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YEAR 30, NUMBER 2

FEBRUARY 2020

# The East Shore Mainstreet

## KOOTENAY LAKE BC

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



Who's thinking of a winter getaway? Plenty of East Shore residents take time to get some sun during the winter months. Many community members have part time residences in places like Costa Rica, Mexico and Belize. This photo was taken by one of the our local sun-seeking residents (Allan Hughes) and was taken at Playa Zicatela - Oaxaca, Mexico in January 2020.

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## Mainstreet Meanderings

by Editor  
Ingrid Baetzel

In March of this year, my husband Juergen and I will be celebrating our silver anniversary - 25 years. It has never stopped being a fascination to me that a person could live with another person in even moderate contentment for that long, but it can be done! I would even hazard that we enjoy substantially more than moderate contentment. He's my honest-to-goodness best friend and a gift that I can't adequately thank his wonderful parents enough for. I count myself as lucky. We hope to mark this anniversary in a special way and find time for a getaway this spring. (Hint, see the cover photo of this issue...)

Upon considering my luck as a life partner to a stellar human, I decided to put out a little holler on Facebook in order to inquire about long-standing marriages/partnerships on the East Shore. People were happy to respond and share. The East Shore boasts a good number of long-standing relationships of all varieties.

Those who responded deserve a little call out for their dedication (and patience?) with keeping the little love flame alive. Here are some of the longtime partnerships that were unearthed in this little social call-out:

Carol and Cliff Hawkins of Crawford Bay are celebrating 57 years of marriage.

Sharon and Tom Lymbery of Gray Creek are celebrating 57 years together in April this year.

Pauline Butling and Fred Wah are celebrating 57 years of marriage.

Fred and Yvette Schenkel of Boswell are celebrating around 55 years according to a source.

Denis and Joan Gray of Boswell are celebrating well over 50 years (exact number not confirmed).

Elizabeth and Alex Lackovic of Crawford Bay are celebrating 47 years.

Diane and Eldon Johnson of Boswell are celebrating 50 years together. (Happy Golden, you two!)

John Smith and Lorna Robin of Crawford Bay are celebrating 49 years together.

Betty and Tom Wilkinson of Riondel are celebrating 50 years in 2021.

There are many more (and probably even longer) relationships in existence in the area, and here's to all of you as well. It can be work. It can be challenging. But, it can also be profoundly rewarding. To those with their person beside them, a toast to many more years and a developing appreciation of your blessings. To those on their own, by choice or happenstance, may love abound for you in whatever way you choose to manifest it. This community is bonded by love and there is more than enough to go around. Valentines, Shmalentines - love is infinite and encompassing and a year round project. Cheers!

## Kootenay Lake Ferry Service Improvements Project Update

Submitted by Kootenay Lake Ferry Service Improvements Project Team

Jan 20/2020: Several important milestones were reached during 2019, and work continues throughout 2020 to improve the Kootenay Lake Ferry Service.

**NEW VESSEL:** Work on a new ferry is expected to begin in 2020, with the new vessel ready for service by the end of 2022. The new ferry will replace the MV Balfour, which will be retired from service. The procurement process is well underway. After the Request for Qualifications (RFQ) completed in 2019, three B.C. firms qualified to shortlist for the Request for Proposals (RFP). Shortlisted respondents have until April 1, 2020 to submit their proposals. Following contract award, design and construction on the new vessel will begin.

The proposed new vessel will be able to accommodate between 50 and 60 vehicles. It will be used in tandem with the larger MV Osprey to significantly decrease sailing waits during the busy summer season. As part of CleanBC, the Province is working to electrify the inland ferry fleet by 2040 and towards this goal, the new vessel will be configured as a hybrid diesel-electric with all the systems, equipment and components for electric propulsion. The vessel will be fully converted to electric propulsion by 2030, once shore power is installed and the technology is reliable enough to use on a daily basis.

2 Mainstreet February 2020

**DREDGING:** Dredging work was successfully completed in three shallow areas of the West Arm of Kootenay Lake in Fall of 2019. This necessary work was performed to ensure the long-term navigational safety of the Kootenay Lake Ferry Service. Work was completed in compliance with all applicable environmental regulations and with minimal impact to the environment and habitat. Now that dredging is complete, MV Osprey 2000 has improved capacity to safely navigate the West Arm at all times of year. This improvement will result in a safer, more reliable, and more efficient Kootenay Lake Ferry Service.

**TERMINAL IMPROVEMENTS:** In 2019, the province completed required geotechnical investigations, archaeological impact work, and other assessments to support design and planning of terminal improvements for both Kootenay Bay and Balfour terminals. In 2020 we continue the ongoing terminal design and environmental approvals and look forward to beginning work on some of the planned improvements at both terminals.

Some of these planned improvements include: upgrades to washroom facilities, new sheltered waiting areas, EV charging stations, and greenspace improvements.

**BACKGROUND:** In 2016 and 2018, the Province consulted with ferry users, area residents and businesses about proposed improvements to the service, safety and infrastructure of the Kootenay Lake Ferry.

The Province made key changes to the final project plan after considering the input received, along with technical, environmental and financial considerations. Some of these considerations were documented in the 2018 Consideration Memo that can be found on the project website .

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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.

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 2020 issue items by:

**Next Deadline: February 26, 2020**

In April 2019, the Province, with funding support from the Government of Canada, announced that safety and efficiency improvements to the Kootenay Lake Ferry Service will be implemented beginning in the Fall of 2019.

The project will involve the procurement of a new right-sized electric-ready ferry, safety and amenity improvements to both the Balfour and Kootenay Bay terminals, and minor dredging in the west arm of Kootenay Lake. Collectively, these improvements will provide ferry users with a safer and more reliable ferry service as well as contribute to the Province's goal of employing electric propulsion on all inland ferries by 2040.

For updates or to find more information about the Kootenay Lake Ferry Service Improvements, please visit <http://www.gov.bc.ca/kootenaylakeferryproject>



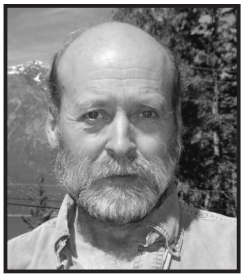
Western Pacific Marine Ltd  
**Kootenay Lake Ferries**  
Osprey 2000 ferry  
**OUT OF SERVICE**  
**February 8-10, 2020**  
For required maintenance

The smaller capacity MV Balfour ferry will be in service operating on the regular winter schedule. Potential for increased wait times during busy sailings.

**MV Balfour weight restriction:**  
Only one 6-8 axle semi-trailer per sailing

Western Pacific Marine Ltd would like to thank you for your patience.





## RDCK Area "A" Update

by Garry Jackman,  
Regional Director

### MORE ON PARTNERSHIPS

Last month I outlined several partnerships where local champions can get involved. We have many ongoing partnerships (for example supporting local transit, health care, tourism clusters, etc.) which appear to have a healthy volunteer base. We also have emerging opportunities where residents from Wynndel to Riondel can become more involved such as:

- Build East Shore Tourism (BEST) project. We need to determine what the next phase is
- Resident attraction
- Economic Action Partnership
- Regional parks and recreation planning

Tools are in place for us to use. As I noted last month, we already have the capable community champions who can take the tools that have been developed to the next stage to continue building partnerships with our neighbours. Are you interested?

### BUDGET 2020

Over the past several weeks we have seen partial budgets as proposed by staff for numerous services delivered by the RDCK, ranging from waste management and recycling to recreation to planning & land use. On January 17 we received the BC Assessment data on which the allocation of costs to various properties will be based. I will give an indication of the changes within our area, our subregion where we share many services and across the RDCK as a whole.

The impact of changes to your property assessment is relative to the changes in assessments of others within the service area and to new growth in the tax base. We have the overall changes in the assessments from July 2018 to July 2019 and in general it appears most of our change is due to market conditions (inflation of existing property values) as opposed to new growth in the tax base. A taxation increase for any specific service will be offset by growth in the tax base due to new construction and/or subdivision of land resulting in new value within the tax base. This reduces the costs borne by the properties and improvements which made up the tax base in the previous year. A further breakdown will come next budget meeting in February. One trend I do note is a large reduction (almost 17%) in the assessed value of Managed Forest Land. I will follow up on whether this is a value decrease due to private land logging or if it is a result of private land owners pulling their lands out of the program, thereby relieving them of some of the obligations which allowed them to pay reduced taxation for the prior years.

Also note that in areas with few local regional district services, about half of your property tax bill is the result of costs imposed by and retained by the provincial government, such as for school tax or highway maintenance. Another component retained by the province is the hospital tax (for capital improvements only, not for operations) although local government is consulted at the time those charges are being proposed. In areas with more local services, such as Riondel or Wynndel, the RDCK portion of the overall property tax bill is more substantial.

Across electoral Area A (Wynndel to Riondel) I have a summary sheet indicating the average assessment has increased by 7% (which I need to check against other data sources) while the average across the entire regional district has increased by 10%. This

is the continuation of a multi year trend where inflation in more heavily populated areas has driven prices up at a faster pace than in our more rural communities. The impact is that for services shared across the entire regional district, the Area A share will rise less than for others and in some cases our total share owing may decrease.

Some of our shared services at a sub-regional level include the Town of Creston plus electoral areas B and C. I note the Town of Creston had an overall assessment increase of 7%, similar to Area A, while Area B had a 9% increase and Area C only had a 5% increase. This means on balance we will see relatively little influence on the share of taxation we carry for those shared services due to changes in assessments. Where the services are only delivered for portions of Area A, such as Wynndel Lakeview Fire or the Creston and District Recreation Complex owned and operated by the RDCK the relative impacts will not be clear until we see the breakdowns on assessment changes within specific communities such as Wynndel as opposed to the other areas.

I will wait until next month plus the public budget presentations to go into more detail, but note that the BC consumer price index for the 12 months prior to senior staff preparing their draft budgets was 2.7%, reflecting higher inflation than previous years. Also note that some of our services, such as building inspection and recreation, derive a considerable portion of their total funding from user fees. In the case of building inspection the user fees are significantly higher than projected (sign of an improving economy) which can be used to offset or eliminate tax increases, in spite of inflationary pressures on the service.

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



## Hidden Taxes

by David George

### What's in a Name?

What do the following words have in common: aspirin, boycott, escalator, google, hoover, jello, kleenex, thermos, xerox, yo-yo, zipper? They are all common nouns which used to be proper nouns. All of them except one are or used to be trademarks, held by a company making the product.

Aspirin, now in common usage without a capital 'A' has the distinction of having had its trademark cancelled in 1919 by the Treaty of Versailles, after the First World War. Escalator, formerly owned by the Otis Elevator company came into common usage after Otis failed to file some documents to protect the word as a trademark.

The word 'hoover' became genericized in Britain although the Hoover company had a trademark on the word.

The Xerox company has been particularly active in trying to get people to use the word 'photocopy' rather than 'xerox'.

Despite efforts of the companies having or having had trademarks on most of the common words at the head of this column, most people refer to them in lower case. A trademark is said to become genericized when it begins as a distinctive product identifier but changes in meaning to become generic.

Boycott: The exception to the trademarked words above is the word 'boycott'. It refers to an incident in County Mayo, Ireland when Captain Charles Boycott, land agent for absentee landlord Lord Eme, in 1880 had a dispute with tenant farmers. In September of that year, a year of poor harvests, Lord Eme offered his tenants a 10 percent reduction in their rents. The farmers demanded 25 percent. Lord Eme refused. The farmers

refused to harvest crops. Boycott attempted to evict 11 farmers. A speech was made urging non-violence, and the shunning of Boycott by everyone.

Boycott soon found himself isolated – his workers stopped work in the fields and stables, as well as in his house. Local businessmen stopped trading with him, and the local postman refused to deliver mail. For more on the origin of the boycott, look to Wikipedia for an excellent article.

An ongoing boycott against Nestlé: There is an ongoing boycott, started July 4, 1977 in the United States against the Swiss-based company Nestlé, and now in its 44th year. It started due to Nestlé's promotion of infant formula over breast milk in developing countries, and expanded into Europe in the early 1980s. There are now actions to boycott Nestlé in most parts of the world. Nestlé has been accused of lying about its use of Fairtrade chocolate. Some figures show that only 3 percent of the cocoa Nestlé buys for bars such as KitKat is Fairtrade. Further, there is evidence that child slavery is still involved in its cocoa supply chain.

Even here in Canada, Nestlé has come under fire for buying up water rights so it can sell bottled water in environmentally unfriendly single-use plastic bottles. Nestlé got a lot of unfavourable publicity in 2016 when it outbid a town in Ontario to buy an existing well and pump 3.6 million litres a day from it, for an estimated license cost of about \$5,000 a year. Nestlé also pumps about 265 million litres a year from a well near Hope, BC, and pays a similar low cost to the province.

The three situations above are quite enough for me to promote the ongoing boycott of Nestlé products. And how many products do you think they have? At least 150, and here is a short list of 50 popular ones: Nestlé, Taster's Choice, Nespresso, PURE Life water, Perrier, Vittel, Evian, Montclair, S. Pelligrino, Poland Spring, Aberfoyle (from Ontario), Nestea, Nesquik, Carnation, Coffeemate, all their infant foods including Good Start and Gerber, PowerBar, Maggi, Stouffer's,

Nestlé and Haagen Dasz and Movenpick ice cream, KitKat, Quality Street, Smarties, After Eight, Baby Ruth, Butterfinger, Aero, Polo, Friskies, Fancy Feast, Alpo, Mighty Dog, Purina Dog Chow, Pro Plan, Beneful, Tidy Cats, L'Oreal, Maybelline, Lancome, Biotherm, Ralph Lauren, Giorgio Armani, Guy Laroche, Redken, Gerber Childrenswear, and the Gerber Life Insurance Company.

Another possible boycott? Armstrong cheddar cheese is a popular brand. It was purchased in 1997 by Dairyworld. Did you know that the Saputo family bought Dairyworld in 2001, and promptly closed the original Armstrong BC cheese plant throwing 73 people out of work? Does that sound like the Saputo family are good corporate citizens? Yeah, maybe just like Nestlé. Saputo has bought lots of companies after succeeding in the cheese business in Montreal since 1954 when Giuseppe Saputo started making cheese along with his son Lino. Lino, reportedly worth CDN\$6.5 billion, retired from the business in 2018, and his son Lino Jr. runs the company now. On January 16, 2020, Radio Canada ran an investigative piece claiming that Lino Sr. had links to the US Mafia, specifically through Joe Bonanno. Lino has on January 21, said his lawyers will send a letter to Radio Canada, which may threaten a lawsuit.

Make up your own mind about this, but I am going to continue to boycott Saputo and Nestlé.

**Deadline:**  
**Feb 26/20**  
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## LOCAL INTEREST



### February Horoscope

by Michael O'Connor

**Tip of the Month:** By now, whatever the powerful events and activations of January were destined to produce for us, individually and collectively, are the new reality. These will manifest as both deepening and endings on relationship fronts. New priorities subject to outer events and changes of attitude are a central theme across the board. The New Moon in Aquarius on January 24 is manifesting as outpours of empathy and compassion wherever circumstances call for it. As well, it launched the Chinese New Year and the Year of the Metal Rat has begun.

#### Aries (Mar 21- Apr 19)

Your focus has taken a strong turn towards finances. Wanted or needed changes are directing your focus. Fixes, repairs, and healing may be required. This will become increasingly evident. You may need help.

#### Taurus (Apr 20-May 20)

Pushing onward, forward and through whatever might be blocking your way suggests an assertive attitude. At first, sympathy and compassion will guide you. Then, your focus will shift to ambition and drive.

#### Gemini (May 21-Jun 20)

Returns of all kinds are rolling in. These may feel like a mixed blessing. Some of them will prove rewarding and uplifting while others may prove difficult. Endings are featured, followed quickly by new beginnings.

#### Cancer (Jun 21 – Jul 22)

You are in an assertive mood. Some pretty powerful changes have already occurred this year and more are rolling in. Positively, these are leading to new, creative innovations and activating your leadership.

#### Leo (Jul 23 - Aug 22)

Changes in your daily rhythm and routine are underway. Your public and professional life are featured. A creative surge is indicated. Yet, your stress levels may increase. Discipline and focus are the answer.

#### Virgo (Aug 23 - Sep 22)

A surge of creative power was activated late last year. More recently, old parts of you left and new ones arrived. These have and are manifesting as changes close to home. Get to the bottom of things and clear the clutter.

#### Libra (Sep 23 - Oct 22)

You have entered a dramatic, exciting cycle. With your energies already running high lending to a spirit of adventure, romance is also a good possibility. At least you will want to share quality time with a significant other.

#### Scorpio (Oct 23 – Nov 21)

Feeling pulled between staying home and going out is a source of stress this month. The direction that supports your ambitions, will win. Of course, you could satisfy both impulses. Either way, you will be busy.

#### Sagittarius (Nov 22 - Dec 21)

'Show me the money, honey' is on your mind. Promises and excuses leave you feeling impatient. Determined to go big, you are also keen to try new approaches. Rendering valued service is the fine print.

#### Capricorn (Dec 22 - Jan 19)

Big and return are keywords for you now. The good news is that there are indications that you will get your wishes fulfilled. Anything less than what you feel you deserve will be... confronted.

#### Aquarius (Jan 20 - Feb 18)

Your workload includes efforts made both inside and out. Circumstances have pushed you to really bring it down to earth. The entire process is revealing your worth. Yet, you may have to make that clear to others too.

#### Pisces (Feb 19 - Mar 20)

A busy cycle behind the scenes is underway. It includes learning new skills. The drive is there, yet you also need to be committed, disciplined and focused. Doing what you love will yield the best results, as you will rebel against authority.



**"The way to get started is to quit talking and begin doing." - Walt Disney**

Have you ever thought about turning your passion into a business? Do you think you have what it takes to be an entrepreneur? Contact Community Futures for more information on Programs & Workshops available to you!

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### Crawford Bay Hall News

**Submitted by Susan Hulland, Crawford Bay Hall Board Director**

We are making progress and have put a big check mark beside Phase One of our association's plans to rejuvenate our 1938 community hall. Plans that we are officially calling the Crawford Bay Hall Renovation and Preservation Project.

We started with the huge first step of purchasing 8.21 acres of land from the School Board thereby securing the future of our Hall. Next we did a community survey and 98 respondents told us what changes they would like to see. We familiarised ourselves with the requirements of the RDCK Building Department and then we got the ball rolling by paying for the necessary Lead Leachability and Radon Gas Tests and a Hazardous Materials Study. We sought the advice of architects, engineers and other experts which we will be required to hire for their expertise, estimates and plans.

Throughout this time, we have had talks with, and several visits from, representatives of the Columbia 4 **Mainstreet February 2020**

Basin Trust and Heritage BC, regarding potential grant programs. By early March we will have submitted two of these applications.

#### How You Can Help:

Now we are at the point where we need a show of support from people throughout the East Shore who know and use and love our facility. We have asked several community groups that are regular users, for Letters of Support but letters from individuals count for a lot, too. They can be sent by email to [info@cbhall.ca](mailto:info@cbhall.ca) or to PO Box 71, Crawford Bay, BC, V0B1E0.

You can help us a lot by donating to our fundraising campaign (See nearby ad and next page article by Leona Keraiff) as all grant agencies want to see contributions from our community. You can participate in other ways, too, by giving us the names and contact information of former residents, friends and family who no longer live here who might be pleased to contribute to this project. This information can be sent by email to [shulland@cbhall.ca](mailto:shulland@cbhall.ca) or you can phone me at 250-227-9387.

And lastly, you can help by paying a whole loonie and becoming a member of our association. This can be done through any of our directors: Gina Medhurst, Helene Carter, David Wells, Nicole Schreiber, Vienna Doenni, Leona Keraiff and Susan Hulland. Numbers count on grant applications and just one dollar buys you a lifetime membership. What a deal!

**Deadline:**  
**Feb 26/20**  
**[www.eshore.ca](http://www.eshore.ca)**  
**[mainstreet@eshore.ca](mailto:mainstreet@eshore.ca)**



### Silent Auction

**May 2/2020**

**Silent Auction FUNdraiser coming up May 2, for the Crawford Bay Community Hall renovations.**

**Food & Entertainment TBA!**

**We will be asking for donations of art, crafts, household items, tools, gravel, firewood, services, event tickets, furniture, etc., all things fun & funky and in good condition.**

**Watch for more info next month!**



### Annual General Meeting

**Community Connections**  
**(AKA South Kootenay Lake Community Services Society)**

**February 5, 2020 at 6pm**  
**Community Corner,**  
**CB Park, Crawford Bay**





**Hacker's Desk**  
by Gef Tremblay  
**Costa Rica**

It's a rather cold and quiet night in Alajuela. The humid and noisy night of the jungle still resonates with me. It's the dry season here in Costa Rica, which means it's also cicada season, and in the jungle, there are thousands of these huge bugs singing (or simply making noise) at the same time. It is quite different from our completely silent Kootenay nights. We're spending a couple nights in the city before taking our flight back home, where snow and cold await our arrival.

I find travelling to be quite a healing process. I started travelling by my own means when I was 15, leaving home for my first Rainbow gathering. I hitchhiked across Quebec to party with a bunch of hippies! I realized then how easy it was to travel for cheap and create an adventure by simply sticking out my thumb. So I travelled every year across Quebec and slowly made my way across Canada, until finally, in my early 20s I came to B.C. I find the travel experience is a time to reset and refocus on what comes ahead, a way to re-invent myself.

This trip was our biggest and most anticipated in the last six years. I have to say there was quite some fear in the process, partly due to all my online research about Costa Rica, but also from the fact of not having travelled outside the country for so long.

Travelling to the city and jungle in Central America? What about strong-arm robbery in the cities? What about all the snakes, scorpions and deadly bugs from the jungle? What about everything that could go wrong on a shoestring bud-

get? It ends up that the cities are not scarier than the bad part of Montreal at night, and the bugs... well definitely not as intense as what you get in a humid summer night in Quebec. I mean, yes, we saw some scorpions and, yes, the ants bite you if you step on them, but we barely got bitten by mosquitoes or any other flying bug. My first day in the jungle also helped me put aside most of my fear of the wilderness.

The first day we went barefoot on a jungle hike, through a river. No bug spray, no sunscreen, in a bathing suit and afraid... Well, for the first few minutes at least. Most of the women in the group were simply dressed in bikinis, barefoot, walking through any part of the jungle. I had to let go of any of my internet-based fear. For the city part, I quickly realized that I was more imposing than most of the locals here and since I lived in the city before I had most of the street cred needed to navigate safely. Costa Rica is one of the safest places to travel, in the jungle or in the city.

It was a beautiful trip - meeting with friends down on the beautiful beaches of Pavones, hiking to waterfalls, doing Tai Chi on the beach under an almond tree. It was great to meet a friend and make new friends in the jungle of the Diamante Valley. This last community really reminded me of the Kootenays. We lived there for a couple weeks, near a river, in an off-grid cabin. I caught myself many times saying, 'Let's go to the lake,' as it felt like home!

One teaching I've learned on the trip is the three foundations of taichi: YI (intention) to guide the movements rather than using brute force, FANGSONG, pure relaxation or "letting go", and CHANSIJIN (silk reeling force).

Although I've practiced Tai Chi for many years with different teachers, the foundations that

I've learned in Pavones are quite powerful. For one thing, I was really happy to learn just a few techniques (a breathing meditation and a simple balancing movement). As I was telling Dr. Bacher (the Tai Chi teacher) there are so many teachings and techniques, I don't want to learn a whole set of new movement and forms, I can barely keep up all the Karate I am learning, let alone all the yoga and meditations I've learned in the last 30 years.

This is something I've realized in the past few years... I don't need to have spent hundreds of hours with some teacher to really get the benefit of their teachings. One of the most powerful meditations I've learned was from a monk that I met only a couple times when I was a teenager. I don't remember his name and could barely figure out what lineage he was (it turned out to be Vietnamese Pure Land Buddhism lineage), but the simplicity of the meditation he taught me has still a powerful influence on me.

Although it was a powerful and restful trip, as I am writing these lines, I am unsure how it changed me. I have yet to come back home to see the effects of the trip on my daily life.

**Crawford Bay Hall Renovation and Preservation Project**

by Leona Keraiff,  
CB Hall Board Director

We are all aware that our dear Crawford Bay Hall is in dire need of improvements and upgrades. Also, according to the many who responded to the 2018 Hall Survey, much is lacking and needs to change. We could not agree more.

Sadly, until the Hall Association owned the land on which the Hall sits, no renovation funds were available to us and saving for the 2018 purchase meant improvements had to wait.

Times have changed making renovations more complex. Due to RDCK Building Bylaw 2200, our Hall qualifies as a "complex/assembly use" building therefore "registered professionals" MUST lead the construction and sign off on all aspects of it. Volunteers can participate, but unfortunately, not the way we did in days gone by.

So, here we are, eager to make improvements, but with little cash on hand. We are applying for many grants of course, as a reno of this size will be costly, however, all potential grant providers want US, as a community, to raise funds as a show of faith in this worthwhile project.

**Here is our request to each of you:** Please reflect on memories you have of special times you spent in our Crawford Bay Community Hall attending: School Concerts, Christmas Potluck Dinners originating with The Women's Institute, Dances, Silent Auctions, Boy Scout and Girl Guide programs, Choral and Band practices, Bingos, Weddings and Memorial Services, 100 years of Fall Fairs, Family Celebrations, Reunions,

Table Tennis and Badminton nights, Kokanee Kar-nival meetings, Elections, Halloween Parties, New Year's Dances, and Bevy of Angels craft fairs. It was in our Hall that the school's Hot Lunch Program and the Many Bays Band, began. Personally, I am grateful that the EastShore Christmas Hamper Program was created in this community space.

Should these reflections warm your heart, please consider thanking the Hall with a much appreciated donation to our Hall Renovation Fund. Please mail a cheque to Crawford Bay & District Hall & Parks Association, Box 71, Crawford Bay, V0B1E0 or make a deposit in our East Shore Branch, Nelson & District Credit Union in our association's name. Since we are not a registered charity we are unable to issue tax receipts, therefore all funds received will be tremendous gifts. Truthfully, we can not manage this without you.

As important as your financial contribution is, please consider also sending us your personal written memories of the building and/or non-returnable photos that include information about the event and its date. We intend to acknowledge all financial gifts, alongside displays of your personal memories and photos, in our new Hall entryway.

Our goal is to turn our 1938 heritage Hall into an accessible resource, of which all East Shore residents can be extremely proud. Your gifts will help us to achieve this and to allow you to become part of our Hall's evolving history.

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by AlGeorge, Crawford Bay  
February 2020 Mainstreet 5









## Thoughts from the Frog Pot

by John Rayson

### Climate Change

In recent columns I have addressed the issues of climate change in general terms and as to whether or not man has any responsibility for the change. In this column I wish to address the issue as to whether or not we as individuals should make any changes in our behaviour.

The United States and China are the world leaders in the production of greenhouse gases. The U.S. is the leading per capita producer of GHG's.

Canada produces less than two percent {1.6%} of the world GHG's. However, we are number two in per capita production and ninth in world total production. We made the top ten, accounting for seventy percent of world GHG's.

Canada has the third largest proven oil reserves in the world, representing ten percent of proven world known oil reserves. Most of these reserves are in the Alberta tar sands. Canada has less than one-half of one percent {0.45%} of the world's population.

Note, we have a small population with a significant impact on the world GHG's, have huge proven oil reserves, are a wealthy country, member of the G7 and must consider the effect of our actions.

The Montreal Protocol of 1987 established the need to control hydrofluorocarbons and thus control the loss of the ozone layer in Antarctica. For those of you not familiar with the protocol it was an agreement by 46

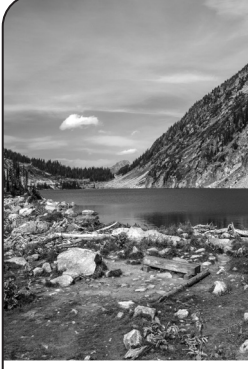
countries {including the U.S.} negotiated in Montreal in 1987. The agreement was successful and Canada, with a small population was a world leader in implementation with the resulting healing of the ozone layer in Antarctica. Should we lead again by example and what can we do as individuals? It is often stated that we cannot make a difference if the largest countries in the world do not make changes. Each of us must consider how we can make a difference. Every journey begins with one step.

Firstly, we can talk about climate change. We can discuss climate change with each other, our families, neighbours and politicians. We can ensure that we are informed and come to an informed decision.

On a more personal note, we can reduce unnecessary automobile trips, should we purchase a hybrid car {assuming a fully electric car will not have the range necessary in our area} and decrease our air travel {difficult for some}. Plus, we must ensure that our homes are energy efficient: i.e.. turn down the thermostat, increase our insulation, monitor our use of electricity or possibly build in a "green fashion". We should ensure that the regulations for commercial buildings are "smart regulations". Smart buildings are built in a green fashion and ensure electricity, heating and cooling systems are used in an effective and efficient manner.

When discussing with politicians or considering voting, are we aware of their positions on the need for a carbon tax, pipeline construction, investment in renewable energy and the use of smart grids [electric grids that can share sources of energy across vast areas]. These are not mutually exclusive solutions. I would remind all of the management process of the "magic of the and". We may need, carbon taxes, and pipelines and nuclear energy and renewable sources of energy if we are to make the necessary changes required to ensure a sustainable future.

In case you have any doubt, I personally believe that climate change is occurring, is occurring at a rate 10x faster than ever recorded and that man has a role in the present change. We have entered the age of the Anthropocene {man's effect on the environment}. Do we need more evidence with massive flooding in Jakarta, unprecedented wildfires in Australia plus what we can observe in our own environment? Should we act or wait for others?



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## Young and Dumb

by Arlo Linn

### Something to Look Forward To

Well we are only 1 month into 2020 and already this decade is off to a rocky start. The tension seems to be emanating from all over the globe, and large media outlets seem to be commenting largely on all the perceived things going wrong. I follow roughly 4 separate news sources, and all of them are flooded with the U.S impeachment process, the U.S upcoming election, our own recent election, and escalating geo-political tensions between Iran, U.S, and Canada. This is truly a contentious start to the '20's.

Thankfully, the narrow field that the media reports on is not the goings-on of the entire world, and unfortunately, positive stories seem to rarely make national headlines. So I thought it would be nice for once to hear some good news, to show that this decade has promise to be one of the best ones in all of human history.

First, let's talk about poverty. As of 2015, according to research done by The World Bank, 10% of the world lived in extreme poverty (defined as less than \$1.90US a day), this was already down by 36% from 1990. That is a tremendous difference, that is hundreds of millions of people brought out of extreme poverty in only 25 years, and the rate of change is only improving. In 2010 the UN met its millennium goal to halve people living in extreme poverty (defined as \$1.25US a day) five years ahead of schedule. The UN has set forward a new goal to eradicate poverty in all its forms as of 2030. It seems like a preposterous thing

to believe. That we could eradicate poverty seems like an idea that could only be put forth by a utopian novel, but we now live in a world where more people die from complications of overeating than people die of starvation. More than enough food is produced to feed everyone in the world, we just currently have a problem with distribution. It can often seem like suffering is the base human condition, and that the people who are not suffering unreasonably are just mainly lucky to be born where, and when they were. However, what other time in all of human history would the eradication of undue suffering due to poverty seem imminent? We have the means, and the ability to raise millions of people from the depths of impoverishment into a better life, and it's only a matter of time until this tremendous goal is achieved.

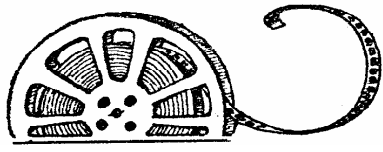
Secondly, despite what you have heard from climate change activists all over the world, life on Earth is not going to suddenly end anytime soon. This isn't to say that climate change isn't a serious issue, it is, but I think the amount of misinformation, blatant lies, and fear-mongering around this important issue is deceitful. The general public has only known about the possibility of climate change since roughly the 1970's, before then only high level scientists could have been aware of the sudden changes happening to our atmosphere. In those 50 years, we have done quite a bit to reduce our carbon footprint and lessen our greenhouse gas emissions. We have not done a perfect job, that much is true, but the fact that the everyday human being cares, and will go out of their way to reduce their own carbon footprint, is incredible. According to research done by NASA, between 2005 and 2016 there was a 20% decrease in ozone depletion, the hole in the ozone is actively shrinking every year. There are more trees and forests in the U.S than there were 100 years ago, the same goes for Europe. The clothing company Ten Trees has actually made it their primary mission to plant 10 trees for every item sold, they have planted

over 30 million trees to date, and plan to have planted 1 billion by the year 2030. Lots of cities have improved road infrastructure to entice people to bike places, and recycling has greatly improved in the last few years. In regards to what we can recycle, and a greater number of locations where we can bring recyclable products. I agree that climate change is an important issue that needs to continue to be discussed, and that every one of us should be responsible for creating a lessened impact on Mother Nature. We have done horrible things to the environment, but people are still working on amending mistakes we made 100 years ago, we are trying our best, and that is all we can be asked to do. Human beings may not be free of vice, but one cannot ever deny us our virtues.

There have been a great number of improvements made in the last few years, and a great many more to be made in the coming years as well. We live in a fairly tumultuous time now, but I don't believe it was any worse than previous decades. My generation in the west, has never had to worry about, or live through prolonged conflict or warfare, people rarely die from preventable diseases here, and true poverty is nearly a thing of the past. We do have problems coming down the line that must be solved, such as reducing our consumption of fossil-fuels, and how to limit the overfishing of our oceans. But I truly believe that by improving our standard of living, we will then be better equipped to deal with the large scale problems that are plaguing our world. If every child is given enough food to eat, and an education, everything else should come easy.

So next time you are flooded with news of imminent destruction, remember all the good that is going on in the world. There are tremendous changes coming for us soon, and who knows what life on Earth will be like in 50 years. We have never had such far reaching social programs in place in all of human history. No one knows how good life could be if we continue with this upward projection.





## Seldom Scene

by Gerald Panio



*"Something else deeper happens when [Aretha] sings. She goes somewhere else. She slips into the zone. That's her gift. The zone is where she's connected to the spirit. Doesn't matter what she's singing—a gospel song or a worldly song—the minute she opens her mouth, she's off into the zone. She can't explain the zone. Erma [Aretha's sister] can't explain the zone. I can't explain the zone. No one can. Not even Daddy. It's where great artists go to channel what I call the blood. I'm talking about the artistic blood that flows through certain people and has them expressing all the emotions of the world."* —Carolyn Franklin, Aretha Franklin's younger sister

It took 46 years to get the documentary of Aretha Franklin's 1972 two-night performance at the New Temple Missionary Baptist Church in Watts, Los Angeles, out to the public. It's an understatement to say that *Amazing Grace*, finally released in 2019, was worth the wait. Writing in *The New York Times*, critic Wesley Morris said that those two nights were "one of the most astounding performances anybody's ever given of anything." That's not overkill, just the facts. This is one of the finest musical documentaries I've ever seen, and the second time I watched it on the big screen I was crying with the sheer raw beauty of it. I didn't come to glory, but it's unlikely I'll ever get closer.

In 1972 29-year-old Aretha Franklin was at the peak of her musical career, catapulted into the stratosphere with hit songs like "(You Make Me Feel Like) A Natural Woman," "Respect," "Chain of Fools," and "I Say a Little Prayer." She was recording for Atlantic Records, working with producer Jerry Wexler, and had eleven number-one hits and five Grammys. Her future was wide open; her choices were unlimited.

She chose to go back to her roots. Back to gospel. Perhaps she had been stung by criticisms that with her enormous popular success she was losing touch with the musical heritage that gave her voice its power. Perhaps she simply wanted to honor the musical and spiritual gifts she'd been given as a young woman. To my mind, her decision to record two nights of gospel music before a 150-member live congregation, led by gospel legend Reverend James—one of her earliest musical mentors—and backed by the 28 men and women of the Southern California Community Choir directed by Alexander Hamilton, was one of the most remarkable demonstration of humility that we are ever likely to encounter outside of a book on the Lives of the Saints.

Not that Aretha was a saint. For reasons that will likely never be fully understood, she didn't like the film record of the New Temple performances and was one of the main reasons the film languished in limbo for as

long as it did. But that's all aftermath. In the moment, as she was singing in that church, she was dedicating herself to the sacred in a manner that stripped away every pretention, every affectation, everything that wasn't simply the Word made music.

For those two nights, while holding onto her identity as a veteran musician, Aretha also once again became that young girl who was the featured singer in her father's New Bethel Baptist Church in Detroit city. As a friend of mine pointed out after watching *Amazing Grace*, Aretha hardly speaks a word in the entire film. There's the briefest of backstage conversations during a musical rehearsal, but outside of that it's Reverend Cleveland and Aretha's father, Reverend C.L. Franklin, who speak for her. The debts she had to pay would be paid through her music and through her voice. Reverend Cleveland, the choir, and her select four-man band (drummer Bernard Purdie, bassist Chuck Rainey, guitarist Cornell Dupree, percussionist Pancho Morales), the congregation itself were the wind beneath her sails.

Just in case you're harboring any illusions that what happened in that church was pure spontaneous inspiration, you need to know that the band and choir worked with Aretha for a month prior to the actual performances, with her paying attention to every detail of keys & chording. She acted as both producer & musical arranger. Sublimity is hard, sweaty work. Even knowing that, I'm still in awe of the way Hamilton and his choir counterpoint Aretha's vocals. It's spellbinding. Hamilton later said, "I would ask



Aretha what she was definitely trying to get in the song—certain licks that she wanted to do. She would say where she wanted the licks, and when, and I would make sure that it happened."

One thing that definitely was spontaneous were the reactions to Aretha's singing on the part of everyone there. We see joy and wonder, and disbelief at sharing musical moments better than anyone could have imagined. Watch the choir, watch the congregation, watch Reverend Cleveland as even he, force of nature that he is, loses it.

When Warner Brothers, that was backing the film after buying out Atlantic Records (and hoping to double-bill it with *Super Fly!*), announced that they'd chosen Sidney Pollack to direct the documentary, some people were dubious. They worried that Pollack's inexperience with this kind of non-dramatic filming would be disastrous. The doubters were both right and completely wrong.

Wexler was wrong because Pollack was a gifted filmmaker with a hardworking crew of film & sound

engineers (and five 16mm cameras) who managed to capture lightning in the bottle. You are there. Sure, there were wires everywhere and you could see the guys climbing over furniture to capture their shots, but they ended up with some 20 hours of magic that could be edited down to 90 minutes of miracle. Technically, ragged glory. Glory nonetheless.

Wexler was right because Pollack neglected to put in the cues that would allow for a later editing together of sound and visuals. Even working with the choir director and lip readers, it was physically impossible in 1972 to compensate for the director's technical error. It would take 30 years for the technology to advance to the point where the problem ceased to exist. At that point, shortly before his death, Pollack was able to hand the project over to a young man named Alan Elliott. Elliott finished the film, and then spent the next 11 years trying to convince Aretha to authorize its release. After her death in 2019, he went to her family to get support to move ahead. Aretha's niece, Sabrina Owens, the executor of her estate, said "The moment I saw the film for the first time...I knew that others needed to see it."

Since every song in *Amazing Grace* is a musical highlight, I'm just going to mention a couple of other memorable moments. One is the reaction of gospel great Clara Ward to Aretha's bringing it all back home. Another is Aretha's father getting up from his seat to wipe the sweat off his daughter's face as she sings, and giving us a taste of Baptist fire when he takes the podium. There are also the glimpses of Mick Jagger and Charlie Watts in the audience, in L.A. to record *Exile on Main St.* and smart enough to know the best gig in town when they got wind of it. Lastly, Alexander Hamilton's liquid grace in leading that splendid Southern California Community Choir.

I got a pretty good glimpse into the importance of gospel music in the contemporary life of black Americans some 40 years ago, when I came across a booth in the middle of an empty parking lot in Detroit with a big sign on it that read "CHOIR ROBES FOR RENT." Priorities. I had a refresher lesson many years later when Aaron Neville turned up in a small church in New Orleans to sing for his grandchild's Christmas concert. There's a good chance I'll pass out of this world with either "I am a Poor Wayfaring Stranger" or "Mary, Don't You Weep" playing in the background.

The live recorded version of the New Temple performances was the biggest hit of Aretha's career, and still stands as the best-selling gospel album of all time. It's fitting that the very first song Aretha Franklin sings in *Amazing Grace* is Marvin Gaye's "Wholy Holy." Yes it is, brothers and sisters. Yes it is.

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## Local Artist Profile Hearts to Mountains: Melody Arnold

by Sharman Horwood

Melody Arnold is a local artist who manages to shy away from public life, yet produces spectacular paintings in a variety of styles. She lives in Riondel, where she has gardened enthusiastically. She also enjoyed kayaking along the edges of Kootenay Lake, often the subject of her work. “You have to capture the feel of things,” she says, when asked why she paints.

Melody maintains that art is a way of thinking. She says, “you notice things way more,” and painting makes you look at the world in a different way. When she was kayaking, she wanted to take what she saw—what it made her feel—and capture that on canvas.

As a child she grew up with parents who were both artists and writers. She used to sketch herself, and do pencil drawings but gave that up because they didn’t always turn out the way she’d planned. However, she also felt that she had to let that “expectation” of her work go. Art always seemed magical to her. Later she also discovered that she likes playing with colour. Melody uses strong colours, employing their contrast to enhance the emotions expressed in her work. When she was younger, she also hoped to have a house full of paintings. With artwork by Ted Wallace and Ted Diakiw, along with her own work, her home is now walled with art.

At one time, she and her husband lived in Mexico for three years, working at an orphanage. While there, she did some pen and ink cartoons, coloured with pencil and watercolour, to amuse the children with stories of her life, such as the drive to Canada, or the adoption of a pet baby rat. They are vivid cartoons, and comical, showing her gift for telling stories in the depicted actions and sequence. (The series was about a rat and an ant. She was the rat, the driver of the car, and her husband the ant, often fixing the car at the side of the road.)

Melody didn’t study art as a major in school, though she did participate in colour workshops at college. She also attended local workshops with instructors, like Ted Wallace, John Cooper, and Phyllis Margolin. She said that Ted taught her what she couldn’t do—an important part of the artistic process—and John opened her eyes to what she actually could do. Phyllis’ watercolour workshop taught her about simplicity and colour, strong elements in Melody’s art today.

Melody has exhibited in shows featuring her work, some of them local. Last summer she participated in the Art Connection that went from Creston up to Riondel along the east shore of Kootenay Lake. She has also exhibited her work in the Nelson & District Credit Union in Crawford Bay, at the Kootenay Coop in Nelson a couple of years ago, as well as a display in the Mental Health Building in Nelson.

Melody did a series of small pieces on the hearts of roses. The bright paints intensify the hearts in the roses in an emotional way, leaving a lasting impression of colour and feeling. Nowadays, she mostly works with

acrylics on large canvases, many of them Kootenay landscapes. The advantage with acrylics, she says, is that you can change things, move objects around or re-shape them on the canvas. She loves the satisfaction of being able to paint, to see what she can accomplish as an artist. She has experimented with acrylic pours, and with traditional styles, but her favourite is a method similar to the Australian aborigines, using dots of colour contrasting with a deeper background shade, the result more dramatic than a flat sheet of shapes. (One of these is visible on the wall behind Melody in this article’s photo.) They display a stylistic sense of the immensity of her surroundings. She selects strong



colours, and uses them in definite, clear forms that are vivid and display the heart of the area. Recently, her favourite size for a painting is a long, narrow panel where she explores the lake by foreshortening the vista, altering certain proportions, and creating a vision that is still somehow what I see when I look at Kootenay Lake from that spot. Her images definitely capture the heart of what she sees.

She says she paints because of the challenge, of being able to do what she has in her mind. Her lake views show her strong sense of the seasonal colours in the trees, in the mountains, and the clouds. She enjoys painting clouds because they

can give that sense of distance and dimension so often lost when translating the natural world to canvas. Plein Air painting is not to her liking: “everything changes too fast,” she says. Instead, she likes to work from her memory and the sketches of what she’s seen.

Her advice to beginning artists is very much the same as other artists featured here: keep doing it! Don’t give up. You will succeed, but be willing to experiment, and try different techniques. Also, don’t accept what some people say about your work. Keep painting, and develop your own voice.

Melody hasn’t painted for the last year and a half because of health problems. However, she is recovering and looks forward to painting again, hopefully soon.

## Riondel Arts Club

by Sharman Horwood

Several people in the art club are away for the winter, but still creative, returning with photos and ideas for new paintings, new projects. I hope you have some creative ideas at hand.

Currently, the art hanging in the Riondel Community Centre will stay the same for the coming month. If you haven’t seen it, drop by and look. We’d love to hear what you think.

Gerald Panio is continuing his art lectures in February. On Feb. 4, he will show a short documentary on Diego Velasquez, an important painter of the Spanish Golden Age, focusing on The Rokeby Venus. Following that, on Feb. 11, Gerald will give a lecture on the Renaissance painter, Raphael. According to Wikipedia, “His work is admired for its clarity of form, ease of composition, and visual achievement of the Neoplatonic ideal of human grandeur.” Then, on Feb. 25, Gerald will show another video from The Private Life of a Masterpiece: Francisco Goya’s The Third of May, 1808. February is a short month, with spring just around the corner. I hope it is a creative one for you.

## Arts & Culture Grants Now Available CKCA and the Trust announce 2020-21 programs submitted by Columbia Basin Trust

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 sharing the perspectives of the arts and culture community in the region.

“In partnering with the Columbia Basin Trust, we’ve seen firsthand the positive impact funding has in supporting arts and culture,” said Laura White, CKCA Chair. “In particular, we have seen the evolution of many emerging artists in this region who have thrived. The Trust’s continued investment in arts and culture through the CKCA has had, and will continue to have, a significant impact for artists and organizations in the Basin.”

For 2020-21, 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 2020.

“We are pleased to continue supporting artists and strengthening the arts and culture sector in partnership with CKCA,” said Michelle d’Entremont, Manager, Delivery of Benefits. “Together we are supporting and growing arts and culture in local communities and contributing to the unique culture of Basin life that so many of us enjoy.”

Visit [www.basinculture.com](http://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 6 or March 13, 2020, depending on the program. Columbia Basin Trust supports the ideas and efforts of the people in the Columbia Basin. To learn more about the Trust’s programs and initiatives, and how it helps deliver social, economic and environmental benefits to the Basin, visit [ourtrust.org](http://ourtrust.org) or call 1.800.505.8998.

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**Feb 26/20**

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## TOM SEZ

by Tom Lymbery

Liam Foody has scored several goals in the Canadian Juniors International tournament. He is a cousin of Lorena's husband, Mike Gareau.

The *Vancouver Province* had an excellent two-page article of the Ashram with a picture showing the leaves of the Temple of all Religions and a grand view of the lake.

The lake will be gradually lowering its level as it prepares to hit zero by March 31. Time to plan your dock improvements and beach cleanup.

Askhole – someone who often asks for advice, but then does the exact opposite.

Winter winds can set you chimney afire. If your chimney is good quality then a fire is basically doing a cleaning job so you hope it burns out before a fire department notices it.

January 12 has been labelled Quitters Day as apparently that is when so many people give up on their New Years Resolutions.

2020 is the 85th Anniversary of Oregon's Shakespeare Festival. Who remembers our Lions Bus "Leos Dream" taking people all the way there with Stan Saunders driving to Ashland, Oregon? Could our new community bus ever make a long trip like that?

Kalesnikoff are in the process of starting up their large new facility which will produce structured beams and employ 50 workers. BC now allows wood to be used for buildings of up to 12 stories so that is the market for much of the new product.

2020 is the 50th anniversary of Earth Day.

Leone Lund of Gray Creek has had a beautiful winter photo of the lake taken from her deck published in the Readers Digest in "40 stunning shots that showcase the beauty of Canadian Winter". She is truly a talented photographer.

Greg Scott's column from the *Nelson Daily News* of 50 years ago, 1970 reports on 200 snowmobiles competing in Nelson's winter carnival. They used the enormous pile of sawdust that was left from the plant producing match blocks for Eddy Match, spreading the sawdust to make an oval track as there was a lack of snow that year. This was in the area where the Superstore is today.

Another 1970 report is about the students helping pay for the new student union building at Notre Dame University. Has any other town had their university closed in the way the BC Government downgraded Nelson?

Harrop/Procter and Nakusp Community Forests are receiving grants of \$40,000 and \$20,000 to enable them to ship more wood waste to Zelstoff Celgar at Castlegar to be made into pulp instead of having to burn this residue from logging. The pulp mill is now accepting much smaller logs than previously, down to 2 1/2 inch tops.

There is a strong movement to build a weir on Lake Koochanusa to retain sufficient water for recreation and tourism on the lake. The Libby Dam in Montana lowers the lake too much and building a weir would allow Canadian control of the water levels.

We need community forests on the East Shore to protect watersheds and provide local employment. While these operations have to abide by the Annual Allowable Cut (actually compulsory) they can do some selective harvesting that produces a crop in 15 years instead of 80 for clear-cuts.

Flash Forest is a new company using an innovative tree planting system. A drone fires tree seeds into the ground. This may be effective on many sites, but I am sure there are others which need traditional planting of seedlings. The drones would certainly be effective on land where winter cold is necessary to cross soggy areas for logging but access to replant is restricted.

January or February sometimes brings a cold spell after heavy rain to form a hard crust on the snow. This can allow you to walk easily over top of brush and debris into areas that are hard to access. It also makes you feel superior to be walking over top of everything. In 1952 we had a solid enough crust that I could skid firewood on the crust with a horse, but I had to be careful that the horse didn't put a leg through the hard frozen snow.

Peachland BC has apparently no peach trees left. The fruit land has been eaten up by housing. They are appealing to people to plant peach trees – even a few. Perhaps visitors at the information centre ask, "Where are the peaches?"

Riondel would be an ideal place for a Seniors Rehabilitation Centre. Not for drugs or alcohol but for recovery from injuries and the onset of dementia which is coming closer to being possible.



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## School District 8 Water Quality Testing

**press release from SD8**

Following water testing in December, School District 8 has identified that the majority of locations met or exceeded the recently changes to the Guidelines for Canadian Drinking Water Quality in regards to heavy metals. A few locations were identified as being above the maximum allowable concentrations for drinking water. Please see below for a detailed list of what sites are affected.

As an interim measure, any locations that were found to be above the maximum allowable concentration are being directed to flush their water systems daily to ensure that the water being delivered is fresh. Longer-term mitigation strategies or renovations are being planned to ensure that all drinking fountains within our schools are safe and meets or exceeds the requirement of all applicable guidelines and regulations.

The following sites had an exceedance at one or more of their drinking fountains:

- Hume Elementary School
- LV Rogers Secondary School
- Prince Charles Secondary School
- Rosemont Elementary School
- Salmo Elementary School
- South Nelson Elementary School
- Trafalgar Middle School
- Winlaw Elementary School

The following sites had no exceedances at any of their drinking fountains:

- Adam Robertson Elementary
  - AI Collinson
  - Canyon- Lister Elementary
  - Central Education Centre
  - Crawford Bay Elementary & Secondary
  - Creston Operations Bus Garage
  - Erikson Elementary
  - Gordon Sargent
  - LVR Daycare
  - Mount Sentinel Secondary School
  - Redfish Elementary
  - Salmo Daycare
  - Salmo Secondary School
  - W.E. Graham Elementary & Secondary
- The following sites will be sampled in January:
- J.V. Humphries Elementary & Secondary
  - Jewett Elementary

The following sites are currently on bottled water due to unrelated issues were not sampled at this time:

- Brent Kennedy Elementary School
- Blewett Elementary School

For more information; Dr. Christine Perkins (christine.perkins@sd8.bc.ca)

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*Feb 26/20*


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# Tom's Corner

by Tom Lymbery

## Relief Camp in Gray Creek

In 1934 the Dominion Government established a relief camp at Weasel Creek on the 8-foot-wide road from Gray Creek to Crawford Bay. Single unemployed men from Creston and Wynndel were put to work building roads in Gray Creek. For their 44-hour work week, the men received board and 20 cents per day – barely enough to pay for tobacco.

As recalled by John Oliver, the Gray Creek relief camp consisted of four large frame buildings to house the men, plus a cook shack. The buildings were basically 2 x 4s sheeted with shiplap and covered with tarpaper. A pipeline from Weasel Creek supplied water and wood stoves served for cooking and heating.

About 30 single men and five camp staff lived in the camp. Road foreman Matt Hagen was in charge with his son-in-law Elias Uri as sub foreman, and Doug Bolton as the cook.

Sydney Hutcheson's memoir, *Depression Stories* has provided some of the information for this article. On page 58, Hutcheson mentions staying at the Gray Creek relief camp overnight when he and two friends were detailed to drive a two-ton truck from Cranbrook to Kamloops. They were given a supply of food from the camp cook, a tank of gas, and a 20 gallon barrel full of gas. (I don't know why they had gas at the camp as no vehicles were used on the road projects.) The local kindness shown to Sydney and his friends continued when they boarded the Nasookin for their ferry ride to Balfour - the Greyhound bus driver paid the fares for all three of them and the truck.

Virtually every local family was on government relief. As John Oliver recalled, during the Depression the only local paying jobs were fighting fires, cutting cordwood, or picking and packing fruit – all seasonal work. Family men on relief received barely enough to keep their families fed, but still had to repay this by working on the roads, along with the relief camp workers. George Oliver, for example, received \$32 a month for his family of nine. For that sum George had to do road work ten days a month as the powder monkey (blaster). Magnus Jernberg, who was single, received \$12 per month and had to work four days a month. The local relief agent, who was known locally as "Smiley", had been appointed earlier to organize who was to receive relief payments and the work they would do in exchange. That work was essentially wheelbarrow, pick-and-shovel road work – no equipment at all was available. Since there was so much rock, holes had to be drilled with hand steel in order to use sticks of dynamite. Johnny recalled that men who were physically unable to work received direct relief without having to work it off, but Smiley was under pressure to keep those relief rolls as small as possible.

Gray Creek was an important place for the relief

camp, as the newly completed highway from Creston to Gray Creek was to be extended to Kootenay Bay, shortening the new ferry's 12-mile trip from Gray Creek.

The existing road from Creston to the Gray Creek ferry also needed improvement. When I was in school in 1936, the crew worked with picks and shovels to raise the grade by our hall and ease the climb up to the junction with Anderson Road. In 1935 the southbound route from the store to the Gray Creek bridge had been completed with one of the few straight stretches, replacing the earlier single-lane road closer to the lake by Tony Kunst's cabin (where the Ross Banner property is today.) This section of road entailed using a section of light rail on which a cart loaded with boulders

and gravel was pushed by hand. In this way they cut through a 25-foot ridge which had impeded the route. Cedar trees cut from the right-of-way were sawn into lengths and split into halves to be used for large culverts, with their flat sides visible. One of these culverts was four feet wide and three feet high and carried a small stream between the store and the bridge. A second large culvert was set up as a detour in case

Gray Creek should return to its earlier course which led to the lake just east of our hall. At school we used this culvert as part of our playground, bending low to scramble through.

Please don't confuse this relief camp with the highway construction camps used to build the new road from Kuskonook to Gray Creek in 1929 – 31. These road camps housed men who were paid up to \$3 daily before deductions for board. The longest-lasting of these worksites was at Burden's Rock where it took about six months to blast away the solid rock bluff which completely blocked the route north. The road camp had to be close to the job site as all the men had to walk to work, and so it was taken down, moved ahead, and reassembled as the road work progressed up the lake. Once Burden's Cut was completed, the nearby camp at Hoskin's moved about three miles north to Gent's Beach, and finally to McFarlane Creek (now Lakeview.) Later the abandoned boards were used by Johnny Karisny to build the cabins for his new Lakeview resort. You can see pictures of the Burden's Cut road camp in Tom's Gray Creek, Part I, page 62.

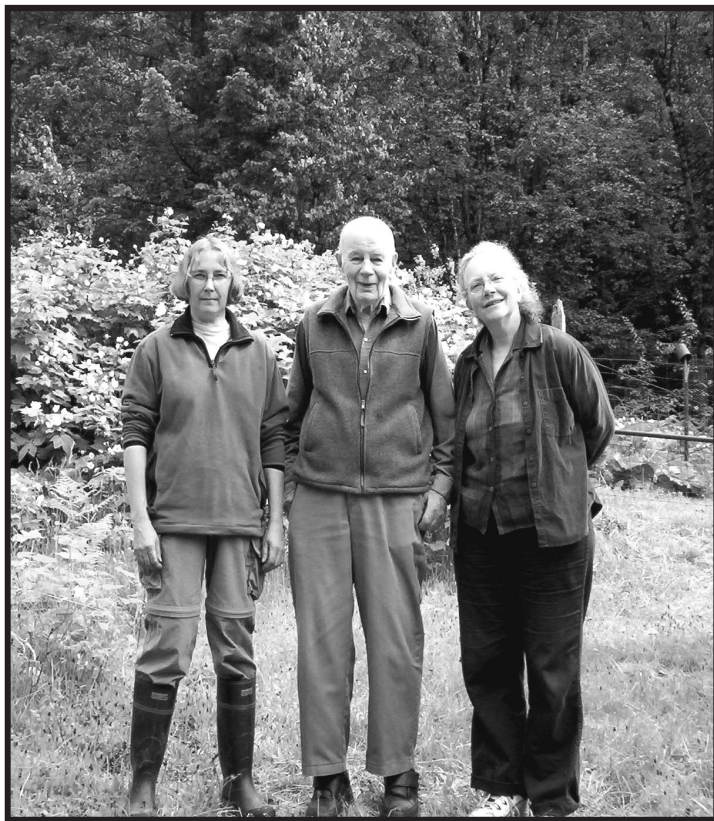
Starting in 1931-32, relief camps in BC were operated by the province at first, but within a year were taken over by the Dominion Government. Single unemployed transient men were moved from the cities to these infamous camps in the BC interior, and if they refused to move they faced having their relief cut off. In the camps they were expected to work 44 hours a week for their board plus 20 cents daily. The Department of National Defense (DND) operated the camps in a most authoritarian manner, denying the

men their most basic civil rights. Since many of the men had been "on the bum" searching for work for a year or more, many needed boots, socks and overalls, and some of these were grudgingly issued. No allowance for any sort of sports or entertainment was made, so it was a dismal period of survival.

But at least in road construction, the men could see that they were actually doing something useful. In his Depression memoir, *The Winter Years*, historian James Gray writes of his own experiences in Winnipeg. There in order to receive very basic relief, men had to pull dandelions from the streets, and extend city streets to areas where there was no sign of possible future housing. Dig a hole then fill it back in with dirt wheelbarrowed from a short distance away.

The American New Deal had far better work programs for the unemployed. The New Deal supported artists and writers, rural electrification projects, and many improvements to the National Parks and Monuments sites. The men received far more considerate treatment than in Canada. There always seemed to be the hope that the Depression would be over next year, but it didn't end until the 1939 – 1945 war began and the services started signing men up for the navy, army and air force.

The relief camp at Gray Creek was refurbished – fresh tarpaper! - and put to use again when the Dawson, Wade & Co. came in 1945 – 47 to build the new highway to Kootenay Bay. However, these camp workers were paid reasonable wages and came to the store daily for tobacco and to see if our soft drink ration had turned up.



*Geoff Beley, shown here in 2006, shares information on the Gray Creek relief camp with Janet Schwieger (L), Frances Roback, and Steve White, who took this photo.*

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## FIRE!!....SMART??

by Anthony Arnold

We have all seen the images streaming out of Australia over the last few months. Walls of flame. Storms of smoke. Frantic and frenzied people fleeing. Exhausted firefighters. Thousands taking refuge on the beach and in the waves as flames invade their towns. Satellite imagery showing the unimaginable extent of fire and smoke. In many ways this has been more real than the devastating fire season of 2017 in BC, maybe because an entire country is involved, maybe because the decimation of iconic wildlife species has been so much in the foreground of media coverage. By whatever metric, the message cannot be ignored: for anybody anywhere who lives in or near forested land, a crisis is at hand.

One of the main responses of local government, the RDCK and also Ministry of Forest, Lands, and Natural Resource Operations and Rural Development, has been the implementation of the BCFireSmart program, which you can read about in detail on their website, firesmartBC.ca. There is a heavy emphasis on vegetation management around rural homes and communities in this program. Representatives have been in our community, free hazard assessments are available to individual homeowners, and there are various incentives to be had. We have even seen action in Crawford Bay and north and south of Riondel by pruning and brushing crews, work that has been paid for out of funding targeted for the purpose. Some work has been done on private land too, and Tech has done extensive work on its properties around Riondel as well. A good beginning, yes, but it will mean next to nothing if/when a catastrophic fire happens on the East Shore.

What more needs to happen? Number one on my list is communication. We need to talk to each other about this issue. Hoping the fire won't come and just getting on with our busy lives might just lead us into a mad dash to the water's edge in hopes of survival. And we need to find out what the policy makers are doing and planning, evaluate their work, and give them effective feedback. For example: management of old growth (forests from 120 years old and up) can have a profound effect on fire management, and the provincial government is currently reviewing this file and seeking public input until January 31; you can go to [engage.gov.bc.ca/oldgrowth](http://engage.gov.bc.ca/oldgrowth) and get involved. There has been a lot of talk about firesmart communities, but I sure don't see any evidence of planning or mobilization on that level in our community. So far it seems to be happening on a property by property basis. Nor do I see much capability for a fast and efficient response to wildfire...our local first responders need more resources and more back-up.

The most obvious deficiency is in vegetation management at the landscape level. It's not enough to thin and prune, especially around communities. The canopy itself must be spaced out, at least to the extent that no crowns are touching. This really slows down a fire. We need patches, varying in size throughout the landscape, where the canopy is thin enough to slow down a big fire. One of the things I saw over and over in the images from Australia were huge stretches of forested land with no variation in vegetation density at all. Bad idea. A mosaic of forest types and densities would allow for effective fire management and effective forest management.

What we do not need are huge areas of deforested land. The forest ecosystem can't provide the services of water production, wildlife habitat, climate modification, carbon sequestration, etc. if it isn't allowed to remain intact. A labour-intensive model, as opposed to the current industrial model, would continue to provide jobs, forest products, and fire protection. And it would be our best response to the looming climate crisis.

## International Students Visit SD8 Kootenay Lake

submitted by SD8

SD8 Kootenay Lake is excited to welcome 30 Chinese students to Trafalgar Middle School. They have been made to feel very welcome and will be engaged in multicultural learning opportunities along with our local students.

As you are aware, there have been news reports about the Corona Virus in Hubei province. Our visiting students are from Kunming, Yunnan province, 1500 km away.

Kootenay Lake SD8 International Program has been in contact with Interior Health, and they have assured us that all the necessary steps have been taken with the screening done in Beijing, China. We want to confirm that none of our International students or supervisors have symptoms.

Interior Health (IH) of Communicable Disease has shared with us that the virus is a mild case of the flu and not like SARS. According to Interior Health, all the deaths that have been reported have been with individuals who have had compromised health, which is the same as the flu in general. They are reminding everyone that the best defense is the same for all colds and flus, wash your hands and cover your mouth when sneezing.

Interior Health has asked that they be contacted directly if people have any further questions (250-549-7136).

For more information; Dr. Christine Perkins ([christine.perkins@sd8.bc.ca](mailto:christine.perkins@sd8.bc.ca))

### About The Board of Education of School District No. 8 (Kootenay Lake):

The Board of Education of School District No. 8 provides educational services to numerous diverse communities in the East & West Kootenays, including Crawford Bay, Creston, Kaslo, Meadow Creek, Nelson, Salmo, Slocan, South Slocan, Winlaw, Wynndel and Yahk. Its dedicated team focuses on providing the best possible educational opportunities for over 5,400 students and their families. Its mission is to focus on excellence for all learners in a nurturing environment.

## MLA Mungall Named New Minister of Jobs, Economic Development and Competitiveness

submitted by the MLA's office

Nelson-Creston MLA Michelle Mungall has been appointed Minister of Jobs, Economic Development and Competitiveness. This change is part of the changes to cabinet announced this morning by Premier Horgan that reflect government's commitment to a strong, sustainable and innovative economy that benefits people and communities throughout British Columbia.

"These ministers will work hard every day to deliver sustainable economic growth that provides good jobs, a better quality of life and a stronger province for people in every region. I am confident they will put their knowledge and energy to work for people, as we focus on building an economy that works for everyone," Premier Horgan said.

"I am looking forward to building BC's economic strength even further while also bringing my rural perspective to this important role," said Mungall of her new role.

As Minister of Jobs, Economic Development and Competitiveness, formerly the Ministry of Jobs, Trade and Technology, Mungall will continue to promote B.C.'s tech sector, economic growth in communities around the province and support business competitiveness. She will be responsible for trade, and engage with industry associations and major sectors on government's approach to quality economic growth.

Other changes announced include appointing Bruce Ralston as Minister of Energy, Mines and Petroleum Resources and Anne Kang as Minister of Citizens' Services.

"British Columbia has tremendous advantages," Premier Horgan said. "We have rich, natural resources, innovative technologies, skilled entrepreneurs and a competitive business environment. Our government has shown that investing in services people need and making life more affordable grows our economy and helps B.C. remain resilient. We're going to keep working for people and make sure our economy works for everyone, in every region."

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## Smarter Than Jack or Jill

by Sharman Horwood

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

### Close Encounters: The Minds of Whales

Along with their songs, humpback whales act in some strange ways that suggest they have a meaningful intelligence, and that they have some empathy for other animals, including humans.

Humpbacks are one of the larger whales. They range from approximately 39 to 52 feet long, and weigh about 28 to 33 tons. They also have one of the larger brain sizes in proportion to their body size (sperm whales have the largest brains in this category). According to R. Douglas Fields, in "Of Whales and Men," published in *Scientific American*, "Cetacean brains, such as those of dolphins . . . and humpback whales . . . , have even more cortical convolutions and surface area than human brains do." To some biologists—and philosophers—this means a "massive interconnectivity in the brain" which might lead to consciousness, based on "the number and complexity of neural connections" (Frans De Waal, in *Are We Smart Enough to Know How Smart Animals Are?*). The only way to really understand if this is truly intelligence, however, is by watching their behavior.

Humpbacks are curious. Whale watchers in Monterey Bay have seen humpbacks raise their long noses out of the water in order to examine the whale watchers looking at them from the boats. In spite of the fact

that humans have almost hunted humpbacks to extinction, these cetaceans at times even seem friendly. This fact came as a surprise to Tom Mustill, a British tourist who was kayaking at Moss Landing, near Monterey Bay. A humpback whale breached beside him and came down on top of his kayak. Amazingly Mustill survived, but he filmed a documentary based on the incident (*The Whale Detective*, recently shown on PBS's *Nature* series). As the enormous whale rose above him, according to the film taken by others nearby at the time, its eyes "bugged" out and it looked at him before it landed on him. It seemed to twist in the air, possibly trying to correct its breach so that it wouldn't strike him with the back of its head, which would have certainly killed him.

There are very few instances where humpback whales have attacked a human, and when they did it was with their enormous pectoral fins (in one of these instances, a diver was too close when two humpbacks were mating, and one of them struck out with its fin; he survived with a broken arm and two broken ribs). Another diver insists that humpbacks are generally very careful of the humans who dive nearby.

In fact, humpbacks have been known to rescue other animals, including a human. There are—according to the documentary—hundreds of instances where humpbacks have interfered when another animal is being hunted, particularly by killer whales. In California, Nancy Black watched as a pod of these whales hunted and killed a grey whale calf. As they were feeding, a group of humpback whales homed in on the orca, driving them away from the carcass. Even blue whales won't fight killer whales, but humpbacks will, using their enormous pectoral fins. They have been seen coming to the rescue of seals, sea lions, dolphins, and even a giant sunfish.

On one particular occasion a humpback whale res-

cued a marine biologist. Nan Hauser studies whales around the Cook Islands. (She has the dubious fame of being the first to catch a whale fart on camera.) She was surprised one day by one humpback pushing her with its nose. She could see right into one of its large eyes. She was surprised—and frightened. Nan had to push herself away from the whale. The whale then tucked her under one of its pectoral fins, and swam with her towards her boat. It stayed with her until she climbed out of the water. Then she looked back at the whale, and behind it. A shark's fin rose out of the water. It was very close and had been stalking Nan until the humpback took her out of harm's way.

Very little is known about humpback whales. We don't know how long they live, we don't know why they sing, though there are theories that the males' songs could induce estrus in females, and we don't know how many there are. We can only estimate and guess about these creatures. We do know they are cooperative feeders. They work together to make bubble nets around a school of fish (humpbacks don't have teeth; they feed only on krill and very small fish). The fish think the circle of bubbles rising from below is a net and they rise to get away from it. The humpbacks, in unison and very close together, then rise with their mouths open to engulf their food. This cooperation suggests intelligence and communication, and a higher level of awareness of the animals about them.

One of the necessary qualities that promotes intelligence is a high degree of social awareness. The necessary communication this entails may also have increased their empathy towards other creatures, leading the whales to rescue them. Humpback whales seem to have that kind of amazing intelligence: recognition and curiosity, leading to empathy. We know far too little about these intelligent creatures.



### pebbles by Wendy Scott Royal Travels

Since there's a possibility that Canada might have a touch of Royalty arriving in the not too far

distant future, I'm reminded of Two men in a canoe, trapping and trading around Hudson Bay; deciding that the fur trade could do with some international incentive they forwarded a business plan to King Louis XIV of France (1638 - 1715). Louis had married a Spanish princess and was busy sending explorers south, down the Mississippi to Louisiana, which—he had been assured—was rich in silver. He let the offer lapse. Five years later, England was emerging from a brief hiatus as a Republic and King Charles II agreed to meet with Pierre Radisson and Médard des Groseilliers—those two men in a canoe. However, it was the king's cousin, Prince Rupert, who convinced King Charles to sign a charter. The prince may have been more inclined to branch out into the unknown waters of the Hudson Bay, after all, he had done some successful pirating while England was in between kings. Thus, it was that Prince Rupert became founder of Hudson's Bay Company, and "The Company" began its trek across the country that would become Canada.

Much has been said regarding the expected arrival of the next Royals, because – they are not – royals, that is, having decided to give up that claim to fame. This puts them in a totally different category to Charles II (1630-1685) who ruled England between 1660 and 1685, but that was only twenty four years. At the present time Queen Elizabeth II holds the record for length of reign. Queen Elizabeth has already surpassed her own great-great-grandmother, Queen Victoria, who reigned for sixty three years.

Harry and Meghan wish to be self-supporting which means Harry, at least, will have to apply for a job. They will need a house in Canada and in a few years a school

for little Archie.

Gazing from my window today, I'm reminded of my first view of Kootenay snow, and wondering what his will be.

My winter world was a muffled white silence. Snow covered each delicate twig on the mulberry tree and every evergreen branch. Outside the silence took on the dimension of distance. There was no wind, but the cold fell through tall evergreens misting the air with a sigh of fine powder.

Streetlights and pathway lamps bent their shadows over hillocks and mysterious mounds. The trellis sent a black and white pattern across the path – swept at least twice, but now just as white as the tall snow hat in the birdbath.

The only colour came from Christmas lights on the sundeck, blue, green, yellow, red; halos glow where the little bulbs touch the snow piled neatly on the railings. Flakes began to float again, past the window and with them come thoughts of other places, other winters, other times.

There was a Vancouver room that would accommodate a twelve foot pine. So, of course, we found one. The tree defied our decorating skills and would accept only lights. It was elegant, regal and – to rather small children – was recalled with even more grandeur as their own years increased.

There was green ice on a Cariboo lake and the wild song of cracks spinning across its surface. And like giant spokes, gray and white bands of light converged directly above that same lake and presented what seemed to us a magic window with a glimpse into the unknown and ultimately, the unexpected.

After more than fifty years in Riondel, that unknown future no longer teases my mind. I'm happy here and intend to remain.

Three bracelets wrap my own wrist; the first one purchased by my daughter to aid a child who none of us may ever know, but who needs, and asks, so little to survive in her tradition; the other two woven by children of the 1970's carry ancient stories and traditions

forward into my world. The bracelets for me symbolize both joy and sadness. One from a child of the Seton Lake Indian Band at Shalalth Tsal'alh, depicts the geological history of an ancient lake divided by a cascade of rocks and debris that had been, for millennia, a mountainside. The other from the daughter of a diminutive Huichol Indian woman who came to a small mountain lake in Mexico, La Laguna de Santa Maria del Oro, (with its own golden myths) and brought the ancient tradition of Huichol bead art to my wrist. The bracelet shows the symbol of the scorpion used by shamans to repel evil and bad luck.

The mountains surrounding and guarding La Laguna are yet another remnant of the Sierra Madre and our own Cascades – the continuity of life and the guardians of Kootenay Lake, explored and discovered, more than 10,000 years ago, by Indians of the Ktunaxa Nation.

And as the days ahead uncover yet more dimensions wrapped in the decades of the future, one left-over mulberry leaf will flutter like a butterfly, not down, but all the way from our back yard to the front and across the road. It will land in another place, under another tree – misplaced and foreign beside birch or maple. Perhaps it will come to rest on the frozen creek to be blanketed under snow until the spring of another year warms its icy repose and carries the slim brown leaf to rest under tangles of salmonberries and fern. There it will mingle with other leaves and add the substance of its old year to the continuity that is the nature of all new, and newly discovered, lives.

Our expected visitors might feel misplaced for a while, but I suspect Archie's the first snowy winter will remedy that. And I wish them well.

*When the wind casts rings  
Beyond the moon,  
Fasten your star with a vow;  
Catch the whispers -- Hold on  
To your own special tune;  
Past Always, and back to Now.*

- wmes



## For the Love of Genre

by Sharman Horwood  
Different Worlds, Similar Views

The two novels I've chosen this month are *Exit Music*, by Ian Rankin, and *The Chrysalids*, by John Wyndham. These two stories are very far apart in time and place, but both are about change, particularly the type where one door closes and the other hasn't yet opened.

Ian Rankin's novel, *Exit Music*, is one of his best. In this story, John Rebus is facing retirement, and has about a week left before he has to leave the force. I'm not always a Rebus fan, but in this story he has mel- lowed a great deal, particularly since he is facing an emotional end to his career. He has been temporarily placed in an unsolved crime unit until his former col- league, Siobhan Clarke, requests his help in a murder case. A dissident Russian poet, living in exile in Brit- ain, has been killed. He was mugged, and then beaten to death on King's Stables Road, near a car park build- ing. Shortly after Rebus joins the team, a commercial sound recordist is also found dead, with his studio and its tapes burned. The recordist has been known to lis- ten in on other people's conversations, taping them to be used in documentaries he creates. He also recorded the poet at a local reading.

These deaths take place at a time when a former Russian spy has been poisoned in London. He is in the hospital dying, and authorities wonder if this was a Russian assassination attempt in retaliation for reveal- ing their state's secrets. Rebus and Clarke now have to wonder if the Edinburgh murder is in any way related to the London incident. Rebus does learn that Ger Caf- ferty, the organized crime leader, and his enemy, might

have been involved.

I prefer this novel to the other Rebus tales because here he has to develop some larger breadth of under- standing for everyone involved. Normally, Rebus is a limited character, with specific weaknesses, such as his drinking, but in this case, while facing the end of his career he needs to act differently. He needs to treat his new boss with more respect, for example. There is an internal conflict in him at this time and that also causes him to act rather unexpectedly. He doesn't like the Russian poet, nor the recordist, but he does have some empathy with the manner in which they were each killed. Perhaps the end of their lives causes him to think of retirement in much the same way.

The other novel is *The Chrysalids* and it is an old friend. A short novel, and an easy read, it was first published in 1955 and many believe it is Wyndham's best. It is certainly very different from his others (*The Day of the Triffids*, or *The Midwich Cuckoos*, which was brought out twice as a bad movie titled *Village of the Damned*). *The Chrysalids* is more controversial. It is also a post-apocalyptic novel: civilization was destroyed by nuclear war, and though a thousand—or maybe even two thousand—years have passed, the planet and the few remaining people are struggling still to recover. The novel was written in the 1950s, at the same time as other nuclear holocaust novels—such as *On The Beach* by Nevil Shute, another good novel, many of which discuss the consequences of nuclear war.

In *The Chrysalids*, the boy David Storm has vivid dreams: of populated cities, where cars move without wheels, and shapes like large silver fish fly above the buildings. His world doesn't have these things: it is a small village in Waknuk, Labrador, where everyone farms in order to live, and the social order is dictated by fundamental religious beliefs. He wonders if these dreams are leftovers from the past, from the legends of

the Old People. Their destruction of the world makes recovery very difficult. Or are the dreams of magic instead? Fortunately, David doesn't tell anyone about his dreams.

The biggest struggle in David's world is the attempt to winnow out anything that changes people, plants, or animals. In nature, these are Deviations, and in humans, they are Blasphemies. Though most books were destroyed in the Tribulation, a Bible survived, and David's people see Tribulation a punishment for people's sins. If a farmer's crop shows any flaws, it is burned to the ground. If an animal deviates from the norm, it is killed. If a human woman has three succes- sive children with Deviations, she is cast off by her husband, and the children are sterilized, and either left out to die, or in some cases when they have grown a older before their Deviation is noted, thrown out of the community to make their way to the Fringes, where they can either live—or die.

David has a specific Deviation that he has so far been able to hide from his family, as does his cousin Rosalind. They can "read" each other's minds. This is a significant Deviation, and their communities would not tolerate them if it was known.

The novel is supposedly an adventure novel. How- ever, it does intelligently discuss important issues: for example, should a human look like the Bible stipu- lates? Is that God's image? How do people know this for sure? One thing is certain, there is no room for change, or evolution, and being able to read another person's thoughts or communicate mentally without speaking is a very big change.

Both of these novels examine evolution in a way. Rebus is looking at the alterations in his life as he retires, what it will mean to him as a man, and David has to come to terms with the rigidity of his society towards change, particularly his own evolution as a man in Waknuk.

There is still some winter left to enjoy reading these books, and I hope you enjoy them both as much as I have.

## BOOK REVIEW

by Tom Lymbery

**MAGIC MOMENTS IN BC SPORTS, A CEN- TURY IN PHOTOS** by Kate Bird, Publisher Greystone Books, 176 pages, \$24.95

BC is a hotbed of sports talent from the Trail Smoke Eaters to Nancy Greene. This book has a century of photos – an amazing summary of those individuals and teams that have won challenges and events all over the world.

This is a large 8" x 10" book so the photos that fill every page are very clear with most in full colour.

Canada's first Olympic flag bearer and our first ever individual Olympic medal winner was Vancouver policeman Duncan Gillis, who won silver in the 16- pound hammer throw in the 1912 Olympics at Stock- holm, Sweden.

Nancy Greene of Rossland is featured in my book two as she and her family spent summers at Gray Creek where she and her sister excelled at water ski jumping. As a gold medal winner in Slalom Skiing in 1968 she became an icon for future competitors.

There is a large photo of the Trail Smoke Eaters Hockey team that won the World Championship over Russia in 1961. Don Fletcher of Gray Creek was a defenseman on that team and I asked him to pick him- self out of that picture.

He tells me that the citizens of Trail raised \$23,000 to send the team to Europe. 500 cars accompanied the team from the airport to Trail and 12,000 attended the celebration on their return – nearly twice the popula- tion of Trail. This is an amazing book and a great ref- erence.

## Blast from the Stacks

Riondel Library News

by Muriel Crowe & Shirleen Smith

What do the words "February" and "library" bring to mind? At the Riondel Library, it's "Read Non-Fiction Month"! All this month, our librarian and staff are encouraging patrons to take a left when they enter the library and explore the fascinating offerings in the non-fiction section. Whether it's local histories, biographies, history, how-to books, arts and crafts or (the pièce de résistance) gardening! (and many other topics), our non-fiction is guaranteed to cure the Feb- ruary blahs. Give it a try and let us know how it works out.

Other events this month include the start of ren- ovations in the library to accommodate the new com- puter lab (mentioned in last month's "Blast from the Stacks"). Nils Anderson will be wielding the hammers and saws. Drop by and monitor his progress.

The other big event in February is the annual Rion- del Library AGM on February 8 at 1 pm at the Library. This year the library is putting out a call for more vol- unteers. Now's the time to channel your inner Librarian. Do you love books? Do you delight in organizing your belongings alphabetically? Do you love loaning things to grateful people and praising them when they remember to return your stuff? Then volunteering at the library may be just the activity for you. Email 'the\_librarian@bluebell.ca' to express your interest in becoming a crew member of the good ship Riondel Library.

Finally, Riondel Library would like to congratu- late Creston Library on their 100th year of providing books, knowledge and entertainment to their commu- nity. Creston Library is celebrating their centennial by

cancelling all overdue fines. "We want people to read and improve literacy, but if we're blocking that with our own policies, it doesn't happen," said chief librari- an Saara Itkonen.

From now on, fines will be waived. Patrons will be charged a replacement fee for any book more than six months overdue, but that fee will also be waived if the book is returned (check under the bed). The changes will benefit the most vulnerable patrons such as those on fixed incomes, folks with limited access to online resources, and youth and others unable to travel to the library independently to return books. From the library's perspective, the loss of revenue from over- due fines is insignificant and it will mean less work for staff processing fine payments. Creston library hopes to attract patrons back to their library who are staying away due to unpaid fines. (Come out, come out, wher- ever you are!) So, what do you think?

Should Riondel Library take a page from Creston Library's centennial overdue fine amnesty program and waive all our overdue fines too?

BLACK · SALT · CAFÉ

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.





## Holistic Health Tips

by Kim Young  
Lowering Blood Pressure With Deep Breathing

### What is High Blood Pressure?

“High blood pressure is a common condition in which the long-term force of the blood against your artery walls is high enough that it may eventually cause health problems, such as heart disease.

Blood pressure is determined both by the amount of blood your heart pumps and the amount of resistance to blood flow in your arteries. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure.” – MayoClinic.Org

“High blood pressure affects one in five Canadians.” – Statistics Canada

### What Causes High Blood Pressure?

Genetics, bad diet, high stress lifestyle, smoking, drinking alcohol, and lack of exercise are some of the main causes.

### Deep Breathing and Blood Pressure

While changing some lifestyle habits will be necessary to control high blood pressure, a regular deep breathing practice can also help by reducing your stress level.

The body needs a balance of calm, relaxation, proper diet, rest, and exercise to run efficiently. Deep breathing helps the body maintain this balance.

Below is a quick deep breathing exercise you can do anywhere at any time:

### Deep Breathing Exercise:

1. Let go of all thoughts
2. Breathe in through your nose
3. Hold that breath for about 3 seconds
4. Exhale through the mouth, exhale at twice the speed it took to inhale

Repeat this exercise several times per day, and as needed during times of heightened stress.

### Conclusion

High blood pressure can affect you anytime in your life, but risk factors increase with age, specifically after age 40.

While genetics does play a role, a healthy diet along with daily exercise, and quitting smoking can help reduce your risk of getting high blood pressure.

When you practice deep breathing regularly, you help your body reduce stress levels and maintain a normal blood pressure.

There are no symptoms of having high blood pressure, so it is important to be tested regularly.

*Kim Young is a Director with the East Shore Kootenay Lake Community Health Society, a Precision Nutrition certified Holistic Health and Wellness Coach, Functional Aging Specialist and Reiki Master who lives in Kootenay Bay with her husband Jim and their dog Jax. Check out my website at: [www.kimy-oung.ca](http://www.kimy-oung.ca)*

## Projects Promote Increased Well-being Columbia Basin Trust supports 31 projects with \$680,000

press release by CBT

(Columbia Basin) – Thirty-one projects that aim to improve quality of life in the Columbia Basin, focus on children’s development and strengthen social service organizations are receiving nearly \$680,000 from Columbia Basin Trust’s Social Grants program.

“Alongside many community organizations in the region, the Trust is dedicated to helping all people in the Basin meet their needs and access the resources that will help them address challenges and thrive in their communities,” said Aimee Ambrosone, Columbia Basin Trust Executive Director, Delivery of Benefits. “These projects will boost the well-being of a wide range of people by addressing a variety of social issues and opportunities.”

For example, the Hospice Society of the Columbia Valley—with the help of volunteers, hospice staff, school staff and others—will provide support to children affected by loss and assist them in understanding and processing their grief in healthy ways.

“Children who aren’t able to discuss and process their grief may experience increased feelings of isolation, loneliness and distress,” said Michèle Neider, Executive Director. “This project will help by fostering well-being in children who are the future of this valley.”

In Cranbrook, the Summit Community Services Society will offer a free counselling and support program for men dealing with issues like trauma, depression or substance abuse. It will specifically help them deal with five emotions: anger, happiness, sadness, fear and shame.

“Our community faces constant demand for supports for men, and yet these supports are lacking,” said Heather Rennebohm, Executive Director. “This program will ensure that assistance for men who are facing and want to overcome challenges is easily accessible in the community in a secure surrounding.”

The Lardeau Valley Community Club will offer a weekly seniors’ program in Meadow Creek aimed at reducing social isolation and increasing community connection. The program includes a combination of gentle exercise, to help with mobility and balance, and a tea social, which gives participants time to socialize.

“This project provides an activity for seniors to participate in through the winter months, when depression and isolation occur more often,” said Amanda Cutting, Treasurer. “Also, we keep a list of all seniors who are involved in the project; if someone misses a day, we call and make sure they’re okay.”

In Valemout, Robson Valley Community Services will offer a drop-in for youth, hosted by child and youth mental health workers. Here, youth seeking help will find an open and safe space to speak about mental health issues, such as eating disorders and substance misuse, and they can access resources and peer support.

“We hope to encourage youth to connect more, learn they are not alone and learn about available resources,” said Emily Cannon, Child and Youth Mental Health Worker/PEACE Program Counselor. “The goals are to decrease the negative stigma around the phrase ‘mental health,’ decrease the feeling of isolation that youth coping with mental health issues may encounter and provide positive coping strategies.”

The guidelines and deadlines for the next intake of Social Grants will be posted soon on [ourtrust.org/socialgrants](http://ourtrust.org/socialgrants), or get notified by signing up for the Trust’s e-newsletter at [ourtrust.org/newsletter](http://ourtrust.org/newsletter).

## Getting Kids and Youth Moving - For Fun & For Health

press release by CBT

### The Trust provides over \$377,000 to 24 projects through its Basin PLAYS initiative

(Columbia Basin) – Whether it involves a new playground to swing in, a better bike track to do loops on, or updated gymnastics equipment to flip on, children and youth throughout the Columbia Basin will have access to new and improved sports equipment and spaces. The 24 projects are being supported by over \$377,000 in Basin PLAYS Capital Improvement Grants from Columbia Basin Trust.

“Basin residents told us that investing in projects that encourage children and youth to get involved in sports and physical activity was a priority,” said Aimee Ambrosone, Columbia Basin Trust Executive Director, Delivery of Benefits. “These projects improve accessibility and expand the quality and diversity of relevant infrastructure and equipment to get kids moving.”

Children visiting or staying at Blue Lake Camp near Canal Flats, run by Columbia Outdoor School, will be getting a new challenge: a high-ropes course. This will help users practise their skills in areas like balance, climbing, teamwork and problem solving.

“The course will expose young people to positive recreation experiences,” said Shonna Murphy, Director of Programs. “As well as giving them the opportunity to grow and learn, it will ignite or reignite a passion for participating in outdoor recreation. Many will learn they are capable of things they never thought they could do.”

The Nelson Rowing Club will upgrade its old, sinking dock with new floatation units, decking and more, making it better able to withstand time and resist chewing muskrats, beavers and otters. This work will directly benefit people of all ages—including hundreds of children and youth each year—as they row, paddle and sail.

“We offer programs for all ages and abilities, including a junior rowing program, and are currently scheduling programs for about 70 middle school students. In addition, Rowing BC will be offering a coaching workshop this spring,” said Kimberley Shea, Nelson Rowing Club Director. “Without an improved dock, none of these programs could take place and youth would not be able to participate in these healthy physical activities.”

The Taghum Community Society will convert a currently unused space outside Taghum Hall into a playground for ages five to 12, along with a landscaped area for running and games.

“A variety of play structures will promote physical activity and the development of physical skills and strength,” said Heather Haake, Chairperson. “It will provide the opportunity for healthy outdoor exercise whenever children drop by the hall, whether just for fun or for events like markets and festivals, the summer day camp and family celebrations.”

In addition to capital improvement grants, Basin PLAYS offers grants that help coaches and officials get accredited training. Learn about everything Basin PLAYS supports at [ourtrust.org/basinplays](http://ourtrust.org/basinplays).

This initiative is just one of the ways the Trust supports recreation and physical activity for people of all ages in the region. For example, it also offers grants to help groups improve and build trails. Learn more at [ourtrust.org/recreation](http://ourtrust.org/recreation).

*Columbia Basin Trust supports the ideas and efforts of the people in the Columbia Basin. To learn more about the Trust’s programs and initiatives, and how it helps deliver social, economic and environmental benefits to the Basin, visit [ourtrust.org](http://ourtrust.org) or call 1.800.505.8998*



## Annual General Meeting

**Community Connections**  
(AKA South Kootenay Lake Community Services Society)

**February 5, 2020 at 6pm**

**Community Corner,  
CB Park, Crawford Bay**



## Notice of Passing



**Evelyn  
"Louise" King**

**Jan 30, 1940  
- Dec 31, 2019**

*Louise grew up and attended school in Crawford Bay. The King family home was where the motel is today. Marty Koshlay used some of the material from the King house to build the motel after he married*

*Louise's sister, Beatrice. – Tom Lymbery*

It is with great love and sadness that we announce the loss of our wonderful mom Louise King (Momma) on Tuesday December 31, 2019. Louise passed away peacefully in her sleep at her home at Joseph Creek Care Village in Cranbrook, BC at 79 years of age. Louise was born on January 30, 1940 in Crawford Bay, BC. She lived in Kimberley, BC most of her life and raised her six children.

Louise took on a challenge in 1977 to return to school to complete her grade 12 education. She graduated with honours. She was a long standing member of the Royal Canadian Legion Branch #67 and worked there for several decades as a bar manager. She worked her whole life always going the extra mile.

One of her yearly highlights was participating in the Remembrance Day ceremonies. She loved hearing the war veterans tell their life stories. She had a profound love of music that spanned her lifetime, from bagpipes, to accordions, to the Coal Miners and sing-alongs with her grandchildren. She happily volunteered at the food bank for several years. Christmas was always a magical time for our family. Louise always decorated above and beyond. We will all fondly remember her numerous crafts and home-made decorations. She would start to decorate shortly after Remembrance Day and they would stay up until the end of January.

Louise will be missed by all of those who knew her and were touched by her beautiful spirit. Her heart was full of compassion and kindness and she would take on the role of caregiver to any person in need. Louise will be remembered by her many friends and relatives as a very cheerful person who went out of her way to make people happy. Louise is survived by her children: Emalee/Evelyn (Gord), Tonya (John), David (Darlene), Lisa (Terry), Wade (Rhonda). Grandchildren: Jade, Yvonne, Katherine, Haley, Randy, Jasmyn, Kevan, Alex, Eric and Brooke. Great-Grandchildren: Capreese, Tanner, Kwinn, Nate and Graeson. And her Sisters: Sylvia, Patricia and Norma.

Louise is predeceased by her Daughter: Heather, Granddaughter: Megan, Mother: Julia Alma King, Father: William King, Brothers: George, Robert, Melvin and Sisters: Beatrice, Roseanne and Lorraine.

A Celebration of Life was held at the Kimberley Elks Club on January 25, 2020. We extend a gracious thank you to her doctors and Joseph Creek Care Village. In lieu of flowers kindly donate to your local food bank.

**Deadline: Feb 26/20**

**www.eshore.ca**

## Notice of Passing



**Nancy Westbury**

*The Westbury family property is on the lake-front below the Rockwood Restaurant.*

*- Tom Lymbery*

**WESTBURY, Nancy**  
Nancy Westbury died in her sleep on Monday, December 30, 2019 at the age of 93 years.

She will be lovingly remembered and deeply missed by her husband of 65 years, Richard Westbury; her children; John Westbury, Liz Westbury, Ellie Westbury; her grandchildren Nicholas, Charlotte, Anna, Allister, Katrina, and Daniel. A Funeral Service was held at Foster's Garden Chapel, Calgary on Friday, January 3, 2020.

Expressions of sympathy may be forwarded to the family, via the website: [www.fostersgardenchapel.ca](http://www.fostersgardenchapel.ca)

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**Contact: Ingrid Baetzel, Editor**

Phone: 250.505.7697

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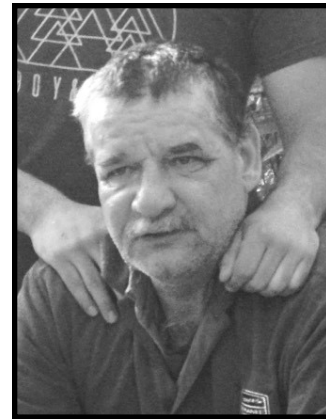
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## Notice of Passing



**Randel Yopek**

**Feb 8 1956 -  
Dec 7 2019**

Randel passed away on December 7th, 2019 in Gray Creek, B.C. 63 years of age, resident of Gray Creek, B.C.

A memorial service will be held at a later date. Friends and family wishing to

make a memorial contribution may do so to a charity of one's choice.

**Deadline:**

**Feb 26/2020**

**www.eshore.ca**

**mainstreet@eshore.ca**

**250.505.7697**

## BC Rural Health Network appoints Connie Howe as Administrator

**press release by BC Rural Health Network**

The BC Rural Health Network (BCRHN) is very pleased to announce that Connie Howe has been named as its new Administrator. After almost two years of development work by a dedicated Board of Directors, Howe becomes the first paid staff of the Network.

BCRHN provides rural British Columbians with a strong and unified voice advocating for the improvement of healthcare services.

"An Administrator endowed with Connie Howe's background and skills comes along all too seldom" says Ed Staples, BCRHN President. Howe has just stepped aside from being Executive Director of Princeton and District Community Services Society. She is well versed on the needs of rural residents and the operations of a major not for profit society.

Funding for the Administrator is supported by the Rural Coordination Centre of BC and the British Columbia Academic Health Science Network. Both organizations recognize the valuable contribution the BC Rural Health Network is making in the enhancement of rural health services. BCRHN will now have the professional administrative skills needed to meet its goals and objectives. "Howe's 30 years of experience with community services programs is just what the doctor ordered" adds Staples.

## Memorial Wall

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

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



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Rental Suite: Available March 1st in Crawford Bay. One-bedroom suite on the mainfloor of our house, private entrance. Large bright kitchen, outdoor deck, garden site, nice view, on a large property with ponds and walking trails. This suite is 600 sq. ft. and is suitable for a quiet, single, active senior . Rent is \$660/month, includes all utilities. Please call Joan at 250-227-9065.

*The Fitness Place*

Fitness Place Supervised Hours:

**Mon-Fri, 8-10am**

**&**

**Mon-Thurs, 6-8pm**

Please be sure to visit during supervised hours if you don't have a key card or are just dropping in.  
**Valid membership with a key card hours are 7 days/week from 5:30am to 10:30pm.**

Questions? Call, text or email Julia Kinder at eastshorefacilities@gmail.com or 250.777.2497

**YOUR HALL IS AVAILABLE!**

For community events, wedding receptions, workshops... you name it!  
**Booking: Kathy Donnison - 250.227.9205**

**CRAWFORD BAY HALL**

*Your community hall*

**A non-smoking facility**

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

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



# 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.**

**\* BULLETIN BOARD \* 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.*

## PLEASE CHECK BACK PAGE CALENDAR FOR DOCTOR DAYS

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)

## SENIORS GROUP - 55+ CLUB

55+ CLUB Meets Mondays, except holidays, 2-4 PM at the Community Corner building in Crawford Bay Park. All Seniors welcome!

Admission: a toonie

Feb 3: Chair Yoga

Feb 10: Focus on Health

Feb 17: Closed for Family Day

Feb 24: Social, games

Call or text 250.551.4443 for info.

## MARQUEE MONDAYS

Feb 3: The Farewell (2019)

Feb 10: A Quiet Passion (2016)

Feb 17: Midsommar (2019)

Everyone Welcome (membership not required)

Admission by Donation

## THANK YOU FROM HOSPICE

Eastshore Hospice would like to extend a heartfelt THANK YOU to Nelson and District Credit Union East Shore Branch for allowing us again to display the Tree of Remembrance. Your ongoing support is much appreciated. Also a big thank you for all the grade 4/5 students who designed and decorated the cards. The donation from the cards help the East Shore Hospice and all the volunteers for continued education as well as the purchase of books for our library.

*Thinking of hosting a meeting or event? Having a wedding? Consider renting the...*

## BOSWELL MEMORIAL HALL

Join us for an **Interactive Social Evening in Paris** on Saturday, February 15 from 7 - 10pm. Tickets are \$5 at the door.

Dress to stroll & dance the streets of Paris. There will be light snacks, raffle prizes and an interactive social.

**Booking/info: Karen Lee at 250.223.8686**

## Riondel Seniors Goings On

### ONGOING EVENTS:

- **Walk-a-Mile/Strength Training** - M/W/F, 10am (free to members, non-members - \$5 drop in)
- **Whist** - 1st Fri at 7pm. (Entry fee: bring a treat to share & \$3/members, \$4/non-members.)
- **Movie Night** (and Popcorn!) - Mon at 7pm ... by donation.
- **Bingo** - Wed at 6:30pm (open to all, must be 18)
- **Seniors Executive Meetings** - (2nd Tues at 2:30)
- **Potluck Lunches** - (3rd Tues, 12:30pm - Feb Guest Speaker Ruth Cordiner, Alzheimer's Society Coordinator and Educator.)
- **Yoga** - Thurs at 10am. (Free to members, non-members drop in fee: \$5)
- **Pool** - Mon/Thurs at 1pm (Free to members, non-members drop in fee: \$5)
- **Knitting Group**: Sat at 10am
- **Dancercise (Ballet/Jazz)** - Sat at 10am. (Free to members, non-members drop in fee: \$5)
- **Bridge** - 1st and 3rd Weds at 1:30pm (we are looking for new players, beginners welcome!)
- **Games Night** - 2nd and 4th Fri at 7pm (entry fee: bring a treat to share & \$3 members or \$4 non-members.)
- **Art History** - Tues at 1pm except for 3rd Tues

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

## CHURCH/MEETING CALENDAR

### RIONDEL COMMUNITY CHURCH

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. Lawrence 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

### ALCOHOLICS ANONYMOUS:

Meets every Sunday at the Community Corner in Crawford Bay at 7:15. (1 hour meeting)

**LIONS CLUB** - meets at the Kootenay Lake Community Church - 16190 Highway 3A, Crawford Bay. Meeting Times: 7 pm. 2nd and 4th Tuesday of the Month. For More info call Lion Mike Jeffery - 250-227-6807 or Lion David George at 250-227-9550 or Lion Fraser Robb at 250-227-9636.

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

### 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.

## KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

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

**Deadline:**

**Feb 26/2020**

## Boswell Hall Happenings

- **Book Club**: Second Thursday of the month, 2pm
- **Carpet Bowling**: Every Tuesday at 7pm.
- **Nifty Needlers**: Third Tuesday of the month, 1:30pm
- **Farmers Institute**: Meetings held on needs basis. Jan23 at 7pm. 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. Contact is Margaret Crossley: margaret.crossley@usask.ca
- **Focus on Health Meetings**: Last Monday of the month, 10:30. Contact is Margaret Crossley: margaret.crossley@usask.ca
- **Yoga**: Every Weds from 1:30-3pm - Contact is Marilyn Arms: armsmh46@gmail.com
- **Vinters**: 3rd Sunday of each month, 2pm



February 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>BOTTLE DEPOT DAY</b></p> <p>EVERY SUNDAY: Alcoholics Anonymous, Community Corner, 7:15pm</p> <p>Every Sunday: DUMP DAY, CB</p>		<p>EVERY TUESDAY: Tara Shanti Yoga, 9:30am</p> <p>Every Tues: DUMP DAY, CB</p>	<p>EVERY WEDNESDAY: Yoga w/ Melina, Bos Hall</p> <p>Every Weds: DUMP DAY, BOSWELL</p>	<p>EVERY THURSDAY: Tara Shanti Yoga, 9:30am</p>		<p>Every Saturday: DUMP DAY, BOSWELL</p>
2	3	4	5	6	7	8
	<p>Marquee Monday, Movie in Riondel Seniors Group, Comm Corner, 2-4pm</p>	<p>One-Month Karma Yoga Intake, Yasodhara Ashram Art Lecture with Gerald Creston Vt, CB Motel Volleyball, CBESS, 7pm Dr. Piver</p>	<p>SKLCSS (Community Connections) AGM, Com- munity Corner, 6pm Dr. Moulson</p>	<p>Dr. Barbour</p>		<p>Taste of the Ashram MV Osprey out of service</p>
<p><b>Full Moon</b></p> <p>9</p>	10	11	12	13	14	15
<p>MV Osprey out of service</p>	<p>MV Osprey out of service Marquee Monday, Movie in Riondel Seniors Group, Comm Corner, 2-4pm</p>	<p>Art Lecture with Gerald Volleyball, CBESS, 7pm Lions Meeting 7pm Dr. Piver</p>	<p>Dr. Moulson</p>	<p>Dr. Barbour</p>		
16	17	18	19	20	21	22
	<p>Marquee Monday, Movie in Riondel</p>	<p>Volleyball, CBESS, 7pm Dr. Piver</p>	<p>MAINSTREET DEADLINE Dr. Moulson</p>	<p>Dr. Barbour</p>		<p>Interfaith Climate Vigit, Ashram, 4:30pm</p>
23	24	25	26	27	28	29
	<p>Seniors Group, Comm Corner, 2-4pm</p>	<p>Lions Meeting 7pm Volleyball, CBESS, 7pm Art Lecture with Gerald Dr. Piver</p>	<p>CB Market closed for inventory Dr. Moulson</p>	<p>Dr. Barbour</p>	<p>Community Initiatives Grant Deadline</p>	

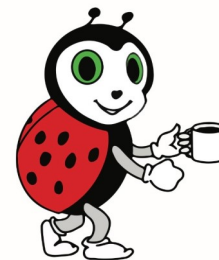
**DID YOU KNOW...**

If you have any questions, comments or suggestions about health services on the east shore, you can email them to the

*East Shore Kootenay Lake Community Health Society*  
at:

**ESHealthSociety@gmail.com**

**Ladybug Coffee**



(at the Kootenay Bay ferry landing)

Open 7 days a week 7:30 am – 3 pm

Oso Negro Coffee, Specialty Coffees, Teas, Homemade Chai,  
All-day Breakfast, Lunch Specials, Two Soups  
Everyday, Daily Baking, Theme Thursdays and More.  
Come sit by our wood stove, visit your neighbors and  
enjoy the winter wonderland happening outside.

**There's always a smile at the Ladybug!**

Follow us on Facebook



**HIGH-SPEED INTERNET**

1 (844) 776-3747  
www.eastshoreinternet.ca

Central Kootenay Lake's community non-profit ISP.

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 and your family.

Downtown

Nelson  
Rossland  
Crawford Bay

On the move

nelsoncu.com  
877.352.7207  
Or get our app

banklocal



**Michael O'Connor**  
Astrologer & Life Coach

sunstarastrlogy@gmail.com  
1.800.836-0648  
www.sunstarastrlogy.com