standards.

After the Fernie Arena accident, safety inspections were required for all arenas in British Columbia. Our curling rink was inspected and several deficiencies were noted that needed immediate correction for continued operation of our curling club. Funding of these corrections was beyond our club's means, so RDCK stepped in to help keep our curling club open for use by the residents of the East Shore of Kootenay Lake.

All required upgrades have now been completed and our curling club is back in use. Our curling league is playing four times per week and will continue throughout the winter, allowing local residents the opportunity for physical recreation and social contact through the coldest months of the year.

Without the help of RDCK, this facility would likely close down and never be re-opened. Once again, the Riondel & District Curling Club thanks the Regional District of Central Kootenay for all their assistance in keeping our curling facility operational and safe.

Sincerely,

Mark Easton, on behalf of Board of Directors & Members, Riondel & District Curling Club

SUITS AND BOOTS

Dear Editor:

For too long, the working people of B.C. resource towns like Fort St. John haven't had a real voice in the political decisions directly affecting their lives, and livelihoods - about pipeline projects, new mines, forestry tenures.

That's not only a tragedy for Fort St. John, it's a travesty for resource development across Canada.

Last spring, we launched Suits and Boots to change that. Founded by six people in April, we have since grown to more than 3,200 people across Canada - Suits in offices and Boots out in the field alike doing the important work that makes Canada such a prosperous nation.

We have held rallies and flown banners over Parliament. We have written Senators asking them to kill the current version of Bill C-69 and send back to the House of Commons so this flawed attempt at re-working Canada's environmental assessment regulations can be re-done. We have sat down with politicians in our capital to call for change. We have been invited to the Prime Minister's Office to hear our side of the story.

We have been constructive, offering solutions and ensuring the perspectives of resource sector working Canadians finally gain a voice.

We have an impact. Because you now have a voice.

We have only been successful because 3,200 Canadians have signed on to get involved - writing letters to Senators and MPs, showing up at events, and lending their support.

Bill C-69 will soon be going before the Senate environment and natural resources committee. The fate of Canada's resource sector hangs in the balance. Now is the time we need our voice. Now is the time for Fort St. John and other resource towns across Canada stand up, be counted, and speak up.

We can help you do that. If you're interested, visit suitsandboots.ca to read more, and make your voice heard in Ottawa.

Sincerely,

**Rick Peterson, Founder
Suits and Boots**



Sunday Brunch at Newkey's

Between 11am and 3pm, every Sunday

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 - ◇ Bacon-Egger
- ◇ Eggs, Bacon or Ham (or meatless)

All options served with delicious homemade hash browns.

Watch for our first Scavenger Hunt for the month of February! Win a \$100 gift certificate to Newkey's...

February's Heating Up!

Feb 1: Annual Beach Party - live music w/ Jurassic Mike, costumes encouraged.

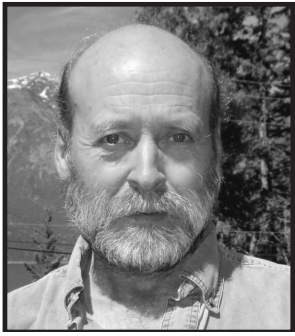
Feb 2: Bocephus King, 9pm start, amazing talent!

Feb 3: Superbowl Party - BBQ hot dogs, home-made baked beans. Superbowl Bingo available!

Come as a stranger, leave as a friend.

250.227.6911

Contact Mainstreet
mainstreet@eshore.ca
Deadline: Feb 20/19



RDCK Area "A" Update

by Garry Jackman,
Regional Director
- Area "A"

MORE ON BUDGET 2019 PRESENTATIONS

As indicated last month, we will have public presentations of draft local service budgets at numerous locations over the coming weeks. Go to the RDCK home page (rdck.bc.ca) and look at the calendar for dates and locations. The East Shore presentation is at the Crawford Bay Hall on the evening of February 13 starting at 6:30pm. The Creston presentation will be held the same day at the Creston recreation complex and starts at 1pm. Our staff will have information on hand for all of the RDCK service at all meetings, but each meeting will focus primarily on the services which impact that community or group of communities. I encourage anyone from Riondel, Kootenay Bay, Gray Creek, Boswell, Destiny Bay, Sanca, Twin Bays and even Kuskonook to attend the Crawford Bay meeting if the time of day works for them. Otherwise you could certainly ask your questions and get general information earlier in the day at the Creston meeting. If you miss those meetings, the last budget presentation currently scheduled is on the evening of March 5th in the RDCK boardroom in Nelson. It will focus on the Nelson and surrounding rural areas, but anyone can attend and ask their questions.

Your tax notice will include several items which are not part of the RDCK budget, such as hospital tax, school taxes and 'rural' tax which covers provincial items such as policing and road maintenance. The hos-

pital tax budgets are based on project funding requested through Interior Health. Area A is split into two health areas so I sit on two health boards. The West Kootenay/Boundary Board budget is not finalized as yet. I can send details of these budgets on request.

Some of the services which are included in the RDCK budget are building inspection, land use planning (largely reviewing applications), emergency planning and response, solid waste management including recycling, some aspects of parks and recreation, some water systems, fire services where they have been established, road rescue (to assist ambulance crews and secure sites), bylaw enforcement and financial and administrative functions such as reporting to the province, managing grant funds or holding local government elections and referenda. Some of these services are mandated by the province and others have been created at the request of communities.

WHAT WILL IMPACT MY TAXES?

The regional district local government model was set up by the provincial government more than 50 years ago with some clear distinctions from the model used for incorporated municipalities (villages, towns or cities). These distinctions are greatest when it comes to budget and managing funds for various services. In an incorporated municipality the council has considerable latitude in moving funds around which a regional district does not have.

Despite these differences, regional district electoral areas can and do share services with our neighbouring municipalities under the regional district model. Because of this, we have different 'partners' with separate tax bases who combine funds to result in the tax requisition which is budgeted for each service in each fiscal year. The RDCK has about 180 services with various partner combinations between the 11 electoral areas and 9 incorporated municipalities.

So why would you care who the partners are in any particular service? One reason is that the partners can out vote any single director and force budget changes that may not be in the best interest of your community. The other reason is that the relative size of our tax bases (assessments) shift from year to year and this shifts the portion of taxation to be carried by one partner or another. The Creston Advance had a piece on how much Creston assessments changed from the previous year, but without knowing about other changes a Creston resident could not predict whether their RDCK portion of taxation might go up or down.

You may wonder why I use the words "down" and "taxation" together. Your property assessment can go up plus the budget for a service can go up (for example due to increases in wages through collective agreements, inflation, etc.) but your property taxes for that service may go up, remain flat or even go down. It depends in part on the difference in assessment increases or decreases between neighbouring electoral areas and municipalities. These changes are a result real estate market pressures plus real growth within the tax base. Tax base growth comes from increased numbers of lots (through subdivision) and increased values of some structures (new construction or major renovations) compared to the slow and steady depreciation of existing building values due to aging.

For a number of years electoral Area A has seen limited movement in real estate values. We have seen growth through new construction, renovations and subdivisions but at a slower pace than our neighbouring partners. The situation is similar this year. The BC Assessment website allows you to search numbers and make comparisons, but I will summarize a little here for you. I can also send you a pdf with a comparison of the 20 RDCK partners on request. In the past year Area A saw an overall increase in assessments of

"RDCK Report" Continued on Page 4



Hidden Taxes

by David George
A Year Without
'Made In China'?

Impossible, right? In this year 2019 it seems to be impossible to buy any number of things and not find the label 'Made In China' on them. If one looks carefully for alternative sources, they are there, but usually more expensive. Even goods imported from our major trading partner, the United States often contain parts made in China.

The Panasonic wireless phone I just used says 'Made in China/Fabrique en Chine' on the underside. Panasonic is a Japanese company, right? Some of us are old enough to remember when Japanese goods were perceived as shoddy. Now we find some electronics from Japan are of excellent quality, even though some of their components may be made in China.

My old Canon calculator and metric converter was made in Japan. My old Apple G4 PowerBook was designed in California but assembled in Taiwan. The Waltex 2x magnifier I bought in 1979 for looking at 35mm slides quickly was made in Hong Kong, since 1997 a part of China. The Logitech external keyboard for my iPad, however, was made in China, as is most computer hardware now.

We need to think about whether goods from China are produced using fair labour practises. Chinese workers, who generally are paid far less than North American workers, are being unfairly exploited. With so many companies in the USA and Canada contracting out the production of so many things to China it is now time to seriously question whether it is morally right to deprive workers here in the West of jobs by sending work to the controlled economy of China.

Canada has a great history of technical innovation and manufacturing. We surely do not want to now be

perceived as simply a resource exporter, as 'hewers of wood and drawers of water'. We need to produce goods of more added value. Shipping out wood and water or for that matter crude oil and natural gas as if the supply was infinite is simply not sustainable. There needs to be a balance between what we sell as exports, what we use here in Canada, and what the long-term or renewable supply is.

Recently there has been some indication that the world's supply of fresh, drinkable water may be more limited than was previously believed. In fact, a very small percentage of all the fresh water in the world is available at any given time for us humans to use, and Canada has around seven percent of that.

Trudeau's Liberal government has promoted the sale of bottled water to China. This does not make any sense. Nestle, a Swiss transnational food and drink company headquartered in Switzerland is the largest food company in the world. It has been criticised for flogging baby formula in African countries where mothers should be breast feeding their infants. It has been taking water out of the ground in BC and Ontario, bottling it, and selling it abroad as well as in Canada. It has been paying practically nothing for this privilege. Right now, I suspect that Nestle is selling bottled water to China. More about that in a future column.

Oh yes, what about this column's title? Around 10 years ago, a book was published with that title, about a woman in the United States who tried to go for an entire year without buying anything made in China. She almost succeeded. Where she failed, if I remember correctly, was in the buying of replacement toner for her computer printer, as there seems to be no non-Chinese source for the actual toner.

China has been in the news recently, especially with regard to Canadians being held for what look like political reasons. There is also that fool who tried to smuggle methamphetamine into China, and is now perhaps facing the death penalty. That immediately calls to mind the North American opioid epidemic and

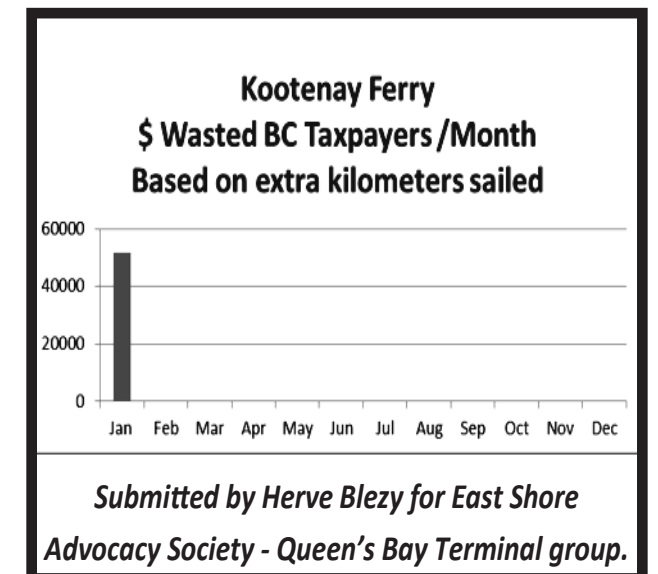
China's complicity in failing to prevent the production of fentanyl and its shipment to the USA and Canada.

There is a simple solution to this problem. Inspect all mail and container shipments from China before allowing them entry into the country. This will slow down trade, but it will also send a very clear message that we hold China responsible for this part of the drug problem. Shoddy and cheap goods from China which cost Canadian (and American) jobs are one problem, but permitting drugs which cost Canadian and American lives can no longer be tolerated.

Put this notion of inspection of everything from China to our elected Member of Parliament, Wayne Stetski. His main Constituency office is in Cranbrook, phone: 250-417-2250 but he has another in Nelson, in the big Provincial office building at 310 Ward Street, Suite 501,

Nelson, British Columbia V1L 5S4 - Phone: 250-354-2610 - Email: Wayne.Stetski@parl.gc.ca

The book *A Year Without Made in China* by Sara Bongiorno, is in the Eastshore Community Library in Crawford Bay, in non-fiction under the Dewey number 382.6. It is an interesting read.





February Horoscope

by Michael O'Connor

Tip of the Month:

Repurcussions of the Solar Eclipse last month continue, even though the post tremors are settling down progressively. All planets Direct now since early last month synchronize with an increase in face value estimations and matter-of-fact attitudes. These will continue into March. Mercury in Aquarius until almost mid-month supports open mindedness yet also future-oriented perspectives. A varied month is optimal for experiential and experiental attitudes and actions.

Aries (Mar 21- Apr 19)

Still in a somewhat serious mood, you continue to build momentum. Meanwhile, a social cycle rises and is a source of inspiration and excitement. You want to live more fully on your own terms and would like to ponder how on a beach.

Taurus (Apr 20-May 20)

A passionate and progressive pace pushes you onward. You want what others have to offer and share, except their problems or any grief. Yet, you are willing to do inner work to confront and overcome limiting perceptions.

Gemini (May 21-Jun 20)

Balancing deep moods with social interests continue. Fortunately, an upward swing to the latter emerges as the weight of January lifts. Security needs linger while others push you to break free and be more fully present.

Cancer (Jun 21 – Jul 22)

Matters have deepened and become more sober and serious since the turn of the year. Circumstances are pushing you to give more and to have more faith too. Forging ahead socially and professionally is your best response.

Leo (Jul 23 - Aug 22)

Your social outreach is rising. A somewhat serious start has gotten lighter. A strong push into the year is supporting you to coast a bit now, but not entirely. You are determined to maintain a high and steady pace.

Virgo (Aug 23 - Sep 22)

A new level of leadership is steadily emerging. While empowering and good for your confidence, you might not describe it as fun. On the other hand, it may feel deeply satisfying and possibly good for your wallet too.

Libra (Sep 23 - Oct 22)

After a cautious start to 2019, you are willing to play a little. How you play and with whom depends on you, yet you do want some variety. Mix adventure & travel with social interactions and romance for the purrrfect blend.

Scorpio (Oct 23 – Nov 21)

Your core sense of individuality is re-awakening. An ambitious mood has and continues to rise, yet you want to work smarter than harder. Either way, existing arrangements and perhaps approaches too are up for review.

Sagittarius (Nov 22 - Dec 21)

New levels of awareness are coming into consciousness. These are linked to the reality of and need for new lifestyle rhythms. Whether by inspiration or some measure of desperation, you are willing to try new approaches.

Capricorn (Dec 22 - Jan 19)

The pace has been steadily increasing. Creative interests are trying to break through. Yet, you remain happy to lay low, to enjoy winter's retreat. Besides, you have work to do close to home and are determined to get it done.

Aquarius (Jan 20 - Feb 18)

Feeling a bit perkier is reason to take advantage of it. Your energy levels have been high all along. A yearning for adventure has been rising. Dreams of distant shores dance in your mind. A romantic get-away beckons.

Pisces (Feb 19 - Mar 20)

An early push into the year spurred by ambitions yields a bit now. Efforts to get desired and perhaps needed recognition does continue though. New thoughts, ideas and plans are percolating. A quick nip away teases your imagination.

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“RDCK Report” Continued from Page 3

3.29%. Areas A, B, C and the Town of Creston are the major partners for many of our larger services, but we are also influenced by the rest of the RDCK. Area B saw an assessment increase of 7.06%, Area C saw an increase of 9.30% and Creston increased by 4.58%. This means that once again tax increases between these 4 partners will have a reduced impact on Area A and for some of the services our net taxes will actually decrease with our neighbours picking up the added burden.

If you look across the RDCK, some increases in assessment, primarily due to real estate market pressures, have increased by 10% to 15%. This will also have the net effect of keeping some of our local service taxes lower even in the face of net increases to service costs. Where the relative assessment changes will have less impact is on services which are unique to Area A or defined portions of Area A, where the relative shifts in assessments between neighbourhoods are smaller.

I should note that while the tax assessment trend looks positive from one aspect it is an indicator that our area continues to struggle in the same manner as other relatively remote or partially isolated communities. Lack of year round employment, no local transit, lower than average internet speeds and highway delays in part related to ferry capacity may all be factors leading us down the slow and steady path of aging and declining population. It is OK if you like quiet surroundings, but a relative decline in our home equity is the major downside when people need to move away. If you are interested in working on one of the several local economic initiatives underway now give me a call.

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.

A number of media have visited and written about Yasodhara Ashram and the East Shore since the official opening of the Temple of Light. Recent articles appeared in Seattle Yoga News, Architectural Record, Canadian World Traveller, Azure Magazine, Escape – with more to come!

Below are excerpts from a two-page article – particularly highlighting the author’s enthusiasm for the East Shore -- written by a young writer for Canadian World Traveller magazine, print and online, reaching more than 50,000 people.

Feeling the Energy at Yasodhara Ashram

by Jasmine Morcos,
 Canadian World Traveller



This past September, I went through an unforgettable, life changing journey. This journey, which was more than I ever anticipated, started with a stroll into a forest with a beautiful lake and a stunning mountain view. I was in Kootenay Bay, British Columbia, about to embark on a retreat at Yasodhara Ashram.

History: The Ashram was founded by Swami Siva-

nanda Radha, whose vision was to create a sacred space where people could gather and grow. Swami Radha’s story began in 1956 after she had been drawn to India and her guru, Gurudev Sivananda. Before she returned to Canada, he told her to start an Ashram there and gave her these words of advice:

“When you leave here, go where you have mountains in the back, water in front, and trees all around. The mountains will give you strength and energy, the water will calm the mind, and the trees will offer you protection.”

Programs: Yasodhara Ashram offers many different programs and packages. Guests can choose to stay for one day, a week or even for several months. Regardless of time spent there, they will enjoy a variety of spiritual and self-development activities. All meals are included during their stay.

- **Yoga Retreat:** Every morning before breakfast, we were guided through a Hatha Yoga routine. The studio overlooking the lake and mountains was breathtaking. Each yoga session was about an hour, where we were talked through breathing exercises and stretches. During the later morning and afternoon I attended a retreat called “Breath: The Invisible Work.” It was recommended that we bring a journal to class in order to write down our thoughts and reflections. The instructor would often ask us to explore the feelings that were present after certain exercises.

- **Karma Yoga** means selfless service and we had the opportunity to join in. Participants are assigned a task such as working in the kitchen, cleaning rooms or working in the garden. Most of the group, including myself, worked in the garden. This activity is a way to give back to the Ashram, explore the power of work as a spiritual practice, and promote teamwork. Personally this was one of the activities I enjoyed the most. Working in the garden where most of the food is harvested gave my group an appreciation and a purpose to perform the work well.



Hacker's Desk

by Gef Tremblay

Learning about colour is not an easy task. Learning colour theory while using a computer is even more daunting. You have to understand multiple colour systems and then combine them to create a logical system from the screen to the print work. Yet, most of the colour theory is based on the subtractive colour system, which is the system that explains colour from the pigment/paint process using the primaries of *Red Yellow and Blue*.

When designing on the screen, you are using light. Using coloured light is what is called an additive system. Mixing all colours together give you white and the primary colours of the additive system are *Red Green and Blue*.

Where to go from here? For example, complementary colours are colours which give the highest contrast. Contrast is used a lot in design, and varying degrees of contrast will help structure your design piece in a precise way. You can find your complementary colour when you create a colour circle composed of the primary and secondary colours (and all the colour in between) and see the colours that are opposite to each other. The problem is that in the two different colour systems, since the primary colours are different, the main complementary colours are also different.

For instance, in the additive colour system, working with coloured light, the complementary colour to blue is yellow. In the subtractive colour system, when working with paints and pigments, blue is in contrast with orange.

So at first, you have to understand that a colour effect or contrast you are creating on the screen will

not have the same effect in print. When creating a palette for the screen, you'll have a different impact than what you would produce for print.

Now, what about when you're designing for print? You are using a screen which has a higher gamut (a fancy word to express the number of colours) than what you have in print. When you prepare artwork for print, you can use one of two systems, CMYK or Pantone. Printers use CMYK for their digital printing, and what is called Offset printing which uses the PANTONE system. Pantone gamut is smaller than the RGB (screen), and the CMYK gamut is even smaller than Pantone. You are thus limited by the number of colours you can use. Luckily, all design software will let you have a reduced CMYK palette if you need so that you only use these 'print safe' colours.

CMYK stands for *Cyan Magenta, Yellow and Black*, it is very similar to the basic red yellow and blue primary colour concept that is used in most colour theory books. So you would ask which one is it? "Red Green Blue", "Red, Yellow, Blue" or "Cyan Magenta Yellow"?

Unfortunately, there is no clear answer. Most colour systems are arbitrarily selected. Although red, green and blue are the basics colours we perceive with our eyes, the other colour systems might not have a solid scientific foundation. Some say the CMYK is an evolution of the Red Yellow Blue system, but a lot of people argue that you could create any system of colour from whichever three or four primary colours and start from there.

Confused yet? Well, it seems like the world of colour is similar to Alice going to Wonderland. The further you go, the more confusing it gets. Colour, and the use of colour, is very subjective and, although a foundation in colour theory will help you grasp an understanding of what colours are all about, playing with colours and observing the interaction of colour and people works is probably the only way to deepen your knowledge.

Dining: The food throughout the stay was excellent. It was nutritious, delicious, full of flavour and beautifully presented. Most ingredients are either grown on site or are locally sourced. Guests are able to choose their meals themselves with a wide variety of selections served buffet style. The chef is also very accommodating to dietary restrictions.

Exploring outside the Ashram: We went on a visit to the East Shore of Kootenay Lake where we had the chance to visit local artisan shops, go for a little hike in the Crawford Bay wetlands

and try out a local restaurant, the Black Salt Cafe. The sun was shining, the weather was great and we were able to eat on the café's beautiful terrace surrounded by many flowers. I was delighted with the variety of choices on the menu and I can honestly say I ate one of the best falafel pita sandwiches I've ever tasted. I was amazed by how fresh and tasty everything was in this restaurant. I definitely recommend Black Salt Café to anyone visiting the area.

After lunch, we went to visit the diverse artisan shops in this small community. I had heard about a broom store in Crawford Bay that produced hundreds of brooms for marketing of Harry Potter movies. Being a tremendous Harry Potter fan myself, I was so excited to visit the North Woven Broom store. Inside this adorable log barn, we got to meet and chat with Luke Lewis, the broom-maker himself. We learned about different styles of brooms and how each are carefully woven and tied to many types of handcrafted handles. I challenge you to

leave this store empty handed! There is something for everyone, from a small souvenir to a quality broom, you will find something that matches your budget and size preference. Shipping is also offered if you wish to purchase a bigger broom that you don't want to carry throughout your trip.

After visiting a few other shops, we stopped at the Dog Patch Pottery store. We had a demonstration and small tour by the lovely owner Lea-Rae Belcourt. Once again it was hard for me not to purchase anything and ended up buying a beautiful turquoise jewelry bowl made on premises. I also purchased some wonderful greeting cards made by Kari Lehr, a local artisan.

Another night we returned to Kootenay Bay for dinner. We went to a restaurant named the Kootenay Cabin and had the opportunity to meet the chef. Their mission is "to foster a greater connection between the regional farm and our guest's table; it is the driving factor in our food, service & ambiance." This was a perfect fit with our experience at the Ashram. The food was fresh, creative and delicious. Make sure to check it out if you are in the area, it is worth the drive. It is right next to the ferry landing in Kootenay Bay.

My stay at the Ashram was very educational and enlightening, and this short but meaningful retreat has given me a new way of looking at life and experiencing what is often lost in our rushed and hurried lifestyle.

www.yasodhara.org



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COMMUNITY INITIATIVES
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NEW FOR 2019 - ONLINE APPLICATION

Wish to apply for project funding? A new guideline, worksheet and online application are available on the RDCK website at rdck.ca/cip-aap

Apply by 4:30pm, Thursday,
February 28, 2019.

Applicants are expected to present their proposal at public meetings during the month of April 2018.

A PROGRAM OF
Columbia Basin **trust**

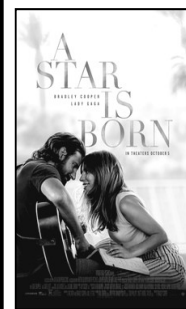
Date Night in Crawford Bay

Watch a new release movie, and support local youth at the same time....

Looking for something to do on Valentine's Day? Come out and support our high school students as they raise money for a cultural exchange trip to Toronto. We will be showing "A Star is Born" on Feb 14 at the Crawford Bay School.

- ⇒ Movie starts at 7pm.
- ⇒ Popcorn, drinks and snacks for sale.
- ⇒ Babysitting available (by donation).
- ⇒ Students and seniors: \$5
- ⇒ Adults: \$8-\$12 sliding scale

Contact Amanda Hulland if you require child care or have questions (amandashimmy@yahoo.com)



Seasoned musician Jackson Maine (Bradley Cooper) discovers-and falls in love with-struggling artist Ally (Gaga). She has just about given up on her dream to make it big as a singer - until Jack coaxes her into the spotlight. But even as Ally's career takes off, the personal side of their relationship is breaking down, as Jack fights an ongoing battle with his own internal demons. Run time 2hr 16 min Rated 14A

ALSO,
Watch for
our Wine
Raffle!



The parents of kids going to Ontario are holding a wine raffle for February and March. Tickets will be sold by Carol, Ingrid and other parents. The draw will be held in early April and the winner will get over 25 bottles of quality wine in hand-made wine crates. Tickets are \$10 each or 3 for \$25. More info: contact Ingrid at 250.505.7697 or Carol at 250.505.3760.

GET UP TO \$25,000 TO HIRE AN INTERN

Columbia Basin Trust program helps businesses create and retain jobs

press release

Columbia Basin) – Is your business growing or succession planning? Columbia Basin Trust’s Career Internship Program may be able to help meet your resourcing needs. Applications are currently being accepted on a first-come, first-serve basis.

“This program helps create jobs and increases employment opportunities for recent college and university graduates, a workforce that is essential when it comes to meeting the Basin’s current and future business needs,” said Lisa Kilpatrick, Columbia Basin Trust Senior Manager, Economic. “At the same time, it is helping Basin businesses and organizations grow by offering competitive wages to attract a skilled workforce.”

The program was created to support businesses, as well as non-profits, Indigenous organizations and local governments in the Basin. It helps solve the puzzle of finding the capacity and resources needed to hire and train new employees or plan for succession, while supporting graduates in finding employment in their chosen field.

Fernie Brewing Co. is one of the businesses currently participating in the Trust’s Career Internship Program. Fernie Brewing experienced challenges in finding the right people to meet its growth needs and balancing everything against cost constraints.

“As a smaller company, growth has to occur within an opportunity and the Career Internship Program provided that opportunity,” said Vicky Honsberger, HR Manager for Fernie Brewing. “The program allowed us to create a position that would provide value for the

organization going forward and pay a competitive rate for a recent university graduate who has the potential to move into other roles and help grow the company.”

Working on the order desk at Fernie Brewing Co., Sam Higgins is learning a lot about the business and loving it.

“The Career Internship Program has provided an incredible opportunity for me. It’s allowed me to start working in the career I went to school for in a community I love and for a company I love. I feel very lucky.”

The program may fund up to 50 per cent of the new employee’s wage over the first seven to 12 months, to a maximum of \$25,000. The intern position must include a training plan that provides structured learning to the new employee and transitions to full-time, permanent employment at the end of the internship. Learn more and apply at ourtrust.org/internship.

The Trust also supports workforce needs by helping businesses hire students, including apprentices, through its other wage subsidy programs, Summer Works and School Works. Basin residents can also receive the training they need to secure immediate employment through its Training Fee Support program. These are just some of the ways the Trust is helping to create a diverse and resilient Basin economy. Learn more at ourtrust.org/economic.

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Creston Valley-Kootenay Lake Route Is No Secret

Successful 2018 campaign set to continue in 2019-2020

submitted by Jesse Willicome

The hidden gem of the Kootenays, that scenic route weaving along forests, rivers and lakes, between orchards and artisans’ shops, connecting people and communities from Yahk to Riondel is a secret no more. Whether it’s popping into Northern Woven Broom to purchase one of Luke Lewis’ one-of-a-kind creations, enjoying a vino and vista of the Creston Valley from Skimmerhorn Winery’s deck, or hiking along Kootenay Lake or into the Purcell range, the route has caught the attention of an increasing number of visitors.

Locals look on curiously as RV’s pass by with out-of-province license plates or offer “out-of-towners” friendly directions to farmers’ markets, golf courses, or our favourite beach spots. Meanwhile new eateries like Red’s Bakery or the Yahk Mountain Café have popped up to provide food and snacks to famished kids and grateful parents. Some visitors have never been before, some come back annually to see friends and family, and some return to make this place home.

In 2018, The Creston Valley-Kootenay Lake Route tourism campaign launched to provide an opportunity for almost 100 local businesses, organizations, and attractions along the route like the Yahk Soap Company to collaboratively showcase their wares to visitors. “We felt being a part of the CVKL Route Tourism Campaign was essential for us as business owners in the Creston Valley,” Says co-owner and operator Tammy Bessant, going on to note “working together with other businesses to promote the area and each other makes us all successful.”

6 Mainstreet February 2019

Most importantly the campaign gave visitors new resources to discover all that the area has to offer. By navigating through the website’s “to do section”, following our social media pages for news and photos shared by locals, or just grabbing a print guide to explore artisan’s shops, cafes, markets, beaches and trails, visitors were encouraged to prolong stays or make an unexpected visits.

Since June over 7,000 print guides have been distributed to local businesses and Visitors’ Centres across the Kootenays, 3,000 + users have explored the CVKL Route website, and over 200 pictures and posts on the CVKL Route pages have been viewed by 1000 + social media followers on Facebook and Instagram.

With a successful year of the campaign behind us, the Creston Valley-Kootenay Lake Tourism Advisory Committee (CVKL TAC) would like gratefully acknowledge the countless businesses, organizations, and community members who supported this campaign by stocking the guides, sticking the CVKL Route decal in the front window, or sharing your pictures and videos with us on social media!

We are also pleased to announce that the campaign will continue in 2019-2020 thanks to the generous financial support of Destination BC, Columbia Basin Trust, RDCK Electoral Areas A, B, C, and the Town of Creston. While enhancing our existing CVKL Route website, social media, and guide, expect to also see new resources to help your customers, visiting family members, or friends fall in love with our beautiful backyard in 2019.

Interested in learning more about the CVKL Route? Check out the website at www.crestonvalleykootenaylakeroute.com, follow the CVKL Route on Facebook, Instagram, or Pinterest or leave a comment or picture! Have an idea, suggestion, question, or just want to say hello? Email us at info@crestonvalleykootenaylakeroute.com. Otherwise, best wishes to everyone along the Creston Valley-Kootenay Lake Route in 2019!

Wood Stove Exchange Program Extended into 2019

More funding announced

press release

Nelson, BC: The Regional District of Central Kootenay (RDCK) is now accepting applications for rebates as part of the Wood Stove Exchange Program. This program, funded by the Government of British Columbia and the BC Lung Association, provides homeowners with rebates when they exchange their old wood stove for a new emissions-certified one. The RDCK has been collaborating with local municipalities to help residents save money and improve local air quality through this program since 2009.

The RDCK is one of 13 regions across BC to receive funding from the Province and the BC Lung Association to administer a local wood stove exchange program in 2019. All RDCK electoral areas and municipalities have also committed “top-up” funding, bringing the total value of individual rebates to \$350 or \$500, depending on the type of new appliance installed. Forty-five rebates are available on a first-come, first- served basis.

In order to qualify for the rebate, residents must replace an old (pre-1994), uncertified wood stove with a new, locally purchased, Environmental Protection Agency (EPA) or Canadian Standards Association (CSA) certified wood stove, gas stove, pellet stove, or insert. The stove must be in active use for home heating. Old stoves must be dismantled and brought to a local landfill or transfer station for disposal.

Governments across North America have implemented wood stove exchange programs with the goal of improving air quality. In the RDCK, air quality conditions can be poor during winter months when wood stove use is at its peak. Wood smoke contains fine particulate matter, which is associated with respiratory problems and heart disease. New emissions-certified wood stoves burn one-third less wood, and reduce smoke and particulates entering the atmosphere by up to 90%.

To ensure safe and efficient wood burning:

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

For more information on the program, or for a copy of the rebate application, visit www.rdck.ca.

Incorporated in 1965, the Regional District of Central Kootenay (RDCK) is a local government that serves 60,000 residents in 11 electoral areas and nine member municipalities. The RDCK provides more than 160 services, including community facilities, fire protection and emergency services, grants, planning and land use, regional parks, resource recovery and handling, transit, and much more. For more information about the RDCK, visit www.rdck.ca.

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Arts and Culture Grants Now Available CKCA and the Trust Announce 2019-20 Programs

press release

Columbia Basin – Artists in all disciplines—as well as arts and culture organizations—are invited to apply for funding through the Columbia Kootenay Cultural Alliance (CKCA), which delivers the Arts and Culture Program on behalf of Columbia Basin Trust.

The Trust has a longstanding partnership with CKCA for the delivery of arts and culture programming, as well as representing the interests of the arts and culture community in the region.

“Over the past 20 years, we’ve seen firsthand the positive impact funding has on supporting arts and culture, in particular the many emerging artists in this region who have thrived,” said Laura White, CKCA Chair. “The Trust’s continued investment in arts and culture through the CKCA will have a significant impact for artists and organizations in the Basin.”

For 2019-20, CKCA is receiving \$750,000 from the Trust to directly support arts and culture projects. Funding is available for individuals and groups through the following programs: funding through community arts councils; minor capital arts projects; touring; arts and cultural mentoring / master classes; major project arts; artists in education; and an arts presenting and creation program for organizations. Applications are adjudicated once a year by local arts councils and the CKCA Steering Committee. Funding also supports the development of a regional arts and cultural publication and the popular Columbia Basin Culture Tour, which will

occur in August 2019.

“Celebrating arts and culture is an important part of life for Basin residents. We know that it contributes to our quality of life here,” said Michelle d’Entremont, Manager, Delivery of Benefits, Columbia Basin Trust. “CKCA programming offers valuable support and expertise in the arts and culture sector that enriches our communities and supports the successful development of artists.”

Visit www.basinculture.com, for more information about programs and application procedures. Please note, applications will now be submitted online for most programs. Call CKCA at 250.505.5505 or 1.877.505.7355 for any additional questions.

CKCA applications must be received by March 1 or March 15, 2019, depending on the program.

Columbia Basin Trust supports efforts to deliver social, economic and environmental benefits to the residents of the Columbia Basin. To learn more about Trust programs and initiatives, visit ourtrust.org or call 1.800.505.8998.

Free Arts and Culture Grant Writing Workshops

press release

Columbia Basin – Want to learn more about how to apply for arts and culture grants delivered by the Columbia Kootenay Cultural Alliance? Attend a free workshop with Krista Patterson, who will share how to apply and what to expect from the application process.

Individuals working in all artistic disciplines as well as arts and cultural organizations residing in the Columbia Basin are invited to attend the workshops.

The Columbia Basin Trust’s arts and culture grants are managed and administered by CKCA. The Trust proudly supports initiatives and projects that highlight Basin arts and culture, and for 2019/20, the arts and culture grant program allocation is \$750,000.

Workshops are FREE. Pre-registration is required.

Workshops are offered online starting February 5. For dates and to register visit: <https://tinyurl.com/CKCAworkshops2019>

More information and general funding policies are available online at www.basinculture.com. Further questions? E-mail wkracassistant@telus.net or call 1-250-505-5505; toll free 1-877-505-7355.

Working with community arts councils, individual artists, performers, writers, and arts and cultural organizations, the goal of the Columbia Kootenay Cultural Alliance is to build long-term sustainability for artists and to strengthen and support arts and cultural organizations.

BLACK · SALT · CAFE

Job Opportunities: Black Salt Cafe is considering applications for the following positions: line/prep cook, dishwasher, barista & server.

Email Terry/Todd:

soyoucansendmemail@gmail.com

or call 250.551.3455.

SD 8 Achievement Results Improve District-wide

press release

School District 8 – Kootenay Lake is pleased to announce that achievement is improving across the District.

Results are:

The Six-Year Completion rate for all students has increased from 69% in 2016-2017 to 76% in 2017-2018.

The First-time Grade 12 Graduation rate has increased from 74% in 2016-2017 to 76% in 2017-2018.

The Six-Year Completion rate for female students has increased from 69% in 2016-2017 to 81% in 2017-2018.

The Six-Year Completion rate for male students has increased from 70% in 2016-2017 to 72% in 2017-2018.

The Six-Year Completion rate for self-identified Aboriginal students has increased from 58% in 2016-2017 to 64% in 2017-2018.

The Six-Year Completion rate for English Language Learners (Immigrant students with landed status) has decreased from 98% in 2016-2017 to 92% in 2017-2018 and is still excellent.

The Six-Year Completion rate for Students with Diverse Needs has increased from 49% in 2016-2017 to 59% in 2017-2018.

“We have worked extremely hard over the last year to focus on student achievement in all areas of learning and want to thank our students, teachers, parents, and the entire SD 8 team for all of their hard work in support of this improvement,” states Board of Education Chairperson, Lenora Trenaman.

Superintendent of Schools, Christine Perkins, says, “We are pleased with the district-wide renewed focus on learning, the uptake of the New Curriculum, and the expectation that all will excel to the best of their ability. While we are obviously happy with the results, there is more work to be done. We are on it.”

A definition of the difference between Graduation rate vs. Completion rate is attached below.

Graduation Rates vs. Completion Rates

Definitions and websites:

Eligible (to graduate)

Any students who have enrolled in sufficient courses to meet the requirements to graduate during that school year, and are expected to graduate in that year. The graduation program requirements have changed over time. Eligibility to graduate is dependent upon the student having met his or her current British Columbia provincial requirements for graduation, according to the requirements of the particular graduation program that he or she entered. Any student who graduates from a regular Grade 12 graduation program or the Adult Graduation Program is eligible to receive a certificate of graduation. Normally, a student graduates from the school where he or she completed the last course needed to meet graduation requirements. The school of graduation is responsible for distributing certificates to students.

Eligible Grade 12 Graduation Rate

The proportion of eligible-to-graduate Grade 12 students who graduated in that school year. Students are eligible to graduate if they have enrolled in sufficient courses to meet the requirements to graduate during that school year.

First-Time Grade 12 Graduation Rate

A measure of students recorded as being in Grade 12 for the first time in September who then graduate in that same school year.

Six-Year Completion Rate

The proportion of students who graduate, with a British Columbia Certificate of Graduation or British Columbia Adult Graduation Diploma, within six years from the first time they enroll in Grade 8, adjusted for migration in and out of British Columbia.

The Six-Year Completion Rate is calculated by using the percentage of students who graduate within six years from the time they enroll in Grade 8, adjusted for migration in and out of BC. A six-year rate provides students with an additional year beyond the five years required to move through Grades 8-12.

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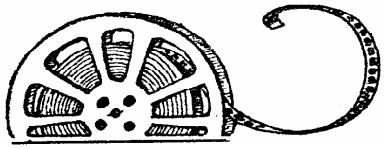
East Shore Facilities Society

is hiring for the job of...

East Shore Facilities/ Fitness Place Manager

Expressions of interest should be sent to eastshorefacilities@gmail.com by March 1st, 2019. The job is approximately 10-15 hours per month at \$20/hour, but there is potential for growth as our community use facilities and fitness place develop.

Please send your name and contact info into eastshorefacilities@gmail.com by March 1st stating your interest in the position.



Seldom Scene

by Gerald Panio

"I can't wait to be you." —13-year-old Kayla Day in a time capsule video to her future 18-year-old self



I know it's selfish of me, but sometimes it just feels really good to climb up on that high horse and be self-righteously indignant about something. Corporate greed. Climate change. Trumpism. Why we're still waiting for the next *Game of Thrones* novel. When I picked Bo Burnham's *Eighth Grade* (2018) as a recent feature presentation for Riondel's Marquee Monday movie night, I was secretly relishing the thought of being able to use my years of teaching junior high school to debrief the audience on all of the ways Burnham's movie missed the mark and was completely unrealistic in its treatment of adolescence. After all, the last feature film I'd seen about thirteen-year-olds was Catherine Hardwicke's *Thirteen* (2003), a blast of sex, drugs, and petty theft that was as reflective of my experience of adolescents as Henry Miller's *Tropic of Cancer* was of my adult social life. Sure, there's some truth there, and the style's cutting edge, but if that's all life has to offer us is it really worthwhile getting up in the morning?

Sadly for my petty dreams of an insightful exposé of pseudo-adolescence, Burnham's directorial debut didn't strike a false note. Rather than Henry Miller, it's as if Charles Schulz had been given a chance to write & direct an episode of *Black Mirror*. What could have so easily turned into a cruelly ironic picture of young adults hollowed out by their addiction to social cliques & digital devices, turned out instead to be a celebration of the life-affirming powers of love, honesty, courage, and dreams. If you're thinking that sounds too good to be true, you might need this movie more than you know.

The success of *Eighth Grade* hinges entirely on the collaboration between Bo Burnham and his thirteen-year-old lead, Elsie Fisher. The film was shot the summer after Ms. Fisher's graduation from Grade 8. Her character, Kayla Day, is a quiet, insecure student who's just about to move on into high school and hasn't yet found her footing in the tricky areas of relationships and identity. She also has an alternate identity as a wiser-than-her-years advice counsellor on her own YouTube channel. As we move through the film, we realize that everything she's saying online is true to the person she dreams of becoming, but is struggling to

reconcile her ideals with the real world of mean girls, predatory boys, and indifferent social media. The wall of her bedroom and her dresser mirror are covered in hortatory post-it notes: "Go get 'em!" "Don't Stop Believing" "You ARE AMAZING" "Learn a new joke every day" Those notes are both a reflection of her innate wisdom and a sign of the fragility of her vision of herself. With her slouched posture, big blue back pack, downcast eyes, nervous tics, and slightly labored walk, she could be the archetype of the kind of young woman most vulnerable to bullying in all its verbal and cyber forms.

Two things come to her rescue. The first is that she's smart enough to listen to her own advice. All of those post-it notes and all of those five-minute YouTube videos—even the ones with zero hits—help her stand her ground when it threatens to crumble under her. They give her the courage to take tentative steps forward when the safest bet is to stay cocooned in her bedroom with her iPhone.

There are, of course, moments when her faith in herself wavers. Matt Groening's *School is Hell* comic strip carries over quite well into the 21st century. All of the good advice in the world is quite useless if no one has

your back. The second thing Kayla has going for her is her devoted single-parent father (Josh Hamilton). Their two main conversations in the film—an early one at the supper table, a later one in the back yard of their home—are gems. The first is a classic case of adult/teen non-communication; the second a deeply moving demonstration of how love brings us back to ourselves when our hopes and dreams seem to be going up in smoke. Elsie Fisher described her movie father as "a weird, awkward, great dad." What father would argue with having that on his parental resumé?

At a crisis point, Kayla asks her dad, "Do I make you sad?" That's what I was afraid this movie would do to me. The big trend in the last few years has been dystopian teen angst, laced with liberal doses of sex and/or violence. You'd have to be blind to look at the current state of the world and not understand where that's coming from, but I love it when a young guy like Bo Burnham bucks the trend.

So enough of the serious shit. I don't want to run the risk of making *Eighth Grade* sound like Oprah For Teens. It deserves better than that. Bo Burnham started his career doing comedy skits

on YouTube, had his own hit show at the Edinburgh Fringe Festival, and at 18 was the youngest comedian to ever perform at Comedy Central Presents. The guy knows how to make people laugh. He's hip. He can keep it light as easily as he can keep it real. For example, there's Kayla's dream boy, Aidan (Luke Prael), a super-cool bean-pole lothario whose every entrance is marked by a pumping double-volume bass-line on the soundtrack. There's Gabe (Jake Ryan), the dorky kid whose best shot at a first date is a shared supper of chicken nuggets, fries, and a complete selection of sauces. There's Kayla's dad's habit of walking in at inopportune moments involving her cell phone and a banana. There's Kennedy and Steph (Catherine

Oliviere, Nora Mullins), the cool girls with intravenous cell phones. There are the school guidance counselling sessions with videos on "The Hair Down There" and school-shooting drills to replace the old atom bomb drills (definitely edging over into black humor here). And let's not forget the worldly-wise high school seniors who claim that eighth graders like Kayla, who have grown up with Snapchat and Instagram, are a new species that's "wired differently."

It's important not to underestimate the young actors in *Eighth Grade*. Just because they're playing characters their own age, their performances aren't any less remarkable. Elsie Fisher starting acting at age 8; she has 25 credits on Imdb. Movie critics at the *New York Times* chose her role in *Eighth Grade* as one of the top 10 performances of 2018. Bo Burnham said that her acting set the bar for naturalism in the film—anything fake stood out like a sore thumb (for that reason, all Kayla's filmed social media interactions were with actual internet posts on a real phone). Emily Robinson, who plays Kayla's 12th grade "shadow buddy," began modeling at age 6. Jake Ryan has 20 acting credits, going back to 2009. It's one of the marks of a first-rate director that he can get the best out of both experienced actors and tyros. Catherine Oliviere and Luke Prael have only a half dozen acting credits between them.

Television, with series like *DeGrassi High* and *My So-Called Life*, has shown itself capable to tackling adolescence with empathy, intelligence, and humor. Cinema, not so much. I'm glad Bo Burnham put me in my place. Maybe he'll start a trend. And I think it's time for America's great documentary filmmaker, Frederick Wiseman, to complete his unplanned trilogy. He shot *High School* in 1968, and *High School II* in 1994. *High School III* in 2020 would be just about perfect.

I do have one quibble and one nagging question. The quibble is with Kayla's comment, "School sucks! Especially math!" The girls-hating-math thing seems an old and increasingly irrelevant stereotype. I'd have gone with, "School sucks! Except for _____." The nagging question: Didn't Olivia know what might happen if she left Kayla alone in the car with Riley? I'm afraid the answer that one might be the film I didn't want to see.

Riondel Arts Club

by Sharman Horwood

This is a slow time of the year for our Arts Club. Many of the members are traveling. Those who have braved the cold and snow, however, are primarily the mosaic group who use the art room on Monday mornings. They welcome anyone who is interested in learning more about mosaics. Tuesday mornings—and afternoons—is generally the painting group. We work on pastels, watercolours, or acrylics. If you would like to know about the members' paintings or mosaics, please stop by on those days.

Currently members are still displaying their work in the Riondel Community Centre hallway. The works are for sale, but even if you're not looking to buy a painting, they are still well worth seeing. Our art club members have a wide group of skills, and welcome comments or visitors.

Gerald Panio will be continuing his art lectures on Tuesday afternoons. On February 5 (Chinese New Year), he will be giving a lecture on Lauren Harris, one of the Group of Seven. On the second Tuesday, February 12, he will continue Sister Wendy Beckett's take on Post Impressionism. There is no lecture on February 19. On February 26, he will be giving a lecture on Elizabeth Vigee-Lebrun. Everyone is welcome.

In March, we will be displaying work in Cowan's Office Supply in Nelson. If you are in Nelson, please come by to see what we're doing. If you know anyone living in Nelson, please pass the word along. We enjoy the work we do, and we love to hear how others view it. Have a good February.



Kootenay Writers Offer Workshops At Cranbrook's St. Eugene Resort, Feb. 22 To 24

press release,
submitted by Tom Wayman

Four authors from the East and West Kootenays will conduct writing workshops at the St. Eugene Writers Workshops Feb. 22 to 24.

A workshop for novice writers interested in finding their voice will be led by Fernie's Keith Liggett, the Conference Director. Slocan Valley poet and fiction writer Tom Wayman will offer a workshop on facets of storytelling common to fiction, nonfiction and poetry authors alike. Two special youth writing workshops will be conducted by Fernie's Danielle Gibson and Jesse Bell Feb. 23 and 24.

Registration for the workshops, held at the St. Eugene Resort just north of Cranbrook, is now open. Cost for the three-day adult workshops is \$295 to Feb. 8 and \$325 thereafter. Tuition for the two-day youth writing workshop is \$50.

To register, or for more information, contact Liggett at t.keith.liggett@gmail.com Some scholarships are available, and the resort offers discounted accommodation for Writers

Workshops attendees. Workshop details are found on the Resort's website at www.steugenewriters.ca

Tuition fees for adults and youth include a dinner Feb. 23 featuring Cranbrook's Dave Butler, a forester, biologist and crime fiction writer whose first book, Full Curl, won the Arthur Ellis Award. He will speak on how eco-fiction influences conservation.

Liggett, a poet and ski journalist, has led writing workshops in the US and Canada for nearly 30 years. His books include the best-selling cookbook, Island Lake Lodge: the Cookbook, two collections of poems, and in 2015, The Fernie Originals, profiles of Fernie business and individuals.

In 2015 the Vancouver Public Library named Wayman a Vancouver Literary Landmark, with a plaque on Commercial Drive commemorating his contribution to the city's literary heritage through his championing of people writing about their own daily employment. His recent books include a collection of short fiction, The Shadows We Mistake for Love (2015), of poetry, Helpless Angels (2017), and of essays, If You're Not Free at Work, Where Are You Free: Literature and Social Change (2018).

Gibson, a Fernie high school teacher, skier and hiker, writes for young adults. She has taught English and French language arts at all school levels.

Bell has worked with youth in the Elk Valley for more than a decade. She recently retired her monthly feature in Fernie Fix magazine to concentrate on finishing a book on life and people around Fernie.

The February Writers Workshops are one of a series Liggett has organized at the St. Eugene Resort. The next, scheduled for May, will have six to eight separate sessions. "These events allow budding and practicing writers alike to hone their writing skills in an informative but relaxed setting," Liggett said. "The Workshops help build the writing community by connecting peers and creating new connections around the region.

"The Writers Workshops offer a weekend where participants can concentrate on their writing and thus broaden and deepen their abilities. The faculty all have extensive workshop experience. The sessions are supportive, but at the same time, provide substantive feedback to the writer. It is about the craft and honing our craft."

East Shore Writer's Group

by Diana Stokes

It may be cold outside but there's heat in a regional writing group that meets on a regular basis in Crawford Bay.

Short stories, selecting sensory details, writing an opinion, reading your own works are examples of activities that members of the newly formed (or newly reformatted) East Shore Writers Group are exploring.

Since October, writers from all walks and ages have been gathering to discuss their craft, to exchange ideas and to support one another. The group welcomes writers of all ages 10 -110 years and all levels of writing from the interested, just beginning, aspiring and even the published.

Writing exercises and programs vary with volunteers leading a workshop and mentor session at every get-together. The group is dedicated to fun in a creative atmosphere. Members teach and learn in turn.

Meetings are held twice each month – the 2nd Wednesday 1-3pm and the 4th Thursday 6-8pm at Crawford Bay School. Bring pen & paper and be prepared to write, to connect, to be creative. Contact Diana Stokes for details.

At a recent workshop, Johnny Edwards provided details on opinion writing. Key points were to connect with the reader, jump in fast, keep things simple and use humour. For most participants, this was a new form and the results were surprising.

A sample of an opinion that sprang from that session follows...

Crawford Bay Community Hall is a treasure, some say. Others may say that place is full of mice or other things that are not nice. Yet, mark my words - it is a treasure, a bounty for all.

It's a place where things happen – a space for youth to let loose at their regular meet & be great. Remember the fall fair? There're family gatherings, community dinners, Seniors Sundays, forums, discussion groups. Plus 55 Club activities. Shall I rant on?

Hey yeah, it might cost a bundle to restore. However, if the structure were to be torn down and replaced, the cost would be much more. The question may well be if we fail to recapture what the hall is – we may miss a heartbeat. The hall is part of our community, perhaps the heart of our community. It is home.

Some have watched their sons/daughters marry there. Some may have drank their first beer or smoked their first happy cigarette behind the metal fence that rings the overgrown playfield. There's been dances, celebrations, art auctions, Bevy of Angels, a concert featuring children from Africa, laughter and smiles.

I went on my first geo-cache adventure behind the parking lot. And in spite of thorns and long grass, I navigated the route like the captain of a pirate ship to find the hidden treasure. It was a blast!

So, let's keep what works and fix what doesn't.

Kudos to the board for leading the way. And kudos to those coming forward as volunteers. Let's set sail.

I'm already tasting the gold between my teeth!

Contact Mainstreet

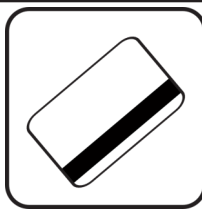
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TOM SEZ

by Tom Lymbery

Will they run the MV Balfour in low water this April instead of the Osprey? If they start dredging the Procter Narrows, please join me on the picket line.

High Marking is the most dangerous snowmobile practice ever – they go as far as they can up a cliff until their machine falls back down. This has to be done by young people willing to risk their life and snowmobile each time.

Pacific Insight Electronics will lay off the last employees in April 2019 and close completely. The business was sold to Methode of Chicago last year who assured that it would continue in business. But almost always when a US company buys in Canada it's the end – as it is for Nelson's largest employer.

In 1918 Nelson shipped fruit and vegetables to the value of \$384,000 (\$5,536,000 in 2019 dollars) Much of this was fruit shipped through Associated Growers as well as carloads of jam from McDonald Jam Co

The RDCK is being forced by Mongolian Materials of BC to close all the recycle depots on the highway. Since we have had recycling at Gray Creek Store for 25 years this will be quite an inconvenience. When towns are getting curbside recycling on their streets this is a step backward for those in rural areas. We expect that much recycling will end up going to the Creston landfill.

The coldest winter that I can recall was brought back with Greg Scott's *Nelson Daily News* column for December – January 1958-59. We had 46 inches of snow in December and more in January. Our thermometer went down to 12 below zero Fahrenheit. Ice patches were drifting on the lake but the wind kept them from setting up. *Four feet of standing snow!*

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Payday loan operations in Canada such as Cash Money have had to refund to customers what the companies had collected for unnecessary insurance.

Surveys have shown that men tend to think about sex every seven minutes; however, after the age of 90 I can amend that to more like every 27 minutes.

The neatest electric car is being made in Vancouver – the Solo EV (smalleve.com). This is a three wheeled single person unit but can also carry suitcases or a couple of weeks groceries. It has a certified roof and body so you don't need a helmet even though its rated and licenced as a motorcycle. Just what many people need who drive to work who currently use a much larger vehicle, and so much easier to park. Rated 100k per battery charge.

How can Nelson handle the 200 people out of work when Insight Electronics closes this April? At one time they employed 350.

The third of the cable ferries built in Nakusp by WaterBridge Steel Inc has just been launched at Kaslo after assembly of the parts that were trucked from Nakusp. The new ferry will soon be towed to Harrop. In service already are the new cable ferries at Glade and Adams Lake.

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pebbles

by Wendy Scott

Oumuamua: a comet? An asteroid? A fast Interstellar visitor! – observed from telescopes high on the mountains of Chili and Hawaii as well as all

other telescopes within viewing distance of this celestial event. If it is a comet, it has been uncharacteristically shorn of debris. NASA will give it an official name, but first – a nickname! Oumuamua translates from Hawaiian as “visitor from afar arriving first”. Perfect and that’s how we will remember this passerby since its gone off into interstellar space never to return.

What’s all this to do with Chance? Okay, why did Oumuamua visit our skies? If that comet-like piece of rock from space, could ask the same question. I’m sure it would since it is extremely unlikely that it will ever come close to another star. Oumuamua is long gone, although the strange comet, travelling about 70,000 miles per hour (approx 112,000 km per hour) will take another four years to reach Neptune’s orbit. That is the vastness of space and the breadth and expanse of our own solar system; the tumbling cigar shaped rock and its interstellar flight path will remain a mystery and another puzzle for science classes. Did it come by chance, or, as at least one astronomer has suggested, was it sent to take a look from another star system. Was the rock sent purposely? Nope. Astronomers at SETI did check! (Search for Extra-terrestrial Intelligence)

Not so puzzling to us tonight, as I write, earth is eclipsing her full moon. And as I watch the moon

rise above the Purcells you might say it has become a crescent of its former orb. Now, with binoculars, nearly three hours into its eclipse I can follow as its hazy smudge takes on a distinctive red hue, then arcing above my house to retrieve another bright curve before setting behind the Selkirks to the west. A Super Blood Wolf Moon eclipse. What perfect timing for us on the Eastshore – from 7 pm right through to 11 pm.

In September of 1996, on a clear, cold night in Moncton, New Brunswick, I watched the earth’s shadow smudge the edge of the bright full moon and gradually make its way across. It was not a steady progress, more like heavy, black smoke, it covered slowly, hesitated often. The moon wore a white cap for what seemed like ten minutes until the darkness finally covered its face. That year volcanoes had been spewing into our atmosphere adding to the moon’s dark rusty hue, but all its features were quite distinct. Through binoculars that long-time friend of ours looked like a huge dirty Styrofoam ball. The stars put on brilliant, dazzling displays and for the first time, I saw Iridium flares – brief, bright flashes from satellites crossing the sky above the moon and turning themselves into classic UFO images.

But this is January, should this be another feature to add to “things to see and do in Riondel”? Not really. It will be three years until we can see another lunar eclipse – In fact all of North and South America were privy to this eclipse. No, we can’t claim the eclipse even though we were in a perfect spot to watch the entire show.

But, it doesn’t take long before questions are posed to new arrivals here in Riondel: first of all – where are you from and then ... why did you choose Riondel? The answers are many and varied. The town is small and remote yet there are at least three pilots living here,

cats, and one in particular—Tiger—was a character. He loved turkey. He wouldn’t even wait for it to be cooked. One Christmas, Lyn put the frozen turkey into her kitchen sink to let it thaw, while she went out to do some work in the extension. When she returned, there was Tiger, riding the frozen turkey like it was a wild mustang. It pitched back and forth beautifully as he dug his claws into the mostly frozen meat, rocking it in the sink as he tried to catch a hold of his prey. All he needed was a cowboy hat and lasso to complete the image of him riding this turkey down. Of course, he didn’t actually eat any of it until it was cooked. Lyn was very careful about that.

One of my earliest cats, Tink, loved liver. I had to be careful because she would climb my leg while I was cooking it. She wasn’t about to wait. She would even try to hook the fork out of my hand while I was eating. On one occasion, her nose bumped against my lips, as she followed the fork into my mouth. Eventually I learned to put a little dish of chopped liver in the bedroom and close the door on her when she dived in to eat it. I had to be very quick about it, too. She knew there was more and that it was on my dinner plate. She never did learn the meaning of “share” when it came to liver.

Stealing food is normal behaviour when it comes to cats. From their point of view, food theft could be a matter of survival, so they don’t waste time or manners by waiting for it to be given to them. Sometimes their choices, though, are a little . . . odd. One online video that amazed me showed a small kitten munching on a broccoli floret. He’d taken it from a dish on the coffee table. And he wouldn’t let go. When they tried to take it away from him, he growled, rather fiercely for such a small little soul. Another cat I knew loved strawberries and hopped up onto countertops to get them. Another

Smarter Than, continued on next page

and yes, they spotted it first from the air and were curious wondering why is it here. Others, searching with realtors, may have been attracted by the low prices for houses. About fifty years ago, as the mines were closing, miners decided to stay and develop a community but that story has been told many times. Other groups heading to the ferry from Crawford Bay or further down the highway, perhaps from as far as the international border (uncontested – so far) might turn off to take a look down that road that seemed as if it followed the lake. It is a strange entrance to a town since you drive several kilometres through dense trees before there’s a hint of community, or until a golf course appears beside you; then what’s next, why a directional sign to a Campground? Hm, but wait – around another corner, there’s a town!

But before all this the stark white of a glacier might easily have caught their eye. On a clear day looking across Kootenay Lake at the Selkirk Mountain Range the Illecillewaet glacier gleams pure white and impressive posing a problem for drivers navigating our winding road from Crawford Bay. Pull over! Where? Wait – you can see it just as well from the ferry terminal and from pretty well anywhere in Riondel.

Is it moon magic when that pale silver disk moves through strings of black clouds against a black sky. I cannot stop its flight, nor can I still the clouds. I knew a woman who would not sleep if the full moon shone into her room for fear of the spell of moon-dust.

That footprint on the moon? Imprinted in regolith, which happens to be a component of earthly soil and certainly a usable building material. But, according to the astronauts who made those prints, since there is no air on the lunar surface and no refracted light, shadows are totally black and it was almost impossible to see anything unless they stood in bright sunlight. Unlike our own shadows as we walk the fields, the streets and the trails of Riondel, shadows on the moon are totally black.

Here’s something to think about; I see we have snow this morning, but it rained yesterday on Saturn’s moon, Titan. I wonder if Oumuamua has spotted that in its tumbling excursion through the Milky Way Galaxy. (and can a rock report back to Base – hm.) That super Blood Moon rose again tonight and rested briefly in the twigs of the maple outside my kitchen window. The tree came twenty years ago, a spinning windmill of seed from a neighbour’s mature tree. Now there’s two more on my front boulevard and another by the back gate. By spring I’ll spot others inconspicuous at first, in my hedge; a few will remain and succumb to pruning and grow with the privet.

The moon will rest again in my maple tree, but tonight it will travel from the Purcells to the Selkirks unimpeded by the shadow of the earth. The moon is our satellite; the sun is our star. Our solar system sits on a spiral arm of the Milky Way galaxy rotating with all of us, and our tumbling visitor, through the stardust of space-time.

Chance is a lady who smiles only upon those few who know how to make her smile.

Hans Selye 1979

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.

Things That Don’t Go Bump in The Night

I taught in South Korea for a long time, and of course Korean culture is very different to ours, especially with respect to animals. They love dogs, but not cats. They find the way cats’ eyes shine in the dark very unnerving. Consequently, cats aren’t to be trusted. One day I was shopping at the local market, and beside the main building was a little wooden box, similar to a dog house, with a food dish, and a cat chained to the wall. Naturally, I thought this was cruel. When I asked my students why the cat was chained, they were just as amazed at my apparent ignorance about cats. “They’re thieves,” my students insisted. As much as I was dumbfounded then, when I thought about it later, I came to agree with them. Cat intelligence is such that they will steal whatever they think they might need.

I have never felt the need to chain up a cat, but every cat who has shared my home has been a thief. In this column I recently described how the cat who’s with me now steals water whenever he gets the chance: my water, in my glass. A small theft in this case, but other cats I’ve known have gone after some larger items. My New Zealand friend had a penchant for occiput

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**Lindero
 News & World
 Report**

~ News and Views from a Fictional East
 Kootenay Town ~ Feb 2019

Where January represents the apex of winter, February signals the pendulum's inevitable swing toward the depths of summer. Generally Linderoians try to make the best of their respite from biting insects, sunstroke and gardening by taking the time for some well earned R+R, perhaps a weekend in a B+B, an afternoon with AA, an evening with XX or even 10 minutes with some M+Ms.

In the case of your dedicated correspondent, the early February vacation was merely an brief sojourn to Schmelson. So it was on a recent late afternoon that I found myself on the return voyage, faced with the moonscape that is the Balfive ferry terminus parking lot at this time of year.

As my car bucked and heaved through the ice and slush pits like a mechanical bull in a cowboy bar, I spied an island of calm in the person of Troy Hitchens, sole proprietor of Hitchen Up™ Removal Services, in his tow truck. He was smiling beatifically as he stowed his winch after hauling a SUV out of a particularly deep lot-pit.

"How goes the battle, Troy?" I sang out. "Can't complain," he couldn't complain. I noticed a half dozen vehicles at odd angles, clearly just plucked from the potholes of doom.

While we were conversing, a snow plow delicately circumnavigated the crater parking lot and disappeared down the highway. "They don't plow the lot?" I incredulized. "Nope," Troy purred.

At that point the ferry hove into its berth so I scam-

bled to my barely visible car, which luckily summited its pit. I waved breezily to a smirking Troy.

Once aboard the ship, having procured a tantalizingly toasted cinnamon bun, I joined local septic services pioneer Garney Glubber at a table with his own sublime sweet pastry and ferry regular and Hysterical Society Czar Theo Tuxedo. They were deep in disagreement.

"Frankly who cares about ten minutes," Theo was opining. "I'm just glad we're getting a new ferry!"

Garney cleaved to the opposite opinion, "But imagine the convenience of on-the-hour service!" he exalted. "Plus a new boat!"

"A barge!" sneered Theo.

I tossed my oar into the ring, "I hear the new boat will be a beauty!"

Garney grudgingly agreed and Theo further diverted the debate, "I'm sure the new boat will be plenty adequate but it won't hold a candle to our very own Lindero Shipperoo Shipyards designs."

"We had a shipyard?" I asked with astoundment. "Oh yes!" Theo beamed. He detected Garney's frown and added, "Not that the Shipperoo yard actually produced a functional ship" I said the magic words, "So what happened?"

Theo casually snatched the top half of my bun for fortification, "Well for years Linderoians have favoured more ... creative ... transportation solutions. Something between the opulence of the paddle-wheelers and the fleetness of a racing yacht." I whoaed appreciatively.

Theo warmed to his tale. "Arguably their best remembered design was The Merganser." I distinctly didn't remember it at all. Theo elaborated, "They got as far as the prototype. She was a thing of beauty: elegant, sleek, fast, a bit on the narrow side."

Garney clearly knew something about Hysterical Lindero watercraft: "Sure she was speedy but she only carried 20 cars." Theo was still on the side of Ship-

peroo's ship. "True. But that was just as well as things turned out." He turned sombre.

Garney chimed in, "You're familiar mergansers, right?" "The diving fish-eating bird?" I recalled. "Indeed," Theo winced. "It was the diving part that didn't work out so well."

"Even though they clamped the vehicles to the deck and cautioned everyone to close their windows," Garney explained. "And charged extra for the car wash," added Theo.

A moment of silence seemed appropriate. I nudged again, "So what happened?" Theo sighed, "There was a bit of a submarine miscalculation."

Garney snorted, "You can say that again!" Theo did. And then, "They couldn't really predict how much water the cars would take on." "Or the snack bar," Garney added gruesomely, "Or the bridge and the washrooms."

"A bit of a gasket problem," Theo glossed. "A hatch-battoning fail?" I guessed.

"Yep, on her first dive ..." Theo winced. "Straight to the bottom," Garney intoned sepulchraly. "OMG!" I abbreviated. "Was anyone drowned?"

Theo brightened. "No, fortunately part of the genius of the design..." (Garney coughed) "was the lounge and crew quarters were in lifeboats." "And the cook wore water wings," Garney smiled.

"So they all bobbed to the surface," Theo concluded. "Like I family of mergansers," I imagined.

We contemplated yet another example of the near-brilliance of Lindero ingenuity as our more pedestrian aquatic conveyance snuggled into home base.

Lindero-bound once again, I thought of diving waterfowl and sleek ships and was thankful that the only moisture on my car originated as slush from the Balfive parking lot.

[Filed by Lindero correspondent H. Porpoise]

Smarter Than, continued from page 12

loved blueberries. Yoda—because she scrunched her mouth up as the Star Wars' character did—first discovered that blueberries made great toys; they would bob along the floor in a wobbly way, and they were fun to chase. After she caught them, though, she sank her teeth into one and decided that she quite liked the flavour. She also liked the way it squished under her teeth. After that, in her opinion, any blueberries in the house were hers.

One cat, however, is a master at stealing, and this one doesn't steal food. Dusty is a large Siamese, a little bit on the heavy side. Every night he goes out to return in the morning with whatever has caught his eye. Dusty is well known in his neighbourhood in San Mateo, California. The neighbours have all been Dusty's victims at one time or another, but they don't report him. They're used to his thieving ways. They know where to go to get their belongings back. His record haul for one night is eleven items, and he's not always fussy about what he takes. He will bring home towels, gloves or even underwear, clean underwear. (No one has asked for that back.) Once he brought home a pair of shoes. He carried the first runner home, and then went back to lift the second one. His owners still have both; nobody has claimed them, either. He has a special fondness for swimsuits left out to dry. He's brought home several, but his prize theft was his neighbour's bikini. He took the drying bottoms first. Ten minutes later he returned for the top. He wasn't going to let that swimsuit get away. He may not have an eye for colour or design, but he does know when something is part of a matched set.

No one knows why cats steal. As far as a cat is concerned, stealing is probably a matter of survival, and when a cat has everything he needs, as does Dusty, he has to look for something else to satisfy that particular

... itch. For him, it's kind of like hunting, or scavenging. So far he has stolen over 600 items: all things that people have used.

I would never argue that stealing is intelligent behaviour when it comes to humans, but for cats, I think it stems from the ability to scavenge when food is scarce or not available, even though in this case, the animals are very well fed. Stealing another predator's kill is common behaviour for a lot of carnivores. Dusty—like many cats—needs to hunt. That need just manifests in cats' notorious propensity to steal. That element of intelligent behaviour is a lingering, quirky part of their wild side.

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For the Love of Genre

by Sharman Horwood

One of my favourite mystery writers is Dick Francis, a British writer who specialized in the horseracing world of the U.K. A former jockey himself, he wrote from firsthand knowledge of the aches and bruises, not to mention financial catastrophes and crimes of this racing business. Unfortunately, he passed away in February, 2010, and though his son, Felix, is trying to continue the series, his work doesn't have the sensitivity that his father brought to the genre. Dick Francis' novels are well worth reading, or re-reading as I recently discovered.

One novel in particular lingered in my mind: *Reflex*, first published in 1991. The main character is an aging jockey who is having difficulty dealing with the continuing bumps and bruises of his life. Ageing, for a jockey, is nearing thirty; their lives aren't easy, and frankly can be dangerous from the terrible falls they experience: there is the sudden tumble to the ground, and then there is the group of horses racing over the downed jockey. Horses try not to kick the injured rider but they're not always successful. However, this jockey—Philip Nore—is also a photographer, and when the father of one of his fellow jockeys dies in a car crash, Philip does what he can to help. The death is swiftly followed with a burglary in the man's home while the funeral is taking place, so Nore continues to lend a hand to the family even though they're not close friends. He has compassion for the victims. He straightens up the house, and drives his injured colleague to appointments.

The father who died in the car accident was also a photographer, a professional one, and during the course of Philip's involvement with the surviving mother and son, he discovers that the deceased had kept a few secrets, some rather dangerous ones. Philip finds a box that contains some seemingly innocent photographic "mistakes." He holds the box for his friend.

These oddities are photographic puzzles. He becomes interested, because he suspects they hide secrets that the dead man might have used for blackmail. Philip, however, has to solve the puzzle in order to find out what the secret is. In one, for example, he uses a different chemical process to develop the exposed bit of film. Of course, this is pre-digital technology, but the mysterious bits of paper take all of his ingenuity and knowledge to unravel. At the core of the puzzles, Philip finds a few secrets that alarm him as well as the police when they eventually become involved.

Two of Francis' strengths as a writer are his compassion for his characters—which sometimes extends to the villains as well as the victims—and his ability to create the unusual puzzles at the heart of his mysteries. The compassion leads to well-developed characters, and the puzzles to an interesting mystery.

The fantasy novel for this month is a thorough change of pace and theme. *World Without End* is by Sean Russell, a Canadian fantasy writer. This is the first novel in a duology (the second is *Sea Without a Shore*), and they have been brought out in an omnibus edition, titled *Moontide and Magic Rise*. These two, plus another duology by Russell, are on my top ten list of thoughtful fantasy work.

The setting for the novel is in a world that is pre-Victorian at a time when science is developing, partic-

ularly natural science, as in Charles Darwin's age. The central character, Tristram Flattery, is a young natural "empiricist" who has recently graduated from university and is beginning to make a name among established scientists. Unfortunately, he is also the great-nephew and heir to a reputed mage, Erasmus Flattery.

Young Flattery is invited to speak with the King's Man, Sir Roderick Palle. Palle informs Flattery that though the King has reached a great age—reputedly over one hundred years—he is dependent on a physic made from the seeds of a tropical plant called Kingfoil, and needs it in order to survive. Unfortunately, the plants in the King's arboretum are failing to produce the seeds, and unless they do, the King will soon die.

Tristram's mentor has been attempting to solve the problem as well but has passed away, leaving some of his work to Tristram. In order to locate more Kingfoil, the King's Man is asking for Flattery's assistance. This involves a sea voyage to Oceana where the plants are to be found. Tristram sets off on a two-year sea journey, with conditions similar to Charles Darwin's on his famous voyage. As a scientist, Tristram is ambitious and

wants to make a name for himself. However, there is a group of people at court who don't want the plant to be found, and as a result, Tristram faces court intrigue, diplomatic intrigue, and a mysterious white falcon that seems to accompany Tristram on the journey, a falcon he believes had something to do with his infamous uncle.

When he arrives at Farrow, an island midway between his home country and Oceana, he tours the vineyard and winery there that his uncle has left him. Tristram realizes then that his uncle was involved in the Kingfoil problem as well. He also finds that strange events seem to occur around himself, such as the falcon appearing, and his apparent rescue from a dangerous fall at sea. The age of the mages has long since passed, but their magic obviously has not.

I found this book and its sequel a long, pleasurable read, even the second time. Unfortunately, Russell has turned to seafaring novels, using an alternate name, Sean Thomas Russell. These have been inspired by Patrick O-Bryan's series (starting with *Master and Commander*) covering the Napoleonic wars, as did last month's author Naomi Novik.

Russell does well with a duology—two connected novels—instead of a trilogy. These days, however, publishers generally want three in a series because they've found that a multi-book series will lock in their readership, who will often continue buying the later books even when they're not as good as the first. They want to know how the story ends, or what happens to their favourite characters. Tolkien wouldn't have appreciated this side of his literary legacy. Some duologies are well worth reading, however, and these two by Russell are very good.



Book Reviews

by Tom Lymbery

THE LOST PATROL—THE MOUNTIES YUKON TRAGEDY by Dick North, Publisher Raincoast Books, 147 pages, \$16.95

The Dempster Highway that connects Canada to the Arctic Ocean at Tuktoyuktuk commemorates the route of the Lost Patrol and Corporal W.J.D. Dempster was the officer who found the bodies of the four men who lost their lives on what should have been a routine patrol.

But none of those patrols were *routine* as there were no accurate maps and driving dog teams in deep snow and fog, following non-existent trails was a continuous battle in the depth of Arctic winter. This book says that the failure to take a native guide and sufficient food were the reasons that four Mounties froze and starved to death in this—the worst disaster of the Mounties patrols.

Since the patrol started from Fort McPherson it is possible that there just weren't sufficient supplies available at that isolated post. With 12 dogs the bulk that they had to pack on the 4 sleds was essentially dog food. They were also unlucky as they didn't come across any natives on their route—if they had they would likely have been able to buy some meat. The native people were excellent hunters, able to shoot animals where the police wouldn't have any luck.

This book tells us much about Inspector Francis J. Fitzgerald who joined the force in 1988 and spent some time at the Herschel Island station—where Canada needed to exercise its sovereignty because US whalers overwintered there. He was an officer with important prospects to move up in the Mounties, had he survived.

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Riondel Library

by Muriel Crowe

The New Year is certainly off to a positive start for our library. Since Bruce Scott passed we gradually lost the ability to upgrade our web page. Thanks to Geoff Tremblay and Shirleen Smith we now have an updated and more comprehensive web page. Check it out at library/riondel.ca. There will be some minor changes in some of the lists. All the links I tried worked for me and I can assure you that means there was nothing tricky about them.

We are blessed to have many generous patrons, some make monetary donations frequently, some donate brand new books or other books for our use. This past while has brought us some very generous donations from Lyn McConachie. Lin has donated to us previously. Recently she donated six more books that she wrote, published and mailed to us from New Zealand. That is a very generous gesture. I'm not sure how to say thank you with all our hearts but perhaps we could all read at least one of her books and then write to her about it.

You are all invited to our next AGM on February 6 at 1:30 in the library and of course you are all welcome to come in and borrow books or DVDs or just to visit.

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Next Deadline: Feb 20/19



Tom's Corner

by Tom Lymbery

Bootlegger And Other Bays

by Tom Lymbery

As Greg Nesteroff is researching all the Kootenay names, I should mention the names of bays of the peninsula on the uninhabited west side of Crawford Bay. Crawford Bay is large and deep enough to show up on many world maps. We frequently visited these bays when we only had a rowboat. Once we had outboard motors they seemed to lead us further afield.

Fishhawk Bay always had a dead tree with a fishhawk (osprey) nest, so when the Stroms decided it was a good place for their marina, the name was already there. They had first looked at their Gents Beach site in south Gray Creek where the prevailing wind piled up the beach pebbles. But Fishhawk Bay had grass to the water's edge, so that was the decision maker.

Moving south down that shore, the next bay you come to is Indian Bay which has nice rocks to sit on. I was sitting there with my feet in the water when an otter came to see what my feet might be. He then put his head out of the water to see what the rest of me looked like. Indian Bay also has a small patch of black sand, and when Bertram Westbury visited from England for a few weeks in 1947 he got me to row him there to get a second sample. His first sample had shown a trace of platinum when it was assayed, and he wanted to try again.

The easiest of these bays to identify is Bootlegger Bay, as it has a steady trickle of water which is the drainage from Lime/Crystal Lake. Bootlegger Bay was always the access point when we climbed up to Lime Lake, and we followed this stream until we got to the lake. Lime Lake was a popular hiking, picnicking, and camping destination since early times. My sister Alice Bruce used to tell a story of the building of a trail between Bootlegger Bay and Lime Lake just before World War One began. In the summer of 1914, when the newly-formed Crawford Bay Women's Institute was about to receive a visit from a prominent women's rights activist, some of the local men escaped to Lime Lake, and busied themselves building a trail to Bootlegger Bay. You can read Alice's story on page 40 of Terry Turner's and Susan Hulland's book *Impressions of the Past*. (It's tempting to think the famous visitor was Emmeline Pankhurst of Britain, who led the fight for women's right to vote. Emmeline had just been released from prison and was travelling in the US on a speaking and fundraising tour that same sum-

mer. Anne Gooch, the president of the CBay Women's Institute had the social connections to invite Emmeline to officiate at the opening. But the Women's Institute minutes of that summer made no mention of any such visit, and so we're left none the wiser.)

We rowed the mile and a half to Bootlegger Bay, trolling a line. If we caught a rainbow, we would spread it wide on sticks next to the hot coals of our campfire and ate it with tea boiled in a lard pail. We can only guess where the Bootlegger name came from – perhaps there were bottles discarded there. There is hardly space for a cabin in the tiny bay, so it's unlikely anyone started a business there. Going to Bootlegger Bay and Lime Lake was a popular Sunday outing for my family as long as my dad could make the climb up, as he really loved Lime Lake and always speculated what it could be used for. If he could only see it now with its acre of grapes.

When we swam in Lime Lake we often waded up to our knees in soft lime. Some lime is visible next to Bootlegger Bay itself, and you can see it as well if you follow the old roadway from Gray Creek to Crawford Bay. Evidently the lime formation continues from west to east. The story has it that some Norwegians felt the lime up at the lake would help grow vegetables to sell to the Pilot Bay smelter, so they dug a canal to lower the lake level to make more arable land. They built a good one-room cabin with even a window and flooring. The old cabin disappeared when all the land was burned off after the logging around Lime Lake in the late 1980s.

Almost directly across from our store is Horseshoe Bay, where we often see campfires in summertime without fire restrictions. This is a fairly large bay and was chosen by the Gold Boulder searchers Steve Babich and Horace Card when they staked a claim in the late '60s – early '70s. It was the easiest place to climb up behind the vertical cliff where they felt the Gold Boulder had escaped from its original finders and tumbled down into 200 feet of water.

Picnic Bay is easy to find as it has a type of rock island. It was here that the hippies recon-

structed the Gold Boulder searchers' float into a home, known locally as the House Boat. There it sat for many years with a variety of owners, gaining windows and part of an upper storey. It was level while it floated during spring and early summer's high water but then it would settle back onto the rocks with a slightly different kilter every season.

When two teenaged boys had heard everyone talking about the hippies and their smoking materials, they visited and threw a bunch of their stuff in the lake. David Brown, the occupant at the time, knew who it was so the boys had to make amends by carrying firewood that Brown had cut in the back of the bay.

Late one November I saw the float shack at Picnic Bay burning, so that was the end of that. No one stayed there in colder times so someone must have lit it on fire, and the next year's high water carried the debris away.



This milled plank (top half shown here) with its multiple inscriptions may be all that is left from the historic old Lime Lake cabin from the Pilot Bay smelter years. Magnus E. Jernberg of Gray Creek (1935) and Minnie (Mrs. Harry) Mawdsley of CBay (1911) were among the visitors who left their names and dates on this plank. The plank came to us from Mickey Jacobson's effects, via Leslie Drew and Steve Drew. Photo: Frances Roback



*The House Boat, the float shack at Picnic Bay, is shown in this photo by Bill Pennell, along with its owner Bonnie Campbell and Bill's wolfdog Tabaqui. For more details, see Bill Pennell's book, *Early Exposures: A Photographic Memoir* (Victoria: Friesen Press, 2017, pgs 120-121), available for sale at the Gray Creek Store.*



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Feb 1: Annual Beach Party - live music w/ Jurassic Mike, costumes encouraged.

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Feb 3: Superbowl Party - BBQ hot dogs, home-made baked beans. Superbowl Bingo available!

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Holistic Health Tips

by Kim Young

The Many Benefits of Detoxing

“Treat your body like a temple, not a woodshed. The mind and body work together. Your body needs to be a good support system for the mind and spirit.” – Jim Rohn

We are exposed to hundreds of harmful chemicals on a daily basis. Our bodies are like sponges and absorb free radicals and other harmful toxins from the air, things we touch, in the food we eat and through the skin when using personal care products.

What is a Detox

Detoxing is simply the process of removing toxins from your body.

The liver, skin, intestines, kidneys, lungs and lymphatic system perform our body's natural detoxing functions. In this day and age though, we can overload our organs with bad food and massive amounts of chemicals, and they can't keep up.

As toxins accumulate over time, they can cause damage to your body, make you more susceptible to certain diseases and drastically reduce your energy levels.

There are a number of structured Detox's on the market today, but we can also help our organs do their job through dietary changes, essential oils, herbs, supplements, and other gentle detox methods.

The Benefits Of Detoxing

Regardless of the detoxification method you choose, there are a number of benefits that you can expect from detoxing.

Benefit 1 – Better Mood

Detoxing rejuvenates and refreshes your over-worked body organs and tissues which has a huge impact on your mood as you'll start feeling more relaxed, happier, and revitalized.

Benefit 2 – Enhanced Digestive Health

A build-up of toxic waste in the body affects the functioning capacity of your digestive system. By detoxing, you give your digestive system a much-needed rest which allows it to function more efficiently, absorb health boosting nutrients more effectively and remove waste materials at a faster rate.

Benefit 3 – Healthier Skin

The skin is an excretory organ that eliminates toxins from your body through sweat. A variety of skin conditions such as dryness, redness, itchiness and skin irritations are often the result of toxins clogging the skin. Detoxing releases this buildup of toxins and restores the healthy glow to your skin.

Benefit 4 – Improved Weight Loss

Since a detox enhances your digestive health, your metabolism will receive an instant boost and this, in turn, helps you lose weight. Additionally, by removing processed foods from your diet, you naturally consume fewer empty calories.

Benefit 5 – Increased Energy Levels

During a detox, you'll be eliminating the toxins that sap your energy levels and cause you to feel fatigued. You will also be adding concentrated nutrients from natural sources to your body that boost your energy levels.

Benefit 6 – Reduced Risk of Chronic Disease

The toxins that accumulate in your body can be quite dangerous and can increase your chances of acquiring a variety of chronic diseases including cancer, heart disease, and high blood pressure. Your risk of

developing these chronic diseases drastically reduces by removing these toxins.

Benefit 7 – Stronger Immune System

When toxins are eliminated from your body, your immune system becomes more robust and better able to fight off illnesses, protect against disease and fend off infection much more effectively.

Summary

As you can see, detoxing can enhance your health in many ways. While structured detox programs are highly effective at cleansing your body, there are a number of easy and gentle ways to help your body detox every day.

For more information about gentle daily detox methods, visit my website at www.kimyong.ca.

Kim Young is a Precision Nutrition certified Holistic Health and Lifestyle Coach, Functional Aging Specialist and Reiki Master who lives in Kootenay Bay with her husband Jim and their dog Buster.

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Next Deadline:

Feb 20/19

Dipping into Dementia

submitted by Rebecca Fuzzen

In the dark hours, late one winter evening, some time ago, a woman in her eighties was wandering down the corridor of her apartment building. It was apparent she was lost and didn't know where she was going. I greeted her by name for this is the woman I had come to visit. She said to me "How do I get to the coffee shop?" and then repeated herself "How do I get to the coffee shop?" Knowing full well that even if she had clear directions, she would lose her way I told her that at this hour in the day no coffee shops were open. "Why don't we go back to your apartment and have a warm beverage there?" I suggested. She reluctantly agreed and together we walked to her door. Once in her apartment she turned to me and asked "How do I get to my room?"

It must be a terrible thing to be lost in one's own mind. To not know where you are, or what day it is or even what is being said in conversations around you. It must be scary. Can you imagine? Dawson writes about this fading sense of awareness as a result of dementia in "The Train Journey." This insightful short piece is found easily online at alzheimer.ca or when one googles "train journey dementia."

The word dementia is coming from two Latin words: "de" meaning without and "mens" meaning mind. People sometimes ask: "Is dementia a form of Alzheimer's disease?" On the contrary Alzheimer's is a form of dementia. There are also other types of dementia such as vascular dementia, frontotemporal dementia, and Creutzfeldt-Jacob disease.

The important thing to remember about dementia is that regardless of what one is going through we are all human and we all want to be treated with warmth, kindness, compassion and understanding. None of us are, unfortunately, immune to dementia and it could happen to any of us. If one day I end up getting lost in my own apartment building I hope that some kind person will find me and gently guide me home.

Hospice News

by Barb Kuhn

Statistically, most people do not die suddenly. They have time to reflect on their lives and make decisions on what to do with the time they have left.

A young man by the name of Justin Zachham created a "List of Things to Do Before I Kick the Bucket" in the 1990's. The name for this list was shortened to "Justin's Bucket List". In 2007, the movie "The Bucket List", starring Jack Nicholson and Morgan Freeman was released. Writing a Hollywood movie was the first item on Justin's list. Rob Reiner helped him cross that one off.

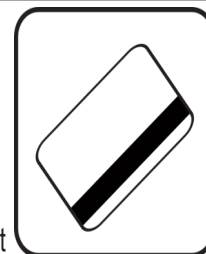
In 2012, the term "bucket list" was included in Webster's Dictionary and the Oxford English Dictionary. The term has become part of our culture. It comes up especially when discussing End of Life issues. In the movie, the characters illustrate the point that bucket list items need not be thrilling. They just need to be fulfilling.

A bucket list is an extremely personal thing. We can share the list with our friends and family or possibly a Hospice volunteer, if we want to. I've even heard people become slightly competitive when talking about the thrilling adventures they are planning to cross off their lists. Many people may have the quiet desire to reconcile with estranged loved ones. Whatever is important to the person who is dying, especially when we know our time is limited.

What's on your bucket list?

If you or someone you know is in need of Hospice Care or you would like more information, please contact Susan Dill East Shore Hospice Coordinator at the East Shore Community Health Center Hospice Office at 250 227-9006. In addition there is a free Library with hospice related books and some DVD's on care, grief and mourning. The Library is best accessed at the Hospice Office on Tuesdays between 10am-2pm. Watch for more articles and information on Hospice care that will be posted regularly in The Mainstreet by Maggie Kavanagh and/or Barb Kuhn or any one of our other volunteers.

New Swipe Cards AND New Supervised Hours at the Fitness Place!!



Key cards are available to all members at the Fitness Place! A key card will give you unlimited access to the gym from 5:30am until 10:30pm. Please watch our Facebook page for more information on key card information. Please let the supervisor on duty know if you are interested and we will add you to the list for a new card.

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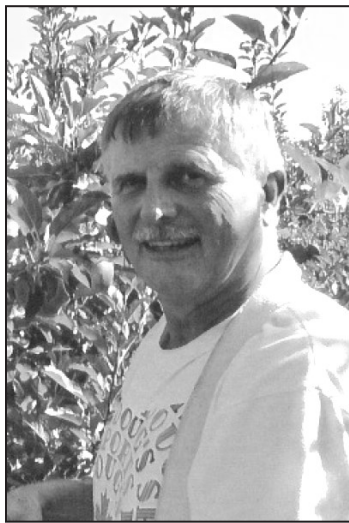
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eastshorefacilities@gmail.com or 250-551-0198

Notice of Passing



Darryl Plotnikoff
1958-2018

It is with great sadness we announce the passing of Darryl Plotnikoff on December 31, 2018 in Creston, B.C., at the age of 60 years.

Darryl was born on August 18, 1958 in Nelson, BC to Nick and Marjorie Plotnikoff. He grew up and spent his childhood

with siblings Leda, Nadine and Jim in Erickson, BC, where the family owned an orchard and farm. Darryl loved to learn and spent his early adult years studying at Red Deer College, University of Calgary, University of Victoria, and obtained a Civil Engineering Diploma from SAIT. In this time he met the love of his life, Marcie Barisoff, and they married on May 24, 1986. The newly married couple moved to High River, AB, where Darryl began his career as a building inspector for the Municipal District of Foothills. They spent two years there and had their first son Alex.

In 1988 the small family moved back to the Creston Valley where the family grew, with the additions of son Chris and twin girls Anna and Katia. In 1990, Darryl began working as the building inspector for the RDCK and was a well respected official for over 28 years. During this time he was also a business owner and avid orchardist. These were two of his great passions – woodworking and orcharding and he felt blessed to be able to do both. Hard working Darryl found fun and enjoyment playing slow pitch softball with friends and family in the summer months, along with family camping trips. Later these trips evolved to out of the country exploration to Mexico, once with the whole family, and for many years with his love Marcie. Darryl was also a member of the New Life Christian Church and spent many years on the Board of the Minor Hockey League.

He was predeceased by his father Nick Plotnikoff, and brothers-in-law Fred Barisoff and George Plotnikoff. Darryl will be greatly missed by his loving wife Marcie; his children Alex (Marissa) and their children Mya and Macy, Chris (Emily), Anna and Katia; his mother Marjorie, siblings Leda (Sam and Isabelle), Nadine, and Jim (Ethan, Kale and Trey), along with many other loving family members.

Darryl touched the lives of everyone he met, and although gone far too soon, the family is ever grateful for the years they have had being loved and mentored by this wonderful man. A Service was held Saturday, January 5, 2019. Memorial contributions may be made in Darryl's name to BC Children's Hospital Foundation, 4480 Oak Street, Vancouver BC V6H 3V4.

Remembrance Garden

More snow! Get it while its fresh – make a snowman or two – toss some snowballs – remember other winters and say hello to old friends.

Clear off a bench and read the memorial plaques about others you may not know, but ask around, someone will remember.

Requests and information: Wendy – 250-225-3381 or Muriel – 250-225-3570

Notice of Passing



Melvin Owen King

“Unkie”

It is with heavy hearts we announce the passing of Melvin Owen King. Mel Passed away peacefully at the age of 76 with his family and long time friend/care aid by his side on

Wednesday, December 26 2018 at the Kimberley Pines Special Care Home.

Mel was a one of a kind person who touched the hearts of all who met him. He was very well known throughout the east Kootenays. When his name was mentioned in his hometown, Kimberley, most around would light up in delight and be quick to say they knew Mel King. Mel was known as “Unkie” to his family and was always looking out for those he loved. He fought hard his whole life and was a true inspiration admired by all. He will be remembered for his mischievous ways, his unique smile and fun wisdom. He will forever be missed and always remembered.

Mel was predeceased by siblings George, Bea, Roseanne, Bobby, and Lorraine. Mel is survived by his sisters Sylvia, Pat, Norma, Lou, lots of nieces and nephews, great nieces and nephews and great great nieces and nephews. Mel has a HUGE family and is loved deeply by all.

The family wants to send a huge thanks to both Sherry and Paulette as well as the staff at the Pines for all the amazing care Mel received.

A celebration of Mel's life was held at McPherson Funeral Home in Kimberley on Sunday, January 20, 2019. In lieu of cards or flowers the family is asking to you make a donation to the BC Brain Injury Association. Arrangements entrusted to McPherson Funeral Service. Condolences for the family can be offered at: www.mcphersonfh.com.

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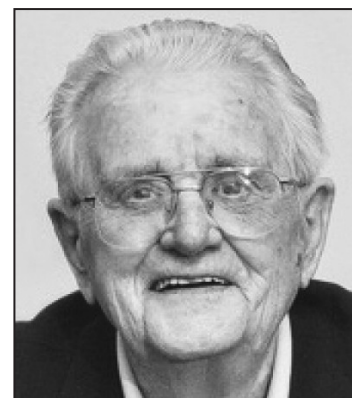
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Next Deadline:

Feb 20/19

Notice of Passing



Walter Charles Laurie

Walter Charles Laurie, long time resident of Nelson BC, passed away at Kootenay Lake Hospital, Nelson BC on January 12, 2019 at the age of 96.

On May 6, 1945, he married Effie Pearl Nasadyk and moved

to Cranbrook BC, where they started a family that grew and grew and became the centre of their lives. Effie and Walter raised their family in Cranbrook, Fernie, Kelowna, Burnaby, and Nelson over 67 years of marriage.

Walter was predeceased by Effie in April of 2013 and will truly be missed by his daughter Cheri of Abbotsford, Wayne (Shari) of Kelowna, Bruce (Elaine) of Parksville, Chris (Patricia) of Peachland and Tina (Dave) Coletti of Nelson. His many grandchildren and great grandchildren will also miss the joy of his being. Walter's endless energy and passion left an impression on all who knew him.

He came to Nelson with Canadian Pacific Railway but after retirement made the natural switch to Nelson's Streetcar and came to hold the President's position. He was known as Nelson's Mr. Street Car promoting its service and importance as a symbol of Nelson's history and sense of community. Walter was a great provider to his family and instilled a sense of societal responsibility volunteering with the Legion, Scouts, Cadets, Churches and Rotary. He loved greeting people, singing Scottish songs, hosting community and family gatherings. His gift of gab was legendary, as well as his love for casting a fly for that elusive rainbow trout.

Memorial Donations can be made to the Nelson Electric Tramway Society, PO Box 602, Nelson BC, V1L 5R4. A Memorial will be held on 9 March, 2019 at 2 pm at the Prestige Lakeside Resort.

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!

HEY! You there! Don't you want to recognize someone? Boswell, Riondel, Kootenay/Pilot Bay - who are your heroes? Send your words in and spread the love.

Memorial Wall

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

Visit the unique woodland cemetery on Oliver Road South and contact Tom at lymbery@netidea.com for a handsome brass plaque.

SERVICES DIRECTORY/CLASSIFIEDS

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

AUTOMOTIVE/MARINE

EASTSHORE AUTOMOTIVE - Service & Repair 250-227-9370

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

BUSINESS SERVICES

MUTUAL FIRE INSURANCE of B.C. Quotes on Homes, Mobiles, Farms & Tenants. Seniors discounts at 55. Home Protection; No Claim; New Home. ph/fax 250-428-7937, broker Virginia Harder.

CONSTRUCTION/CONTRACTORS/TRADES/REPAIRS/GENERAL HELP

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

SAMURAI HARDWOOD FLOORING: Vinyl Flooring Sale (until March 20/19) Winter Special - Supply and Install \$5.85! www.samuraihardwood.com/samuraihardwood@gmail.com. 250.551.3764

STEEL WHEELS - Septic systems planned & installed. We dig too, mini hoes for you. Dave/Donovan. 250.354.8498

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

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

PERSONAL CARE/HEALTH

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

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

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

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

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

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

LISA SKOREYKO R.AC.- Registered Acupuncturist. 250.777.2855. Unit #9 Crawford Bay Inn. 16210 Hwy 3A, Crawford Bay.

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

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

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

RESTAURANTS

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

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

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

YARD/LANDSCAPING/SITE PREP

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

CLASSIFIED ADS

BUSINESS ANNOUNCEMENTS

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

BUSINESS SERVICES

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

NOTICES/EVENTS

WATCH FOR the Riondel Library

Spring Open House, April 2019!

Kootenay Lake Ferry Schedule

All times listed in East Shore time.

Vessel	Departs Balfour	Departs Koot. Bay
Osprey	7:30 am	8:10 am
Osprey	9:10 am	10:00 am
Osprey	10:50 am	11:40 am
Osprey	12:30 am	1:20 pm
Osprey	2:10 pm	3:00 pm
Osprey	3:50 pm	4:40 pm
Osprey	5:30 pm	6:20 pm
Osprey	7:10 pm	8:00 pm
Osprey	8:50 pm	9:40 pm
Osprey	10:40 pm	11:20 pm

East Shore Reading Centre:

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

CBAY: Sun and Tues 10am-4pm

BOSWELL: Weds/Sat 11-3

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

**From...
A - Zed**

Need insurance? Remember 3 things:


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



NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

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

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 2019

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 5 - Tues: Dr. Galbraith
Feb 6 - Weds: Dr. Moulson
Feb 7 - Thurs: Dr Piver
Feb 12 - Tues: Dr. Galbraith
Feb 13 - Weds: Dr. Moulson
Feb 14 - Thurs: Dr. Piver
Feb 19 - Tues: Dr. Galbraith
Feb 20 - Weds: Dr. Moulson
Feb 21 - Thurs: Dr. Piver
Feb 26 - Tues: Dr. Galbraith
Feb 27 - Weds: Dr. Moulson
Feb 28 - Thurs: Dr. Piver

Call to make appointments at 227-9006 on doctor days and Thursday morning. Tues, Weds & Thurs (8:30 to 12:30)

Not a walk-in clinic - appointments to see doctors are required.

LAB HOURS AT THE CLINIC ARE EVERY WEDNESDAY FROM 7:30-10:30am.

No appointments for lab visits, they are on a numbered, first come, first served system.

HEALTH PHONE NUMBERS

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
Mental Health Crisis line - 1-888-353-CARE (2273)

Boswell Hall Happenings

- **Board of Directors:** Meetings held on needs basis. Feb 6 at 10am. Contact is Gary Hill: g.dhill@telus.net
- **Area A EDC:** Feb 5, 2pm (1st Tues each month 2pm)
- **Book Club:** Meets 2nd Thursday of each month @ 2pm. Contact is Melody Farmer: melodick.farmer@gmail.com
- **Carpet Bowling:** Every Tues at 7pm. Contact is Peter and Sheila Barg: psbarg@gmail.com
- **Farmers Institute:** Meetings held on needs basis. Contact is Bob Arms: armsrl44@gmail.com
- **Tone and Trim Fitness:** Every Mon/Thurs from 9-10am. Contact is Darlene Knudson: dar-lean@telus.net
- **First Responders:** First Mon of month at 10am. Contact is Rod Stewart: rod.jean@telus.net
- **East Shore Health Society:** Meetings held on needs basis. Feb Meeting, Feb 21 at 2pm. Contact is Margaret Crossley: margaret.crossley@usask.ca
- **Focus on Health Meetings:** Feb meeting, Feb 25, 10:30-3pm. Contact is Margaret Crossley: margaret.crossley@usask.ca
- **Nifty Needlers Quilt Guild:** 3rd Tues of each month - Contact is Marilyn Arms: armsmh46@gmail.com
- **Rural Crime Watch:** Meetings held on needs basis - Contact is Herve Blezy: hblezy@gmail.com
- **Yoga:** Every Weds from 1:30-3pm - Contact is Marilyn Arms: armsmh46@gmail.com
- **Vintners:** 3rd Sun of each month at 2pm - Contact is Allan Mayder: maydera@shaw.ca

BULLETIN BOARD

MARQUEE MONDAYS

**Movies every Monday at 7pm
Riondel Community Centre, Seniors Room**

Feb 4: The Cabinet of Dr. Caligari (1920)
Feb 11: Coco (2017)
Feb 18: Fahrenheit 11/9 (2018)
Feb 25: Mamma Mia! Here We Go Again (2018)
March 4: Au Revoir les Enfants (1987)
(Farewell to the Children)
March 11: Mission Impossible—Fallout (2018)
March 18: The Circus (1928)
March 25: My Neighbor Totoro (1988)
April 1: Death of Stalin (2017)

Everyone Welcome (membership not required). Admission by Donation

FIFTY-FIVE PLUS CLUB (55+)

Mondays, 2-4 PM, at the Community Corner in Crawford Bay, except for holidays. Everyone in the older but wiser age group is welcome. Cost is \$2 per week, refreshments provided.

Dress is casual and so is the ambiance.

Feb 4 – Drum Fun with Will – Internationally celebrated workshop leader William Morris will lead us in some drumming. Bring a telephone book or ice cream bucket if you don't have a drum. Could be useful in releasing pent up frustrations.
February 11th – Board games & cards, and/or possibly Chair Yoga (TBA)

February 18th – Focus on Health at Crawford Bay Community Hall

February 25th – same as the 11th.

Riondel Seniors Goings On

- **Walk-a-Mile/Strength Training** - M/W/F, 10am
- **Dancercise** (ballet/jazz) w/ Simon - Wed 11am & Sat at 10am.
- **Pool** - M/Th at 1pm
- **Sports Night with Buzz** (pool, darts, ping pong) - Tue at 7pm.
- **Bridge** - 1st and 3rd Wed at 1:30pm
- **Knitting Group** - Sat at 10am
- **Yoga** - Thur at 10am
- **Art History with Gerald** - every Tuesday at 1pm (except for 3rd Tuesday of the month).
The foregoing are free to members; non-members are welcome for a drop in fee of \$5.

- **Whist** - 1st Fri at 7pm
- **Games Night** (cards, board games, dice, etc) - all other Fri's at 7pm.
Whist and Games Night have an entry fee: bring a treat to share plus \$3 for members, \$4 for non-members.

- **Movie Night with Gerald** (and Popcorn!) - Mon at 7pm ... by donation.
- **Bingo** - Wed at 6:30pm
- **Seniors Executive Meetings** - 2nd Tuesday at 2:30pm
- **Potluck Lunch** - 3rd Tuesday at 12:30pm (Feb 19, Guest Speaker Sharon Webster, Community Paramedic, speaking on food labeling and health issues.)

All activities take place in the Seniors Room, Riondel Community Centre.
Membership Fees for 2019: \$50/year & are due now.
Questions? Email Sherrie at <sfulton@sfu.ca>.

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH

February 2019 SCHEDULE

No services in February 2019.
AGM at 11am, Saturday, Feb 16
Everyone welcome.

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

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

HARRISON MEM CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!
For info, please contact Deberah Shears at 250.225.3336 or Rev. Leon Rogers: 250.428.4248

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

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

YASODHARA ASHRAM

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.

CHRISTIAN SCIENCE CHURCH SERVICES

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

MEETING PLACES

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

Meeting Times: 7 pm. 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 Fraser Robb at 250-227-9636.

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

PARENT ADVISORY COMMITTEE

(PAC) Meetings usually held at 5:30 pm at the Crawford Bay School on the first or second Monday of the month.
Email cbess.pac@gmail.com for info or to add to the agenda


Kootenay Lake

Ferry Schedule

All times listed in East Shore time.

Vessel	Departs Balfour	Departs Koot. Bay
Osprey	7:30 am	8:10 am
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February 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
EVERY SUNDAY CB Dump open: 10-4 Bottle Depot, CB Market	EVERY MONDAY Marquee Movie, Rio Seniors Room, Rio CC, 7pm	EVERY TUESDAY CB Dump open: 10-4	EVERY WEDS & SAT Boswell Dump open: 11-3 Yoga w/ Melina, Bos Hall, 1:30-3pm		Beach Party, Newkeys Shotokan Karate, CB School, 6;30-8pm	Bocephus King, Newkeys
3	4	5	6	7	8	9
Superbowl Party, Newkeys	Shotokan Karate, CB School, 6-8pm Seniors Social Group, Community Corner, 2-4pm	Art Lecture w/Gerald Creston Vet in CB Tara Shanti Yoga, 9:30-11 DR. Galbraith	Shotokan Karate, CB School, 5-7pm 16+ Volleyball, CB School DR. MOULSON	Tara Shanti Yoga, 9:30-11 DR. Piver	Shotokan Karate, CB School, 6;30-8pm	
10	11	12	13	14	15	16
	Seniors Social Group, Community Corner, 2-4pm Shotokan Karate, CB School, 6-8pm	Art Lecture w/Gerald Lions Meeting 7pm Tara Shanti Yoga, 9:30-11 DR. Galbraith	East Shore Writers Group, 1-3pm, CBESS Shotokan Karate, CB School, 5-7pm 16+ Volleyball, CB School DR. MOULSON	New Release Movie Night Fundraiser, CBESS 7pm Tara Shanti Yoga, 9:30-11 DR. Piver	Shotokan Karate, CB School, 6;30-8pm	
17	18	19	20	21	22	23
	Seniors Social Group, Focus on Health, CB Hall Shotokan Karate, CB School, 6-8pm	 Full Moon Tara Shanti Yoga, 9:30-11 DR. Galbraith	Shotokan Karate, CB School, 5-7pm 16+ Volleyball, CB School DR. MOULSON MAINSTREET DEADLINE	Tara Shanti Yoga, 9:30-11 DR. Piver	Kootenay Writers Workshop, Cranbrook Shotokan Karate, CB School, 6;30-8pm	Kootenay Writers Workshop, Cranbrook
24	25	26	27	28		
Kootenay Writers Workshop, Cranbrook	Seniors Social Group, Community Corner, 2-4pm Shotokan Karate, CB School, 6-8pm	Art Lecture w/Gerald Lions Meeting 7pm DR. Galbraith	Shotokan Karate, CB School, 5-7pm 16+ Volleyball, CB School Dr. Moulson	CIP Grant Deadline East Shore Writers Group, 6-8pm, CBESS Tara Shanti Yoga, 9:30-11 DR. Piver		

What does local mean to you? To us it means enriching lives locally.

Being a part of, not apart from, your community means we will offer thoughtful advice and make local decisions to ensure we remain the financial services provider of choice for you.

Nelson & District
CREDIT UNION  Logically. Locally.

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

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EST. 1913

250-227-9315
graycreekstore.com





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

Nothing Says I Love You Like

- A New Fishing Rod,
- A Hot Pink Flasher
- & Smoker Chips

Or ask Dan about the HOT DEALS with the Regency Winter Promos!

PLUS: WETT Inspections & Free In Home Consults

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Sun & Tues 10am-4pm

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Weds/Sat 11-3