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# The East Shore Mainstreet

## KOOTENAY LAKE BC

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



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*Photos by Mandy Petrie, Crawford Bay*

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## Mainstreet Meanderings

by Editor Ingrid Baetzel

### Mom's Story, Part 4

*This break in my journal astounded me. I had let months go by, and not written more of Mom's Story. For a minute I was flummoxed, but*

*then I remembered the obvious. The world had changed.*

In the month after mom's death, I was in it – feeling it – trying to process. That paired well with writing. Then, things got crazy. Covid19 hit us in mid-March. It had been going on in Europe and Asia for a while and was certainly in the news, but I had been so wrapped up in mom and so disengaged from the world at large that it was just a far-away thing that didn't need my attention. The week she died, it hit home and the world started shutting down. We've been in it for a year now and life is different. Entirely. And somehow, it's still the same.

I'll go back to where I left off – March 13. The theatre group (the Hexagon Players) that I belong to and mom was instrumental in creating decided to put together a video to commemorate her life and give to her as a last gift. Carol Vanr and I worked for many months on it with help from other players and huge editing help from Will Chapman and Michelle Moss. It took us an exceptionally long time to get together and there were some bumps along the way, but the final product was lovely and something we're all proud of. We got it finished up in the nick of time and arranged a small viewing party at mom's on Thursday, March 13. Jenn (my sister in law) was here living with mom and helping out, and I'll never have enough thanks and gratitude to fully express my heart to her.

Eight Hexagoners came over and we watched the video with mom. Gef Tremblay carried her from her hospital bed to her chair, we settled her in with her drinks and her spitting

cup. She was beaming. She was groggy and a bit confused, but she was loving the attention and the energy of the room. We laughed and hugged and watched the video. She was so tickled. I watched her watching it and saw her drifting in and out of recognition and understanding, laughing her heart out at times and looking perplexed at other times. Despite the occasional check-out, she was in her glory. Everyone said their goodbyes and for many of them, they knew it would be the final goodbye so it was very poignant and beautiful – heartbreakingly so. Those final goodbyes got harder and harder. I still feel the weight and grief pouring out of my Aunt Jackie as I led her to her car in the week before this event. How do you say goodbye to your sister? How do you walk away? I couldn't believe how devastating that was and all I could do was hold her and carry some of her grief for her back from the car when she and her husband Darryl drove away in the deepest sadness I've ever seen.

I digress, but it came up for me right there, so I had to let it come out. I love my aunts and have always connected very deeply to my aunt Jackie's energy and heart. She feels like home to me. I grew up seeing her every year when we would drive to Grants Pass Oregon to visit mom's parents. She is so familiar and warm to me – I have always identified with her, perhaps sometimes even more than with my own mom, and especially in these last years as I've cared for mom like Jackie had to care for their folks. The burden and the blessing – something we share together. Mom's sister Becky was also here in the week before she passed and had to walk away with the final face to face goodbye sitting hard on her heart. I can't imagine the deep, deep, sodden grief that comes with that knowing and the need to walk away, and I felt with all my heart for her, for them all.

After the grandkids had come and gone, and mom's sisters had come and gone, and the Hexagon event came, everything changed. The night of the video party (March 13), Jenn stayed with mom and my partner Juergen and I hung out with the gang at our place. After about an hour or two, Jenn called and said, "Come up here, now." We ran.

Mom had been in a giddy bubble, chatting away and had seemed really happy, according to Jenn. They had talked and laughed and then mom was getting settled into bed. I wasn't there at the start of the event, but I could see from

Jenn's face and hear in her voice that it was terrifying. When we go there, Jenn was sitting with mom, holding back all the fear and the tears that were right there on the surface. She was stroking her and calling her name and mom was mumbling, confused, distant. Jenn said that she had lain down on the couch next to mom and was preparing for sleep when she heard a gurgling sound that she immediately and instinctively responded to. It was the same sound, she said, as the gurgling her own father had done on his deathbed. Mom's eyes were fixed and wide open, starting into a far-away place, and gurgling. Jenn knew she was dying. She touched her and called her name over and over, taking a second to call us up. Mom had no idea what was going on when we got there just two minutes later. She was just coming back to us. She spoke in a deep, robotic, broken voice, asking what happened, what was going on, why were we so scared, what did she need to know? She had slipped away for a few minutes, and then came back to us. We told her, but it was so hard. We thought we were witnessing her somewhat lucid passing.

It can be pointed out here that we had only just a few days prior heard from the nurse who had told us that a terrifying thing that "could" happen, particularly with a stomach tumour, was exsanguination, a sudden bursting forth and vomiting of massive amounts of blood. We had prepared as best we could for this by having dark towels and blankets nearby. We were all very worried about this happening, and how we would react. In the end, it didn't happen, but was on the forefront of my mind, certainly.

She settled and fell back to sleep after more morphine and a lot of sitting and watching her. I stayed with Jenn on the couch, and Juergen fell asleep for a few hours on the chair by the fire. We sent him home in the wee hours, and stayed by mom for the night, helping her spit and pee and settle.

The next morning, she called for her assisted death. It was a Friday.

*The final installment (I think) of this story will be printed next month. It will be the one year anniversary of Mom's death and time to wrap the story up. I haven't really written it yet, as it is her death day.*

*Thanks for sticking with me...*

## LETTERS TO THE EDITOR

### MAINSTREET GRATITUDE

Letter to the Editor:

A big thank you to all the writers who create the articles for the *Mainstreet*, including you Ingrid. Your mom's story is very much appreciated. I read everything and am so grateful the time and effort!

Also, by the way, the most wonderful Sheila Brockington, magic seamstress at Barefoot is NOT retired, just hugely appreciated!

May 2021 be kind, calm, healthy and satisfying!

*Janet Wallace, Riondel Road*

### STUFF!

Dear Editor:

I am ashamed to admit that I am putting things into the Transfer Station in Crawford Bay that I don't want to- old clothing, material, garage sale stuff for example. I see that others are putting dressers, wooden fences and all sorts of valuable things into the RDCK transfer station as well.

What else can we do?

Gleaners Two is where we usually take good items we want to pass along- but they are closed, and dearly missed by residents of a large regional area. Is there anything that residents or RDCK can do to encourage Gleaners Two to reopen? They are a not for profit society, perhaps they need more volunteers, I am not sure of the holdup. Gleaners One is open and takes clothing for all ages and some household linens.

We called in to Nelson Share and they have a truck that can come out and pick up if there is enough stuff to fill up the van. They seem to prefer furniture and larger items. They come out 3-4 times a year.

Why not a "Free store" at the new Transfer Station recycling area in Crawford Bay?

Personally I have spoken to Garry Jackman about this: if you haven't, maybe drop him a line. We have

alot of construction going on in the area, and a place to leave good wood, construction and home items would serve us well. This has been done in other areas such as Slocan and it is not without issues, but it can be managed, perhaps in part by RDCK staff and in part by community volunteers.

I don't know what the solutions might be, but we need to handle our "stuff" well. Why aren't we sharing our good stuff with poor people in Canada and other places? Time for a reset, and also time to support these wonderful local organizations trying to help us recycle and re-use.

*Laverne Booth, Crawford Bay*

### CATHARTIC AND COMFORTING

Dear Ingrid,

I wanted to say thank you for sharing your "Mom's Story". I find it so cathartic and comforting to read what you, your Mom and family went through while dealing with her cancer journey. I lost my sweet Mom to colon cancer in 2017 and our family had a similar almost year-long journey. We were aware that it was a precious time as it progressed and looking back, we have so many memories that bring up huge emotions. We fondly remember the nurses and hospital staff who helped us all along the way, all the family and friends who visited, brought food, kept her company so she was never alone... They are angels on earth in our opinion. Another positive thing that we took from the experience was that being able to slowly say goodbye, have the important conversations and be there at the end is a real blessing. Our hearts go out to those that are dealing with this experience during the pandemic. Unimaginable.

With sincere condolences to you and your family and gratitude for the column,

*J. Mather, Nelson BC*

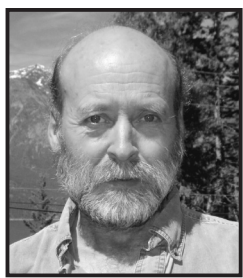
### RESCUE

Dear Editor:

During a recent power outage, our neighbour needed an ambulance. Riondel's first responders came to her aid in the storm, at an hour when most people were going to bed. They consoled our friend, cared for her with professionalism and carried her to the ambulance. Then they plunged back into the night and drove through wind, rain, pandemic and darkness to the hospital in Creston.



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 Send in March 2021 issue items by:  
**Next Deadline: Feb 24, 2021**



## RDCK Area "A" Update

by Garry Jackman,

**Federal census and provincial projections:** I

have seen the ads for hiring 32,000 enumerators and crew leaders across Canada for the 2021 federal census. No doubt this year will be challenging, but I hope the challenge does not discourage all residents from responding fully and accurately when it is their turn.

The Province of BC produces population estimates each year and they never match the federal figures. That said, it is the federal figures which are used for some very important determinations. I expect the province can use data from BC medical accounts, drivers licenses or other sources to get some idea of who actually makes BC their primary residence. For the federal census, taken from what we tell the enumerators every 5 years, a different picture is painted which tends to show our resident population as being lower than the BC stats. Whether what people declare is due to keeping one foot in a couple of provinces or some other reason, the impact of not declaring this as your home, when it in fact might be, impacts our voting strength for local government decisions, our funding allocations from the feds and province for various programs and potentially our health services.

So this year, when asked, please make sure your answer is as accurate as it can be.

**Grants:** Remember, the CBT-CIP applications are received over a fixed timeline each year. The details for those applications along with the 2021 time lines are available now the "grants" page on the RDCK website where you will see the application forms, guidelines and dates. For 2021 the application period for the

CBT-CIP opened on January 4th and closes 4:30 pm pacific time on Friday, February 26, 2021.

**BC Property Assessments and Impact on the 2021 Budget:** Last month I spoke to the tools, or lack thereof, for local government to deal with shortfalls in annual revenues. This month I want to review the impact of the BC Assessment Authority notices which we have recently received in the mail.

As a rule, you cannot translate a property assessment increase or decrease to a property tax increase or decrease. Any local government which uses an assessment increase as a blanket excuse for a mil rate increase or per household tax increase probably needs to be replaced. The assessed value of properties within any jurisdiction go up or down based on two basic factors – real growth in the tax base and inflationary pressures based on market demand. These have different impacts on your property taxes.

Examples of factors which result in real growth in the tax base would be the subdivision of land into more, smaller lots which will yield a higher value, the construction of new homes or commercial buildings, or the renovation or expansion of same. Although the addition of new homes and commercial buildings to the local tax base may put more pressure on infrastructure such as water systems or even access to recreation, the increased demand is often offset through economies of scale once the new money is brought into a budget. Inflationary increases, based on what people are willing to pay for a home or other property, would not change the cost per household for a service if every household in the taxation area saw exactly the same inflationary increase. For a regional district, with some services covering all assessed property across the whole of the rural and urban areas, some covering defined (shared service) areas crossing jurisdictional boundaries and some being very localized services within smaller communities, there will always be some who end up shouldering a little greater portion of the tax burden and others who shoulder less as inflationary pressures

vary from community to community.

Over the past few years, the assessments for Area A, Wynndel/East Shore Kootenay Lake, have been rising more slowly than those of our neighbouring electoral areas and incorporated villages, towns or cities. Although we have seen some real growth, our relative growth has been lower across several shared services. This has worked to the benefit of local taxpayers, but not so if you were looking to sell your Area A property and move elsewhere when perspective buyers look at the assessed value trend and try to figure out why. On the other hand, some potential buyers would recognize land values can be cyclical, with values surge in some communities to the point where those looking to move to a region begin to search out the more affordable corners of the region, which has been the case us for the last few years. We are now seeing more of a surge in interest locally.

Over the past year, the total "completed" assessment (adjusted for multipliers on different property classes) for Area A has increased by 8.75%, consisting of 1/7th from non-market change (growth in tax base) and the rest market driven change. The RDCK as a whole increased by 6.1%. More importantly for many of our sub regionally shared services, such as waste, the Town of Creston increased by 5.09%, Area B increased by 6.23% and Area C increased by 5.59%. This means, on average, we will shoulder a greater burden of any cost increases in the coming year, while we shared a lower burden in previous years.

Our finance group is preparing for a series of public budget presentations, modeled on the typical combinations of services found in various communities. On February 1st a presentation was held for taxation projections around the community of Riondel, with information which pertains to other east shore communities being available. On March 4th there will be a presentation tailored more to those living closer to Creston. In the weeks between, more and more data should appear on the RDCK website as presentations for 9 different combinations of communities are prepared. I can email some more detailed info to any who ask or provide direction to where to find out about presentations.

**Connectivity:** Once again, everyone can help to reinforce our need for improvement by routinely performing the CBBC speed test at testmy.net. The results will automatically feed the CBBC data set. My latest test was 6.3Mbps download and 0.7Mbps upload, a little worse than last month. You need to go to the tab to "share" for the CBBC to see your results and add them to their data base.

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

## LETTERS CONT'D

It must be a profound relief if you are lying there frightened and in pain to hear familiar voices taking charge and reassuring you that everything is going to be alright. I know eight people who have needed an ambulance in the past year. We are fortunate to have the Ambulance Service, built for us by farseeing community volunteers. If one day we are in trouble they will be there for us. Many thanks to Riondel's stout-hearted and generous first responders.

Nora Hurlburt

### HEARTFELT GRATITUDE

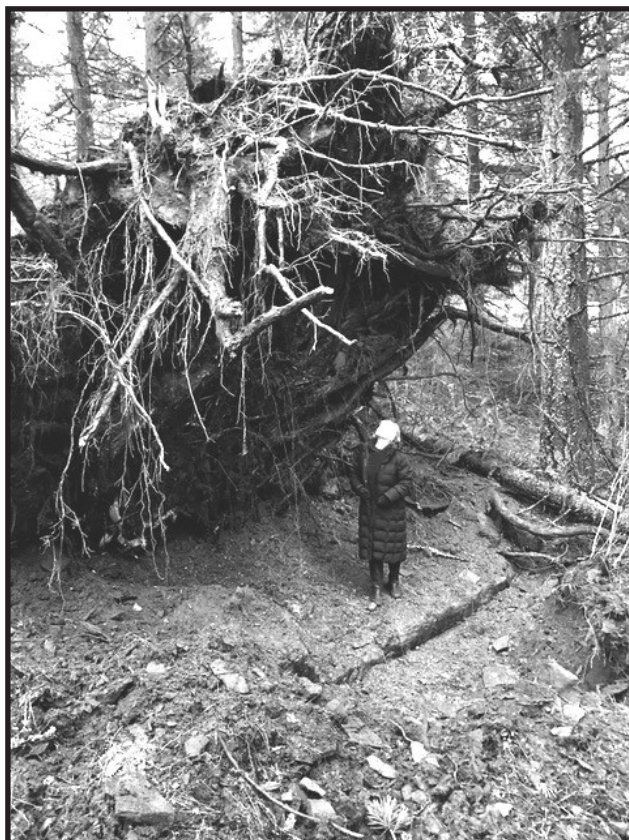
Dear Editor:

Thank you to everyone who took such good care of me during my recent medical emergency. It involved calling the Riondel Ambulance in the middle of the night to go to the Emergency Department at the Creston Valley Hospital and a subsequent stay there for monitoring and tests, including tests at the East Kootenay Regional Hospital in Cranbrook.

I received excellent care from: Yasodhara Ashram First Aid, Riondel and Creston Ambulance Service, Creston Valley Hospital, and the East Kootenay Regional Hospital in Cranbrook. Everyone is working very hard, especially the nurses. They have a lot of people to look after and because of COVID, there are no visitors allowed in. All of the patients depend on the nurses for help. They are run off their feet. But if I had a request they would try and fulfill it; I tried not to have many requests. I was very fortunate to stay in the private Butterfly Suite, usually reserved for palliative care patients. I had my room cleaned for me and delicious meals brought to me three times a day.


My heartfelt thanks goes out to all of you for your professional care and good humour and concern; which I am sure is unique to a smaller community hospital. So far, I have received good test results and my husband and I are looking forward to my full recovery.

With gratitude, Kymandalu (& Doug) Blackburn



Here is a photo of Maggie Kavanagh standing under a very large pine tree at Tara Shanti, one of about 40 that came down on their property from the most recent storm. The tree was safely on the ground when this picture was taken. Power took six days to be restored at Tara Shanti because one of the trees took down the mainline into the house and ripped it out causing some internal damage. Brandon Turlock was on location all day and Fortis worked on things tirelessly too, to help the house gain power again.

Photo by Gord MacMahon



## Annual General Meeting

**Community Connections**  
(AKA South Kootenay Lake Community Services Society)  
VIRTUAL AGM VIA ZOOM

**February 25, 2021 at 1pm**

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**Contact Community Connections to get the Zoom link or further info: skootenaylakecss@gmail.com**



## Hidden Taxes

by David George  
Marking Time

Written on Robbie Burns Day, January 25 2021, which is also the first anniversary of the first case of our modern plague, COVID-19 in Canada. As the number of cases and deaths continue to increase across Canada, some in government are calling for a ban on travel not only into Canada, but within Canada.

This would really require the proclamation of the Emergency Powers Act. That acts the War Measures Act renamed. Remember 1970 and the FLQ? Anyone over the age of 55 should. Besides trying to limit the spread of the virus and its several mutations, limiting travel will continue to reduce the use of fossil fuels, which is a good thing.

The effects of a travel ban will, however, change air travel forever. Remember that in the past, Canadian Pacific Air and Air Canada used to fly very similar routes, often sending off half-full planes within 20 minutes of each other from the same airport. Castlegar comes immediately to mind. Westjet and Air Canada cannot survive a long shutdown of domestic air travel. The competition between CP Air and Air Canada was solved by Air Canada buying up CP Air. A similar merger could happen this year.

The next question as we mark time in this new year is when we will have vaccines available to us in our beautiful province. British Columbia now has a Covid-19 Immunization Plan, which is available online and is too complicated to reproduce here. Suffice it to say that if you are not a front-line health or emergency service worker, or are over the age of 70, you will be waiting for the first shot until May or June.

Pre-registration for the vaccine will begin in March. We on the East Shore may have to either go to Nelson or Creston, or hope for a mobile clinic here in Crawford Bay, possibly at our little health trailer. Let our new MLA know that we are here and do not want to be

forced to travel to either Nelson or Creston for the vaccine. She may be reached by email at [Brittney.Ander-son.MLA@leg.bc.ca](mailto:Brittney.Ander-son.MLA@leg.bc.ca), by phone at 250-354-5944 or toll free: 1-877-388-4498 or by mail at 433 Josephine St. Nelson BC V1L 1W4.

On Monday January 25, BC's Dr. Bonnie Henry told us that we have to do more to reduce the spread of Covid-19. What more, we may well ask, can we do? Already we have not been able to hug or socialise with many friends for several months. We are tired of being told to do more. It is time to tell our BC government to do more. Make sure our schools are safe. Make sure our seniors in long term care homes are safe. Be more active in fining people who scoff at the limits on gatherings or ignore mask wearing rules.

All is not doom and gloom in the world. Here our days are getting longer, and our good neighbours and cousins to the south have a new regime which was democratically elected and took office just two weeks after the disgraced and twice-impeached former president incited insurrection against their own government capitol and both houses of their legislative branch.

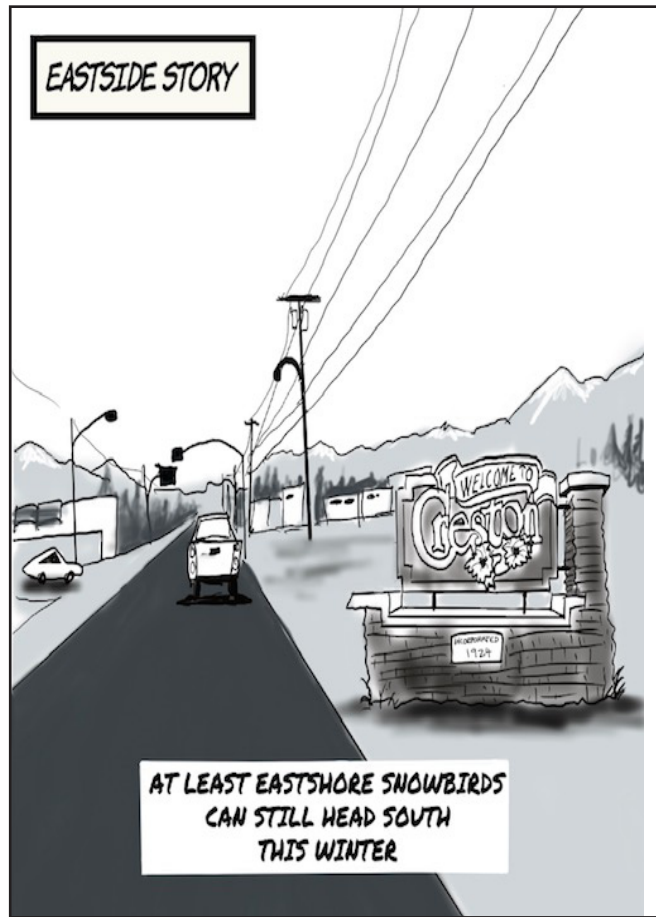
The USA's bizarre electoral college system was interrupted by that attempted coup, but reconvened and finished the official voting to elect a new president and vice-president at nearly 4am. The inauguration took place on a cool and sunny day in Washington, DC, with so much security that most people had to watch on television. Our American cousins now have their first woman vice-president. There is also a photo which immediately went viral of one of the Senators from Vermont, Bernie Sanders, sitting in a chair and wearing what are now iconic Vermont mittens.

**What to watch:** Recently it seems everyone is watching movies or series shows online. There seem to be an infinite amount of things to view, some of them even worth watching.

A recent reference from Dorothy Woodend writing in the *Tyee* tipped me off to a modern series of documentaries about a young shipwright who is rebuilding

the classic 1910 yacht Tally Ho. His docs. are on you-tube, or can also be found at <https://sampsontboat.co.uk> and the 90th episode is due for release by the time this is published. They run from 8 to 45 minutes, averaging 25 minutes, and often feature his travels to other boatyards and views of other yacht rebuilds.

He started the project, which is taking place near Port Townsend, Washington, in June 2017. He hopes to eventually sail the boat to the UK where she was originally built. Hoping for better months ahead.



by Al George, Crawford Bay



## Crawford Bay Hall Memories & Musings

### Wastrodowski Wedding

submitted by Leona Keraiff

Four generations of the Wastrodowski family have stepped lively inside the walls of our community hall and I wish to share some of their stories with you now.

Adolf and Subina came in 1954 from Saskatchewan. "They loved old time dancing in the CB Hall and hardly sat out any songs. The schottisches, polkas and waltzes were their favourites" says their daughter Marj. (What on earth is a schottische? Sounds familiar.)

Marj told me, "Me and my older brother Ron joined the teenaged square dancers from Crawford Bay to Boswell who trained in the CB Hall from 1956-59. Mr. Jimmy James and his wife Fran(?) came from Nelson weekly to coach us. The group consisting of Ron, myself, Don Fraser, Teddy Piete, Adele McClure, Seiglinde Wirsig ...competed at the Creston Blossom Festival, an international competition, and won first place for consecutive years. Subina was the designer and seamstress of the matching square dance outfits". Ron commented, "It was challenging but we won the gold medal!"

This brother and sister team were also accomplished badminton players. They won local, district and provincial championships. Marj and Bruce Rollick of Riondel (Canadian Champion as an adult) won gold in mixed doubles and Marj won silver in ladies singles. Imagine them practicing in our hall with that low ceiling!

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"Coaching was limited to some pointers from older players, the MacGregors; Percy and his sister, Rose, also Lyle Sellers." Ron also happily recalls lively evenings in the hall when Tommy & Leila Johnson (who then resided in the Bothamley House on Riondel Road) "Taught us kids the six step jive. We even practiced after school!"

Ron's fondest memory and the story he tells the most? "Our principal George Petrescu loved to play volleyball and more importantly he loved to win. Friday afternoons, starting at lunch hour, we would form teams and play. As long as the team with Mr. Petrescu on it was winning, we could keep playing until the bell went, which meant no weekend homework!"

When I mentioned to Ron's son Colin that his Dad seemed to love dancing, he began to chuckle. Colin stated "He loves it, so did his parents. He told lots of square dancing team stories." Colin went on to say that he keeps his Dad's badminton racquet "around here someplace". He also gleefully recalled that there was a "forbidden to touch" upright piano tucked in at the back of the stage. You guessed it... He and many other boys would "flip up the cover and get a couple key strokes in" at every opportunity. Clearly the consequences were not too dire. It is interesting to note that Tracy and Colin both played badminton in the hall as did their dad and aunt. Brother Ryan attended boy scout troop meetings in there too.

Marj married Barry Abbott in the hall, the 6th of July 1963. Mom Subina catered.

"One hundred and ninety guests had to sit on benches to eat their dinner on their laps because the

space was too small to have tables! Fried chicken, cabbage rolls, mashed potatoes, peas and carrots, green salad, jellied cottage cheese salad, homemade rolls, sweet squares and a traditional fruit cake wedding cake were on the menu. There was a live local band on the stage too."

Ron's wife Leanne was a huge contributor to the Christmas Tree Committee and to the many years of successful community pot-lucks. Both daughter Tracy and son Colin commented on the anticipation of Santa's arrival being the highlight of their year and their fondest memory of the hall.

"There was so much hype and excitement", said Colin. Tracy added, "We looked forward to it all year. No one was left out".

Colin remembers a bag of treats, a Lego set and a race car. Tracy recalls "It felt so great to hear your name called then to get to sit on Santa's lap". Colin's son Kyle, (one of the fourth generation), followed Santa outside after one of these community celebrations and hurried back in to declare, "Santa just got into Richard Prest's truck!!". I imagine a lengthy conversation ensued on that drive home.



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## Hacker's Desk

by Gef Tremblay

### Why play music?

I love playing music. That should probably be enough reason why I play music. The problem is that I have this thing called a mind and my mind really cannot make sense of why I play music. I don't play in a band, I don't publish albums, or even just songs. I don't make money from it; I actually spend money making music. So I have to go in this roundabout way of finding out really what is going on with music and me.

It might seem like an hindrance to have to go on this path of convincing my mind that playing music, even without a financial goal, is a good thing. But the truth is that I find the exploration quite entertaining and it brings about a wealth of information, which creates even more impetus to play music. There is no better way to use logic to convince my mind.

I've played music nearly my whole life with intermittent breaks here and there. From a young age I played violin and with a piano at home I would often sit down to make noise. Later on I discovered the joy of Didgeridoo, playing the drum and the mouth harp (yes I was a hippy). Having been a life long fascination, Tablas entered my life next, at the same time as the harmonium, to finally connect with electronic music, synthesizer, sampler as well as field recording. Just a couple months back I started playing the Shakuhachi (as mentioned in my last article).

When I play music, out of the silence, something is created and then a path emerges. I listen and create, and follow an organic process of adding complexity to what I play. Using a synthesizer, I can model the sound how I see fit, using field recordings I add textures.

Emotions now interact with the sounds I create, which weren't there at first. I use these emotions to guide me to further structure the ambiance of the composition. I might add some layers of instruments, flute, drum, violin... I don't know where I am going in these processes, nor when I arrive, but at one point there is nothing else to add and I normally let it play for a while. Some time I do record it, most of the time not, and really rarely I share what I created online.

I don't want to be famous, or even to make money out of this process. The simple enjoyment of creating like this is enough for me. Yet the question of why play music had had some weight, some unwanted heaviness in this creation process.

Attending a few of the Gong Baths at Will Morris and Theresa Lee Morris' has planted a seed in my opaque view of music. Bringing electronic music with vibrational instruments together to produce a healing effect in a group was a very inspiring experience. This brought a lot of attention toward the note and how the vibration affected me while I was playing. Could I bring more of that healing effect into my music?

Playing the Shakuhachi brought back an element of meditation and healing to my music. The deep breathing, the sitting position and the Zen tradition that surround the Shakuhachi all helped in this exploration of the why. It didn't translate directly to the spiritual aspect of electronic music though. But including recording of the Shakuhachi and other sounds creates nice textures and vibrations.

What really changed my perspective on playing music was the book *The Mysticisk of Sound and Music* from Hazrat Inayat Khan. This is a book I've seen countless times at the Ashram bookstore and never even picked it up for reading. It's a text from a Sufi musician about the spiritual and healing aspects of music. The idea is rooted in Nada Yoga, or the yoga

of sound. Starting from the idea that everything that exist is vibration (light is simply condensed vibration) music thus become the artform that connects us to our higher selves. Music can be used to heal oneself and heal others, or create a vibration that would help someone to awaken.

This book tied up the meditative aspects of music, with it's healing forces and brought forward this idea of the yoga of sound. Now I haven't research deeply the Nada Yoga practices so I don't know what exactly the process is, but for me bridging my yoga practice to the sound exploration. My music making becomes a vehicle to explore reality and myself. The vibration that I create surrounds me and atunes me to the world around me. I become the compass and the music is the vehicle.

It might all seem quite metaphysical, but practically speaking, this brought me back to playing music as an exploration process. The music I created after that realization was definitely not for anyone to hear as it broke a lot of my imposed limitations. Bringing noise to an extreme simply to see how I react to it, or mixing flute and the sound of water even if I think it might be super cheezy, who cares? It's simply an exploration! I don't need to judge my music on how others would perceive it as it has come back to an experiment and exploration of my own self and the reality around me, somehow bridging my self to the higher self.

After all that research and discovery, my mind was satisfied with my answers, and it's with renewed passion that I am playing, composing and jamming with my instruments, exploring the world of sound and its effect on my mind and soul. It does feel silly to have to go through this whole process to liberate myself of my own judgment, but after all this seems to be the process of liberation in my aspect of my life!

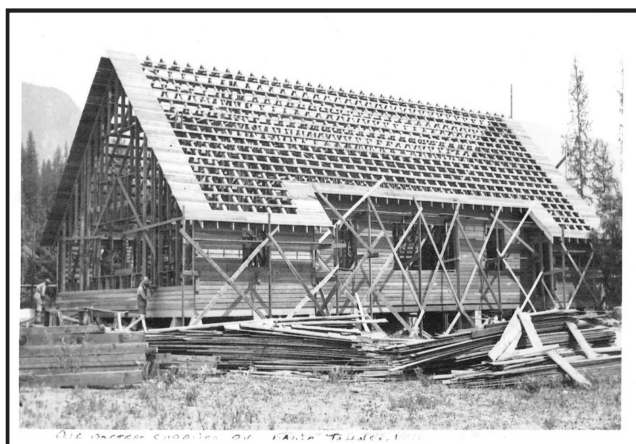
## Crawford Bay Hall UPDATE



by Susan Hulland

Best news so far in 2021! We recently hosted a visitor at the Crawford Bay Community Hall whose presence means we are approaching an exciting new phase in the rejuvenation and preservation of the building. Nelson Rocha of Studio 9 Architecture Planning Ltd. in Nelson BC came to take a preliminary look at our building along with a structural engineer and a mechanical engineer. Eventually, information provided by these experts will help us in two ways, with project planning (what to tackle first) and with fundraising as we consider applying for suitable grants.

We are feeling positive about our progress to date and wish to acknowledge that we have reached this point thanks in no small part to donations from East Shore friends and neighbours, former residents, and community groups and businesses. Two new donations were received in January from Tom Hulland and



*Crawford Bay's Community Hall under construction in a picture taken by William 'Bill' Fraser in 1938. Then was then, now is now and a new roof could be first on the list of improvements we want to make to our 83-year old building. Photo Courtesy: Riondel & Area Museum Association.*

Rebecca Carney of Circus Orange Inc. in Ontario and from Pam and Gerry Newcomen. If you have already participated, please give yourself a pat on the back and know that we are truly grateful for your help.

If, like many, you feel cash-strapped at this time of year perhaps you can help us this way. Will and Amanda Hulland had a refrigerator to pass on and advertised on Facebook. The 'price' was a donation to the Crawford Bay & District Hall & Parks Association and Pam and Gerry of Newkeys were generous! Similarly, Debbie Turner of Crawford Bay has posted several items on East Shore Preowned Buy/Sell/Free that she wants to part with for the price of a donation to us. As we can not fundraise through the likes of a silent auction during these Covid-19 times we thank these folks for coming up with this idea. It not only helps our community hall but also recycles items of value to others in our community. And that's a good thing!

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# Riondel Fire and Rescue Blotter

by Fire Chief Cory Medhurst

Well January came in with a bang, and not just from random transformers blowing or the occasional fireworks to celebrate the power returning, but for calls to service as well. Although ambulance and fire weren't the only crews busy last month. YRB, Fortis, and TELUS had their fair share of events during the mini tornado season that we all endured. Each crew worked tirelessly to restore power, phone lines, and remove several roadblocks after windstorms wreaked havoc on infrastructure. Their many hours combined made quick work of the mess left by mother nature's tantrum, and for this we thank them all. A special mention and thank you to our local YRB crew, Tom and the gang. There were a few times last month that required roads to be cleared for the ambulance and rescue vehicles to get through for emergency calls, as well as icy roads needing sanding for rescue efforts; I can't thank the YRB crew enough for their hard work during recent emergencies. A list of Fire Department calls to date are as follows:

**January 7th** – A motor vehicle incident, or three, saw 4 members respond to the farthest reach of our boundary in Destiny Bay. On the way to the original call, the crew came upon a SUV that had lost control on the ice and flipped onto the roof. Those occupants were out of the vehicle and stated that they were fine and waiting for a tow truck. When the crew arrived at the original call, they found a pickup truck that was heading southbound had lost control, crossed the highway, and rolled onto the driver's side. The lone occupant was alert and standing in the cab of the truck but could not get himself out, requiring the front windshield to be removed. Once out the patient was taken to Creston for observation. The Creston ambulance crew mentioned they had also passed another SUV on its roof in Sirdar on their way out, and that those occupants were also okay.

**January 8th** – A medical emergency in Crawford Bay had 2 members at the ready from their homes when we were informed that Fire was not required. Members were stood down before they even had their jackets on.

**January 13th** – A medical emergency in Crawford Bay saw 5 members respond to assist the ambulance and YRB to get through the many trees down from Riondel out to the highway, and beyond. A resident was helping their partner out of the passenger side of their vehicle when two trees fell on the car, striking the person and knocking them to the ground. The patient was on the ground for almost an hour before rescue crews could get through; and when crews arrived, they found that both people needed medical attention which created a "double call", requiring extra help from all on scene. YRB made sure the ambulance had a clear path through to Creston as the Nelson highway was also closed.

**January 13th** – During the previous event another call came in for a tree down on power lines in Kootenay Bay. As our crew was already engaged and there was no power to worry about, we asked our dispatch to have YRB attend and assess.

**January 14th** – 4 responders attended to a medical emergency in Crawford Bay to assist Paramedics with patient movement and support. Members helped move the patient from the home to the ambulance.

**January 14th** – As a result of prolonged power outages, individuals with home oxygen units may start to run out of their supply after 24 hours or less; and some have no means of recharging tanks without power. A call for public assistance in Crawford Bay saw 4 members respond to assist a resident with a generator to power their oxygen machine and refill bottles. This residence was one that did not see a return of power

for days after the rest of the East Shore, so a generator was left and monitored by our members. This day also saw members phoning residents that we know of that may need help and we are sorry if we missed anyone. Please see below regarding help during outages.

**January 16th** – 5 members responded to a request to assist the ambulance with a possible medical emergency around Crown Creek fire service road, at Burden's cut (or trash can beach). When the Paramedics arrived near the scene, they realized that fire was not required for the type of call and canceled the request.

**January 16th** – While the members were returning from the above event, another call came in to assist the RCMP on a call at the same location. This type of call is rare for fire departments to attend, but uncontrollable circumstances made for an unusual decision to allow 2 members to attend and assist while the other 3 returned to quarters.

**January 19th** – A chimney fire at a residence on Riondel Road had 6 members respond, with 3 members on standby if they were required. Members had to drive past the scene to get the firetruck and then return; luckily, a neighbor, who happens to be one of ours, was able to confirm the fire and proceeded to put a cup of water in the wood stove and dampen it down. This creates steam, and it's the steam that can put out the fire, which in this case it did. The crew completed a full search of the inside of the house, including the attic space for any possible extension of the fire. Having found no extensions, the crew was satisfied that the fire was out but asked the resident to keep an eye on the walls surrounding the chimney.

**January 28th** – A call for a medical emergency in Riondel was answered by 1 member who attended to assist the Paramedics with patient movement. The member shoveled the walks for access while the patient was being assessed, and then helped with the move to the ambulance.

As mentioned above, multi day power outages are not only inconvenient, but they can also have profound consequences for our older or chronically ill neighbors. No power to charge oxygen systems; no electricity for baseboard heaters for those who can no longer use wood; or no hot water for coffee or washing (everyone needs coffee). Some of the things that a lot of us take for granted daily can mean the difference between life or the alternative for some. Riondel VFD has in the past tried to keep track of those residents that may need a hand during a long outage; but we have only been able to help those that we know about through friendships of our members. The East Shore Health Society approached us and asked if we could come up with a master list for the East Shore, of those that could use a check in during those times. We have agreed to keep a record of residents who find themselves alone and in need of assistance during a 24+ hour power outage. The list will be populated voluntarily by the resident who may need help, or by a friend or neighbor who has the resident's permission to be put on a list. The list will be secured and kept private, and will include a name, phone number (non-wireless landline preferably), address (and any special instructions for access), an emergency contact, and what the person may require. Members of the department will be toned out at the 24-hour mark of an extended outage and begin phoning participants to check in. We cannot promise to power your home or bring you warmth, but we can work with what we have and come up with a solution, and make sure someone is checking in on you or your loved one.

We would like to remind everyone to have a look at Fortis' recommendations during power outages, found here at [www.fortisbc.com/safety-outages/preparing-for-emergencies/power-outages](http://www.fortisbc.com/safety-outages/preparing-for-emergencies/power-outages). It's always a good idea to have a minimum of 24 hours' worth of supplies. Another reminder to get on board and make your property visible to emergency responders by purchasing one of our roadside numbers, double or single sided, red available. For road signs, more information on the outage list or to register, and to inquire about becoming one of our valuable members, email [cmehurst@rdck.bc.ca](mailto:cmehurst@rdck.bc.ca) or call or text 250-551-1352.



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My portfolio consists of investors, first time home buyers, relocations, custom builds and more! Known for my eye for detail and competitive edge, my business platform presents as well as it performs.

I was first introduced to the East Shore at a young age when we spent summer vacations at our family cabin in Crawford Bay (Where I now reside full time). I am excited to grow my business in this community and use my connections to help shed light on this beautiful area that I am lucky enough to now call home.

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## Thoughts from the Frog Pot

by John Rayson  
**CORONAVIRUS:  
THE FUTURE**

The last column discussed the first four lessons for a post pandemic world. In this column I wish to discuss one further lesson.

But first an update: we now have a total of two vaccines available but as predicted the logistics of getting vaccines into individual arms is proving more challenging than first thought. In addition, we have difficulty with the supplies; companies cannot fulfill orders as quickly as anticipated plus we are challenged as to the availability of the vaccine to poorer countries. In the past few days the delivery of the vaccines has been halted and we are now in a holding pattern. Politicians continue to assure us that all is well.

I believe the rate will improve but we are still many months from the end of the pandemic, thus the need to continue hand washing, mask wearing and maintaining social distance. Mutation of the virus is occurring and concerns as to whether the vaccines will be effective against the mutations have been expressed. Will we require booster doses or do we have life-long immunity? These questions cannot as yet be answered but should not deter us from receiving the vaccine as soon as possible nor maintaining our present methods of controlling the pandemic.

I indicated major issues facing Canadians are: A. the pandemic itself, B. the economy; C. climate change; D. racial tensions [for Canada read Indig-

enous]. It is my intent to comment on these issues as they are applied to the lessons of the pandemic as outlined in the book by Fareed Zakaria: *Ten Lessons for a Post-Pandemic World*.

### Lesson #5: Life is Digital.

Prior to the pandemic, we had noted an increasing use of digital technology in purchasing, social media and the use of the internet by all elements of society for a variety of functions. Personally, I had attended an information session in approximately 2001 that discussed the use of the internet to purchase goods. It was estimated purchases would reach \$2BN in 2002. Today; Amazon alone, sales are \$10,000 per SECOND.

The Covid pandemic supercharged the digital revolution. We have seen a marked increase in the use of digital technology for ordering, [including food], working from home plus a vastly enhanced use of such platforms as Netflix for entertainment. Many of these changes may modify after the pandemic subsides, but all will continue to have a significant effect on our society. Examples include; many individuals expressing a wish to continue working from home, at least part time, post pandemic. Remember, those making greater than \$100,000 per year, 60% can work at home but of those making \$40,000 only 10% are in a position to work from home. The latter are our front-line workers; bus drivers, care aids, restaurant servers and many others. I doubt those ordering goods and food via the internet will change their habits to any extent subsequent to the end of the pandemic.

The major change driven by the pandemic, however, is occurring in the field of medicine. I was involved in some of the early efforts to encourage the use of digital technology to deliver health care but the government

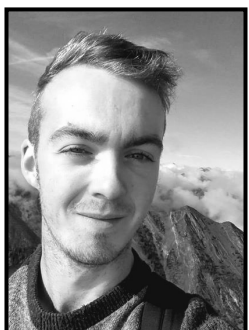
would not fund two doctors to see a patient at the same time: eg. general practitioner with a patient in a remote location at the same time as a consultant physician in another. The benefit was to the patient and not the system. I wonder why government didn't respond?

With the pandemic the government is now prepared to pay physicians for video, telephone and other forms of virtual consults. Patients, to no surprise, are delighted to receive remote visits and not to sit in a physician office for hours for prescription repeats etc. In addition, there is an increasing number of tools available to monitor patients on a remote basis. These changes will not go away and there will be an increasing demand for such services.

The medical profession has been 25 years behind the rest of society in adoption of digital technology; e.g. I attended a lecture in 1999 at which a general practitioner with the Kaiser Permanente group, providing health care for 5 million patients in 9 states, indicated he could access the records of any one of 186,000 diabetics and could arrange automatic phone calls to book times for regular laboratory work, thus enhancing monitoring and care. Kaiser was using technology acquired from the banking industry. We cannot do this type of automatic monitoring and ordering today.

These changes will have an unknown effect on medical manpower. Will we need as many physicians; can we deliver care via nurse practitioners and other health care professionals? One area in Ontario is experimenting with home visit, including blood tests for shut-ins, by Paramedics. I would predict that there will be many more similar innovative solutions in the near future.

I will continue with further lessons from, *Ten Lessons for a Post Pandemic World* in the next column.



## Young and Dumb

by Arlo Linn  
**The Way**

To preface this article I would like to note that this will be released in two parts, as the meanings of the

Tao cannot be compressed beyond that, and it would be unwise to do so as then all meaning would be lost.

*The Tao Te Ching* is a holy book of the Taoist Religion of China dating back 2400 years. It was written by Lao Tzu, a mysterious figure of uncertain authenticity as his name is translated as "Old Master". The book is full of useful psalm-like passages, and contains philosophy that one can practice in their own life.

The *Tao* is undefinable, but one could call it The Way, or the proper mode of being that works for the benefit of yourself, your community, and the larger world around you. In a text as rich and as deep as the *Tao Te Ching* there are going to be many ways to interpret the lines, but in the interest of the readers attention, and word count, I will not be exploring every possible interpretation, and will instead focus on what I think is the most poignant explanation of each line. My intention with the analysis of these lines is not to put my opinions forward as the end-all-be-all of explanations, but rather to open a dialogue.

As you read these passages you are bound to think of similarities to your own life, or to cultural events that I either overlooked or am ignorant of. Take the meaning I ascribe to these lines with a grain of salt, but please read the passage in earnest as there is truth embedded deeply into it. *The Tao Te Ching* is compiled of 81 short chapters making it a very rare book in that one could easily read it in an afternoon, and then subsequently study it for a lifetime. All 81 have meaning and significance, but I am going to focus on the 53rd chapter, as it is very open to modern interpretation.

*When rich speculators prosper while farmers lose their land; when government officials spend money on weapons instead of cures; when the upper class is extravagant and irresponsible while the poor have nowhere to turn - all this is robbery and chaos it is not in keeping with the Tao*

The first time I read this passage it struck me, and the more I read, interpreted, and thought about it the more it stood out to me. I am sure as you read it you were struck by the similarities this has to our times. The best way to interpret this is to go line by line, to clearly highlight the similarities to the situation we find ourselves in now.

*When rich speculators prosper while farmers lose their land;*

People such as Jeff Bezos have doubled their net worth through this pandemic. Profiting off of the fact that small businesses are being forced to close their doors and people are being asked, if not forced to remain home. Turning a profit is not evil, but when your profits are being made on the backs of over-worked employees making minimum wage there is a definite problem. This monopolization of the market hurts us all except for a few, very rich speculators.

There is also another more apt interpretation of this line, although not so close to home. There are ongoing protests in India between small local farmers and large corporations that wish to take their land in order to industrialize the farming process. These independent farmers are more than able to supply food to the larger Indian population, making conglomeration of their lands seem pointless to all those but the rich speculators.


*when government officials spend money on weapons instead of cures;*

Last year one of the most forefront ongoing events

was the Black Lives Matter protests, and one of their main slogans was, "Defund the police". This idea comes from thinking that that money spent on police forces could be better allocated to organizations that would be proactive rather than reactive, i.e., helping to remedy the situation before police intervention would be required. While some states have cut the budgets to their police forces, it largely remains unchanged.

An article from Bloomberg from September of 2020 claims that "More than half of cities are boosting police spending or keeping it the same from the last fiscal year." Now, I do not wish to be misunderstood. I believe that police are a necessity, but their style and method of obtaining results can vary greatly from what is actually needed. The sight of uniformed officers can make people who have never had an altercation with police anxious, so are they really the best people to conduct wellness checks on non-violent people with mental illness?

These last 12 months have been very volatile, and it can sometimes be hard to identify what the cure may be, especially as the needs of the people are constantly in flux, but to put funding in weapons when people call for a cure is not a way towards a more ideal state. It is not in keeping with the Tao.



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# Sustainability Pledge for Tourism

by Farley Cursons

*"The journey of a thousand miles begins with a single step." –Lao Tzu*

Tourism is a complex industry. With global sustainability goals in mind and analyzing the impacts of the pandemic, climate change and population growth, substantial changes are being brought about in the way the whole tourism industry functions. Bringing about sustainability has become one of the major defining factors of tourism in these present times. Various measures are being taken throughout the world to conserve the biodiversity of tourist destinations, which includes establishing a proper balance between the environmental, social and economic factors of those destinations. Where tourism helps in generating local revenue and also acts as a catalyst in the growth of the local economy, it also prompts concerns that can adversely affect the ecological balance of the destination. Many lesser known destinations dream of an increase in visitations while other well known destinations have found that there are too many tourists and it's negatively affecting the authenticity and value of their tourism product.

With the global pandemic throwing the breaks on the travel industry, people are again recognizing that travel is a privilege. More and more travelers want to travel responsibly, experience local life and learn something new. Responsible tourism in its various forms - volunteer tourism, adventure tourism, slow tourism (where people take their time), agrotourism (where visitors live and work on a farm), ecotourism, geotourism and indigenous tourism - all speak to tourists' desire to respect the places they visit and the people they meet. I'll talk about eco tourism and "green-washing" another time.

Now more than ever, it is important to educate people and create awareness about the positive impacts of sustainable tourism in protecting our cultural and natural heritage. While the pandemic has been truly devastating it has presented us with the opportunity for a "reset" in how we look at a lot of things, including how we define success related to tourism. With everything at stake it's essential that local governments, DMO's, chambers of commerce, businesses, non profits and individuals pledge a commitment to adopt sustainability practices when and wherever possible. In the long run if the product is the destination's environment then the economy is absolutely dependent on preservation of the product.

Here on the East Shore of Kootenay Lake we have a head start on our journey to becoming a sustainable destination. The East Shore Freshwater Habitat Society is working to restore regional fish populations that are threatened under the Endangered Species Act which involves, in part, education and signage campaigns to ensure boaters don't inadvertently spread invasive lake species. Yasodhara Ashram is an established leader in the practice of preventing and reducing environmental impacts. In response to their efforts, the Ashram was awarded the FortisBC PowerSense Conservation Excellence Award in 2008 for their commitment to reduce energy consumption. In 2009 they were awarded the Environmentally Responsible Tourism Award from Tourism BC that acknowledges outstanding leadership in environmental sustainability. In 2012, after an intensive awareness program, Yasodhara Ashram achieved carbon neutral status.

Although Crawford Bay Elementary Secondary School is not directly related to tourism it was the first LEED Gold School in BC. The commitment to Lead-

ership in Energy and Environmental Design (LEED) Gold building standards, saves energy costs and significantly reduces the school's carbon footprint. Starbely Jam Music Festival has gotten in on the action by reducing participant waste by 95% through their "Green Planet" composting and recycling program. These are just a few examples of some local organizations and institutions that are leading us toward a more sustainable future.

**Welcoming Visitors:** In preparing to welcome travelers, many destination management representatives struggle with how to welcome and adapt to travelers' needs. In reality, it is the travelers who need to adapt, and it's up to the destination to set clear expectations and guidelines on how they are expected to act. In the last few years, destinations worldwide have come up with a myriad of ways to try and prevent visitors from disrespecting their natural ecosystems - even if travelers had been doing so unwittingly. To help educate tourists and simultaneously encourage them to behave kindly toward the places they're visiting, some destinations have come up with sustainability and responsibility pledges.

These pledges are shared with visitors (usually online and on the ground at places like visitors centers, hotels, airports and car rental agencies), where they are asked to commit to being responsible travelers while in the destination.



While that might mean different things in different places, in general, these pledges ask travelers to promise to behave a certain way to protect the natural resources and beauty of a place and show respect to the local community and culture.

In theory, the decision to implement a pledge requires travelers to take a more active role in accepting responsibility for their actions as guests of a destination. However, as destinations seek out ways to enact sustainability policies, the stand-alone pledge is not powerful enough to create complete behavior change. While they can be effective to some extent, they can't be a comprehensive solution. By building pledges into larger awareness campaigns the messaging can be reinforced. The goal is to strengthen awareness about responsible travel and engage people to actively be responsible and encourage others to do the same.

Effective sustainability pledges involve the support of locals to create the pledge (as they have the most to lose from negative tourist behavior). This empowers locals and encourages them to exhibit the same behavior they expect from tourists which is also super important. It's also recommended that travelers receive messaging about a destination's expectations throughout their trip planning and purchasing journey, not just when they arrive at the destination. This would hopefully be backed up with reinforcement in the form of fines and other consequences if - after all of this - travelers don't respect and observe guidelines established by a destination or provincial laws. I'm not suggesting we spend our time policing tourists but there are differences between obnoxious long weekend revelers and outright illegal infractions. I would hope

that if someone witnesses a boat dumping the contents of their holding tanks in Sawmill Bay that they would see the importance of filing an anonymous report with R.A.P.P.

Can we on the East Shore of Kootenay Lake commit to ensuring tourism remains sustainable, and acknowledge that it is our responsibility as stakeholders to maintain tourism sustainability and resilience? Can we commit to supporting the capacity of all stakeholders in order to ensure that they can have a voice in the destination's decision making processes around tourism?

With increased promotional efforts being made to #explorethekootenays and get off the beaten path, perhaps our community could look at launching a campaign to help educate enthusiastic newcomers on how to sustainably enjoy our beautiful natural resources, fascinating heritage and unique culture?

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KOOTENAY LAKE BC

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# Tom's Corner

by Tom Lymbery

## Harrison Memorial Church

Revised and updated from the original article in *East Shore Mainstreet*, July 2009

Last year marked the 100th anniversary of the Harrison Memorial Church in Crawford Bay. Its future remains an open question.

My parents Arthur and Kathleen Lymbery were the second couple to be married in Harrison Memorial on November 22, 1921, with Rev. J. S. Mahood officiating. Commander Matthew Harrison, who had dedicated the land on Crawford Creek Road and built the church, signed the register along with Major J.S. Gooch.

A November wedding! Those were fruit-growing years and the apples had to be picked, packed and shipped first. It snowed, so the only wedding picture we have are of the newlyweds leaving Cmdr. Harrison's home (now Wedgwood Manor) in a horse-drawn sleigh, on their way to catch the *SS Moyie* sternwheeler at the start of their honeymoon trip to Victoria. Did Rev. Mahood play his cornet as the boat left the dock? He was a good musician, and he did play from the upper deck of the steamers at times. He also wrote "The Hymn of the Kootenays". Harrison's wedding gift to my parents was a pillared bed. After 60 years of service Sharon and I contributed this bed to Wedgwood Manor where the headboard has been used in the "Commander's Study" and the footboard in the "Sunroom."

In his 1978 book *Kootenay Lake Chronicles*, Ted Affleck wrote: "In 1920, Commander M. J. Harrison had constructed to his own distinctive design, on the east side wagon road, the Harrison Memorial Church. This gift to the Crawford Bay community commemorated Harrison's wife [Lucy] and three sons, two of whom were commanders in the Royal Navy (...)" [Thomas lost his life on Sept. 22, 1914 when his armoured cruiser *HMS Aboukir* was sunk by a German U-boat off the Dutch coast. Basil was killed a year later in an explosion on the *HMS Natal* in the Scottish home port of Cromarty Firth, Dec. 30, 1915.] Affleck continues: "Inside the church a raised bronze plaque framed in black oak contains a roll of honour of others who gave their lives during the 1914 - 18 war: E. O. Davies, F. Day, C. E. H. Hales, R. Inglis, F. B. Miller, E. W. Robinson. Under the management of the Crawford Bay Women's Institute, the church was made available to a number of denominations; then in 1944 it was deeded to the Anglican Diocese of Kootenay. Old-timers will remember among the clergymen who included Crawford Bay in their charge, Rev. George Kinney and later the Rev. A. C. Pound who used to come in on the United Church launch *Broadcaster*. At the time that he ceded land for the church, Commander Harrison failed to set aside any land for a burial ground. There was a past World War I embroilment before a cemetery was set aside on the west side road."

My mother wrote in her memoir: "The building was not dedicated as the Commander and his wife were not Anglicans. So he only stipulated that to conduct a service a man must be recognized as a minister of some established religion. The Commander was a short, square man, his small beard was trimmed. His eyes, blue as blue with that added green - does it come

from watching the stern oceanic waves?"

The church was known only as "Crawford Bay Church" until around 1961, when Rev. William Edington decided its name should honour its builder. So when Sharon and I were married in 1963, our wedding certificate shows "Harrison Memorial Church", signed by William Edington. Rev. Edington was a good organizer for the seven or more churches in the Parish of Kokanee, as it was known then. He also made a hymnboard and recycled a wooden cross to be used on the altar when he took services at Gray Creek Hall.

The church was heated by a wood furnace in the basement, lit some hours before services by Bill Fraser. I was delegated to light the fire a few times, and wondered how Bill managed to keep that fire going for a couple of hours without staying to look after it, as it was designed well before longer wood-burning systems came into use. Even so, you didn't expect the warmth we do today. Everyone wore more wool in cooler weather. As long as it wasn't actually below 32 degrees Fahrenheit, a one-hour service was acceptable. One service a month was usual in the rural churches.

Our family often attended twice a month - once in Gray Creek and once in Crawford Bay. You allowed

about an hour and a half for the walk along the old road (now Wilmot Road). After the service, we often had tea with the Hincks family, who had purchased the Harrison home, and planned to walk home in time to milk the cows. Our store was not open on Sundays - very few businesses were allowed to open Sundays. Have you heard of the Blue Laws?

Sunday shuttered most everything. Vancouver had Sunday midnight movies which began at 12.01 a.m., as no movies could be shown on the Sabbath. Winnipeg had many years before its streetcar operation was allowed on Sundays! The churches didn't want competition!

For the 90th anniversary of the church in 2010, Brenda Panio and Sue Philp were actively looking for more information about its earlier years. A few years later Touchstones Nelson archives transferred a wealth of material on Harrison's life, family, Wedgwood Manor, and the church to the Gray Creek archives. This windfall became the catalyst for a major exhibit at Gray Creek Museum Days in 2017, as well as an article by Steve White and Frances Roback in the July 2017 *Mainstreet*.

One thing that I do remember is that some years back, Joe Gnilka was repairing the dual entrance stairs when someone stopped to talk to Joe about the project. The benefactor paid for the stair repair on condition that Joe kept the donor's name secret! Only Joe knew who it was!

Today the Harrison Memorial Church is a peaceful sanctuary. Over the years local artisans have added many Kootenay - flavoured furnishings, including a unicorn altar front carved by Wayne Worthington, Kuskonook. Dick Wingate's stained glass altar window, and needlepoint kneelers commemorating early CBay settlers by my mother Kathleen and the Crawford Bay Women's Institute. The church sign was made by Gray Creek finishing carpenter Dieter Heilke, who lived at 14954 Hwy 3A, now the Musil home. The church bell in its belfry came from the historic Anglican church of St. Andrew's-by-the-Lake in Willow Point across the lake.

More recent improvements have included handicapped access constructed by Ed Fuzzen. The building is well cared for, but a hundred-year-old structure needs much more upgrading. With the recent upgrades to the 1893 St Andrews Church in Kaslo we sincerely hope that a similar project for Harrison Memorial Church will be possible.



"Harrison Memorial Church, Crawford Bay, BC", 2011 painting by Tea Preville, courtesy of the artist.



Megan Rokeby-Thomas shared on Facebook this post that shows that Premier Horgan shared the Ladybug story last year. Ladybug rocks are painted and prepared in Kootenay Bay and then they are taken all around the world to spread their charm! Rokeby-Thomas says that the Loveliness at Ladybug is still planning on releasing 500 more this year. Have you seen any ladybug rocks in your travels?



Addis and Semegn, twin sisters from Nelson, BC (and originally from Ethiopia) along with Kieran Dehnel, not pictured, will head to Vancouver where they will play for the Langara Falcons in the PACWEST and pursue degrees in design formation (Semegn) and massage therapy (Addis). The PACWEST is the collegiate league made up of teams from the Lower Mainland and Vancouver Island. The twin sisters, born in Ethiopia and adopted to Nelson at age six, have been standouts for the Vancouver Whitecaps academy in Nelson since its inception in 2012. Both girls help out the next generation and give back to the community by working as coaches for the Nelson Soccer Association. Check out the video made by East Shore's Bohdan Doval on YouTube at "It Starts With A Goal: Addis & Semegn Atkinson" <https://www.youtube.com/watch?v=RSjW-Pedpwl>

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## Annual General Meeting

**Community Connections**  
(AKA South Kootenay Lake  
Community Services Society)  
VIRTUAL AGM VIA ZOOM

*February 25, 2021 at 1pm*

Join Zoom Meeting:  
[https://us02web.zoom.us/j/89487465913?](https://us02web.zoom.us/j/89487465913?pwd=RFYwZkw2MlBneVJDM00zdUZEdiV6Zz09)  
[pwd=RFYwZkw2MlBneVJDM00zdUZEdiV6Zz09](#)

Meeting ID: 894 8746 5913 Passcode: 312765

Contact Community Connections to get the Zoom link or further info: [skootenaylakecss@gmail.com](mailto:skootenaylakecss@gmail.com)



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## ELECTORAL AREA A COMMISSIONS Request for Volunteers

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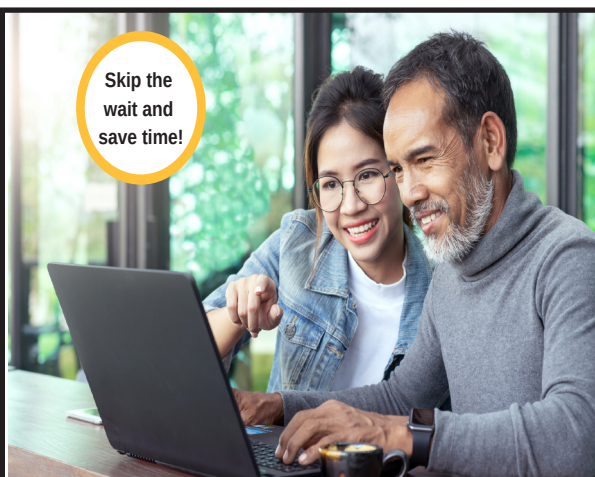
The following commissions are looking for volunteers:

- Area A Advisory Planning Commission
- Agricultural Advisory Commission

Electoral Area A encompasses the communities of: Boswell, Sirdar, Sanca, Wynndel, Gray Creek, Kootenay Bay, Riandel, Twin Bays, Kuskonook, Pilot Bay and Crawford Bay.

You must be a resident of Electoral Area A and a letter of interest has to be submitted to Garry Jackman (Area A) by **February 25, 2021.**

Garry Jackman  
Director Area A  
[gjackman@rdck.bc.ca](mailto:gjackman@rdck.bc.ca)  
(250) 223-8463



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**Burgers:** Bacon, Cheese, Mushroom, Mozza, Fish and Veggie w/ Fries, Soup or Salad

**Wraps:** Buffalo Chicken, Chicken Caesar, Chicken Bacon Ranch, Veggie

**Sandwiches:** BLT, Grilled Cheese, Roast Beef, Montreal Smoked Beef on Rye

**Entrees:** Fish n Chips, Steak Sandwich (w/ Caesar Salad AND Fries), Beef Dip, Chicken Strips

**House Soup:** French Onion

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## Crawford Bay Hay Association Year End Hay Report

by Mautz Kroker



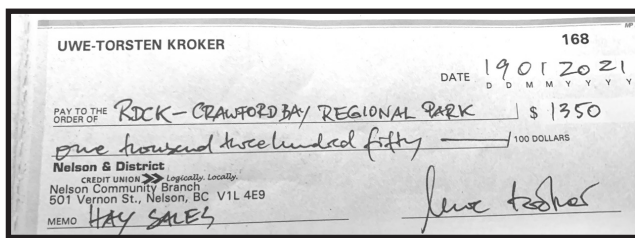
(250) 551-4405

The work and numbers are in for the 2020 year and I want to give the community a short report about the outcome of the hay adventure.

First of all, there is still hay in the barns! This sounds a bit disappointing but from time to time I get a call or message via Kijiji

for smaller or bigger orders and I am pretty sure most of the bales will be gone at the beginning of the new season.

The second piece of good news is that I sold between October and the end of December 2020 another 430 bales for \$2365. This includes 100 bales that I used for my own livestock. Finally I could pay some of the summer expenses and sent, in mid-January, a cheque of \$1350 to the Crawford Bay Regional Park Administration. I am hoping to send another cheque before the next cut in July.



The Crawford Bay Hay Association numbers until now are the followings:

Hay sales 2020	+ \$5765
Parts and supplies	- \$1713
Mechanical labour	- \$1327
Advertisements	- \$100
Fuel for haying	- \$600
Fuel for deliveries	- \$80
Part payment for my labour (in hay bales)	- \$550
Cheque RDCK	- \$1350
<b>Total</b>	<b>+ \$45</b>

I think this doesn't look to bad for the first year and there will be more sales coming. Finally I might be able to pay more myself for the labour and perhaps an instalment for the equipment.

The next report will come, and a happy sunny good year for everybody!

## TOM SEZ

by Tom Lymbery

Major upgrading to Kaslo's 1893 St Andrews United Church gives us hope for Harrison Memorial Church in Crawford Bay. Can we possibly organize to properly preserve this community icon?

BC apple industry is in trouble with imported apples selling for far less than those produced in BC. Cant tariffs help – why should we allow Washington apples that are subsidized by the US government to destroy local orchards?

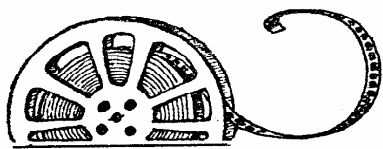
Pinnacle Pellet of Quesnel has become the worlds second largest pellet producer, renewing a Japanese contract, as Japan tries to replace nuclear power production with the cleaner wood pellets. Pinnacle which now has several plants is able to fill ships with bulk pellets from its enormous silos in Prince Rupert Harbour.

Andre Robert of Creston has won \$500,000 on Lotto Extra. His Robert Roofing Company did the excellent job for re roofing Gray Creek Hall with metal, and removed and tidied up and removed all the cedar shakes he had to take off first.

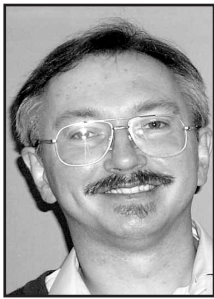
The most challenging dog sled race of all, the Yukon Quest has had to be cancelled this year because of border restrictions due to Covid. It runs 1000 miles between Whitehorse, Yukon and Fairbanks, Alaska, alternating directions year by year.

In my lifetime I still find it hard to believe that four letter words have become so commonplace, seemingly being used without discretion. My book explains how strictly we had to speak, substituting *Elephant Brand* (Cominco's fertilizer) for the somewhat innocuous letters *BS*. When did the F word become printable – I think about 1970 – first used hidden in a boring article, but somehow allowed to pass the word censors.

Our lake will start dropping soon in order to reach 0 level by March 31. This is regulated by the International Joint Commission in order to accommodate the spring run off. Please plan your beach cleanup and dock repairs now. Our store has the tools and equipment you need from peaveys to cable staples.



## Seldom Scene by Gerald Panio



I was born in 1957 in a sod house at Kapuivik, my family's winter camp site in our life on the land. We were living happily like my ancestors waking up with frozen kamiks for a pillow. In 1965, my parents were told by Government workers, "You should send your kids to school or you could lose your family allowance." I was nine years old getting ready to be like my father. The next summer I was on the boat to Igloolik with my brother. While my parents lived on the land I stayed in town and learned the English language. Most weeks they showed movies at the Community Hall. They cost a quarter to get in. That's when I started carving soapstone to get money for the movies.

I remember John Wayne in the West. He spearheads the U.S. cavalry and kills some Indians at the fort. One time the scouts didn't return, we go out where there's arrows sticking out of dead soldiers and horses and one soldier says, 'What kind of Indians did this!' I was shocked too. That's what I learned in my education, to think like one of the soldiers. When I began to see myself as an aboriginal person and a filmmaker, I learnt there are different ways to tell the same story. People in Igloolik learnt through storytelling who we were and where we came from for 4000 years without a written language. Then foreign missionaries preached Paul's Epistles to my parents in Inuktitut saying, 'Turn away from your old way of life.' These days Igloolik young people are suiciding at a terrible rate. 4000 years of oral history silenced by fifty years of priests, schools and cable TV? This death of history is happening in my lifetime....

In 1985, I received my first Canada Council grant to produce an independent video, *From Inuk Point of View*, on my summer holiday. I was director, Paul Apak editor, Pauloosie Qulitalik the cultural narrator, and Norman Cohn, cameraman. This became our Isuma team. Can Inuit bring storytelling into the new millennium? Can we listen to our elders before they all pass away? Can we save our youth from killing themselves at ten times the national rate? Can producing community TV in Igloolik make our community, region and country stronger? Is there room in Canadian filmmaking for our way of seeing ourselves? To try to answer these questions we want to show how our ancestors survived by the strength of their community and their wits, and how new ways of storytelling today can help our community survive another thousand years.

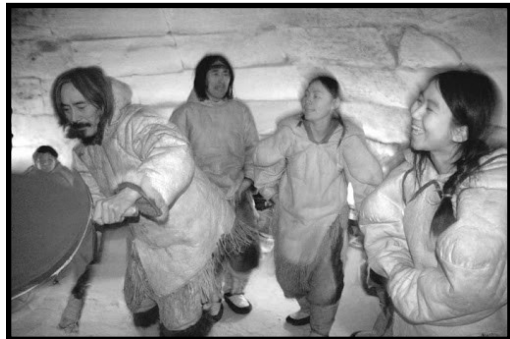
--Zacharias Kunuk profile at Isuma TV

In 1921, Greenlandic/Danish explorer and anthropologist Knud Rasmussen set off with a small party on what came to be called the Fifth Thule Expedition. He and his companions traveled 32,000 kilometers by dogsled from Greenland to Siberia. Rasmussen had so immersed himself in Inuit culture that one Canadian Inuit elder said of him that he was "the first white man [he had ever seen] who was also an Eskimo." The records of the Fifth Thule expedition were published in full in Danish in 10 volumes, then

condensed by Rasmussen into a two-volume edition, and later a one-volume edition. The latter has recently been republished in paperback as *Across Arctic America*.

In 2006, following up on the great critical and popular success of his first feature film, *Atanarjuat: The Fast Runner* (2001), Inuit filmmaker Zacharias Kunuk, partnered with cinematographer Norman Cohn, released *The Journals of Knud Rasmussen*. The response to Rasmussen was far less enthusiastic than the praise showered on *Atanarjuat*, and this was reflected in the box office figures for the two films. *Atanarjuat* took in over \$5 million; *Rasmussen* just over \$200,000. Of the 19 English-language reviews posted on the Internet Movie Data Base, only 1 is still active, and there are only 5 User Reviews (when even the most obscure films will often garner dozens, if not hundreds, of such reviews).

It's difficult to say what went wrong. Although he worked on some shorter projects, Kunuk didn't direct another feature film until 2016. I suspect that *Rasmussen's* narrative was woven together too subtly for the average viewer to grasp on a first viewing. The film is a remarkably immersive experience, with the viewer stepping into the lives of a small Inuit clan that has struggled with personal tragedy and is at the liminal point of the clash of ancient shamanistic traditions and Christian proselytizing. I think the film is another remarkable achievement for Kunuk & Cohn and their cast and crew. If this review can help make *The Journals of Knud Rasmussen* a little more accessible for the first-time viewer, I guarantee a viewing experience that's both rich and haunting.



The two central characters of *Rasmussen* are the clan's shaman, Avva (Pakak Inukshuk), and his daughter, Apak (Leah Angutimarik). Apak shares her father's profound connection to the spirit world. Her father had always hoped that she would one day take on his mantle. But Leah is a passionate, beautiful young woman whose first lover, Natar (Peter-Henry Arnatsiaq), largely cut himself off from his clan by choosing to work for white traders, explorers, and missionaries. Her first husband was murdered by a man from another tribe who wanted her for himself. To cleanse his people of the taint of bloodshed, and to reestablish peace, Avva arranges for Apak's marriage to a second husband. This relationship proves to be a loveless one, and Apak abuses her special connection to the dreamworld by making love with her dead husband. Her father is appalled by what he sees as both antisocial behavior and spiritual waste.

The performances of the entire cast are superb. At the time the film takes place, Natar has returned to the tribe as the guide for three members of the Rasmussen expedition. There is Rasmussen himself (Jens Norn Spottag), gregarious & bearlike "Big Piitaa" Freuchen (Kim Bodnia), and scholarly Therkel Matthiassen (Jakob Cedergren). All three men speak Inuktituk fluently, and fit comfortably into the small tribal world. There is, on the other hand, considerable tension between Natar, Apak, and Avva.

In 1922, despite some limited contact with white society, Inuit life was still very much subject to the vagaries of Arctic weather and the presence or absence of game. Starvation was a very real possibility. Survival often hung on a fragile thread. As I watched the film, I was awed by the people's ability to express so much joy and laughter and ease in an environment

that consisted of endless flat vistas of wind-blown ice, without a trace of vegetation or obvious landmark. It's no wonder that the Inuit would have been willing to share their stories with Rasmussen, a man who had fully embraced their land and its people throughout his life and travels.

*Rasmussen* is an intimate film, because for much of the time we are inside an igloo, either in the rich, warm light of oil lanterns at night or the abstract crystal light of day. A large proportion of the camera shots consists of close-ups & extreme close-ups. The nighttime scenes reminded me of the paintings of Georges de la Tour. We get to watch the little daily miracles of life in the high Arctic—lighting the lanterns, preparing food, chanting, smoking, telling stories, sewing parkas, working on sleds, building igloos, playing. The clothing is extraordinary; what every person wears is a work of art (or, given its massiveness & solidity, a work of architecture). The strength and endurance of the sled dogs is a marvel.

There's also the other world. The one of the Shadow People. The one where not everyone is human. The one in which Apak loses herself. The world about which Avva tells Knut, "We believe happy people shouldn't worry about hidden things. Our spirits are offended if we think too much." The world of the woman in furs whom we always see just behind Avva's shoulder and meet one last time at the end.

Avva has promised his three white visitors that he will get them to the village of Iglulik. Under the leadership of an autocratic convert to Christianity, the entire village has given itself over to Jesus. When Avva and the village headman meet, we witness the struggle for the souls of Avva's people. They are dangerously low on food, and the village has enough to share—provided knees are bent to the new religion. There are choices to be made, paths to choose. Asked to abandon the old ways, Avva says, "I have no moe room in my mind for new songs." The last 15 minutes or so of *Rasmussen* lingers long in the memory and reminds once again us why movies matter.

Some interesting biographical material on Zacharias Kunuk can be found in his biography on Imdb and at the Cinema Politica website. The latter also provides a link to the personal profile that heads this article.

For anyone interested in reading Knud Rasmussen's original journal, it can be found online at the Internet Archive, using the link at the end of the Wikipedia article on Rasmussen. For myself, I'm going to order a copy of the paperback. There are also several other works by Rasmussen accessible online, including a collection of Inuit folktales. In 2008, Kunuk and Cohn acted as producers on a third Inuit feature film, *Before Tomorrow (Le jour avant le lendemain)*, written and directed by women from a women's collective based in Igloolik. *Before Tomorrow* was nominated for 9 Genie awards, including Best Picture. In 2016, Zacharias Kunuk remade John Ford's *The Searchers* with an Arctic setting. Both *Searchers* and Ford's original version are available from rental or purchase through iTunes, as is *Before Tomorrow*.

## East Shore Reading Centre

by Taryn Stokes, Librarian

Happy New Year to everyone! Here's hoping that you have found some enjoyable reads to tuck in to during these wintery days. If not, the East Shore Reading Centre may just be the place to visit. I'm pleased to take on the role of Librarian and greatly appreciate all the guidance from Cathy Poch. We have been so fortunate as a community for her many years of dedication.

Looking forward, throughout the year we will have new books from many of our favourite authors - David Baldacci, Harlan Coben, Andy Weir, Kathy Reichs, Victoria Thompson, Anne Perry, Steve Berry and many more. If you would like to see more of your favourites please let me know.

To see the latest new purchases, stop in on Tuesdays and Saturdays from 12:00-3:00. Or find us on Facebook - East Shore Community Reading Centre!

## Book Reviews

by Tom Lymbery

**SMALL COURAGE BY JANE BYERS, a Queer Memoir of Finding Love and Conceiving Family,** Caitlin Publishing, 192 pages. \$24.95

This is a Nelson true story of two women who marry and then seek to adopt – unusual for a lesbian couple. I found the most interesting part of this book is not only the questions they had to answer but also the preparation that they were required to complete in order to adopt the twins. They stayed with the foster parents in order for the twins to become comfortable with their new parents before making the actual move to their new home. This was also complicated as the foster parents were a dedicated Pentecostal couple, a religion that has not yet freely accepted gay or lesbian people.

They have established themselves with jobs and a Nelson home before they start the adoption process which is a first in many ways. Have you ever heard of a married lesbian couple seeking to adopt? And then being successful to bring home twins – a girl and a boy born to a part Asian mother so they have some colour. They know that they will fit in well as Nelson has a proportion of people of colour.

When Jane Byers wrote her book the twins were 12 years old, accepting well that their parents are females. Jane writes of how much thought she and her partner are debating as to how they are raising their son and daughter. This is a very interesting book on a very different subject so its one you should read.

**DUBLIN GULCH BY MICHAEL GATES – A History of the Eagle Gold Mine,** harbour Publishing, 220 pages, \$44.95

This is a substantial hardcover book with thicker than usual pages – chosen to allow clear definition of the many colour photographs. Sited deep in the Yukon wilderness an hour north of the community of Mayo. Dublin Gulch has produced gold for well over a hundred years but little known, being eclipsed by Dawson City and also the extensive silver mines of Mayo.

Unusual to find that one of the earlier workers was Howard White, author and owner of BC's largest publishing house – Harbour on the Sunshine Coast. But this is the comprehensive story of promoting and opening the largest and most recent gold mine. Today multi millions of dollars are needed to bring a mine to production and the story of the persistence needed is unbelievable. They were able to involve and get support from the Indigenous nation that encompasses the area.

This is an open pit operation that is very large and predicted to operate for 20 years or so, bringing much prosperity and almost full employment to the Yukon. This book discusses the largest previous mine at Faro the worlds largest open pit lead zinc operation that employed many, and shipped its ore by rail out through the port of Skagway, Alaska. This was so big that it built up the Yukon enormously. However it left problems that are still being rehabilitated, so are examples that ensure future avoidance at Dublin Gulch.

The ore from Dublin is processed by HEAP LEACH, which involves grinding the ore into small enough particles, then piling them to percolate a cyanide solution through the entire pile which liquifies the gold to be collected and refined.

This requires several layers of special plastic to ensure that none of the mixture escapes. If you are unfamiliar with this process perhaps you will remember driving by a heap leach pile fairly close to the highway at Hedley BC set up by Barrick Gold. But that one was relatively small compared to Dublin Gulch, which is enormous.

The rising price of gold had helped make this new Eagle Gold operation successful. The first gold bar was poured at the site on September 17, 2019 and produce a 1,001 ounce gold bar which took two men to hold up to display.

## East Shore Writers Sampling

submitted by Susan Snead

*The East Shore Writers group (spearheaded by Diana Stokes) was given a prompt in January to use "re words" in whatever form we wished. We enjoyed this prompt so much that some of us wanted to share what we wrote with you, the reader. Our small group continues to meet via email. Anyone interested in learning more could write starlightwave2003@yahoo.ca for more information.*

### Remembering Who We Are

by Susan Snead

*This little writing was created through a "prompt" from the east shore Writers group spearheaded by Diana Stokes. January's theme was to use re words in what ever form we wished. Our small group continues to share these monthly musings and I wanted to share mine with you.*

Remind me again why we are here?" said Reginald to his twin brother Rex.

"We need to re-enter the Past so that we can re-dream the Future silly" replied Rex. "Let's face it if we have the ability to create worlds then we need to revision, rethink and recreate what needs revamping. Right now we are stuck in a forward motion that is killing the creative force, taking you and I along with it."

"So just to reiterate" remarked Reg "Just because we are resigned to respond to these restrictions doesn't mean we can't resort to realigning ourselves in a more reflective way in order to reorganize and replace the current crisis with a new repertoire?"

"Very good bro, I see you have reflected well on the task I am referring to and understand the reforms needed to re-establish right use of Will in action. I am relieved that you have responded so well to this task of ours. The resources we need right now rely on our ability to reshuffle our thoughts away from this fear based approach, by resolutely resting our attention on that which will restore, re balance, revive and resurrect the reunion of humankind to the Earth. Only with reverence and love can we rewrite this story" beamed Rex.

"OK then" exclaimed Reg "let's begin now and may this story be retold again and again of how two brothers, in retrospect, reentered dream time to reset the past in order to repress and remove a restrictive force from ever replicating itself again in the future, thus reverting and restoring our faith in the Earth as the prime Healer. Thanks Rex for helping me remember that we are children of a benevolent and loving Source who have the freedom to recreate our lives in what ever way we can dream it. What a relief. What a reformation."

### Rebellion

by Wendy Leger

The recent attempts of the regime to re-segregate the Reborns was considered reprehensible by the Rectifiers. They had warned Regent Regulus that the repercussions would be severe.

Regent Regulus had told the Rectifiers that he thought the Reborns were just a ragtag bunch of refugees who had relocated to the Citadel after their home of Rebbe had been destroyed. He was convinced that they would try to reclaim their status and he was not going to let that happen. The Realists were the rulers of the Citadel; the Reborns didn't belong.

The Reborns had been repressed for so long. They just wanted to be accepted and respected for who they were. They didn't want power or position; all they wanted was to be able to relocate and re-establish a

place they could call home. Renley was the Reborns' adviser. He had always counseled restraint and had been adamant that he didn't want an open rebellion. The rest of the Reborns' council were tired of restraint. They were resentful of the way they had been treated by the Realists. They wanted retribution.

At dawn the Reborns stormed the Citadel. They were tired of being repressed. The battle was hard fought on both sides. Regent Regulus renounced his title after the Reborns took control of the Citadel. The revolution had been a success.

Renley looked at the devastation around him. How could the Reborns redeem themselves?

### Requiem

by Wendy Leger

Rekindle your faith and reclaim your soul  
Do you repent are you remorseful  
Revenge and retribution are not the way forward  
Reflect, remember, let the memories resonate  
In our reverie, reminiscences of redemption and rebirth  
Who will be our redeemer?  
Who will help us reclaim our humanity?

### The Power of Re

by Cindy Thiessen

Where would we be without these two little letters- "re"? None of us could thrive or even survive too long without a redo or a repair. We are born for trouble as sparks fly upward. Blunderers all are we. And no one learns to walk without a fair bit of falling. We need the power of "re".

I've spent a lot of time along the way reflecting on and reviewing the events of my life. These days I remember the beautiful places and people on my journey, and I remind myself how much I have given and received in these rich regions and relationships.

I find it necessary to revisit the dark corners every now and then, but I refuse to reside in regret or remorse. I resolve to learn what I can from my mistakes and from the wrongs done against me. I resist self-pity. I release the pain that gathers and brackens like rainwater in all my depressions. I relinquish the sweet sorrow of rehearsing how I've been misunderstood and mistreated. I recoil from that dangerous feast.

All my troubles have revealed to me a deeper channel of meaning and healing that restores me again and again. I am renewed and even re-birthing in these secret chambers of metamorphosis. I re-emerge from the chrysalis renamed, retrained and redesigned.

I have a deep respect for the retreat. The ceaseless clang of busy life drowns the quiet voice calling us to rest and re-evaluate. It's not easy for us to reject the loud messages to do more, buy more, or even be more. We are harassed on all fronts. We must remove ourselves from the cacophony and chaos. We must choose to remain in the uneasy silence between who we think we are and who we really are. This rediscovery comes in a reclaiming of our inner-teacher, our soul, the real self. Our false selves are ego-driven and high-jack our true selves.

Only when we employ our true selves can we remake our world into a compassionate, caring, creative place where everyone belongs. Two little letters have the power to restore, rekindle, reimagine and return us to the wonder for which we were created.

*The East Shore  
Mainstreet:  
Community, Conscience,  
Creativity.*



pebbles  
by Wendy Scott  
A Journey

He had no children, no siblings and, two years ago, cancer had claimed his wife. Two lonely years. It took him a long time to go to her closet, fold her clothes and place them in a packing case, much longer to release that case and send it away. When he opened her dresser drawer he found forgotten ballgames, concerts in the park, anniversary dinners; there was an Alaskan cruise and a train ride across Canada on the CPR. They came rushing out at him and he had to sit down on the bed and watch them fill the room because he knew he could not put them back.

He found himself, he said, in restaurants watching couples at other tables and wanting to go to them and tell them how precious it was to have another person across from them, smiling, laughing, listening. He wanted them to cherish their moments. He stopped buying the daily paper; there was too much news without her to share the interesting bits. The crossword became a chore.

He decided to move to a smaller place and it was during the process of sorting his own possessions that he came across the box of letters. The box reached across years to another lifetime, a breathing space between wars, a time of frivolous endeavors. During his high school years, the idea of pen pals came about – pen pals from other provinces – a way for students to explore the country in the 1930's with a two cent stamp. He lived in Ontario then and his pen pal was a girl in Saskatchewan.

He remembered showing his wife the box and they had laughed about this bundle from so long ago. He had wondered how, where, what. You will find out

someday, his wife had said. And now? We met him on the Kootenay Lake Ferry, this white haired man with bright blue eyes. He had not come this way before. He was impressed with the MV Osprey, he said, and obviously enjoying the ride. You are on holiday? We asked. No, he said, I am returning. This man of eighty-something years was coming back from a quest into the past.

For him, the box became a passage away from the memories that brought pain; a chance to unlatch a door to another time; a fresh breeze. He had packed his bags and set off for Saskatchewan to the hometown of a girl in a black and white photograph. It was a journey beyond recollection. He had gone to search for a face he had never met, a name he did not know, a place that might no longer have a meaning.

The years ran backwards with the miles. It did not occur to this man that more than half a century might have resulted in a change of address or two. He had understood the girl who wrote those letters well enough to be certain she would still be in that same small place.

He found the town without too much trouble and a phone book and, there it was – her brother's name. When he arrived at their house, the brother and his wife were ready with tea and lunch. And then they said, there's someone you might like to meet.

He spent a week in that small town with his pen pal and her husband. Will you go again? Yes, he said, I've been invited. And they are coming to the Coast – all four of them.

He was happy, this white haired man with bright blue eyes. Happy because he had a new story to tell and there would be more, more to look forward to. He was happy because when he got home he knew he would share his journey with the woman who had been beside him for nearly sixty years. She would be there. She would listen. She always had.

**Blast from the Stacks**  
**Riondel Library News**

by Muriel Crowe & Shirleen Smith

**Dust If You Must**  
(excerpt) by Rose Milligan

*Dust if you must, but wouldn't it be better  
To paint a picture, or write a letter,  
Bake a cake, or plant a seed;  
Ponder the difference between want and need?  
Dust if you must, but there's not much time,  
With rivers to swim, and mountains to climb;  
Music to hear, and books to read;  
Friends to cherish, and life to lead.*

Here at the Riondel Library it's February and we have itchy feet. "Not so fast," our government, friends and consciences caution (the spoil-sports), "We're in a pandemic and you ain't goin' nowhere." Fortunately, being Librarians, we have super-powers and little things like reality and viruses can't stop us from seeing the world - safely! - in the pages of books.

We suspect we're not alone in our frustrated wanderlust. If you're spending a lot of time pining over your old holiday photos and packing your Hawaiian shirts in mothballs, let the Riondel Library become your new favourite Travel Agent.

Maybe you want to start small. Say, a package deal where you cover a lot of territory in a short time, nibbling at the world's hors d'oeuvres. In that case, why not explore the Library's periodicals section? Take out a few or a lot of our magazines, such as Canadian Geographic, The New Yorker, Canadian Living, Gar-

dens West, or the Walrus. Time travel is highly recommended too (no obstacles when you're travelling in your mind), between the pages of Canada's History. Really, there's nothing that says "I'm on vacation" like flipping languidly through the pages of a magazine.

For those of you seeking something more meaty, there's a host of books and DVDs in stock, from *Outside of Ordinary- Women's Travel Stories* to Bill Bryson's *Neither Here nor There: Travels in Europe*. And really, when you think about it, most of our books will transport you somewhere - from Louise Penny's rural Québec (her *Inspector Gamache* series) to Andy Weir's Mars (*The Martian* - novel and DVD). Or time-travel closer to home, such as through Vera Maloff's new book, *Our Backs Warmed by the Sun* - the tumultuous and fascinating history of a Doukhobor family in our area.

Now for the big news: With exotic vacations in mind, Riondel Library is eager to announce our new Contest! With Prizes! Enter our "Around the World in Eighty Reads" contest to win some great books (new ones!) - awarded each month from February to May. To enter, take out some travel-worthy books, magazines, or DVDs from the Library (we can help with that) from any genre. Fill out an entry form and when you return your books, tell us where you've been and we'll enter you in the Monthly Give-away draw. Lucky winners will take home some good reads and we at the Library hope to accumulate an impressive list of travel recommendations.

**How to embark on your imaginary travels:**

To take out books and DVDs: just phone or email us. (contact info below) We'll help you get the book you want, or introduce you to something new if you like. We'll even call you when it's ready to pick up.

To return books and DVDs: drop them off in the book return slot or in person (with masking and social distancing!) during hours when a Librarian is there. And: there's still no overdue fines!

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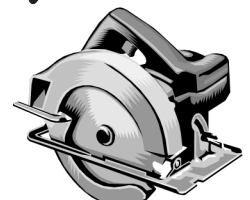
where you'll find images of new acquisitions and a catalogue of all our holdings. It's like Christmas!

Lastly, we've noticed folks are getting a little weary with our restricted lives. Hopefully the pages of some good books will offer some diversions. But we at Riondel Library know you're made of sterner stuff than a little global pandemic. After all, you live in the Kootenays. Hang in there everyone! Be brave, do your best to keep everyone safe, be kind.

**Library info:**

Hours: Monday/Wednesday/Saturday 10-12 am  
Location: Riondel Comm Centre, south-east door  
Contact the Library:  
the\_librarian@bluebell.ca or 250-225-3242  
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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.*

### Oh, Rats!

There's good reason why rats are popular pets for children: like hamsters or gerbils, they can be friendly animals in general, and they are not a health risk. Rats also can be trained for certain kinds of behaviour. Pet rats--generally--have been bred from the brown rat species. They're also used in laboratories because they're easy to breed and keep in captivity. They're calmer, they generally don't bite, and they tolerate living in cages with other rats. Most domestic rats as pets or as research animals are white, but there are several other colour and physical variants, including the dumbo rat with enormous ears.

Most people are scared of rats, unfortunately, and I would concur if I encountered any wild rats. However, on one renovation program on television, the new owners squealed and ran when a little white rat approached them, and crawled over their feet. It was an abandoned pet rat, not a wild one. Quite likely, it was looking for comfort and food

Rats are surprisingly intelligent. They score well in "measurable intelligence using the 'g factor'" (Wikipedia) also known as general mental ability. It's a measurement determined by a system of cognitive tests and rates the animal according to its ability to perform cognitive tasks. Another advantage to using rats as pets or research is that their intelligence appears to be inheritable. Early studies in the 20th century showed that the rats that performed well in mazes had offspring that

were also very good at solving mazes.

Rats like to be tickled. (You can see this on my Facebook timeline.) Tickling is one of those physical responses that scientists are not sure they understand. For instance, we don't laugh when we tickle ourselves, only when someone else does it. The scientists took a group of rats and looked for their tickle spots. Rats, by the way, like to be tickled on their bellies. The researchers then recorded the animals' brain activity while they were tickled, "focusing in on neurons in the somatosensory cortex" (STAT). This is where human brains respond when they get tickled. The rats loved it, and personally I have to say it must have been a different kind of experience for the researchers as well. When the rats' stomachs were tickled, they "let out ultrasonic squeals of joy" (STAT). After they were tickled, when the researchers subsequently played with them, the rats also squeaked happily.

Rats like to play hide-and-seek, too (also on my Facebook timeline). According to The Atlantic, both the animals and the scientists enjoyed this experiment. In general, training animals is "traditionally about control and conditioning . . . in carefully regulated settings, to do specific tasks using food rewards" (The Atlantic, Sept., 2019). However, that doesn't apply when trying to understand the neuroscience of play, since playing is about "freedom and fun." When it comes to play, rats behave like human children. They "will chase, rough-house, and wrestle with one another" (The Atlantic).

Annika Reinhold, of Humboldt University of Berlin, was certain she could get the rats to play with her. She taught them how to play hide-and-seek. She habituated them to her by stroking, chasing them with her fingers, and tickling them. Then she taught them how to seek and how to hide. Out of the six rats, all of them learned to seek, but only five of them seemed to understand how to hide. The rats became smart about it. They would choose opaque boxes to hide in, rather than the transparent ones, because no one could see them in the opaque boxes. They also chose to be quieter

when they were hiding. They seemed to understand the game, and did so very quickly, perhaps because the hiding aspect of it is similar to their natural behaviour. They also enjoyed it, even though they weren't always rewarded with food. They would try to find ways to extend the game, by hiding longer, and then re-hiding again, inviting the researcher to continue. Most of the time their only reward was a tickle or caress from Reinhold. When they saw Reinhold approaching, they would frantically jump on the spot. This is known as freudensprung, or "joy jumps." Sometimes they would tease her, just as a dog does with a ball when he wants you to play with him: bringing it close and then running away with it again before you can catch him. The rats wanted her to "chase" them. They were playing for the sake of playing. They were having fun.

The amazing part of this study is that the rats became "savvier" about the game. They remembered spots that were good for hiding, or not good, and they voluntarily started taking turns at the game as well. The scientists were attempting to study play in animals, but for the rats, the experiment became pure pleasure. Every time they "found" a human, for instance, they would jump up and down with joy, and with other experiments, the same rats performed more willingly and with less stress: they "were using their brains and having fun with friends." The scientists learned, too, that anxious rats didn't want to play, and didn't enjoy being tickled as much.

Every time I drive into Nelson, I look out for the house that has a giant metal rat on the roof of a turret. It's three or four feet tall. Whoever lives in the house sometimes puts up an old beach umbrella for the figure if it's raining outside. (I've nicknamed him Ratso after the character in the 1969 film, *The Midnight Cowboy*, the charming, ailing con man.) One thing I like about the Nelson Ratso is that the character is seen as fun. From now on I'll try to imagine him jumping for joy when he gets that umbrella or when the sun shines and tickles him.

## For the Love of Genre

by Sharman Horwood

### Elderly and Clever

Richard Osman, author of *The Thursday Murder Club*, isn't a poor man. He is a well-known television producer in the U.K. The shows are all popular, too, particularly his "House of Games", so Osman isn't exactly bored either. However, he wrote *The Thursday Murder Club* because he liked the idea.

The story centers on a group of elderly people living in a well-to-do retirement community. Many of the people in Cooper's Chase have unusual backgrounds, and little to do because they're retired. What's more, they are very clever and still rather interested in the world around them. As Val McDermid says, this book is "a warm, wise, and witty warning never to underestimate the elderly."

Using elderly, intelligent people, with a broad range of skills, isn't a new idea in the mystery genre. There is Dorothy Gilman's series on Mrs. Pollifax, an elderly retired woman and gardener who the CIA finds very useful in some situations: she can be an agent who is above suspicion to foreign powers. Of course, there is also Agatha Christie's celebrated Miss Marple, as well as Patricia Wentworth's popular Miss Silver. *The Thursday Murder Club* is a new addition to this branch of the murder genre, and a good one.

Four of the seniors in this luxury retirement village in Kent come together for the Thursday Murder Club. Ron is a former union organizer, and self-styled "hounder" of the authorities when it comes to people's rights. Joyce is a widow and former nurse, bringing medical knowledge to the group. Ibrahim is a retired psychiatrist and well versed in human behaviour. Eliza-

beth is the fourth member of the group, and their prime mover. She has had a rather unusual past that is alluded to throughout the story, but never explained. In her former career she acted on behalf of the government in many unspecified ways. At one time she was an interrogator, and at another--presumably during WW II--a tank driver. She has a number of "friends" she knew throughout her working life. They are now special contacts in several sensitive departments in the British government. In other words, because of her history as an intelligence agent, she can gather information that isn't available to most members of the public, making her ideal at tracking down background information on certain people. At times, she can even gather more of their history than the police can, frustratingly so to the two detectives assigned to this case. These senior four believe they can solve murders, and unbeknownst to the police, have copies of several unsolved murder cases on hand.

The novel is partly humorous, with an underlying gentle vein of seriousness because of the seniors' circumstances as they age. They're no longer taken seriously, and various officials tend to pat them on the head, politely, and then ignore them, though they have years of experience and knowledge behind them. However, in the novel, as the police soon discover, that just isn't possible at this particular retirement community. Cooper's Chase is instead, as Ibrahim describes it, "so alive. So full of ridiculous committees and ridiculous politics, so full of arguments, of fun, and of gossip." It is a community that is constantly changing as well, with new people coming, and with "all the farewells too, reminding you that this is a place that could never stay the same."

Cooper's Chase was a building project developed by Tony Curran, a man with deep criminal ties in British society. He is planning on expanding the devel-

opment, at the cost of the people who live in it, and to the detriment of the surrounding area. One part is a group of large farms that butt up against Cooper's Chase, and the other is an old graveyard that used to belong to a convent that had existed next to it; their nuns have been buried there for 150 years. Tony plans to dig up the graveyard, and buy out one of the farmers with the closest bit of land. That farmer isn't sure he wants to retire yet, but Tony has some unpleasant ways of nudging him in that direction. As a result, none of the retirees want any extension to the existing development. After a couple of confrontations with the Cooper's Chase residents, Tony Curran goes home and is bludgeoned to death. Our group of four think they can determine who killed him. Unfortunately, before they do, there is another murder, connected to the first.

In order to solve the murders, the four seniors have to delve into the histories of the two dead. Both of them have been criminals long before they were upstanding businessmen. That they haven't been previously killed is somewhat surprising, considering their past, and the four think they may have been responsible for other previous killings. Nonetheless, this is murder, and whether or not the two men deserved their ultimate ends, the murder club feels the mystery of their deaths needs to be solved, particularly since the police are eyeing the Cooper's Chase residents as possible culprits. After all, the murderer might kill again. As Agatha Christie used to say, when it comes to murder the most difficult one is the first. The murderer has to fight down any moral objections, but after that, once the killer becomes used to the act, murder comes much more easily.

Osman wrote this novel in secret over a period of 18 months. It has been very successful. I am recommending it, though, because it is witty and funny and well written, and above all perfect for quiet winter nights.

## Life Review

by Elisa Rose Shaw, QHHT Practitioner

For info on QHHT or to book a session,  
email [elisareoseforever@gmail.com](mailto:elisareoseforever@gmail.com)

When we die, we look back at our life and review the lessons learned or not learned, and the purpose for living and experiencing what we did. We then work with our guides to decide what lessons we still need to learn and work that into our next incarnation.

Right now, there is a major shift happening in the Earth, everything on it, and within our own beings. Whether you feel that within or observe it around you or on the news, it is affecting everyone. Many things that were before will be no more. Whether they dissolve and disappear completely or reappear in higher more loving forms, nothing will be the same, in the coming times. We will be changed, and therefore everything around us will change, if only because we see it differently with our changed perspective.

This is an excellent time to review what has been in our life, just as we do after we leave our body. We can do it right here, right now, and then decide how we want to move forward with this very life we are living. For example, we may wish to change our attitudes to allow for more ease to enter our lives and all of our endeavours. We may wish to put more energy towards our own dreams rather than supporting others' visions, or we may wish to give back to our community more and join with others to make things awesome for more people.

Looking inward is vital, as that is where the deepest and most honest answers are found. It is something we can trust because it is not anyone else's agenda we are following. When we learn to trust our own inner voice, we need not fear other people's opinions of us because our own connection to our higher self, and by extension, our source, is strengthened. Our need to control other people weakens, as do others' attempts to control us. We will likely realize that we have the ability to create whatever we need for ourselves, and when requested with honesty and transparency, any help we need will come to us. It may not appear the way we are expecting it, but in some form that suits the greater good.

As I have observed while practicing QHHT (Quantum Healing Hypnosis Technique) sessions is that it is a great opportunity to look within, to review what has passed, to see the purpose of everything, that has happened to you, whether it appears to be good or bad, and to see what lessons you wanted to learn by creating these circumstances in your life. If something still feels painful, whether emotionally, physically or spiritually, it means the message still hasn't been received, or the lesson may not yet be learned. Asking our higher selves, or our Super Conscious for the answers, helps us to learn these lessons so that we can easily release the emotions that we have stored in our bodies, and heal any and all corresponding symptoms.

As this shift happens within and around us, we can take charge of our realities by owning our life and owning our creations. When we review our life and let go of anything that is not working and not loving to ourselves (including being unloving to others) and embrace the different potentials that exist within each one of us, we will create a vastly improved present and future.

Whether we are just embarking on adulthood, in a midlife transition or nearing the end of a physical incarnation, a review can be useful at any stage of your life, to consciously step into adulthood and ask, who do I want to be and how can I be that person? What can I learn from my childhood, what can I take with me into the future and what can I leave behind? In our midlife, which corresponds with the placement of the planet Uranus opposing the placement of Uranus in our natal astrological chart, we may find that we no longer resonate with the beliefs, actions or environment that

we identified with our personality in the past. We may find ourselves attracted to something very different for ourselves and wonder why? And ask, is this right for me? When nearing the end of our life, we may wish to forgive ourselves and others, and clear everything that we can so that we don't have to bring these lessons into our next life.

These are just some examples of times in our lives when a review can be useful, but of course, a relationship breakup, death of a loved one or a loss of employment can also trigger our need to look within and ask, what has been, and what is next?

This transitional time on the Earth is a good time to do a life review. With all the seeming chaos around us, and so many things unknown and "up in the air", instead of letting the "chips fall where they may", we can decide where we want them to fall, and we can envision that and consciously work towards it. We now have the opportunity to create the reality that we truly desire.

## An Opportunity for Healing

by Blanche Tanner

Life on Earth is a life of duality; everything here is opposites, night and day, male and female, good and bad, right and wrong, should and should not. All the ascended masters and great teachers of all time have come to remind us to "walk the middle path" "the red road" "turn the other cheek" "love your neighbour as yourself"... SO this is the question now, how to be neutral (balanced) without feeding the duality (negativity) within our selves and the world mind. How can we support consciousness, awareness in these very polarized times. To not be a part of the hate Trump, Trudeau, Biden, the virus, the rules, the masks, bandwagon. The victim and perpetrator archetypes are very much running the show at this time on planet Earth.

What a great opportunity for healing on so many levels. We get to see all the aspects of ourselves that gets caught in righteousness, fear, projection, blame, and good old make wrong (judgment). We have awareness and have the ability to be aware of our thoughts that we put out in the world, and we have the ability to step back and choose to focus on goodness (gratitude) in some way to neutralize the energy. We can choose to focus on gratitude for all the amazing gifts we have every moment. We can walk in nature. We can meditate. We can take deep conscious breaths, we can pray, We can ask for help and guidance. We can always ask "What would love do in this situation"?

One of my friends and respected teachers, Duncan Grady of Black Feet and Sulk ancestry, Masters degree in Counseling Psychology and a Doctor of Divinity shared what he had learned from his elders that whenever we judge or have issues with anyone is to own that "I also have that within me" bringing it back to our selves, neutralizes the energy. I know I have all those aspects potential within my personality (ego) that I see in the world.

I personally have had strong concerns for the truth to be known but now I realize what an incredible opportunity we each have to focus on what we want to manifest in our lives by focusing on what goodness we already have and to take our attention, energy off the outside "non reality appearing real", lie of the world mind. Where attention goes, energy flows, or what we focus on is what we are growing in the garden of our lives.

I am infinitely grateful to all my teachers who hold light and love for all of us with ceremony, prayers, and awake consciousness to remind us again and again its not an out side job, we each need to find peace and love within ourselves before we will ever experience it in the world. Its a work in progress.

In love and gratitude for all the blessings of these times.

## East Shore Hospice In the moment

by Maggie Kavanagh

Wendy from our writer's group recently posted this poem by Merrit Malloy and I thought it was so beautiful that I thought I would share:

### Epitaph by Merrit Malloy

*When I die  
Give what's left of me away  
To children  
And old men that wait to die.  
And if you need to cry,  
Cry for your brother  
Walking the street beside you.  
And when you need me,  
Put your arms  
Around anyone  
And give them  
What you need to give to me.  
I want to leave you something,  
Something better  
Than words  
Or sounds.  
Look for me  
In the people I've known  
Or loved,  
And if you cannot give me away,  
At least let me live on in your eyes  
And not your mind.  
You can love me most  
By letting  
Hands touch hands,  
By letting bodies touch bodies,  
And by letting go  
Of children  
That need to be free.  
Love doesn't die,  
People do.  
So, when all that's left of me  
Is love,  
Give me away.*

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

If you or someone you know is in need of Hospice Care or you would like more information, please contact Susan Dill East Shore Hospice Coordinator at the East Shore Community Health Center Hospice Office at 250 227-9006. In addition there is a free Library with hospice related books and some DVD's on care, grief and mourning. The Library is best accessed at the Hospice Office on Tuesdays between 10am-2pm.

Watch for more articles and information on Hospice care that will be posted regularly in *The East Shore Mainstreet* by Maggie Kavanagh and/or Barb Kuhn or any one of our other volunteers.

**Massage Therapy**  
**Harreson Tanner, RMT**  
**Over 40 years clinical experience**



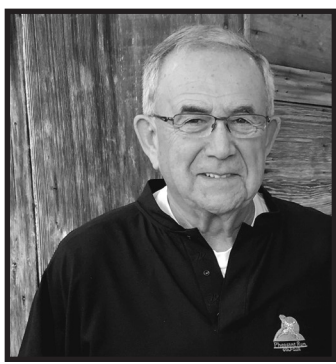
\* Knowledgeable \* Skilled \* Experienced

For appointments, call 227-6877/505-6166



## Notice of Passing

Claude Gallinger



Claude Gallinger passed away peacefully on December 24, 2020 after a brief fight against cancer. He will be remembered by many as ridiculously generous, a person who emanated deep warmth and who could talk to pretty much anybody.

He had a quiet presence and a sly, mischievous grin that somehow mixed with a smile. As one of his favorite musicians, Willie Nelson sang, Claude chose to live "on the sunny side of the street". He loved to travel and to explore new places which led him all over North America.

For a prairie born boy he had an affinity for boats and water. Among his favourite places were on his boat in the middle of Kootenay Lake with his kids and grandchildren and slowly trolling cold waters fishing. He prized the open road, snowmobiles, great food and the art of BBQing.

His family loved him and he loved them back twofold. There will be so many times we will think of you Claude. And the feelings that will come with the thoughts will be wonderful. Happy journeys Gilley.

## Notice of Passing

Robert "Bob" Lewis Taylor



"Burn sweetgrass or sage, play rock & roll or good music, read comics, be happy and safe, watch 'B' movies, ride your bike, go fishing, enjoy the outdoors, don't lose your sense of 'haha', love your family, and stay connected." - Bob's

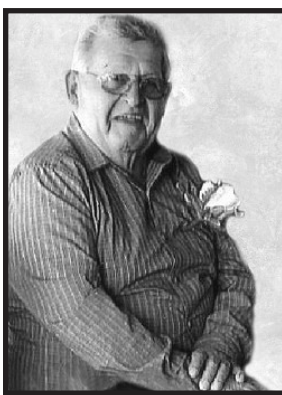
words of wisdom and way of life.

Robert "Bob" Lewis Taylor, loving husband, father, friend and uncle passed away on January 16, 2021 in Gray Creek, B.C. at 60 years of age. A resident of Gray Creek, B.C.

Private Family Celebration of Life. In lieu of flowers friends and family can make a memorial contribution to the BC Children's Hospital, 938 West 28th Avenue, Vancouver BC V5Z 4H4 or online at [www.bcchf.ca](http://www.bcchf.ca).

## Notice of Passing

Barrie Lyle Simpson



It is with great sadness that we announce the passing of BARRIE LYLE SIMPSON at the age of 87 years. He died peacefully at home in Lethbridge, surrounded by his loving family.

Barrie was born in Vancouver, B.C. on October 17, 1933 to parents Percival and Zena Simpson. He had a special bond with his grandfather and learned his strong work ethic from him. He was employed by the B.C. Telephone company where he retired after 37 years of service. In his retirement Barrie enjoyed spending time on Kootenay Lake boating with his beloved dog Bailey.

He married Twyla Louise Bloom on November 8, 1963 in Nelson, B.C. They went on to raise their family in the small town of Riondel, B.C. He was always involved in community service and he was a big humanitarian.

Predeceased by his parents, and brother Wally Simpson, and survived by sisters Shirley Weins (and her daughters Sherri & Debby), and Marsha (Larry) Lambrecht (and their son Jason).

He is also survived by his wife Twyla of 57 years, son Bruce (Angela) Simpson, daughter Lorri (Murray) Simpson-Swan, daughter Shelli (Barney) Bothamley, daughter Tracy (Doug) Creig, daughter Karri (John) Claassen, daughter Marcy (Darren/Hoody) Hood.

A proud Grumpa to Clara Swan, Jennifer (Rob) Phillips, Amanda (Andrew) Love, Kristin Bothamley (Kevin), Justin Creig, Jarod Creig (Janaih), Megan Creig, Curtis Claassen, Madison Claassen, Tiffany (Erick) Canlas, Brittney (Jesse) Krenbrink and Taylor Hood (Jordan) as well as 14 great-grandchildren.

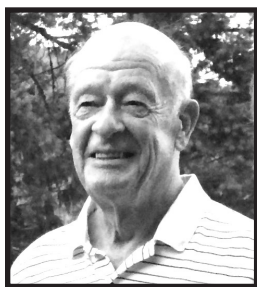
He was the rock of our family. He was not big on hugs but gave the firmest hand shake, which the grandkids would override with a big smooch on the cheek. Proud, private, humble and dignified, he was everything to everyone. Ever the problem solver, he knew each person's strengths and talents and when to call on them in times of need.

Always a champion for the underdog, he never placed much value on social status. For him, integrity and being there for your fellow man was paramount. This belief system was instilled in his children and grandchildren and is his greatest legacy.

In lieu of flowers and in memory of Barrie, donations may be made to Stars Air Ambulance ([stars.ca/ways-to-donate/ab/](http://stars.ca/ways-to-donate/ab/)). A private family interment will be held at Royal View Cemetery. A Celebration of Barrie's life for family and friends will be held at a later date.

## Notice of Passing

Andrew Nels Dejonghe



Andrew passed away on Wednesday, January 13, 2021 at Nanaimo General Hospital. Survived by his beloved wife, Lillianne, and daughters Michelle (Eric) Skinner, Edith (Denis) Dubois, and stepson, James (Kerri) Pothier, Andrew will be greatly missed by his

grandchildren Amanda, Jessica, Connie, Ashton, Sherisse, Sebastien and their families. Survived by his siblings Joseph (Marjorie) and Lloyd (Barbara), Andrew was predeceased by his parents John (1996) and Anna (1999). During his working years, Andrew had many good friends and colleagues in Kimberley B.C. Andrew worked at the Skookumchuck Pulp and Paper mill until his retirement. He spent the best years of his retirement in the Kootenays where he enjoyed spending time with his close friends and neighbours. Fishing still remained Andrew's passion throughout the years, which extended to the waters off Vancouver Island. He was often seen walking and playing with his beloved dog, Prince. Andrew will be greatly missed by everyone who knew him.

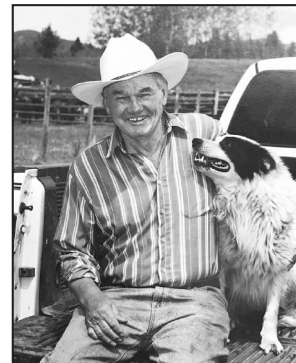
The family expresses its sincere gratitude to the medical staff at NRGH and the response team. In lieu of flowers and if desired, donations in memory of Andrew may be made to the B.C. SPCA. No service by request.

*Time for me to go now/I won't say goodbye/Look for me in Rainbows/Way up in the sky.*

## Notice of Passing

Horst Wirsig

Introduction by Tom - Horst's family purchased in 1951 the Len Clark house and 200 acres in Gray Creek and started a small sawmill that Horst managed and grew to become Gray Creek Forest Products Ltd employing 35 in the bush and mill.



Horst (and all family) were every community active. We worked with Horst to build the stage for Gray Creek Hall as part of the 1958 BC Centennial.

When the mill was sold to Kokanee Springs Horst and Joan bought the ranch near Canmore, Alberta.

Horst died peacefully in Calgary on Thursday, 7 January 2021. His beloved wife

Joan predeceased him in 2016. Horst, born 27 March 1926 in Niederlangenau, Germany, was part of a large family now extending over several provinces, the United States, and Germany. His life adventures are many. Upon coming to Canada as a young child, he left an advanced education system to live in a small cabin where proper roads were as rare as the vehicles that used them. Rather than learning philosophy and art and science, he learned to hunt, fish, trap, plant, protect and harvest edible food, to raise livestock, to maintain and repair the few farming implements they could afford, to cut and mill timber — and to do so many other things we take for granted today.

Horst always chose industry, initiative and team building as his persuasions to the world. As others of his generation, he believed in positive action over shiny words. Things he accomplished, particularly in a certain, deeply independent kind of entrepreneurship are extraordinary — helping build from scratch a much needed, successful, and productive sawmill with an exemplary safety record, moving next to ranching in the Rocky Mountains where the wilderness stretched literally as far as the eye could see. And there were creative partnerships with like-minded men as they brought to the market many agricultural innovations. He was a pioneer many times over.

In later years, his character truly shone through when his wife was permanently hospitalized. Everyone at St. Martha's Place (part of Mineral Springs Hospital in Banff) knew Horst. On an almost daily basis for 12 years he visited, spending hours with Joan while becoming an unofficial occupational therapist to her and her community there. Every afternoon he made tea for all the residents — using his own tea cups and kettle! The residents, the staff — all were entertained by the many special-occasion signs he created and displayed so they could be seen both outside and inside the large glass windows of St. Martha's. Signs not only for the big holidays, but also for times like Chinese New Years, Valentine's, Mother's Day, Canada Day, and others — they were all cycled in for the appropriate occasion and everyone looked forward to the next one.

Horst's love of growing things never ended, and his taste for a quiet scotch always remained. No summer was complete without geraniums on the steps and a few carefully protected tomato plants against the side of his house. And no warm gathering was complete without that sip of scotch!

There may be thoughts of writing or sending tributes, but this spring, why not also plant a geranium or a tomato plant in Horst's honour! And if you are so inclined, raise a glass of scotch to him this coming March 27th — which would have been his 95th birthday, he'd be pleased. A private family graveside service will be held. Messages of condolence may be left for the family at [www.myalternatives.ca](http://www.myalternatives.ca).

## 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.



## Annual General Meeting

Community Connections  
(AKA South Kootenay Lake  
Community Services Society)  
VIRTUAL AGM VIA ZOOM

February 25, 2021 at 1pm

Join Zoom Meeting:  
<https://us02web.zoom.us/j/89487465913?pwd=RFYwZkw2MIBneVJDM00zdUZEdlV6Zz09>

Meeting ID: 894 8746 5913 Passcode: 312765

Contact Community Connections to get the Zoom link or further info: [skootenaylakecss@gmail.com](mailto:skootenaylakecss@gmail.com)

**SERVICES DIRECTORY/CLASSIFIEDS**

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

**AUTOMOTIVE/MARINE**

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

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

**BUS SERVICES/ANNOUNCEMENT**

**EASTSHORE CIRCLE OF FRIENDS ART SHOPPE:** Open 11am-3pm, Friday, Saturday, and Sunday in August.

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

**CONSTRUCTION/CONTRACTORS/TRADES**

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

**SAMURAI HARDWOOD FLOORING:** Sales, Installations, Tile, Stairs and Millwork www.samurai-hardwood.com 2505513764.

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

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

**PERSONAL CARE/HEALTH**

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

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

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

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

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

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

**REGISTERED ACUPUNCTURIST, LISA SKOREYKO R.AC.** Treatment for pain, emotional disturbances, gastrointestinal issues and much more. 250.777.2855. Unit #9 Crawford Bay Inn. 16210 Hwy 3A, Crawford Bay.

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

**REGISTERED MASSAGE THERAPIST:** Harreson Tanner - Over 40 years clinical experience. Treatment of Lumbo/Sacral Strain, Whip Lash, Frozen Shoulder, Migranes/Headaches, TMJ problems, & Stress. No doct refl req'd. 227-6877/cell: 505-6166.

18 *Mainstreet* February 2021

**SUSAN SNEAD ACUTONICS PRACTITIONER (TUNING FORK THERAPY):** With certificates in Ayurvedic massages, Foot Reflexology, Fibonacci tuning fork alignment. Bach Flower Remedies and Astrological consultations. 250.225.3520.

**THERESA LEE MORRIS, SOUND HEALING TREATMENTS** with planetary gongs, singing bowls, tuning forks and chimes. Certified Acutonics Practitioner and Instructor, theresa@kootenaysound-healing.com, 250-225-3518

**WILLIAM MORRIS, PhD, DAOM,** offering astrological consultations combining 40 years of clinical practice weaving Chinese medicine, Astrology and Sound Healing. wmmorris33@gmail.com 250-225-3518

**RENTALS/ACCOMMODATION**

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

**RESTAURANTS**

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

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

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

**YARD/LANDSCAPING/SITE PREP**

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



**JK Excavation Ltd.**  
250.354.7055  
[jkexcavationltd@gmail.com](mailto:jkexcavationltd@gmail.com)  
trucking. excavation. snow removal

**Next Deadline:**  
**Feb 24, 2021**  
[www.eshore.ca](http://www.eshore.ca)

**Massage Therapy**  
**Harreson Tanner, RMT**  
*Over 40 years clinical experience*



\* Knowledgeable \* Skilled \* Experienced  
For appointments, call 227-6877/505-6166

**CLASSIFIED ADS**

**BUSINESS ANNOUNCEMENTS**

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

**BUSINESS SERVICES**

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

**Next Deadline:**  
**Feb 24, 2021**

- Planning a wedding?
- Holding a meeting?

Consider renting the  
**BOSWELL MEMORIAL HALL**  
Booking/info: Karen Lee at 250.223.8686

*The Fitness Place*


**Open to members**  
**7 days per week**  
**5:30am-10:30pm**

Reduced supervisor hours may occur with reopening, so please contact Julia Kinder at [eastshorefacilities@gmail.com](mailto:eastshorefacilities@gmail.com) or 250.777.2497 (email is preferred)

**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.

### HEALTH CLINIC MESSAGE

**We are doing phone appointments right now, unless the patient absolutely has to be seen, or they can go to emerg in Creston or Nelson. If someone is having symptoms of Covid-19 they are asked to stay home and call 250-551-7500 or 811.**

#### Lab and Doctor apts.

**Our doctors are doing telephone appointments when possible. If you are experiencing any symptoms such as fever, cough, shortness of breath, "Please do Not Come INTO CLINIC" Call 811 or Nelson Testing Site Phone 250-551-7500. We do not have the testing kits here at the clinic.**

### 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)

### DOCTOR DAYS IN FEBRUARY (SEE ABOVE RE COVID PROTOCOL)

Every Tuesday: Dr. Piver

Every Wednesday: Dr. Moulson

Every Thursday: Dr. Barbour

We have a Nurse Practitioner in our clinic from Monday to Friday  
(Appointments are required -  
No Walk In's)

### Barefoot Handweaving



Colour is the  
enthusiasm in life

Vincent van Gogh

OPEN Often

Call 250-227-9655

### East Shore Health Centre Asks For Your Help

submitted by Karl Hardt  
for Interior Health

Everyone knows that the health care system is under extra pressure these days.

The staff and physicians at the East Shore Community Health Centre are committed to getting our patients the best possible care. Given the additional challenges resulting from the COVID-19 pandemic, we are asking you to help us maintain the high level of care you need and we want to provide.

You can help us.

Prescriptions: An appointment is required to renew a prescription. Please monitor your prescriptions and make an appointment well in advance of the end of your current prescription. We recommend calling two weeks before to book your appointment. We cannot handle same day requests. Starting early will ensure your supply doesn't run out and we have time to renew and/or make sure your medication needs have not changed. Some prescriptions do require a medical assessment before we renew them.

Phone calls: Staff may be busy with other duties at the clinic. They will respond to all messages as soon as possible. Please do not leave more than one message as it slows down the process for us to get through them and delays response.

Above all, please be respectful of those at the health centre who are there to serve you. This is a stressful time for everyone. We will not provide service to individuals who harass or abuse our staff.

Together, we can get through this difficult time and ensure you receive the care and services you need.

### DRIVER NEEDED

*The East Shore Transportation Society is currently looking to hire another casual bus driver. Please submit your resume to [estsbus@gmail.com](mailto:estsbus@gmail.com) or mail to ESTS c/o Laverne Booth GenDel Crawford Bay, BC V0B 1E0.*

**Next Deadline:**

**Feb 24, 2021**

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

**[mainstreet@eshore.ca](mailto:mainstreet@eshore.ca)**

**250.505.7697**

## CHURCH/MEETING CALENDAR

### RIONDEL COMMUNITY CHURCH

Everyone welcome.

### CHRIST CHURCH & EAST SHORE CONGREGATIONS ST. ANSELM'S CHURCH BO- SWELL (Anglican)

No services at the present time. Contact Christ Church Creston for info - 250.402.3225

### HARRISON MEM CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay  
No services at this time.

For info, please contact Rev. Leon Rogers: 250.402.3225

### KOOTENAY LAKE COMMUNITY CHURCH

*A Lighthouse on the East Shore*

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

### YASODHARA ASHRAM

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

### MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Fr. Lawrence Phone: 428-2300  
Sun Mass at 2pm.

### CHRISTIAN SCIENCE CHURCH SERVICES

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

## MEETING PLACES

**LIONS CLUB** - meets at the Kootenay Lake Community Church - 16190 Highway 3A, Crawford Bay. Meeting Times: 7 pm. 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 held at 4:30 pm at the Crawford Bay School on the first Wednesday of the month.  
Email [cbess.pac@gmail.com](mailto:cbess.pac@gmail.com) for info.

### ALCOHOLICS ANONYMOUS:

Meets every Sunday at the Crawford Bay Hall on Wadds Road at 7:15 (1 hour meeting)

## Kootenay Lake

## Ferry Schedule

### Winter Schedule

All Times listed in East Shore time.

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

# LADYBUG COFFEE

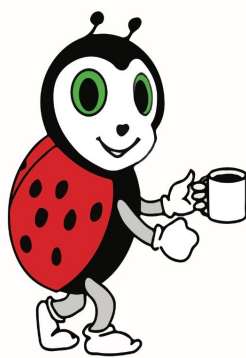
OPEN EVERY DAY, 7:30-3PM, ALL YEAR

DAILY BAKING, SOUPS, LUNCH SPECIALS AND OUR HEART, OSO NEGRO COFFEE AND ESPRESSO.

AND, OF COURSE, OUR WORLD FAMOUS BREAKFAST SANDWICH IS ALWAYS ON THE MENU!

OUR FREEZER IS STOCKED WITH HOME-COOKED MEALS AND SOUPS TO TAKE HOME AND WARM YOUR BELLY!

**Ladybug on Wheels: Best way to order is email – [meganrt@live.com](mailto:meganrt@live.com), message us on Facebook or stop by the Ladybug. Phone number coming soon!**



## HIGH-SPEED INTERNET

1 (844) 776-3747

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

Central Kootenay Lake's community non-profit ISP.



**Gray Creek Store**  
Building Community Since 1913

Mon - Sat 9 - 5:30 \* Sun 10 - 5



*Show the love - shop locally!*

*...thanks to everyone for being kind and working together to keep our community healthy!*

*Whether you are showing her/him your love or putting them to work, we have you covered!*

### Free Delivery

Monday, Wednesday & Friday  
Between Riondel and the Glass House



250-227-9315  
[orders@graycreekstore.com](mailto:orders@graycreekstore.com)

[www.graycreekstore.com](http://www.graycreekstore.com)

## The East Shore Mainstreet

KOOTENAY LAKE BC

The Mainstreet is a community-written monthly newspaper that serves the communities of Creston through Riondel and Balfour. It's available at the following stores for retail: Wynndel Foods - Wynndel, Destiny Bay Grocers - Boswell, The Lakeview - Gray Creek, The Gray Creek Store - Gray Creek, The Crawford Bay Store - Crawford Bay, Riondel Market - Riondel, and on the Osprey 2000.

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

Box 140, Crawford Bay, B.C. V0B 1E0

Email: [mainstreet@eshore.ca](mailto:mainstreet@eshore.ca)

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

### ADVERTISING RATES

\$40 - 3.25 wide X 1.75 tall (inches)

\$45 - 3.25w X 2.5t

\$50 - 3.25w X 3t

\$55 - 3.25w X 4t

\$60 - 3.25w X 4.5t OR 6.75w X 2.25t

\$70 - 3.25 X 6t OR 6.75w X 3t

\$95 - 3.25w X 9t OR 6.75w X 4.5t

\$115- 3.25w X 10.25t

\$150- (1/4 page) 5w X 7t

\$175 (1/3 page) - 6.75w X 7t

OR 3.25 w X 14.5t OR 10.25w X 4.5t

\$250 (1/2 page) - 10.25w X 7t

\$450 (full page) - 10.25w X 14t

Sample Sizes - more sizes available.

Column Width: 3.25 inches - double width: 6.75 inches - full width: 10.25 inches

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

Classified Ads: \$5/first 30 words, 10¢/word additional

**\*\*THESE RATES ARE FOR B/W ADS ONLY\*\***

FOR FULL COLOUR, ADD 30%

## Don't Wait...Embrace a Low Rate!



- 3 yr fixed rate\* @ **1.64%**
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Helping is at our Heart

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