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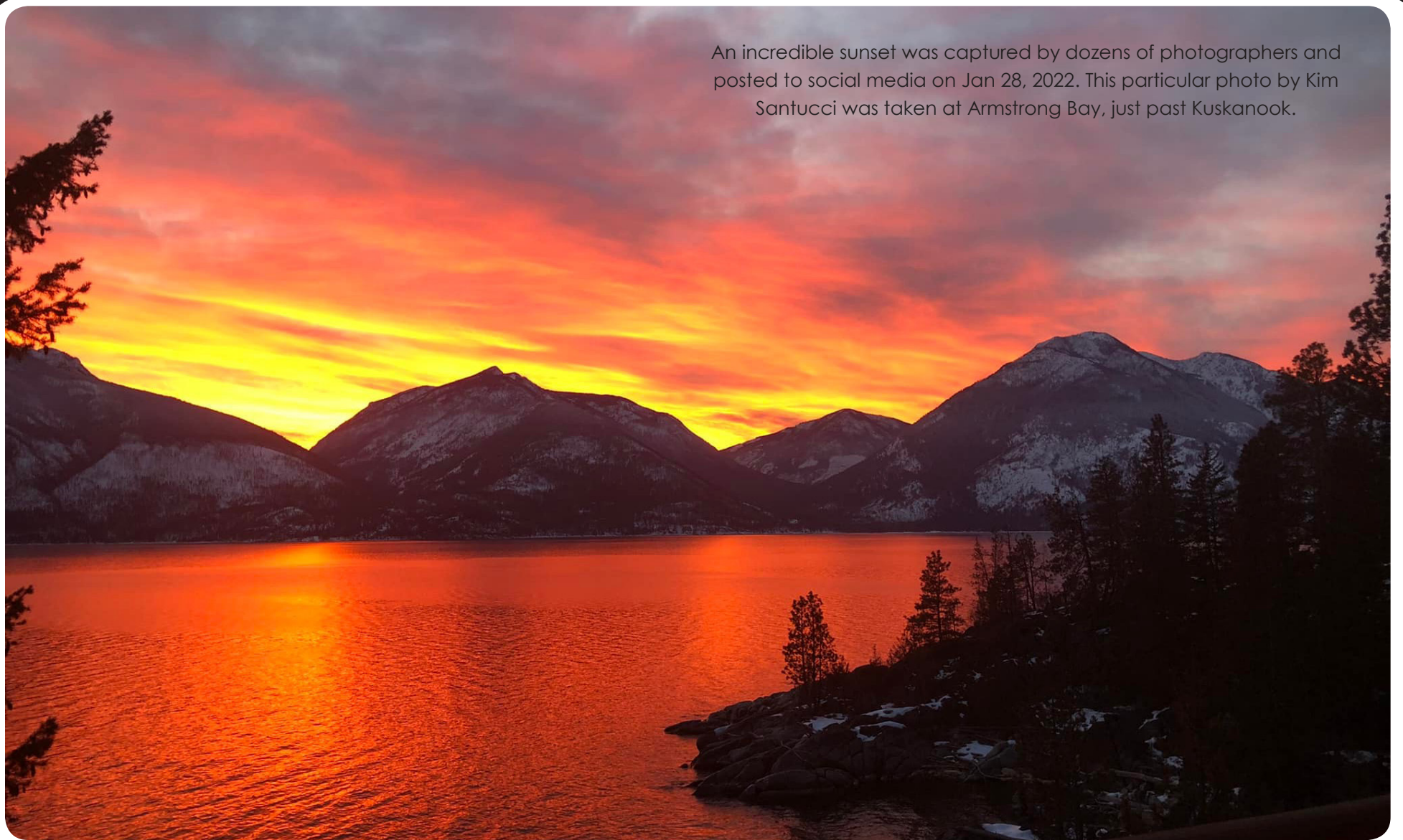
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The East Shore Mainstreet

KOOTENAY LAKE BC

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



An incredible sunset was captured by dozens of photographers and posted to social media on Jan 28, 2022. This particular photo by Kim Santucci was taken at Armstrong Bay, just past Kuskanook.



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Mainstreet Meanderings

by Editor Ingrid Baetzel

I've struggled with what to write this month. There is so much to say, and yet it feels like navigating a meteor shower of exploding fragments to even start. There is almost no way to speak an opinion anymore

without somehow deeply unnerving or upsetting someone else, but I keep thinking that if we don't speak, we aren't being genuine with ourselves, so I'll just plunge ahead with my meanderings of this snowy Sunday...

Not all readers are on social media (and here's a quiet high five to you for holding out – it can be ugly out there!) and it's been an interesting ride lately.

I manage three Instagram accounts, two Facebook pages and about a dozen Facebook groups, a couple of which are organizational/business related groups. For the most part, my personal use of social media is mundane and primarily there to share images, funny writings, and social events, such as they are these days. My business use is essentially innocuous and standard fare, intended to share events and goings-on that are important to the community but don't fall within the limited accessibility of a monthly newspaper. I'm glad that on the business-side, for the most part I've left national and global news reporting to other sources, because it is a flipping minefield to attempt to deliver the news and not be called out for being manipulated, manipulating, controlled, blind, one-sided, fake, etc... I will take this opportunity to once again remind readers that this particular paper is yours. I have continued to receive communications from people who take issue with the printing of material submitted by people with whom these read-


ers don't agree. I have lost business. I want to quickly point out that this is not one "side" or the other... This comes from all directions, on a regular basis. People have deeply engrained beliefs and some take offense to my printing of opinions or ideologies that don't align with their own. Here, again, for the record is the following: I print what is submitted, particularly when it comes to letters. This is a forum for discussion, and unless something is libellous or slanderous, I will print it. I welcome ALL communications as submissions and am proud to create a space for varying opinions and expressions of said opinions. Every colour in the opinion rainbow is represented in *Mainstreet* if you bother to read the whole thing. I'm sorry if this hurts people, or offends them, but I don't have paid staff and I rely on this community to fill the pages of this community paper. So, thanks to those who write in and keep the dialogue going, on any and all topics. I think we're all pretty weary of Covid and all of its implications and issues. Maybe someday we won't have to fight about it anymore... one can dream.

As far as social media, the problem I've recently been experiencing is one that I struggle to find a way around – the missing humanity within the written word. Because the nature of social media is one of individuals opining and occasionally over-sharing as a means to demonstrate another angle of their persona or to gain empty reward by accumulating likes, follows, and comments, the real humanity of expression gets lost in the mix. We grab onto ideologies and tenuous threads as a way of more deeply validating our confirmation bias and rooting ourselves into our already planted way of thinking. The algorithms respond and feed us what we're hungry for. The loudest voices get the most attention, whether positive or negative, and we become entrenched in our values with little desire to challenge them.

We certainly have been misled and manipulated, spoon fed what we seem to scream for in great greasy dollops, and have stopped questioning how the roots of our belief systems became as deeply tangled and

stuck-fast as they are. We have also stopped trusting, presuming that everything is biased, that everything is manipulated and anything that flies in the face of our beliefs has been modified from its original form and altered to feed some other hidden agenda (and in some cases, this certainly is true).

I hope that we can come together again soon and look each other in the eye for these conversations. Although useful in many ways, I think our comment upon comment, like upon love, click upon swipe, new way of communicating is actually distancing us more than any mandate ever could. I miss you all and look forward to seeing you again, in a room full of smiles and real talk.



OFFICE DESK

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Article? Letter? Etc? Drop off at Gray Creek Store drop box, mail to Box 140, Crawford Bay, V0B 1E0
or Best Yet, Email to: mainstreet@eshore.ca
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 The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake.

Letters to the Editor

PUSH FOR ELECTRIC READY FERRY IMMEDIATELY

ED: This letter was submitted by RDCK director Garry Jackman as well as Mary Donald of Riondel, asking for it to be reprinted as it is in wide circulation and of public interest.

The Honourable Rob Fleming MLA, Minister of Transportation and Infrastructure: rob.fleming.mla@leg.bc.ca

Dear Rob Fleming: Re: New Electric-Ready Kootenay Lake Ferry

As the new Kootenay Lake ferry has started construction, we would like to push for this ferry to be 100% electric as soon as possible, and not wait until 2030 for full conversion.

We note that federal infrastructure \$\$ has gone into this project, delivered by the former federal minister of infrastructure, thus we are involved but also because this is part of an important global climate issue occurring in our federal riding of Kootenay-Columbia.

In light of the incontrovertible science-based evidence that the world has clearly entered into an emergency state regarding the climate crisis, as evidenced by the UN's 2021 IPCC Report resulting in the UN Secretary-General Guterres issuing a "**Code Red for Humanity**", how can your government justify continuing with a diesel-powered new ferry until 2030? Secretary-General Guterres also stated "The alarm bells are deafening. This report must sound a death knell for coal and fossil fuels, before they destroy our planet." This is the perfect opportunity to transition to 100% electric.

The time for incremental steps is over. The needed change in viewpoint is illustrated by the former Minister of Transportation, Claire Trevena's disappointing words, "electrifying its entire fleet of inland ferries, by 2040", "taking a long-term systematic phased approach", and "making incremental improvements to our fleet". This delay is no longer acceptable.

With this new ferry alone, how many 1000s of megatonnes of GHGs will be needlessly and harmfully emitted by 2030, including the heavy particulate matter in diesel fuel, especially damaging to our cardiac and respiratory systems? As well, one has to take into consideration the degree of GHGs emitted in the extraction and production, and indeed in the transportation in a diesel-run vehicle providing this diesel fuel for the ferry vessel.

The Ministry of Transportation has expressed concern over "availability of shore power", an understandable part of the equation, but this will have to be addressed anyway, and obviously is in the plans with the introduction of an electric ferry. And so, why the delay? What factors are hampering this? And most importantly, it doesn't make sense to say that bringing shore power to Kootenay Lake for an all-electric ferry is difficult, when Kootenay citizens' homes and livelihoods were lost and our food security compromised in the flooding of our most productive land (for both agriculture and ecosystems) by the reservoirs of the Columbia River Treaty, *which were put in place to generate electric power!* Surely this shore power provision can be expedited for our own community's use, and especially when so much is now at risk.

Corvus Energy, originally of Richmond BC but now centred in Norway, who has now powered several 100% electric ferries in Norway with modular lithium ion batteries, can also "provide shore charging stations where port electrical infrastructure is weak, [if need be], using Corvus Energy's liquid-cooled Energy Storage System (ESS) technology." No doubt communication with Norway, the world's leader in electric ferries, would be most helpful in gaining input.

Our federal government talks about "strong and ambitious climate action". **Every effort must now be made to reduce the effects of global warming.** We are already at 1.2 degrees C of warming and, according to the UN's annual emissions report, are on track

for an **unlivable** 3.2 degrees of warming if we do not cut back fossil fuels. The last seven years of earth's temperatures are the hottest ever on record and now the oceans too are noted to be the warmest ever recorded. The consequences of all this are most frightening, as we have all experienced now in BC with the multiple extreme weather events. **The climate scientists are united in decrying any fossil fuel expansion, which would include a new ferry vessel depending on diesel.** And polls show that the majority of Canadians are very concerned about the climate crisis and want to see more action now. The 2018 IPCC report notes that limiting global warming to 1.5 degrees C will "**require rapid and far-reaching transitions in energy, land, urban and infrastructure systems (including transport and buildings), and industrial systems.**"

It is time for your government to show strong leadership now and not wait until 2030 to run the new Kootenay Lake ferry on 100% electric power. We can no longer procrastinate. Start with this new ferry vessel as soon as possible. Take the necessary steps to augment shore power.

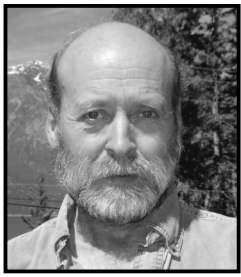
Sincerely,
Bill Green, Chair, Kootenay-Columbia Electoral District Association, Green Party of Canada

COURAGE TO STAND UP

Dear Editor:

A little history of who we are... We, Blanche Tanner, and Harreson Tanner have been here on the East Shore for 34 years this summer. We moved here in 1988 from Vancouver, buying the Riondel Market that we owned and operated for five years. I had been a goldsmith, owning a manufacturing jewelery company with my Korean partner until I discovered breathwork in 1983 and began a private practice and facilitating personal growth workshops with Harreson in Vancouver.

Harreson owned and operated his own full time



RDCK Area "A" Update

by Garry Jackman,

Access to RDCK workplans and financials:

Every month the RDCK board sees updates for our internal workplan across every department. At our January meeting we asked staff to create a link on the RDCK website to the report. Currently you can find financial reports by going to the home page, clicking the "admin" tab then the "reports and documents" tab from the list on the left side of the page. The main reports you will find are annual financials (going back several years) and quarterly financial reports for each service. This may be a year when you want to delve further into the finances as you read through the next topic below.

The direct link I was provided for the workplan is https://www.rdck.ca/assets/Adminstraiton/Documents/2021_Q3_Report-Open_Final.pdf which is more difficult to type in (for me) than running through tabs. I have asked staff to simply link the workplan report to the financial report page for future reference.

Budget and the effective of market pressures: Each year around this time I pass along budget projections as we receive property assessment data from the Province and work through projected impacts of inflation plus real estate market shifts on taxation for our various services.

Some of the following paragraph is what I shared in February 2021 and it is still relevant. As a rule, you cannot translate a property assessment increase or decrease to a property tax increase or decrease. 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. Over the past year the construction industry has remained very active so there has been some real growth (new homes adding to our tax base

plus renovated homes resulting in higher assessed values) but the major shift we are seeing continues to be a faster rate in rise of Area A assessments than the regional district as a whole due a competitive real estate market.

These 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 greater portion of the tax burden and others who shoulder less as inflationary pressures vary from community to community.

Prior to 2020 the assessments for Area A, Wynndel/East Shore Kootenay Lake, had been rising more slowly than those of our neighbouring electoral areas and incorporated villages, towns or cities. For example, from 2017 to 2018 our total Area A assessments went up 1.99% while the regional district as a whole went up 10.04%. From 2019 to 2020 we went up 2.27% while the RDCK as a whole went up 4.78%. But in 2020 to 2021 we went up 8.54% in Area A while the RDCK only went up 5.9%. From 2021 to 2022 the preliminary figures show Area A going up by 23.37% while the RDCK as a whole went up by 21.92%. The most recent figures are subject to adjustment following the BC Assessment appeals process. In the past, lower increases than average has worked to the benefit of local taxpayers. But we need to recognize that real estate values can be cyclical and currently we are in a process of catch up with the rest of the RDCK, meaning we will shoulder a heavier tax burden for services which are shared with areas that saw lower assessment increases.

Also, if you follow how BC Assessment does their work you will note that in rural areas the values tend to jump around from community to community or within certain classes of properties. This is because they base their figures on actual sales and in some areas there may be very few or no sales for certain types of properties in a given year. An

example may be a larger house not on lakefront, such as the one I built for Tina and I to operate a bed and breakfast out of. We saw single digit increases for the past three years (4%, 6% and 9%) but our current assessment went up by 43%. Yes, we will pay much more this year, possibly because a single house of similar size somewhere nearby sold for a relatively high value. Your assessment notice gives you the same history of increases for your property.

Other taxation impacts come from inflation in service delivery, major projects or other operational factors. I will note that the first rough cut at taxation changes had Area A at a 10.5% overall increase, only a smaller portion of which would be absorbed by new developments adding to our tax base. This is compared to an early projection of a 6.87% increase for the RDCK as a whole. Note the documents I am pulling these figures from are public if you want to see them. You will see the spread between our preliminary increased estimated taxation (versus the rest of the RDCK) is larger than the spread between assessment increases. This is in part because we do not all share the same services across the RDCK, with only a few services being common to all and many other services being made up of different groups of participants, in some cases having only one participant.

During our first major budget meeting (with the entire Board) we provided staff with initial instructions to curb some of the projected increases. The next major budget meeting is set for February 18th. We will also hold meetings (as we do every year) to discuss services and taxes locally. The meetings this year will be virtual again, dates to be confirmed.

Volunteers: We have had a couple of community members step forward but are still looking for more. At any time over the coming weeks contact me if you are interested in joining the Area A Economic Development Commission (EDC) or the Rec 9 Commission. We also do not currently have an active land use Advisory Planning Committee which has provided some great insight over the years on development applications.

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 to the Editor

massage therapy practice in West Vancouver. We came here to visit a long time friend and her family and were invited to facilitate breath workshops here on the East Shore. We fell in love with the energy and beauty of the area, but mostly the open minded and conscious community of people we met here. We have been traveling and working all these years, facilitating personal growth workshops here and many other places in Canada and Europe as well as bringing many people into this community that have supported our local economy.

The other day I ran into a friend who has some serious health issues and is vaxed. He mentioned that his concern is that people are being influenced by misinformation on social media and felt that was the main reason that a lot of people were not getting vaxed. I felt that it was important to say that, "right from the very beginning it did not feel right to me what we were being told, the figures just did not add up." My gut instinct was yelling at me that something was not right about this whole thing and now two years on this understanding has only grown stronger. Yes, I do get a lot of emails and see on social media information by credited doctors and scientists. These health professionals are at risk of losing their reputations, jobs and even for some their lives. I have researched and consider their positions to be valid and informative, which supports my decision.

I know that some of the people who have gotten the experimental vax believe they have done so to protect themselves and family. Many people have been forced to get vaxed in order to see family, travel, and maintain their jobs and livelihood. I respect whatever choice around this that anyone makes although I do hope that people at least get informed before they inject their children with this as they do not know the long term effects. The other thing is that having been a breath practitioner for over 35 years I am well aware that 70%

of your body toxins come out of your body through the breath, so wearing a mask for any extended time will most likely have some negative effect not only on ones physical health but even more concerning is the long term effect on peoples mental health and well being. I am saddened to hear of people bullying and shaming their friends and family for making a decision that has not been easy for many.

I want to thank all the people who have been writing letters this past couple of years about the Virus and experimental Vaccine. Thank you Susan Snead, Christine Hamilton, Ben Johnson, Sylke Plaumann, Jon Wyngaard, Barbara Kuhn RN, Will Chapman, Michella Moss and everyone else for your clearly researched articles in the *Mainstreet* that are often supported with links for others to fact check. Thank you for your courage to stand up for what you believe in, even in the face of some rather nasty energy being projected back at you. I believe that the power of love, gratitude and acceptance are called for now more then ever, and for all of us to remember what a great community we live in on the East Shore, and how blessed we actually all are in so many ways. What we focus on is what we are creating in our lives. Where attention goes, energy flows. Now more than ever is the time to be mindful, respectful and compassionate.

In gratitude

Blanche Tanner, Crawford Bay

SEEING THE OTHER SIDE OF THE ISSUE

Dear Editor,

Over the past several months, I have both watched and participated in the ongoing discussion in the *Mainstreet* and worldwide about Covid and various government actions dealing with it and reactions in the population of Canada and other countries.

Personally, as a man in his 60s, I was glad when vaccines became available, and the clinics here made

it easy for me to get vaccinated twice last spring and more recently a third shot.

I have absolutely no regrets about this, and I am glad of the peace of mind I got. It was only later that I also realized I was able to access restaurants, travel, etc. because I was vaccinated.

Then came the opposition. I was really surprised at how many people I knew here who came out strongly against vaccinations and related government actions, especially toward the unvaccinated.

As a long time watcher of mainstream media – CBC News, CTV, Global etc. it was hard for me to see any bias in their reporting, especially with the steady stream of doctors, scientists, health officials, politicians, and of course the reporters themselves all saying vaccination is the key to ending this pandemic.

For the most part, the source of anti-vacc sentiment is social media, a place where a dinosaur like me has trouble accepting this info as credible, as I always wonder what responsibility they have for statements made.

But it really started to dishearten me how much it was dividing our community and that a lot of my good friends, employees, and associates were on the other side of this issue.

With the Canadian vacc rate at least 80+%, this region has a vac rate in the low 60%- about the same as the US vacc rate, a society operating with essentially no vaccine passes, or masks in most places.

I'm an adult and can take responsibility for my decisions, but I have at least three friends with school age children. These kids are currently banned from local recreation facilities and the restaurant at the ski hill because they are not vaccinated. They all have responsible caring parents who are worried about the long term effects of these vaccines. Should these kids pay the price for their parents making an informed decision? When does prevention end and coercion

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Hidden Taxes

by David George

A Good News Column

When this issue of *Mainstreet* hits the stands, we will just have had Groundhog Day, and will be either celebrating the end of winter, or hunkering down for another six weeks. This month, "Hidden Taxes" reprints some good news items from an Australian source called *Future Crunch*.

Vaccine distribution is finally picking up speed outside rich countries. COVAX, the global vaccine sharing initiative, delivered a record-breaking 309 million doses of covid vaccine across 70 low and middle income countries last month, and this month, reached the milestone of one billion doses distributed worldwide.

Cancer mortality rates in the United States have dropped by a third since the 90s due to 'major progress' in early detection and treatment for lung cancer. Lung cancer mortality decreased by 5% each year between 2015 and 2019 and is attributed to annual screenings and smoking prevention programs.

Last weekend, Uganda conducted a door to door vaccination program to immunise eight million children against polio - in just three days. Uganda has achieved incredible results in childhood health over the past 20 years, with the mortality rate for under fives dropping by more than half.

A ground-breaking change to health regulations in Canada will allow patients suffering from serious mental health illnesses to access psychedelic therapies, including psilocybin and MDMA. The amendment represents a 'seismic shift' towards the legalisation of psychedelics,

which can be effective in treating PTSD and depression.

Fatal police shootings in America dropped by 13% between 2020 and 2021, reaching the lowest annual number on record. Biggest drop? Florida. Increased public accountability and initiatives replacing armed officers with healthcare and social workers for mental-health related 911 calls contributed to the decline.

Landmark legislation in the Philippines has banned child marriage, constituting the practice as child abuse. This is a big, big moment for the country with one of the world's highest rates of child marriage. Bravo to the activists who made this happen.

Technology, education, and community efforts have helped Bangladesh reduce cyclone-related deaths more than 100-fold since 1970. The country's multi-layered approach is leading the way for other developing countries to better manage the risks of climate disasters.

Ecuador has expanded its protected waters by 60,000 km², building upon the existing Galapagos Marine Reserve, which already protects 138,000 km² of ocean from extractive activities. Together, Costa Rica and Ecuador have now connected two of the world's most biologically significant and productive marine habitats.

Ten countries in the western Indian ocean are joining forces to create a network of marine conservation areas dubbed the 'Great Blue Wall'. The first stage of the project will be in the Pemba Channel off the coast of Tanzania, and focus on restoring coral reefs, mangroves, and seagrass meadows.

An international group of researchers has compiled the first database of marine conservation efforts in China, and the results have surprised everyone. The country has 326 protected areas covering almost 13% of its territorial waters — and the researchers still

aren't sure they've found all of them.

Over a thousand fin whales were seen swimming last week in the seas off Antarctica, the same ones in which they were driven to near-extinction last century.

A new survey in India has found forest and tree cover has increased by 2,261 km² since 2019, and now covers almost a quarter of the geographical area of the country. While the government will continue conservation efforts, its focus will also turn to enriching the quality of these existing areas.

France has started 2022 on the front foot, with a ban on plastic packaging for 30 fruits and vegetables coming into effect on January 1. An estimated 37% of fresh produce was sold in plastic packaging in France last year and the new measures should eliminate over a billion pieces of packaging per year.

Organisations in New York that throw out more than two tonnes of food each week will be required to donate or compost the waste under new legislation. The law will help the 2.2 million people struggling with food insecurity and cut emissions from the millions of tonnes of food waste produced each year.

A historic win for animal rights in Italy, with new legislation banning fur farming across the country. The amendment includes an immediate ban on the breeding of mink, foxes, raccoon dogs and chinchillas and the closure of 10 remaining mink farms by June 30, 2022. Italy is the 16th European country to outlaw the practice.

Winter will be over soon. Until next time, stay healthy, stay safe, and be kind.

Next Deadline: Feb 23, 2022

mainstreet@eshore.ca

Letters to the Editor

begin? Should we prioritize vaccinating children here when so many countries in the world have vacc rates under 10%?

I also have two really good friends who have been fired for refusing to get vaccinated. These were both five year plus, high paying career jobs. We need to question the legality (and the humanity) of this at some point, and these people are increasingly grouping together to take collective legal action against these arbitrary dismissals.

Look at Quebec and Britain to see the contrast between outlooks and perceived required action. Quebec is diving even further into vaccine mandates and a "no vacc tax" trying to squeeze the toothpaste tube for another few vaccination stragglers, while Britain is lifting most vaccine and mask mandates by the end of January. What's the right way to go?

We must recognize that there is a group out there who will not get vaccinated, no matter what. Through hard boiled opinions, social media gatherings, or just the notion that society is trying to push them around, these folks are dug in and represent about seven million people in Canada.

Are these bad people? Is it worth it going after them with increasingly draconian measures that are only meant to punish and really have nothing to do with curbing the spread? When will our society be satisfied that 'herd immunity' is accomplished? 80%? 90%? Barb Kuhn had an interesting point in December *Mainstreet*-if we are vaccinated, what have we to fear from someone who isn't?

It all came to a head for me this past weekend when a friend who lives in Vancouver invited me to an anti-vacc rally.

The event took place in downtown Vancouver Saturday January 22. The weather was great and the crowd was around 8,000. Lots of costumes and speakers, including several practising doctors from around BC, followed by an hour long march through the streets
4 Mainstreet February 2022

of Vancouver. I was a bit surprised at the lack of any mainstream media coverage, especially due to the size of the crowd and that the event was coordinated with other rallies in Canada and around the world.

I had fun, learned a lot, and I'm still glad I'm vaccinated. But it went a long way toward my seeing the point of those on the other side of this issue. It also made me realize that my trusted news sources are being told what to say perhaps more than I thought.

The real lesson is that we have a beautiful community here and our friends are still our friends. The only lasting damage will be lasting hard feelings. We need to love and respect everybody as we always have and realize this thing will be over one day.

Paul Hindson, Crawford Bay

GIMME YOUR FAT

Dear Community

I am asking for old cooking oils that need to be thrown out, or any animal fats. They can be raw or frozen, any kind of fats. I have a recycling project and can use a lot of them. I am particularly interested in wild animal fats from hunters, or even bacon fat or excess fat saved after cooking meats. I keep forgetting to place an ad. I can pick them up from people if they want. This is better than throwing usable stuff in the dump. They can contact me at eastshorevisiting-friends@gmail.com.

*Thank you,
Barb Kuhn, Riondel*

MINDLESS MEDICAL CARE

Dear Editor:

Sir William Osler, 1849-1919, Canadian, is viewed as the father of modern medicine and considered by McGill University as the greatest physician of all time. Many of his approaches to medical training are still

considered cornerstones of medical education to-day. Britain honored him with a knighthood.

One of the many statements he made to medical practitioners include: "The first duty of the physician is to educate the masses not to take medicine." Another one is: "It is much more important to know what sort of a patient has a disease than what sort of disease a patient has.", and: "The practice of medicine is an art, not a trade; a calling, not a business." He also said: "The good physician treats the disease, the great physician treats the patient who has the disease."

I remember the days that doctors listened, observed, were not hampered by time restraints, and recommended whatever remedies were appropriate and inexpensive; from poultices to bed rest to herbal concoctions. House calls were also common. Pills, powders and herbal substances were prescribed when deemed necessary. Both mind and body were attended to, because there was a realization that these two aspects of a person operated in tandem. Whatever occurred in the mind affects the body and vice versa.

I find it extremely disturbing that this approach to doctoring has been replaced by a pharmacology-based one which denies the intimate relationship between the mind and the body. In fact, I am angry at the fact that both medical science and the practice of medicine have been under the influence of the drug-production industry for such a long time, and that some of to-day's doctors seem to operate as sales representatives for that industry.

At this time, I have little desire to consult my family physician for any matter. My trust level is pretty low, and the 10 minute time restraint makes me uncomfortable. I also question the validity of statements that medical practitioners make. This includes statements about vaccinations.

I think that the time has come to replace this sinister system established by the money-hungry minds of John D. Rockefeller and cohorts, with a more humane and user-friendly one. A system that is not a monop-



Hacker's Desk

by Geoffroy Tremblay

Fermentation

A big shout out to Graeme, a reader of the *Mainstreet!* Thanks for reaching out - it's always great to get some feedback from readers as I am not on the social network anymore!

I recently had the chance to discover Devine and Rek, who are behind the collective hundred rabbits (100r.co). I couldn't help but interview them (you can listen to the interview here <https://gef.ink/100r.html>). There is so much I could share about what they are doing. From permacomputing, boating across the ocean, from Japan to Victoria, you can listen to all of that in the interview. But one thread of the discussion with Devine which stayed with me was the power of fermenting, from the simple food process to the power of alcohol.

Fermenting has healing properties. Since it's creating a living product, these bacteria are helpful to maintain balanced gut flora. In the past 20 years, there has been so much discovery about guts and healing.

In their book (Devin and Rek, *Busy Doing Nothing*), Rek says:

"As Alex Lewin, author of *Real Food Fermentation* and *Kombucha, Kefir, and Beyond*, said: "With canning, you kill all of the microbes and seal it hermetically. With fermentation, you invite the microbes you want and don't let in the ones you don't. Fermentation is diplomacy, and canning is a massacre."

Chlorinated water and aseptic, over-baked process food have probably been significant in degrading our inner biome. Canned food must be sterilized entirely, while white sugar invites different bacteria that aren't always good.

Fermentation is also the best way to conserve food for a long time. Think about miso for instance - you can keep that stuff for many years without it going bad. Other ferments are more fragile and will turn into alcohol after a while. But alcohol is also an excellent substance! Not so much when you abuse it but when you can see how it can be used in aspects of modern life.

Before we get into what could be done with alcohol, let's see some of the many forms of fermenting. This is a relatively limited list. We chatted about how Japanese culture ferments virtually everything, from fish and meat to fruits and grain in the interview.

Lacto fermentation:

Ginger beer (and many more 'root' beers)
Kimchi (and many more fermented vegetables)
Sauerkraut
Miso (simple process but long fermentation)
Tamari (fermented soy sauce)

Other ferments:

Kefir
Kombucha

Alcohol creating fermentation:

Apple Cider (doesn't require any other ingredient)
Sake (fermented rice)
Vinegar
Beer
Wine

Distillation:

Hard Alcohol
Moonshine
Ethanol

Alcohol is just another way of fermenting. Apple cider a straightforward process since it doesn't require any other ingredient; you then have another form like

vinegar, which is quite healthy. Going up in complexity and alcohol percentage, you get to winemaking, which can be stored for a very long time and be very tasty. You finally come to the distillation of hard alcohol, which includes the process of fermenting and then heating the ferment to separate the alcohol from the water.

Once distilled, it can be used for refrigeration, as fuel for a stove, and even run an engine or a generator. It burns pretty clean and doesn't require too much extraction and transformation. To generate alcohol, you need to ferment organic things... You know all these vegetables and fruit we throw in the dump (and I mean 'we' as all our food distribution system, in which over 50% ends up as waste). All that could be used to create alcohol.

The distillation process does take some power. And at one point, you might think that it takes more power to distil alcohol than what it can provide. In some way, it might be true, it does take energy to purify alcohol to a level where it can be used as fuel. Still, that energy is only heat, and there's happen to be a big burning ball of flame in our sky, so maybe there is a way?

When transforming solar energy into electricity to charge batteries to generate heat, there is a lot of waste. But when you use solar power for heat and use that heat to transform alcohol into fuel, there isn't much waste. And yes, solar power distillation does exist and is the best way to process your fermenting grains! It's also completely carbon neutral and quite accessible to everyone.

Alcohol could be used as our primary fuel for many things, from transportation to heating and cooking. It wouldn't require massive extraction or distribution as it could be harvested from a lot of our waste. Not only that, but everyone could be producing alcohol from their home. Making it a genuinely carbon-neutral power source available for everyone. It's almost too good to be true!

Letters to the Editor

oly taking orders from another monopoly, a system that does not push one-size-fits-all remedies based on dodgy research, but a system that pursues wellness and service

The commercialization of medicine should never have taken place, and neither should it have been combined with the petroleum and chemical industries. Shame on those who strive to keep it alive. Shame too on us, the general public, for continuing to put up with this travesty.

Jon Wyngaard, Riondel, BC.

WHY VOLUNTEER? WHAT IS THE VALUE?

Dear Editor:

After the disorientation of the last couple of years with residents stuck at home alone in our individual or shared caves. I expected that people would be thirsty for social connection, for purpose and meaning in life.

When a call went out recently for board members for the East Shore Transportation Society as we ponder and hopefully proceed with a new electric vehicle, a few people responded, thankfully, but we need more people to join the board.

Our ESTS board needs five to seven directors in order to proceed with a complex project currently presenting where we are being offered an electric bus for community purposes. The benefit from working at this time with the Columbia Basin Trust is that we can take our time, like up to a year, after we purchase the bus, to do what we need to figure out how to operate the bus, which routes and when. Our current board recently decided to slow down the process, look at bus options and ways to fund future operating costs.

We know that many residents are in support of regular routes to Creston, Nelson, and health support to

clinics, the health connector bus and reduce individual travel for health needs. If you are anywhere near losing your license and know that once you do, the next step is to leave the community. Or if you don't have a vehicle, can't drive at night or in the winter, have an accident, break a leg or have grandchildren to move around- you understand- we need some organized community transportation. Friends and neighbours tell me "oh what a great idea", but I can't be on the board.

Why not? Why not join a community board?

What is involved? Usually there is a monthly meeting of an hour or two. Each member can take on a task or two between meetings- if possible- we all have different skills and capacity and need to know our limits. If you are enthusiastic we will need people to take on or share the Chairperson, Secretary and Treasurer positions. Meetings should involve eating and drinking where possible and feel light hearted in moving ahead step by step. Personally I find this very rewarding and a great way to spend my social time. With engaged people, doing fun and not so fun things one step at a time. What could be more fun?

There is a serious shortage of valuable volunteers in our whole area. Most of our volunteers are aging and often ready to retire or afraid they won't be asked to stay on. We have recently attracted some young volunteers among kids who grew up here, then came home in the pandemic. Where are our new generation of volunteers - we need you!

Some people don't like zoom. Ok, but did you know you can call in by phone and presto you are talking to a bunch of friendly people with a common purpose. Zoom is actually a very friendly platform once you get set up. Didn't we wish in the past we could attend meetings and not have to leave home? Now we can stay warm at home, join a zoom meeting, talk and reach agreements, and take on a little piece that you

can move forward on. Is this not a great thing?

Newcomers to the area might not know how much we appreciate community volunteers around here. We basically have no municipality that automatically looks after communications, administration, planning, buildings and infrastructure. Our non-profit societies do almost everything to keep the wheels greased, the halls functioning, the people informed and engaged. This is a big job and we need all of us.

I was told that years ago, when KLEECA (Kootenay Lake Elder Care Coop Association) was looking for members and support, they went door to door. They encouraged residents to get involved in an organization or maybe two - not more! Don't get overburdened, just do your small part. If we all do this, we can flourish!

Laverne Booth, Crawford Bay

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*Next Deadline:
Feb 23, 2022*



Tom's Corner

by Tom Lymbery

Nelson's Most Unusual Story

About 10 pm on October 30, 1935 an airliner came in low over Nelson. It had lost its way in dense fog, far off its course from Billings, Montana to Spokane, Washington, and it was low on fuel.

The plane was a Northwest Airlines twin engine 10-passenger Lockheed Electra. Northwest Airlines in 1935 was advertising flights from Chicago to Seattle, even at night. But due to the atmospheric conditions the radio only produced static, and the beam control - the radio beam guiding planes - had failed. Pilot Frank C. Judd, seeing the big flashing neon "DAILY NEWS" sign on top of the Nelson Daily News building on Baker Street, thought he might be over Wallace, Idaho.

Pilot Judd turned on his landing lights, found a farmer's field just up the hill in Rosemont (site of today's Selkirk College), and made a wheels-up pancake landing - a belly landing with the landing gear left up. Although he had never made this type of emergency landing before, he executed it masterfully with no injuries to his five passengers, to his co-pilot, or himself.

They were all surprised to discover they were in Canada. The passengers were cleared by the Department of Transport and Canada Customs and transferred to Spokane by train. Aircraft mechanics and parts arrived from Spokane to repair the plane.

These 86-year-old photos following the this article by Henry Stevenson and Hugh Armstrong show in remarkable detail how the plane was hoisted up and moved from the field to a landing site down on the flats. They are included here with the kind permission of Henry's son Gerry Stevenson. Henry was a pilot himself and he had practically built the Nelson airstrip with all of his family working on it, raking and throwing stones off the runway.

The first step was to build solid framing to lift the plane to repair the undercarriage and other scrapes and dents. It was then set on a flatbed truck trailer with the wings, propellers and engine cowlings removed, leaving the entire tail section to hang off the back of the trailer.

The plane fuselage was trucked by West Transfer down to the CPR flats where new engines and propellers were installed. The flats had about 650 feet of sand without trees or big stones, which was just long enough to get the plane airborne again. Two weeks after the emergency landing, they ran up the new engines, tested everything, and on November 15th put in 25 gallons of fuel. It was just enough to fly the aircraft to Trail where the C M & S Co had built a 3,000 foot long airstrip. Fully refueled in Trail, the plane was flown to Spokane and after more repairs, it was back in service with Northwest Airlines.

When Trans Canada Airlines started operations in 1937 they used the same Lockheed Electras to fly from Seattle to Vancouver. Amelia Earhart had flown one in her ill-fated attempt to fly around the world. Until twin engine Douglas DC-3s became popular a few years later flying could be hazardous, and pilots had to be prepared to set down in fields between airports. That is undoubtedly the reason Frank Judd was so skilled to be able to land in the dark in Rosemont, and turning uphill likely helped to slow the plane to make a safer landing.

Many thanks to Gerry Stevenson for information and photos used in this story, and for tipping us off to Henry's firsthand account of the 1935 landing in "Aviation in the West Kootenay", British Columbia Historical News (vol. 27, no. 2, 1994): <https://open.library.ubc.ca/viewer/bch/1.0190726#p29z-5r0f-%22Henry%20Stevenson%22>.

Thanks also to Greg Nesteroff for his recent article on the landing in *British Columbia History* (Winter 2021).

Read about Frank C. Judd's extraordinary wartime flying career in Alaska, the Aleutians and China, and postwar in the Pacific: <https://www.mnaviationhalloffame.org/inductees/j.html>.

These amazing photos by Henry Stevenson and Hugh Armstrong, taken between Oct. 30 and Nov. 8, 1935, show how in just eight days the Lockheed Electra airliner was removed from its emergency landing site in upper Nelson, hoisted onto a flatbed truck trailer and trucked down to the CPR flats for repairs and a safe flight back to Spokane. All photos courtesy of Henry's son Gerry Stevenson.



Framing removed; plane secured on trailer



Wheels-up pancake landing in field



Ready to roll, with entire tail section overhanging back of trailer



Hoisted up off the ground



West Transfer trucks plane down the hill to the CPR flats for repairs.



Flatbed trailer backed in under fuselage; wings, propellers and engine cowlings removed

Next Deadline:
Feb 23, 2022
www.eshore.ca



Public Budget Meeting East Shore – Area A North

The Regional District of Central Kootenay (RDCK) invites the public to provide input into the development of the 2022-2026 RDCK Financial Plan.

Time: 4:00 p.m. MST

Date: Tuesday, February 15, 2022

Location: Virtual Meeting - Visit rdck.ca for information on how to participate in the meeting.

Connect with RDCK Directors and staff • **Ask** questions • **Find out** about projects and initiatives happening in your area • **Learn** about the RDCK • **Provide** feedback

rdck.ca



Thoughts from the Frog Pot

by John Rayson
COLD, FLU AND COVID

It would appear that we are now attempting to carry on with our lives as though the pandemic is over. Individuals are travelling, gathering in large family groups and visiting those they have not seen for many months. We are tired of Covid-19 and wish to return to what we perceive as “normal”. There is an acceptance of the pandemic within society and a feeling of resignation. We are learning to live with Covid-19 and wish to carry on as we have in the past. At the same time Omicrons is running rampant.

We now seem to be entering a transition time. Omicron appears to be less serious with fewer hospitalizations and deaths. We have had severe lockdowns in many areas and lesser regulation in others. As an example, B.C. appears to have taken a more relaxed position with regards to Omicron and have accepted the potential that it is less serious, particularly in a population with a high vaccination rate plus boosters. Jurisdictions such as Ontario have reacted with much regulation and now are enacting a rapid easing of restrictions. Information moves at the speed of light with social media. Politicians and experts have difficulty in maintaining any credibility and keeping abreast of rapidly changing recommendations.

Many segments of society have difficulty in accepting information from other countries or jurisdictions. One of the best examples recently is that the data from

Israel indicating the chance of hospitalization with Omicron is 45x greater if one is unvaccinated vs vaccinated plus a booster. The U.S. refuses to accept such data and insists on analysis of its own U.S. national data.

We have learned a great deal with regards to living with and controlling the pandemic. Most of us know that vaccination, masks and social distancing work, in spite of certain segments of society continuing to resist tried and true measures, documented in the past, to control the disease. In addition, we continue to focus on issues highlighted by the pandemic; such as challenges to the health care system, even though such challenges have been present and well known for many years but ignored by society.

The common cold and influenza are still with us. How do I know if I have a common cold, influenza or Covid-19? A common cold tends to have lesser symptoms with a sore throat and a stuffy nose, fever is uncommon. Cough, fever, muscle aches and tiredness are symptoms associated with both influenza and Covid-19. A loss of taste or smell appear to more common with Covid-19. All three conditions are due to virus infection and all are spread by air borne droplets. The common cold is usually due to Respiratory Syncytial viruses, influenza to Influenza A or B viruses and of course Covid-19 due to a strain of the SARS virus. Covid-19 may be waning, plus we are fortunate that a vaccine became available quickly. The common cold and influenza will continue. Vaccine is available for influenza but no vaccine is available for the common cold (many viruses are responsible for the common cold thus it will continue to be a problem). One should also be reminded, that aids (HIV) due to a virus, has been known for over 40 years, and NO vaccine is available.

Hopefully, we are nearing the end of the Covid-19 pandemic but must continue social distancing, mask wearing and above all ensure that as many are vaccinated, both locally and world-wide if we are to control our destiny.



Hall Board News

by Susan Hulland

Fundraising: Our association began 2022 on a high note when we received an anonymous donation of \$5,000 from a couple of ‘Secret Santas’! This gift arrived on New Year’s Day earmarked for our Hall Reno Fund. This was a very positive way for us to start another year of intense work on the project to rejuvenate and preserve the Crawford Bay Community Hall. Added to the above donation our Hall Reno Fund increased by \$400 since last month with donations from Roswitha Strom and Cathy Poch as well as from recent sales of Bruce Paterson’s cards and colour prints. Since January of 2019 when Peggy Tugwell generously donated \$1000 to start us off on this restoration project we have raised over \$64,000! We can not thank our supporters enough for believing in this community project as much as we do.

Next Steps: While many local residents are pouring over their seed catalogues these days the directors of the Crawford Bay and District Hall and Parks Association are pouring over grant applications to fund Phase 3 of this worthwhile project. This phase involves completing and reinforcing foundations and joisting as well as accommodating eventual electrical, mechanical and insulation work. Construction drawings from the architect, permits, hiring a contractor and doing the work are the major components.

We Need Volunteers: Recently Vienna Doenni resigned from our board due to other commitments. This leaves our association with only five directors and the work loads are particularly heavy now with construction work beginning soon on foundation improvements under the hall this year. The primary criteria for becoming a director is living within our tax levy area which includes the area from Riondel Road to north Gray Creek near the Rockwood Cafe. You do not have to live here year round but computer/internet skills are important as we often communicate via Google Suite and hold some meetings on Zoom. We are easy to get along with and welcome volunteers who are as interested in community as we are. Individuals with experience in grant writing and construction would be a bonus at this point in our restoration project.

If being on a board of directors is not for you but you can commit some time, please contact us because we need volunteer help with organizing fundraising events, monitoring the Enchanted Playground in the park and checking for issues at our Kootenay Bay Boat Launch. If you are interested and have questions please contact: lkeraiff@cbhall.ca or shulland@cbhall.ca.

Thank you Doug Blackburn for showing up on short notice to help with a tricky lifting job and thanks to Peter Cullinane of Akokli Construction for twice doing some time-sensitive snow plowing for us when we needed better access to the hall.

If you want to follow our activities in more detail you can check us out on Facebook @crawfordbayhall. For information about booking our facilities, which must comply with Covid 19 restrictions at this time, please contact bookings@cbhall.ca.

Yarns From the Back Alley Shepherdess

by Barb Kuhn



It’s that time of year again, looking at Valentine’s Day approaching. The kids will be giving cards to each other at school and flower, chocolate, and sometimes jewellery sales will give the economy a temporary shot in the arm. It’s kind of nice to see people celebrate human attraction and attachment. Especially now.

I just spent some time looking up the definition of love online. When I went to school, we were taught about eros (romantic/sexual love), philios (brotherly love), and agape (more of a generalized philanthropy). I was surprised by what I found. The theories of love, the psychology and biology of attachment, and even the genetics of love just boggled my mind. When I came across certain alleles in the genetic code indicating a certain style of love behaviour in the individual, that’s when I just stopped.

Some new definitions scared me. While deceptive behaviours in the mating department are not new, it shocked me that it was part of a definition of a style of love. Deception and love just don’t seem to go in the same sentence. That threw my ideas of writing about the various types of love out the window. I know I am extremely old fashioned. The way people pursue love interests today is much different from how it used to be. In the old days, we went to places where you could potentially meet someone. Churches, schools and bars were gathering places where you could meet in person and choose someone to date. Usually someone would know something about the person you pursued. Not today. There are thousands

of possibilities now with online dating. On to the next picture with the click of a mouse or swipe of a finger. These are human beings and I find this sad. For this reason, I would never participate in online dating.

Those who do find that they share a real connection don’t need to define it. Getting to know each other happens organically from there, usually with a mutual wish to take the time to do so.

As Esther Perel says, “Attention is the currency of the moment”. Paying attention to each other is a great way to celebrate Valentine’s Day. It’s also less expensive than that other stuff.



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<p>Crawford Bay Transfer Station November 7, 2021 to March 12, 2022 10:00 am — 4:00 pm Sunday & Tuesday</p>	<p>Boswell Transfer Station Year Round 11:00 am — 3:00 pm Wednesday & Saturday</p>
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East Shore Community Geothermal Project Update

by Gord MacMahon

Numerous hot springs have been found throughout the Central Kootenays, exhibiting temperatures up to 83°C at the surface. Geothermally heated fluids (40°C) were even encountered within the Riondel mine, which eventually prompted Riondel residents to request a feasibility study into the potential use of this naturally heated water. The study was completed by the Geological Survey of Canada in 1992 and while no material progress to develop the resource has occurred since, many area residents have not forgotten and continue to believe there is untapped potential close to the surface along the east shore of Kootenay Lake.

At Chena near Fairbanks Alaska, a small hot spring (~80°C) was initially developed as a resort but now also supports a 7,000-sq. ft. greenhouse and a small-scale binary cycle power plant. This development ultimately created some 35 fulltime jobs in the community and has attracted visitors from all over the world (over 32,000 overnight guests and 80,000 day visitors in 2015). The potential for a Chena type development exists in the Kootenay's. A successful geothermal project here could create many of the benefits successfully demonstrated in Chena and achieving success by a range of economic measures. Everything from workforce development, local procurement, agricultural technology development, new resident attraction, value-added service and even branding of a new market can all lead to economic stimulation.

The 1992 Riondel feasibility study considered a number of development options including a 43,000 SqFt greenhouse complex to be developed on a 5-acre site. The complex modelled was composed of nine quonset style structures each 7x60m. An engineering evaluation demonstrated a 37.8°C geothermal fluid flowing at an estimated rate 53.6 liters/second would support a geothermal system capable of providing 100% of design heat loads for year-round operation.

In 2019, technical research into the geology of the Kootenay Lake area commenced, followed by in-depth discussions with area geologists. In 2020, a community engagement process was initiated to outline the geothermal potential in the area and to determine how residents felt about investigating this potential further and eventually developing it for the future benefit of the community. The onset of the pandemic, early in 2020 caused a halt to community engagement however the technical discussions and investigations continued.

Phase One

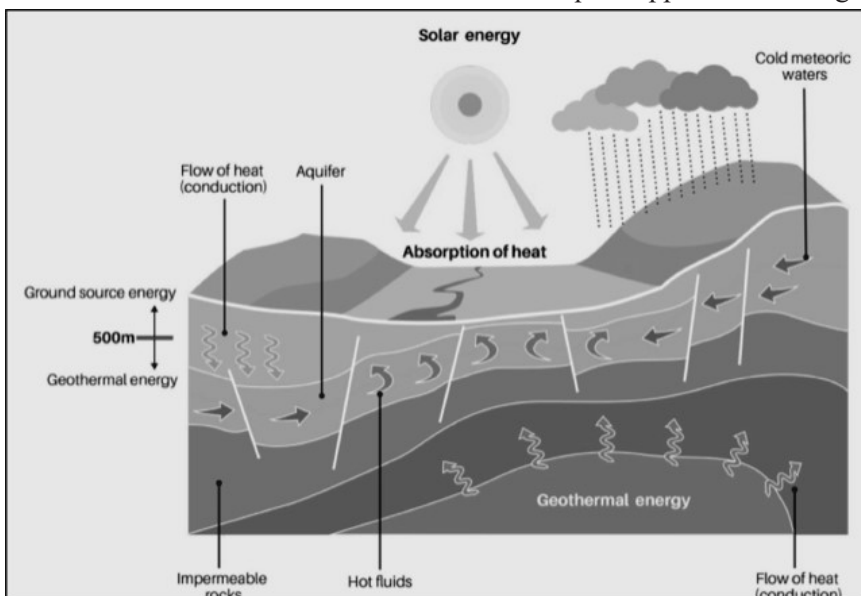
In 2021, the Community Sustainable Living Advisory Commission (CSLAC) was approached on behalf of South Kootenay Lake Community Services Society (SKLCSS) about supporting a community based geothermal project. The preliminary funding provided by CSLAC enabled the hiring of a fourth-year GIS stu-

dent from Selkirk College to source and compile all available public domain open-file data. This included remote sensing data such as LiDAR (Light Detection and Ranging) and Infrared, as well as geological and geophysical data.

Initial indications are that the data compiled have helped to better frame the numerous hydrothermal mineral deposits and showings in the Riondel area and create a local geological model for geothermal energy.

Generally speaking there are two key components of a successful geothermal project 1) higher than normal heat flow and 2) the potential of the reservoir to produce fluid at substantial and sustainable flow rates. There is ample documented material highlighting how the Kootenay Lake area is hot, geothermally speaking. In fact BC government mapping shows the presence of higher heat flow through the Kootenay Lake area which is about 30-40% higher than the established regional BC heat flow. The range of prospective outcomes is directly related to the temperatures encountered and a range of 38-80°C represents a viable source for geothermal direct heat applications. To achieve fluid flow, the desired reservoir in the targeted area would need to be significantly fractured and since faulting is key to fracturing, then the high degree of surface faulting evident at several locations within the project area, is an encouraging sign.

Utilizing LiDAR data in Phase One, a Digital Elevation Model (DEM) of the area was created. LiDAR has the capability of effectively 'seeing through' vegetation providing an accurate depiction of the surface of the earth. As a result, the surface geology, including faults are quite apparent allowing for effective interpretation of surface geological features across many locations.



The figure below shows an image of the LiDAR DEM taken with a preliminary fault interpretation. Abundant faulting is evident with faults of different orientations, depicted in different colors.

Proposed Phase Two

Phase Two will take what we know and the direct evidence we have accumulated, to build a case for where a geothermal resource could be captured. Following Phase One, three high-graded areas have emerged. The goal of Phase Two will be to gather further confirmatory evidence supporting the potential of encountering hot geothermal water close to the surface. Phase Two work will include a geological/geochemical assessment initially focused on these high-graded areas so that the best candidate can be selected for an area specific geophysical drone survey at the end of the summer (2022). Final high-grading can be in the form of anomalous geochemical or temperature measurements (from a surface water body), observed mineralization or geophysical anomalies directly detected using drones.

Potential Phase Three

One or two geothermal test wells to be drilled at high graded locations followed by appropriate production testing to determine how commercial results can be achieved. This will allow for the development of a full pilot demonstration project, potentially leading to the development of an economically viable, commercial scale greenhouse, heated year-round with geothermal direct heat.

A geothermally heated greenhouse is highlighted here due to the range of impacts it could provide. However, once a geothermal resource is found and de-risked, a number of other options could be considered, either on a stand-alone basis or as complimentary to a geothermal greenhouse. This ranges from aquaculture, food processing, fruit & vegetable drying, mushroom culture, resort/wellness centre development, building heating & cooling and small-scale power generation. Depending on initial heat encountered several of these uses can be incorporated into a cascading system of development with multiple complimentary benefits.

For further information contact Gord MacMahon (250)777-7372

**Next Deadline:
Feb 23, 2022**

Why The Yoga Development Course is a Revolutionary Act

by Nicole Plouffe, Communications Lead, Yasodhara Ashram

After many years of having the privilege to interview participants once they have completed the three-month Yoga Development Course at the Ashram, I am always struck by how transcended I feel by the experience as well as being deeply moved by the presence that sits before me. I witness a human being who has seen their inner beauty, truth and essence and I am humbled by the commitment they have made to themselves - it is an act of revolution.

So why is this kind of commitment a revolutionary act? As one person begins to examine themselves, unravelling the darkness as well as their light and learning to love both, they not only go on to serve others in their highest with compassion and understanding, they emanate an undeniable Light into the field of consciousness. They and others around them are transformed and inspired by their act of saying 'Yes' to themselves.



In a world that too often promotes acts of selfishness, greed, destruction and alienation, the revolution is evident in these words that 2021 graduates offered about what the YDC meant to them: connection, growth, clarity, friendship, learning, loving, compassion, healing and empowerment. They learned that freedom lies in knowing who they are, realizing what is important and embodying the true state of the universe: loving kindness.

As 24 new participants enter in this year, the Ashram is continuing Swami Radha's vision when she began the course in 1969: "We dedicate our course so that we may be of help to other people - so that each of us becomes a torch of Light to others we come in contact with. And that Light may be our guide, our true inner guru, our true guide on the spiritual path."

B.C. Securing Watersheds for a Stronger Future Input Sought From Public

From news.gov.bc.ca (story sourced by Geoffroy Tremblay)

Climate change and extreme weather events are strengthening the call for protection and restoration of B.C.'s watersheds to ensure healthy ecosystems support communities with secure access to clean water.

The Province is developing B.C.'s first Watershed Security Strategy and Fund. The first step is to explore key themes, including governance, climate change, ecosystems and sources of drinking water, as well as community and economic stability, through the release of a discussion paper for feedback. The Province is developing the strategy with Indigenous Peoples and in collaboration with other levels of government.

"Climate change and cumulative human impacts are threatening the health of the watersheds we depend on for clean drinking water, growing our food, habitat for aquatic species and healthy local economies," said George Heyman, Minister of Environment and Climate Change Strategy. "We need to ensure healthy watersheds for strong communities and ecological health, so we are collaborating with Indigenous Peoples and all British Columbians to build a legacy of healthy rivers, lakes, streams and aquifers for our children and grandchildren."

A discussion paper has been developed that outlines key strategic themes for safeguarding B.C.'s watersheds and builds on the important work many communities are doing to protect and restore their local watersheds. People are now being invited to provide

input about the ideas and options presented in the discussion paper.

"Watershed security is the common theme that links the top issues of our time and is about much more than just environmental problems. Watershed security includes reconciliation, health, and economic imperatives," said Oliver Brandes, co-director of the University of Victoria's POLIS Project on Ecological Governance. "Without watershed security, the costs of climate and flood impacts grow, droughts endure, wildfires intensify, salmon die, forests fail, soil is lost, food cannot grow, local economies falter and conflict mounts. We fully support the Province to advance watershed security and the urgent need for a watershed security fund."

In addition to feedback generated from the discussion paper, the strategy will align with several government commitments, including development of coastal and wild salmon strategies, work on drinking water, modernized land-use planning, and the Climate Preparedness and Adaptation Strategy. The ministries of Agriculture, Food and Fisheries, and Forests, Lands, Natural Resource Operations and Rural Development also have key roles in managing water resources.

"Healthy watersheds mean healthy communities and a robust environment," said Fin Donnelly, Parliamentary Secretary for Fisheries and Aquaculture. "By restoring rivers and wetlands, we are creating spawning grounds for salmon and other key freshwater species, and improving the health of B.C.'s aquatic ecosystems that so many species, humans included, rely on."

Nathan Cullen, Minister of State for Lands and Natural Resource Operations, said: "All British Columbians care deeply about our environment and the health of our watersheds, and we will give everyone a voice in the management of those watersheds. This is an incredibly important opportunity for people to share their ideas for the creation of B.C.'s Water-

shed Security Strategy. Have your voice heard about our environment's future."

The deadline for public comment on the discussion paper is March 18, 2022, at 4 p.m. (Pacific time). During this time, there will also be direct engagement with key stakeholders and partners, as well as local and federal governments. Feedback will inform a draft strategy to be released in the fall, with additional opportunity for input following its release. The Province expects to release the final strategy in 2023.

"This year, we've seen extreme weather ranging from droughts and wildfires to floods and debris flows. These events underscore the critical importance of water management in the province," said Sarah Nathan, B.C. provincial operations manager, Ducks Unlimited Canada. "Because of their capacity to absorb and store excess water, wetlands play a key role in mitigating extreme weather events. Ducks Unlimited Canada looks forward to sharing our science about wetlands and watersheds, and engaging with the ministry to help keep our communities safe and healthy."

To share your thoughts about development of the strategy, visit: <https://engage.gov.bc.ca/watershed-security>. Written submissions can also be made by email: livingwatersmart@gov.bc.ca. Learn More: To learn more about B.C.'s Water Sustainability Act, visit: engage.gov.bc.ca/watersustainabilityact/page/2.

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East Shore Emergency Fund Proposal

Who Wants to Get Involved?

by Mautz Kroker

It has been over a month since my little house burned down. Ever since that day, I've faced an incredible amount of support and help and I feel thankful and blessed. Thank you so much to everyone who has assisted or donated in the past and those who continue to be such a support to me.

Now with a bit of distance and cooler mind I began to ask myself: What if this happens again, not to me but to somebody else? What if another house burns down? What if there is a flood or a forest fire? What if a family member suddenly dies due to an accident or unexpected illness? Everyone who faces a situation like this will need help, support, compassion and money to deal with the consequences.

Thinking about this and what happened to me, I would like to go ahead with a community project that will include all communities on the East Shore: Riondel, Kootenay and Pilot Bay, Crawford Bay, Gray Creek, Boswell, Sirdar, Wynndel and all inhabitants who live along our beautiful shore of the lake.

I would like to create an EAST SHORE EMERGENCY FUND and I am looking for people who want help and work on this project.

The main idea of this fund is to collect money on a regular basis that will be used for emergency help in the case of a personal or community catastrophe. There are approximately 2000 people living on the East Shore (Area A), permanently or part time. If only 1000

of them pay \$5 each month into this fund we could collect \$60,000 a year to help out aggrieved people in times of disaster.

Even if a person, house or property is insured, aggrieved people will have to face huge additional and unexpected costs. Some community members might not have as many friends or networks that could support them. \$5 a month for assisting in the time of an emergency would help immeasurably.

Here is a short breakdown regarding this fund:

1. The fund will be managed by a nonprofit society via volunteer effort.
2. I would hope to create a board with maybe two inhabitants of each community, ideally coming from different social/age/economic etc levels.
3. The directors of the board could be elected once a year through an annual general meeting.
4. The first activity of the society will be to work out a charter or mandate regarding decision making and collection and distribution of funds in case of an emergency.
5. Every inhabitant of the East Shore will be asked to provide ideas, input and suggestions towards working out a good and reliable charter for the fund and society.
6. The society will give a report each month to the public regarding its activities, decisions, and improvements of the fund. All activities will be completely transparent to the public
7. The collected money will be held in an account which will be controlled by an independent financial institution like the Credit Union and perhaps a notary if needed. It will be guaranteed that no member of the board nor society can take personal advantage of the fund.
8. The fund shall be available in case of a disaster for every party on the East Shore, no matter their financial or social standing.

The long term idea would also be to arrange an agreement with financial institutions about very low interest loans to help rebuild a house or property or finance crucial needs. There could be also arrangements with companies to provide help and service free of charge for a certain amount of time or to a certain financial goalpost. There are many possibilities to accumulate help.

I really hope that we can find a way to make this idea work out and I'm looking for people who are interested in this. After my experience, I can only say that the more we can set up to help support each other, the less burden we put upon ourselves at the time of a disaster.

Five dollars a month equates to the cost of maybe one coffee or drink but can provide a huge relief to someone in a time of need. We all together can act as friends and supportive community members. I hope to do the legwork to get this set up so that this active support within our community is easier and more streamlined for those in need in the future. I am so grateful for the support I have received and see this as one way to pay it forward.

If interested in this new fund, please contact Mautz Kroker at 250-551-4405/mautz.kr@gmail.com, Ingrid Baetzel at 250-505-7697/iazbaetzel@gmail.com or Sharon Webster at riondelmom@gmail.com. Thank you!

- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL MEMORIAL HALL

Booking/info: Karen Lee at 250.223.8686

Riondel Fire and Rescue Blotter

by Fire Chief Cory Medhurst

Jan/Feb 22 Update

What can I say, I completely missed my January submission even after our Editor gave me a grand extension. No excuses, just life. I do apologize and will attempt to catch you up on what we have been busy with in the department.

First, I would like to recognize our Training Officer, Captain Jonas Plaumann for his dedication and devotion to completing months of training, completing the 80+ hour Red Cross First Responder instructor course; obtaining his full NFPA1001 accreditation (Firefighter 1 & 2); as well as over 100 online hours to obtain his NFPA1021 accreditation (Fire Officer 1). Combined, this training has taken well over a year, and we'd like to say congratulations and thank you for your personal sacrifices while completing these daunting courses.

Next, I'd like to recognize eight of our members who recently participated in a 40-hour medical First Responder course. During this course, spread over two weekends, these members were busy learning and practicing life saving skills while fulfilling the requirements for the Red Cross First Responder Certification. Once the members complete their licensing exams for the province, we will have 13 fully trained and licensed First Responders on the department to respond to a variety of medical emergencies, in support of our ambulance service. A huge thank you to the members that took part and relinquished their personal responsibilities while rearranging their busy lives to accommodate the time to learn. Your dedication to the department, our community,

and our visitors is and will be appreciated into the future.

December/January calls to date are as follows:

December 14 – During the early evening, five members responded to a medical emergency in Crawford Bay to assist the paramedics with patient accessibility. After staging away from the scene to wait for the police to arrive, the crew assisted paramedics to gain access to the driveway and move the patient to the ambulance. The paramedic crew asked one of our firefighters to join them on the trip to the hospital to assist with patient care, if required. The paramedics returned our member safely to the fire hall when they got back from Creston.

December 21 – A medical emergency in Crawford Bay saw four members respond to assist paramedics with patient movement from the residence to the ambulance.

December 22 – During one of the heavier snow events this winter we were called for another medical emergency in Crawford Bay. A crew of four responded with the ambulance to assess and assist with the call. The crew shoveled a path for the cot from the residence down to the ambulance as well as helping with moving the patient.

December 24 – A very excited crew of two members drove Santa Claus around the East Shore delivering Christmas joy. Once again on the morning of Christmas Eve, Santa Claus visited the East Shore to deliver gifts to families from Boswell to Riondel for Newkey's annual "Angel Tree", organized by Pam and supported by the community.

January 3 – A serious medical emergency in Gray Creek saw three members respond with the ambulance crew. Two members started off in the R#rescue truck from Riondel to pick up the third member on route in Crawford Bay. Unfortunately, due to extremely poor road conditions combined with a speed faster than the conditions permitted, the rescue truck's back end lost traction around a corner causing the truck to lose control. The truck slid along the snow-covered guard rail until it ended, when the rear tires caught the edge of the road pulling the truck down a thirty-foot embankment,

rolling once, and coming to rest on its wheels against a tree. Luckily both members were able to self extricate and only sustained superficial injuries. They were able to hike up the embankment to the road to await help; the truck did not fare as well and remained where it stopped on the hill. The member waiting in Crawford Bay followed the ambulance in a personal vehicle while four other members also responded to Gray Creek in personal vehicles. When the call was complete, the crew of five returned from Gray Creek to assist the original crew at the roadside. The crew waited for a tow truck to arrive from Nelson and proceeded to recover the remaining rescue equipment from the wrecked truck when it was pulled up. As mentioned, the two members involved in the rollover reported to be okay with minor bruises, and after a few hours of paperwork at the fire hall were able to return home.

January 25 – A call to assist the RCMP had three members travel to Kootenay Bay to watch for a particular boat on the lake, possibly heading south from Riondel. The crew waited at the ferry landing watching for approximately 30 minutes before being informed that the boat had been located elsewhere. Two additional members remained at the fire hall on standby for the duration of the call but were not required and were stood down.

As we all hunker down and wait out the remainder of winter, hoping that it only snows on the ski hills and that spring will soon arrive, we'd like to remind you that we never have a dull moment at the Riondel Fire Department; join us and see. Have a look at and fill out the online application at www.rdck.ca and join us for a Thursday evening from 7 – 9PM.

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Mark Wolstencroft took this photo on a lovely sunny January day at Starbelly Beach in Gray Creek.

Valentine's Dinner @ The Hub!

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Our Chef has created a brilliant menu that will be offered for one night only.

Seating is limited, so reservations are required!

Please call 250-227-9160 to book.

Check out the full menu and pricing at www.hubeatery.ca



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SKLCSS (Community Connections) Update

submitted by Garry Sly

South Kootenay Lake Community Services Society (aka Community Connections) will be hosting their annual AGM on Zoom on Monday, Feb 7 at 6:30 pm. We hope community members will attend in order to find out more about our society and see all of the projects that we have been involved with this past year.

This past month, our focus has been on starting our exciting new TAPS seniors recreation program. The program will provide an opportunity for seniors to socialize, meet new people, and to connect with, and support, each other, all while enjoying lunch and other recreational activities. The timing for initiating such a project is very challenging due to Covid-19. The program is planned as social gatherings at local community halls during a time when such gatherings are being advised against. During these times when many of us are feeling isolated from one another, it's important to try to maintain a sense of community and connection, particularly with our senior residents. Since social gatherings are not recommended at this time, our TAPS coordinator, Christian McStravick, is hoping to have a chance to connect with people personally, with an initial phone call then, perhaps, with a home visit and meal delivery. Once the Provincial Health Officer allows for social gatherings again and the risk of Covid-19 infections is greatly reduced, we hope to begin in-person programming at the local community halls. If you are interested in participating in the program, please call Christian at 1-800-278-8716 or email her at eastshoretaps@gmail.com. If anyone is interested in volunteering with the program once in-person gatherings begin again, please contact Christian.

In addition, the position of Assistant Coordinator is still open. It is a part-time position for 8 hours per week. If interested, please call Garry Sly at 250-505-2634 or email at skootenaylakecss@gmail.com.

Job Posting: Executive Director for the Kootenay Lake Chamber of Commerce

An enthusiastic individual is being sought to take on the role of Executive Director for the Kootenay Lake Chamber of Commerce. Responsibilities include developing and implementing a strategic business plan, membership growth and retention as well as managing the projects and resources of KLCC. This position will be a contract position working with and reporting to our Board of volunteer Directors. Specific Duties:

- Assisting businesses directly with current needs and networking.
- Actively increasing and working with memberships including website management.
- Marketing - manage and distribute materials and resources, social media promotions.
- Correspondence, phone calls, newsletter.
- Governance - financial monthly reports, managing invoices and business planning.
- Meeting planning and organization, including location, agenda.
- Attending meetings via Zoom and in person to represent the Chamber, networking with regional organizations and other stakeholders, such as other Chambers of Commerce, the Economic Development Commission, Nelson Kootenay Lake Tourism, International Selkirk Loop, Community Futures, Economic Action Partnership, Columbia Basin Trust and Regional District of Central Kootenay.
- Fund raising - coordinate opportunities to avail the business community of grants that will promote/assist with economic and environmental sustainability as well as pandemic recovery.

Qualifications:

- minimum 2 years post-secondary education, preferably a related field, or equivalent experience.
- vaccination will be required to attend/organize meetings in person
- excellent organizational and time management skills working independently and as part of a team.
- excellent verbal and written skills.
- strong skills in diplomacy and public communications.
- strong knowledge and proficiency with computers including financial reporting procedures, spreadsheets, written documents and website management.
- significant experience in project management and/or community development.
- an understanding of Chamber of Commerce functions an asset.
- should be a confident, self-motivated professional, able to follow tasks through to completion and demonstrate accountability.

Location: East Shore of Kootenay Lake, Area A - some travel within the region will be required. **Compensation:** 20 hours/week, flex time, competitive wage. Contract based on qualifications and experience.

Submit applications to: info@kootenaylake.bc.ca by February 12. Kootenay Lake Chamber of Commerce, Box 120, Crawford Bay V0B 1E0

Ladybug Coffee
at the ferry landing in Kootenay Bay
open 7 days a week, all year 6:30am-3pm




February is the month of LOVE,
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And to those in our Community that we're proud to be of,
This months for you, let's spread nothing but LOVE.



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small - \$9 large \$16
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Annual General Meeting

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

February 7, 2022 at 6:30pm

Join Zoom Meeting:
[https://us02web.zoom.us/j/87970726647?](https://us02web.zoom.us/j/87970726647?pwd=cVdJRUtXay9vQ3QwSWNkWG5pSFVudz09)
[pwd=cVdJRUtXay9vQ3QwSWNkWG5pSFVudz09](https://us02web.zoom.us/j/87970726647?pwd=cVdJRUtXay9vQ3QwSWNkWG5pSFVudz09)

Meeting ID: 879 7072 6647 Passcode: 057080

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

Next Deadline:

Feb 23, 2022

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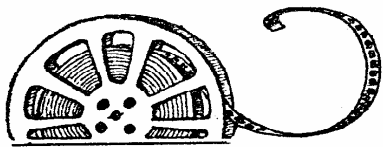
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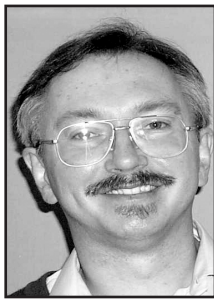


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Seldom Scene

by Gerald Panio



My original intention for this month's column was to look at Jane Campion's latest film, *The Power of the Dog*. But a friend responded to last month's First Nations-themed article by asking if I was familiar with an award-winning Canadian film on residential schools, *Where the Spirit Lives*, released in 1989. Her recommendation included the comment that she'd never forgotten the film and that it had had a huge impact on her. I had never seen *Where the Spirit Lives*, and when I found a copy of the film on YouTube and watched it a few days later, I knew I had February's column.

Not only is Bruce Pittman's film a moving account of lives uprooted by residential school crusaders, it is also one of those rare films which manages to be both hard-hitting and ideal for viewing by the whole family. While not shying away from tragedy, the very title of the film tells you that this is a story about how spirit and culture can survive the harshest attempts to extinguish them. A response, perhaps, to Indian agent Alan Fry's grim 1974 novel, *How a People Die*. The film is also a warning about how easily the best of intentions can be compromised by a system whose core values deny history and dignity to those it supposedly serves.

The year is 1937. The film's opening scene is at a small Alberta Kainai Nation encampment by a Rocky Mountain lake. We get brief glimpses into the daily life and rituals of a young girl, Ashtoh-Komi (Michelle St. John), and her family and tribe. The setting is idyllic, not unlike our own Kootenay Lake paradise. The curtain comes crashing down when a float plane lands on the lake, and a pistol-carrying young Indian agent, Taggart (Ron White), entices a group of children—including Komi and her younger brother Pita (Clayton Julian)—into the plane, and takes off with them. Taggart is, as the old line goes, just following orders. In the eyes of bureaucrats at the Department of Indian Affairs, the value of any education provided by Native children's families and tribes is worth less than zero, and the quicker those children are relocated the better.

There was no shortage of church-run institutions to take up the "challenge" of stripping their wards of their heathen heritage, whether from a genuine belief in a supposedly "civilizing" mission or from simple greed for government largesse. Or both. Komi and Pita wind up at the King George V Indian Mission School somewhere out on the prairie near Fort Macleod. After a typical, brutal induction—delousing with kerosene, institutional haircuts, warnings about speaking Indian "gobbledygook"—Komi and Pita begin their new lives as Amelia #61 and Abraham #67.

It's important to keep in mind that, thirty years ago, the idea that residential schools were deliberately carrying out a program of conscious cultural genocide with government & church blessing would have been dismissed as rhetorical overkill by a good percentage of the general public. As evidence, here's an extract from a review of *Where the Spirit Lives* from *The*

Washington Post, September 27, 1991:

"Mourners at Ayatollah Khomeini's funeral showed more restraint than the hysterical bunch behind 'Where the Spirit Lives,' a ham-fisted melodrama about the Canadian government's attempt to force so-called Christian values on native Indians. While the movie-makers' hearts are in the right place -- that is to say, somewhere to the left of Kevin Costner's -- they are not merely dancing, but clogging with wolves.... The moral is that absolute power corrupts whether wielded by Anglican educators 54 years ago or by self-righteous filmmakers today."

The cavalier, callous indifference of that review is hard to imagine today from anyone even remotely aware of the contents of the Final Report from the Truth and Reconciliation Commission, released in 2015. Where the *Washington Post* reviewer saw only risible stereotypes, we now have the testimony of hundreds of residential school survivors and hundreds of unmarked graves to teach us that the damage was incalculable

At first, Komi and her brother, who speak no English, are belittled as "bush Indians" by other Native children in the school, many of whom have spent their whole lives as wards of the state. It quickly becomes apparent, however, that Komi's intelligence and fierce independence will not make her an easy target for assimilation. Another student, a fragile girl named Rachel (Heather Hess), reaches out to her. Komi even earns the grudging respect of a school bully. And her story intersects with that of Kathleen Gwillimbury, a fresh-out-of-school new teacher from Cape Breton,

At first appalled at some of the practices she sees at the school,

Kathleen is also dedicated to her mission as a teacher. She sees in her students only their potential, and approaches First Nations children with the same empathy and respect she would model were she in a classroom in Victoria or Toronto. She's quick to recognize Komi's strengths & talents, and earns her trust. Komi goes from pariah to model student, and catches the eye of Mrs. Barrington, a wealthy widowed patron of the school who is enamored of the idea of showcasing her broadmindedness through adoption of a Native child ("My late husband had a *penchant* for Indians," she says). When Komi is told by the head of the school, scorched-earth reformer Reverend Buckley (David Hemblen), that her parents have died in an epidemic that has wiped out her village, the way seems open for her to leave the school for a life of privilege.

But all is not as it seems. Secrets and lies abound. Komi's friend Rachel is being broken by a sexually abusive relationship with a dorm supervisor. Pita is a target of a vitriolic martinet with a fondness for canings. Komi's academic success causes resentment and confusion among her peers ("You start to go all white on me! You're still Indian, aren't you?"). Kathleen gradually comes to understand how the Reverend Buckley's zeal for removing the "millstone of dead culture" from his charges' necks and stripping "every trace of the old soil from their roots" translates into crimes against humanity. Somehow, insidiously, her own idealism has been coopted and used against her. Buckley tells Kathleen that if she protests "The fruits of your work will

wither and die!" and Komi will become "mother to a brood of little bastards." Kathleen's initial response to Buckley's not-at-all-veiled threats is less than heroic, which is why it's so believable and so disheartening. As Renaud said of France during the Occupation, there weren't a lot of Jean Moulins.

If any further evidence were needed as to the quality of this production, I'll add the fact that Buffy St. Marie provided the music for the film.

Toronto-born director Bruce Pittman had a long, award-winning career in film and television. With Elwy Yost and Jim Hanley, he was the co-creator of the long-running TVO series *Saturday Night at the Movies*, and produced, directed, edited, and co-wrote the first 102 episodes. Michelle St. John has continued her acting career, branching out into writing and production. Ann-Marie MacDonald is now as recognized for her writing (*Fall on Your Knees*, *The Way the Crow Flies*) and LGBTQ+ activism as for her acting. Both David Hemblen and Ron White had roles in hundred films and TV shows.

One person who reviewed the film said that it was based on the Shubenacadie Indian Residential School in Nova Scotia. Isabelle Knockwood, who was at the school from 1936 to 1947, interviewed 42 survivors and published *Out of the Depths: The Experiences of Mi'kmaw Children at the Indian Residential School at Shubenacadie, Nova Scotia* in 2015. It's available in a Kindle edition.

It's interesting to note that respected First Nations author Richard Wagamese, in an article in the *Calgary Herald*, dismissed *Where the Spirit Lives* as "whitewash." He felt it didn't go far enough, wasn't angry enough, only skimmed the reality of residential schools. It's as if he and I didn't see the same movie.

For me, Komi's spirit, and that of the film, is best captured by her response when she and her brother are quickly recaptured after their first attempt to escape from the school. Rather than being depressed by her failure, she simply says to herself, "Next time, I'll take a horse." It's my favorite line in the film.

Riondel Arts Club

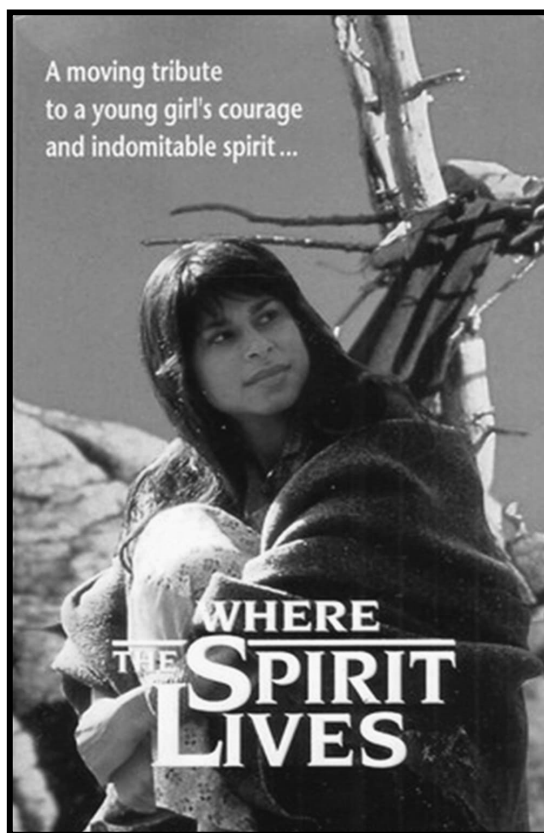
by Sharman Horwood

It is hard to believe that January is finished and February has started. In another month we'll be seeing more signs of spring, with less snow, warmer air, and perhaps even a few birds migrating north. Every spring makes me think of art. I want to take out paintbrushes and reproduce that vibrant colour and stronger sunlight on a canvas or page. I hope you feel the same way.

The art club still has its work on display in the hallway of the Riondel Community Centre. At the moment, masks are required at all times, but if you get a chance to look at what we've done, we'd love to hear what you think.

Gerald Panio is continuing his lectures throughout February. He is giving his delayed lecture on Leonora Carrington and Remedios Vara on Tuesday, Feb. 1. The following week, Feb. 8th, he will show a documentary on Van Gogh's "The Sunflowers." On Feb. 15 he will give a lecture on Sandro Botticelli, most famous for his painting of "The Birth of Venus" from approximately 1484 to 1486. The Tuesday after that, Feb. 22, he will show a video presentation on George Seurat, and his painting *A Sunday Afternoon on the Island of La Grande Jatte* (1884 to 1886), said to have launched Neo-Impressionism. These lectures all start at 1:00 in the Seniors' Room of the Community Centre.

At the moment, some in the arts club are postponing work until the mask mandate has lifted. However, if you're at all interested in doing art, and would like to try your hand at painting, drawing, or mosaics, come and join those who are carrying on. In the meantime, spring is just around the corner.



Cupid's coming to VAL INN TUNE INN 19 ... the Lovers Edition!

by Mary Livingstone of Wherpeter

Happy February, dear music lovers. Shortly after our relocation to Crawford Bay, Covid's cautions and cancellations left many musicians in our acquaintance longing for a place to play live, as were we. Having already established **Stonewin Studios** for graphic design and for music, we had the right setting and equipment to create **TUNE INN***, a live music show that was streamed on Zoom.

*Legend has it that while searching for our beloved run-away dog Peter, we stumbled across the ruins of the old abandoned guest house - **TUNE INN** - in the hills of Kootenay Lake (five giant steps past the Sasquatch cave). We continue to keep secret the location of **TUNE INN**, as we have pledged to the Sasquatch Clan. Sadly, we never did catch up to our old mutt, Pete. We like to think the music still makes his tail wag, wherever he may be.

TUNE INN provided our discerning audience with two musical appearances per episode, with **Wherpeter** (us) as hosts. Warmly received by artists of the highest calibre and their fans, we produced seventeen episodes, complete with coverage of Crawford Bay's 20th **Starbelly Jam Festival**. In order to uphold pandemic protocols, **TUNE INN 17... the Starbelly Stream** took place in four local restaurants, featuring four outstanding acts, live in-person and live-streamed to music fans at home.

We chose to pause the production of **TUNE INN** after that, as folks began to circulate more, and live in-person performance came back to life. **Wherpeter** played live, in-person at the Cabin, Newkeys, The Hub and Black Salt Cafe. However, we heard from some music fans who were still uncomfortable venturing beyond home. Musicians also began asking when they could play live at **TUNE INN** again.

In response, we lived-streamed our eighteenth **Festive Feeling** edition on Sunday December 19, 2021, with a marathon *thirteen* performers, playing three favourite seasonal songs, each. The show brought rave reviews from artists and audience members alike, already hoping to get in on a December 2022 edition.

Now we are romantically delighted to announce that we'll be back at the **INN** for **VAL INN TUNE INN 19 ... the Lovers Edition!** To be **INN**vited, please send a request to music@tuneinn.ca and we'll see that you're on the guest list. This episode will live-stream on Zoom on **Sunday February 13, 2022**, at 7:00 pm MST, with the waiting room opening at 6:50 pm MST. (6:00 pm PST, waiting room at 5:50 pm PST.) **The Lovers Edition** will feature live Valentines Day inspired love-song performances by:

Beautiful Luck, Susan Black & Carlo LeFebvre, live from Saint Miguel, Guanajuato, Mexico

Beezwilde, Patty Castle & Brenda Morie, live from Victoria

Terry Boyle, live from Victoria

Peach & Quiet - Heather Read & Jonny Miller, live from Pender Island

Jess Schroeter live from Yasodhara Ashram, Riondel, BC

Nellie & Willis Taylor live from Sooke, BC

Colleen and Victor Talson live from Victoria, BC

Wherpeter - Paul Winfield & Mary Livingstone, live from **TUNE INN**.

The Wilds - Holly Arntzen & Kevin Wright, live from Surrey, BC

(Artists are listed in alphabetical order, *not* in order of appearance.)

To have your name placed on the **TUNE INN** invitation guest list, please email us at music@tuneinn.ca before **February 13**. Invitations and a Sunday morning reminder will be sent to the email address you give us. Thanks for your **INN**terest!



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

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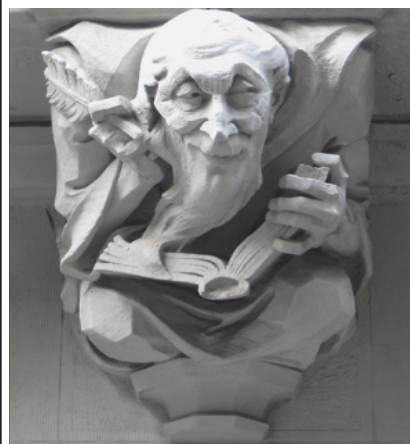
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Coffee House Music Night Postponed

Submitted by Mary Livingstone

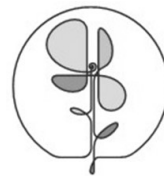
Greetings to our fellow East Shore melophiles: Paul & Mary - aka Wherpeter - wish to thank everyone for hanging in there with us! The launch of ArtConnect's Coffee House Music Night has been deferred until further notice, as the ArtConnect Board endeavours to * "... do our part to keep the community safe, as well as not be the source of increased stress and uneasiness."

Special thanks to Sam Hurrie, the chosen featured artist for the premiere Coffee House Music Night. Sam has remained steadfast in his support of live and local music, the Coffee House Music Nights in particular.

We are eager to see and hear all you outstanding open stage artists, too! Wherpeter shares the board's hope that * "... the planning and execution of similar events [will be] cohesive and smooth."

*quotes from the explanation provided by the South Kootenay Lake ArtConnect Society Board.

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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.

Intelligent Dinosaurs?

In 2004, a nondescript lump of stone was found on a Sussex beach by a fossil collector. About the size of three or four pennies, this small lump turned out to have “the first known fossilized brain tissue from a dinosaur” (*National Geographic*, by Michael Greshko, Oct. 27, 2016). Paleontologists knew that dinosaurs had brains, but they'd only recovered fossils that were sediment casts of the brain cavity. This piece contained a “stunningly well-preserved sample of mineralized tissue from inside a Cretaceous dinosaur's skull” (*National Geographic*, Greshko, Oct., 2016). This fossil shows the “mineralized networks of blood vessels—some smaller . . . than a human hair” (*National Geographic*, Greshko, Oct., 2016) of a 133-million-year-old *Iguanodon*. Even more intriguingly, there are “ripples in the preserved meninges” that show some of the folds in the creature's cortex, a quality that some scientists use to measure an animal's potential intelligence. As exciting as this find is, so far it doesn't show how intelligent the dinosaur was. It just gives hints about the animal's basic brainpower.

Our modern view of dinosaur intelligence has been filtered through the *Jurassic Park* movies. Predators like *velociraptors*--a *theropod* dinosaur--and genetically modified versions of *Tyrannosaurus Rex*, are depicted as very intelligent. Hunting animals, particularly those who hunt cooperatively, such as wolves, or humpback whales with their bubble nets, are believed to be the most intelligent species nowadays. *T. rex* ancestors, by the way, evolved large brains and acute senses before they grew so enormous (*Science Focus*, “How Brains, Not Brawn, Helped the Tyrannosaurus Become King,” Dr. Stephen Brusatte). This finding goes against the view that “large animals usually have larger

brains than smaller animals” with bats being a notable exception (*Wikipedia*).

So far there have been two ways that scientists use to determine the intelligence of extinct animals. First of all, they try to examine the animals' behaviour. With living animals, researchers can observe the creatures' actions under controlled situations. In the case of dinosaurs, however, paleontologists look for fossilized footprints. These can indicate the type of dinosaur, plus the size and speed of the animal, and if the scientists are lucky, sometimes the footprints might be from more than one kind of dinosaur. Coal miners north of Towomba, Queensland, found fossilized dinosaur footprints in one of their excavations. These turned out to be from herbivores and unfortunately revealed little about their behaviour.

However, in Dinosaur Valley, Texas, paleontologists examine fossilized trackways that give a little more information. Nine of these are *sauropod* tracks. These creatures were large and elephant-like. However, their tracks are overlaid by the more numerous trackways of a smaller dinosaur: *theropods*, the class that includes *velociraptors*. The *sauropod* tracks are regularly spaced: they walked through the site at a normal pace. Two of the *theropod* tracks cross these at what appear to be a running pace. However, though this suggests hunting behaviour, the tracks may have been made later in the day. The *theropods* might not have been hunting at all so the trackways are not a reliable method for assessing dinosaur behaviour. Also, “one of the trickiest aspects of animal intelligence is that, as a rule, a creature only has to be smart enough to prosper . . . and avoid being eaten” (*ThoughtCo.*, Bob Strauss, Jan 16, 2020). After all evolution's goal isn't to develop intelligence but to survive.

The second criteria that scientists use is brain size compared to body mass. According to *Science Focus*, *theropods* had the “largest brains, relative to body size of any dinosaurs” with “enlarged cerebrums and it means they were probably among the most intelligent of all dinosaurs” (*Science Focus*, “How Brains, Not Brawn, Helped the Tyrannosaurus Become King,” Brusatte). An Arizona education site also maintains that *velociraptors* had a similar intelligence to a rabbit's, less than a dog's or cat's, so even their intel-

ligence is relative. Generally speaking, scientists consider the brain-to-body-mass ratio because larger animals have the potential for intelligence: “more brain weight might be available for complex cognitive tasks” (*Wikipedia*).

The other reason why brain size is important is because “the evolution of the recent cerebral cortex and different degrees of brain folding” (*Wikipedia*) are connected to the development of intelligence in humans. That's why the “ripples in the preserved meninges” of the *Iguanodon* are so tantalizing. For the first time, researchers are getting to see the suggestion of a real dinosaur brain. This is the first they have found almost intact. Brains are a soft tissue and they are the first organs to deteriorate in a body when the animal dies.

However, one positive consideration about dinosaur intelligence is that birds are the descendants of dinosaurs. Dinosaurs are thought of as smart reptiles, but they have a strong connection to birds. *Archaeopteryx*, the dinosaur fossil that shows feathers, and has a hip structure identical to existing birds, “had a cerebrum-to-brain-volume ratio 78% of the way to modern birds” (*Wikipedia*). Also, scans of the *Iguanodon*'s “fossil revealed signs that the dinosaur's meninges and overall brain structure resembled those of living birds and crocodilians” (*National Geographic*, Greshko, Oct., 2016).

Dinosaurs existed for hundreds of millions of years. Humans have existed for a much shorter time. According to Dr. Brusatte, “the smartest dinosaurs of all were small, feathered species closely related to birds, such as *Velociraptor*, *Troodon* and *Zanabazar*” (*Science Focus*, “How Brains, Not Brawn, Helped the Tyrannosaurus Become King”). A more chilling thought is if the possibility of genetically re-creating dinosaurs, as they do in *Jurassic Park*, ever comes about, *Velociraptor* “brains are essentially indistinguishable in size and shape from the brains of the oldest birds, which may indicate that some of these *Velociraptor*-grade *theropods* were capable of flight” (*Science Focus*, Dr. Stephen Brusatte). That brings to mind one of Alfred Hitchcock's more famous movies *The Birds* (1963). Hopefully, that bit of fiction doesn't predict the future.

For the Love of Genre

by Sharman Horwood

Cozy Classic

Finding a mystery novel that didn't begin with guns firing, the violence of kidnapping, and without unlikely conspiracy theories flaming across every page, was difficult this month. Murder mysteries without those elements are not popular these days. However, without sounding too much like *Goldilocks*, Jill Paton Walsh's *Debts of Dishonour* (2006) was just right.

Jill Paton Walsh is known among mystery enthusiasts for her continuation of the Lord Peter Wimsey novels, a series written by Dorothy L. Sayers. All of the Wimsey stories are classics, but they aren't cozy mysteries. Wimsey is an amateur detective, part of the cozy definition, but the murder and the process of solving the mystery don't take place in a “small, socially intimate community,” according to *Wikipedia*'s description. The Wimsey novels, however, do meet the main criteria of a cozy: they don't rely on the action and graphic violence of “hardboiled” mystery or thriller fiction.

Paton Walsh began writing as a children's author. According to her obituary, “she had an unpatronising literary style and was ambitious about what children would enjoy. She began by writing the kind of books she liked, ‘dreams of action told in a simple narration,’ which was best suited to children's literature” (*The Guardian*, “Jill Paton Walsh Obituary,” Oct. 26, 2020). She produced a book a year for many years before feeling she had written all her children's tales. At that point she tried her hand with adult fiction, one of which--*Knowledge of Angels* (1994)--wasn't received well by publishers. She self-published the novel and it went on to be short-listed for the Booker prize in 1994.

Encouraged by her agent, Walsh went on to write four murder mysteries for adults, all of them set in St.

Agatha's, a fictional college in Cambridge. *Debts of Dishonour* is one of these. Impressed by her work, the Dorothy L. Sayers' estate offered her the opportunity to finish a Wimsey novel from Sayers' notes. Paton Walsh did (*Thrones, Dominations* 1998). She then wrote three more Lord Peter Wimsey novels of her own. For those of you who are fans of Walsh's continuations, there may be a fifth coming out this year. According to *Wikipedia*, “a final, still untitled, novel featuring the Wimseys is scheduled to be released in February 2022.”

In *Debts of Dishonour*, Walsh features Imogen Quy (rhymes with Why), a college nurse at St. Agatha's College, Cambridge University. St. Agatha's isn't a rich college, and in the fond desire to gain an endowment, hopefully a substantial one, the college invites the wealthy financier, Sir Julius Farran, to dine. He had been one of their students in his college days, although a mediocre student at best. Instead he had shown his brilliance in finance. He became fabulously rich, and of course, controversial. Some students set up a demonstration at the gates, protesting Sir Julius' presence at the dinner. Imogen Quy is also one of the guests.

Unfortunately, as quickly becomes clear once the plates are removed and the guests settle into small groups for after-dinner coffee discussions, the affair turns rather sour for Farran. He had already been drinking rather heavily when two senior students hurry to join his group. They quickly accuse him of sharp dealing. One of them points out that Farran had attended St. Agatha's on “a state scholarship.” These apparently “came with generous grants” and they don't think that “using the university as a launching pad for a business career was a proper use of the public money that financed it.” They also accuse him of “racist exploitation” in his dealings. Sir Julius' evening gets worse. When leaving the dinner he falls down a short flight of stairs, and sprains an ankle. Imogen quickly leads him to her campus surgery, much like a practicing

doctor's office. As a result, Farran offers her a job at his firm the next day, at three times her current salary. She refuses.

A couple of weeks later, Sir Julius signs himself into a clinic for wealthy clients who need to “dry out.” However, Sir Julius' bad luck continues. One night, after drinking from alcohol supplied by an outside source, he goes for a walk and falls off a cliff. His wife and the clinic's doctor identify the body found on the beach the next morning. But was Sir Julius murdered, or had he committed suicide? The Farran Group was slipping on the stock market. Some of their investments weren't turning out as they'd planned. Or did he just fall? It was night, and he had been drinking.

One of the people who works for Sir Julius is Andrew Duncombe. He was a former student at St. Agatha's, and also one of Imogen's previous boyfriends. After leaving the college, he was employed by the Farran Group, and rose quite high in the firm. He rises even higher once Sir Julius dies, but there Andrew comes into conflict with the company's second in command, Max, Sir Julius' son-in-law. If Farran had been murdered, the police are looking at Andrew with some strong suspicions; shortly before Farran's fall, Andrew had had an argument with the man.

Then someone else dies, and this time the death is clearly a murder.

Somehow in this novel Walsh manages to combine high finance with a college campus background, and though at times Imogen Quy seems a little ineffectual if she is compared to Sue Grafton's Kinsey Milhone, or Sara Paretsky's feisty V.I. Warshawski, Quy solves the mystery if not with ease, then certainly with aplomb.

Debts of Dishonour is a delightful February read: short, light, with engaging characters, and a good plot. Fortunately, all of Jill Paton Walsh's adult fiction is still in print.

Tales From Shprixieland



Snow Buddy Knows

by Heath Carra

So, I was talking to the snowbank the other day. I was like, “Snowbank, who is your greatest love?”

Snowbank said, “Man, I’ve got ice and rocks in my heart. What makes you think I’m capable of love?”

I leaned on my shovel and kicked snow from my boots. “No snowbank is an island,” I said.

“What about Gary over there?” Snowbank asked. And it was right. Gary was like an island where he’d been piled up on the other side of the driveway.

I thought for a moment, pulled off a mitten, and scratched under my toque. “Even an island snowbank like Gary has a heart. It might be ice and rock, but surely it holds someone dear.”

“My great-great-grandpa Snowbank said that he’d once held a deer - tastiest bit of venison he’d ever had,” Snowbank said evasively.

“You’re pulling my leg, Snowbank,” I said.

“That’s what great-great-grandpa Snowbank did to that deer. I guess it runs in the family,” it said. “Get it? Runs in the family? The deer - runs in the family.”

“Stop being so slippery and answer the question,” I told it as I put my mitten back on.

Snowbank leaned up against the cherry tree and regarded me. “Why do you care who a snowbank loves? Do you go around asking Love if they have a snowbank?”

“Love does have a snowbank,” I replied. “Everyone has a snowbank this winter.” I scooped another shovel load off of the deck and mounded Snowbank up with it.

“Ahh, now there’s some powerful symbolism - Love’s snowbank. What do you suppose that means?” It asked me.

“It means that you’re avoiding my question,” I said. “You keep piling these distraction in the way. I swear, I just can’t get any traction with you.”

“Hey! That’s good. You should write that down.” It said.

“Is it the shovel?”

“The shovel!” Snowbank scoffed. “That’s like you saying that your greatest love was the grocery store.”

“Well, the grocery store is pretty great. How about the cherry tree?”

Snowbank settled back and sighed. “Can a chair be your greatest love?”

“I have sat in some comfy chairs. But I get your meaning,” I said. “So who then? Is it Gary?”

Snowbank rolled a couple snowball eyes. “Ok. If you tell me why this really matters to you, then I’ll reveal my greatest love. How’s that?”

I stopped shovelling and looked around the yard. I looked at Snowbank. “The world is a very conflicted place. Each day is another shovel load of rocky anger, and icy fear.” I took a scoop of snow. “There is great upheaval.” And I upturned it beside Snowbank. “And so, while I worked here, I got to wondering about love and where it lives in such a cold world. Fear and anger are like a snowy ditch. You get sucked down into it, and then you have a hell of a time digging yourself free again. I don’t know,” I said, stopping and making fists inside my mittens, “maybe my fingers are just cold, and I’m hoping against hope that somewhere in all of that ice and rock, there is something that resembles warmth.”

We stood together quietly for a moment as a jay veered out across the blue sky above us.

“My greatest love is the sun.” Snowbank finally said.

“The sun?! What are you talking about? How can that be your greatest love? It destroys you,” I said.

“You people are something else, you know,” and here it chuckled its rattly ice block chuckle. “You have legs that you can move around on, and yet you think sitting in a pile and never moving is some great achievement. I can’t sit in your yard forever, you know! I have to change. I have to move on. You people have to move on too. We all have to change, but some of us freeze to the sidewalk and have to be scraped and chiselled free. Resisting change is like stomping on your brakes on the icy road. You might be panicking, but you have to surrender to your forward momentum. Only then do you have a chance of controlling what happens to you. You can’t try to stop change. You can only move with it. So when the sun shines on me, I embrace it. I take it in my arms, and I try to lead the way as I trickle down toward the lake.”

“Wow, Snowbank,” I said, “that was both profound and beautiful.”

“Not to mention that the sun melts my heart,” it said with a wink. I frowned and scooped a final load of snow over its head.

*Next Deadline:
Feb 23, 2022*

East Shore Reading Centre

by Taryn Stokes, Librarian

Happy February to everyone! Welcome to all our new library members. We had 8 new patrons the previous fiscal year and have already had 16 new patrons since June 1 (our fiscal new year). Our facebook page is updated as new books are shelved. Find us at <https://www.facebook.com/escomlib>.

In January we had 214 items checked out and served 38 patrons. We added 22 new books this month, including some fantastic donations. Favorite series authors including Brad Taylor, Elly Griffiths, Elizabeth George, Laura Childs, Jayne Ann Krentz, Robert Bryndza, and Stuart Woods are new additions. A recently shelved stand-alone fiction is *Billy Summers* by Stephen King. Also, we now have *The Betrayal of Anne Frank* by Rosemary Sullivan; it is a new non-fiction you may have recently read about in the news.

Last month I mentioned the Goodreads Choice Award winners, and now this month the CBC Canada Reads longlist books were announced. We have 4 of the 15 books already on our shelves. They are *Five Little Indians* by Michelle Good, *All the Quiet Places* by Brian Thomas Isaac, *What Strange Paradise* by Omar El Akkad and *Washington Black* by Esi Edugyan. I was surprised to see *Washington Black* nominated as it was published in September 2018 and already won the Scotiabank Giller Prize that year. However it also has many other nominations since 2018 and it shows that good books can be timeless.

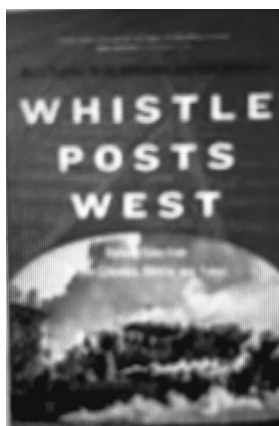
We have a small seasonal selection that is now displaying Valentine’s Day books. In March we will have an Award Winning book collection to highlight past award winners that are in our library and so we can easily enjoy our favorites again.

The East Shore Community Reading Centre is open Tuesdays and Saturdays between noon and 3PM. We can be reached at 250-777-1492 or via email at escomlib@gmail.com. Our address is 16234 King Road, just across from the Crawford Bay Hall. Take care and happy reading to all.

February 2022 *Mainstreet* 15

BOOK REVIEW

by Tom Lymbery



Whistle Posts West, Railway stories from BC, Alberta and the Yukon, by Mary Trainer, Brian Antonson and Rick Antonson, Heritage House, 212 pages, \$18.95

A whistle post is a sign alongside the rail track that lets the engineer know that he should sound his whistle. An ingenious title for a book that covers many stories familiar to rail buffs,

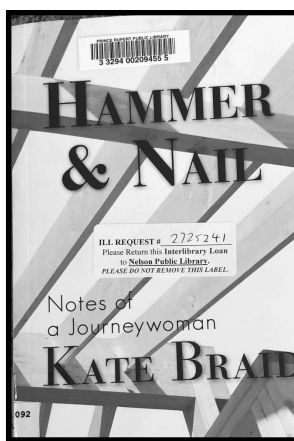
and some that we’ve never heard before.

Surprisingly included is a story about a sister locomotive to the narrow gauge Dinky at the Creston Museum. These were small units only used in construction to move material from construction sites. The one at the coast is believed to have sunk without trace in a section under construction through a swampy and boggy area. This was a 0 – 4 – T operated by Grant Smith Construction Co, the same outfit that operated the engine in Creston. There is even a “Sunken Engine Creek” but no actual records to show if it truly happened. These small outfits were not valued. The one at Creston sat abandoned for years on the beach at Procter before Watt salvaged it for his Yahk Museum.

This book covers rail history from many areas, the Yukon, Alaska as well as BC and of course the Kettle Valley. It is very valuable to any who have any interest in rail travel and freight movement.

The origins of the very successful Rocky Mountain trains are explained in detail. But we don’t see any report on the CPRs tour trains that we always hope will

turn up in Nelson. The Heritage Inn in Cranbrook has trackside doors to welcome people from these trains – especially since this is next door to The Canadian Museum of Rail Travel that displays lovingly refurbished passenger cars.



Hammer & Nail, Notes of a Journeywoman, by Kate Braid, Caitlin Press, 144 pages, \$23.95

How does a woman who has completed her four years of carpentry training, certified as a Red Seal Carpenter get on when she enters this male dominated trade?

Kate Braid explains how the men on a project found it difficult to accept her as an equal, especially as most had learned on the job, not getting the detailed training that Kate had done well with. She does eventually find herself fitting into a crew. After a few years she starts contracting herself on home renovations and finds how complicated it is to plan out the materials needed as well as how to assemble them to make a profit of some sort.

Since Kate is a writer she covers her many years in construction with more detail than you might expect, and since she also writes poetry, she covers much more in her book than you might consider.

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East Shore Health Practitioners Series

A Mainstreet Series

Submitted and formatted by
Christina de Pape

The intention for this submission is to be a series of short articles by alternative health care practitioners who wish to concisely describe why they do what they do in a way that might bring about inspiration for folks to up the anty of self care.

February 2022

Practitioner: Christina de Pape,
*Massage Therapy, Therapeutic
Yoga, Herbal Medicine*

What kind of Health Care do you practice?

I've been a Registered Massage Therapist since 1995. I also practice Therapeutic Yoga and have been offering classes on and off since 2003. Sweet Fever Apothecary is a small herbal dispensary I run on the side. The apothecary creates a limited selection of tried-and-true medicinal teas and tinctures.

What inspired you to become an RMT?

Since I was 12 I knew I wanted to do something that helped people. For a long time I thought I'd become a nurse. The inspiration to become an RMT arrived like a bolt of lightning when I was traveling in Indonesia in 1990. A fellow traveller gave me a one minute shoulder massage that immediately opened my senses to something I'd never experienced before: immediate awareness of pain filled tension in muscles I previously didn't know existed. It was my first experience of 'exquisite pain', and I liked it.

The simultaneous relief my friend's therapeutically skilled touch provided left me with a kind of awe struck realization, a 'That's it! That's what I want to do!' clarity of conviction. Now, 26 years in practice, 23 devoted to serving the East Shore community, I still love my job.

Why do people come to you?

Almost always, clients come to me initially because they are in pain. It's rarely easy to complete a healing journey alone, and clients come to me for support, or assistance on their journey. Nowadays, most of my clients utilize my services ongoing to maintain their health, physically, mentally, emotionally, spiritually. It's been said the body is a temple. I help people keep their temples clean.

What's your favorite thing about your profession?

The Two Breath Miracle: Witnessing my clients experience absolute change in their bodies, from a pain filled state to a pain free state, in just two breaths. This kind of change usually requires several sessions for chronic pain conditions, so the Two Breath Miracle is truly a therapeutic wonder. It doesn't happen every session.

It's a privilege, and also humbling, to be in a position to support people into greater health.

There's a reciprocal effect I appreciate too, whereby by own inspiration for self care stays alive. I love how people look after a session; soft, open, relaxed, shiny, vibrant ... their true selves. These kinds of transformations are like witnessing a great work of art unfold.

I love the feel of tissue change in my hands. When clients ask how it feels to me, I compare it to the sensation of sand shifting under my feet from the pull of the waves when I'm standing in the ocean.

Another great thing about my profession has been continual inspiration to learn from other healing tradi-

tions. I've travelled to many different countries in the world, studying traditional medicine or healing arts, to continue supporting my own health care as well as enriching my service to community in professional practice. It's become a symbiotic relationship, travelling to learn, the learning weaving into how I offer services. I could write a book about what the healing arts have shown me over the years and why I love what I do.

How do you self-care?

By starting the day slow enough to let the light in. I do a water prayer first thing, by raising a big glass of water to the east and giving thanks for my life and the day before me. I drink a lot of water. Practices like yoga and meditation help be to be mindful and go about my day in the most balanced way possible.

The garden is one of my happy places. There, solace blossoms, and fatigue transforms into renewal, every time. I've always had a strong connection to nature. What a blessing! Eating good organic food is essential to keeping me balanced.

I run, hike, or x-country ski to sweat and keep my systems nourished with active exercise. Sweating through movement keeps my mind clear. If I had a sauna I'd sweat even more.

Years ago, under the pre-text of self-care, I welcomed a horse into my life. Mostly its horse care, but having an equine buddy really feeds my soul, so it's a win.

Giving myself time to rest with a long hot bath and book of Sufi poems is an old favourite way to relax. I get massages and acupuncture. Watching a good movie can be self care too.

Being on and in the water feels the most effective way to take care of myself. Kootenay Lake is a healing ground. I get into the lake as much as possible.

The revolving door of self care offers me new ways to take care of myself with every passing season of change. I'm so happy to have a body, and with it, an opportunity to experience this precious life. Self care for me is a way to celebrate my life, daily.

What do you hope to inspire in the people who come to see you?

To love, accept and approve of themselves and their bodies as the sacred temples of spirit they truly are. I hope to inspire people to learn how to make inquiries that will lead them into living a more alive life by making positive changes for their health and well being.



Warming Wonders of Ginger

by **Maya Skalinska**
**M.H., R.H.T. Master
Herbalist, Registered
Herbal Therapist**

Embracing winter maybe different for each of us, but one common denominator is the need for staying warm. Ginger root tea comes to mind - It is my favorite herb to beat the winter chills. It has been used for medicinal and culinary purposes for over 5000 years, but only in the last 30 years has science taken interest in this amazing herb, and started to confirm all its traditional uses.

And what are the traditional uses? The list is long, but I'll start with the reason ginger comes to my mind on those cold winter days.

For centuries now, Traditional Chinese Medicine has been suggesting ginger for winter chills, colds, flu, bronchial congestion, and even hangovers! Ginger's warming effect takes care of the chills, while its cleansing effect takes care of hangovers, but it doesn't end there. Ginger improves circulation, relieves aches, arthritis pain, nausea, takes care of digestive complaints and is a heart tonic. That's pretty good for a tasty root you can pick up at any grocery store.

Cut 3-5 slices of ginger and boil it in 1 cup of water for 5-10 minutes, depending how strong you like it. If you have a rasp (or microplane grater) at home, you can grate the ginger, add boiling water, and let it steep covered for a few minutes.

According to Ayurvedic Medicine (Traditional East Indian Medicine) adding honey to herbs makes the medicinal effects of the herb stronger. Honey is also soothing to the throat and has anti-bacterial properties. Therefore, adding honey to your ginger tea is not only delicious, but medicinal. So, remember all the extra medicinal gifts you're giving your body as you sip a warming ginger tea this winter.

Maya is a registered Herbal Therapist with CHA of BC. She offers Iridology, Herbal Medicine and Nutritional Consultations in Crawford Bay and Nelson. For more information please email: mayaskalinska@yahoo.com

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Email eastshorefacilities@gmail.com

for more info.

Next Deadline:

Feb 23, 2022

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Creativity,

Community,

Conscience

Notice of Passing

Loretta Johnson
Dec 16, 1933 – Jan 6, 2022



Loretta Johnson peacefully passed away on January 6, 2022, with her family by her side at Talarico Place in Castlegar, BC. She was 88 years old, and a long-time resident of Crawford Bay, BC.

Loretta was born in St. John's NL, the 2nd youngest in a family of 8 children. She met and

fell in love with Lloyd in Vancouver and married in 1955. They settled in Lloyd's home community of Crawford Bay. It was there they raised 6 children and operated a successful logging business. The property remained her home for 63 years.

Loretta was predeceased by her beloved husband Lloyd Johnson in 1987, her son Ted Johnson in 2008, and her daughter Terry (Sue) Murphy in 2018. Loretta leaves behind 4 children, Lou Johnson, Darrell Johnson, Kim Johnson (Gord), Jason (Ashley) Johnson; 12 grandchildren; and 3 great-grandchildren.

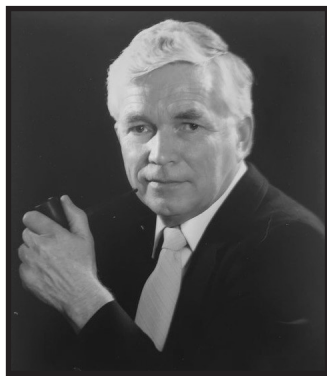
Loretta will be fondly remembered for her devotion to her children, her quick quips, snipes, and chuckles, and her appreciation of vibrant blooming flowers.

A sincere thank-you to the staff at Talarico Place for the compassionate, patient, and empathic care Loretta received over the past 32 months.

A celebration of life is planned for the spring.

Notice of Passing

Earl Wilson



Earl Wilson passed away December 4, 2021. He was 93. Dad worked at the School District driving bus from Sanca to Riondel, then from Sanca to Creston before he became a maintenance foreman for a bit. When he remarried in 1984,

he and Betty moved into Crawford Bay, I believe it was Ray McGregor's house beside the # 6 hole of Kokanee Springs. He finished out his career maintaining the CBESS. They did quite a few winters in Wickenburg, Arizona after he retired. They were members at Kokanee Springs the whole time they lived there and had a great many local adventures and family get togethers with Betty's family of 10 kids.

I'm pretty sure dad said he had 15 wonderful years living in the Bay. Kootenay Lake had been his home since 1944 when his family, my grandparents Ethel and Leonard Wilson purchased Sanca Park Resort and surrounding properties, moving from Vancouver. It was a grand adventure for a teenager from Vancouver to move and become a Kootenay boy and local resident who lived, worked, hunted, fished, golfed and loved the entire Valley.

We moved Dad and Betty over to Oliver in the Okanagan on a very hot July day around 2000 and then Campbell River for the last three years after Betty died in 2015.

Hospice Update In The Moment

by Maggie Kavanagh

Another sweet soul friend of mine passed away a few weeks ago. Angela was diagnosed with stage 4 liver cancer in Oct 2021. She had some time to get her personal things in order and to say goodbye to family and friends. She opted to receive the Medical Assistance In Dying (MAID) procedure and set January 5, 2022 as her date. She set this date a week before, but started preparations for this procedure approximately one month earlier. If anyone has questions about this procedure, talk to your family doctor.

She did yoga every night, including the night before she passed. I was fortunate enough to visit with her a couple times over the prior five weeks. She did about 40 minutes, seated on the floor, stretching out her legs, hips and back. She was motivated by the pain and discomfort and said that if she missed her yoga she woke up in the night with pain. She was truly an inspiration.

I love Angela very much; she made me laugh and cry (sometimes all in the same moment) and although we first connected through yoga, she has been a special friend for over 20 years. I still feel connected to her. May her soul soar with the angels. See you on the other side my dear friend.

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, or at her home 250 227-9350. Hospice related books are found in the Crawford Bay reading room – Library; with hospice books on care, grief and mourning.

Watch for 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.

TOM SEZ

by Tom Lymbery

Extended power failures over Christmas 2021 tell us that Fortis just isn't keeping ahead of the fact that most of our forest trees grow four feet higher each year. If Fortis can't afford to take out these larger DANGER TREES, is it possible to get some independent loggers to utilize these, being paid off by the valuable timber and saleable firewood?

As kids my sister Alice and I would be taken on our annual Greyhound trip to Nelson to go to the dentist. We would stay with our father at the Hume Hotel where we ate meals in the big dining room. On the breakfast menu was "Angels on Horseback" which was something I had completely forgotten about, so I had to Google it. It's oysters wrapped in bacon and roasted.

Thanks to Gerry Stevenson for the amazing story in this *Mainstreet* of the 1935 Airliner landing safely in Nelson in the dark. Gerry's dad Henry Stevenson ran Stevenson's Machine shop and also invented and patented the first Monsoon Bucket to drop liquids on fires from helicopters.

The level of Kootenay Lake will steadily drop during February and March as required by the International Joint Commission to allow for the seasonal runoff. This is expected to be a heavy runoff this year because of the unusual snowfalls.

General Sherman, a sequoia gigantea and the world's largest tree, has had its base covered with an aluminum blanket to prevent sparks from California wildfires igniting the trees very flammable bark.

Did you know that when you contribute to a GoFundMe to help someone like Mautz, they add a percentage to their coffers as a tip option? This can be avoided by entering zero. They do charge 2.9% out of the funds raised to go towards administration fees. Alternatively every cent donated to the fund for Mautz at the Gray Creek Store goes to him.

We may get more snow, but usually any snowfall after late January is soon followed by warm rain that clears the highway to pavement quickly. Also, the sun is gaining heat daily so this will cause snow to slide off many roofs.

Frances Roback edits my "Tom's Corner" articles and improves them immensely with carefully researched information and photos such as the beautiful stained-glass window from France in the January *Mainstreet*.

If you donate your used milk cartons to Kootenay Lake Lions (after February 1 when the refundable deposit system starts), please flatten the cartons first.




Community Futures Central Kootenay

Turning ideas into businesses



- ✓ Self-Employment Program for business planning & launch
- ✓ Extra support for persons with disabilities
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- ✓ Business management training

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Remote services available during Covid-19



Annual General Meeting

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

February 7, 2022 at 6:30pm

Join Zoom Meeting:
<https://us02web.zoom.us/j/87970726647?pwd=cVdJRUtXay9vQ3QwSWNkWG5pSFVudz09>

Meeting ID: 879 7072 6647 Passcode: 057080

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

Memorial Wall

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

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

SERVICES DIRECTORY/CLASSIFIEDS

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

AUTOMOTIVE/MARINE

EASTSHORE AUTOMOTIVE - Service & Repair
250-227-9370

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

BUS/ORG SERVICES/ANNOUNCEMENT

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

ALCOHOLICS ANONYMOUS: If you drink, and don't want to stop, that's your business. If you drink & find you can't stay stopped, that's ours. 1.250.800.4125

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)

NEW BUILD & RENOVATION - Design Consulting Services Westwood Cabinetry - Kitchen, Bath & Custom Closets. Furnish, refresh and update your home or rental property. Book an appointment - jennifer@socialroominteriors.ca. Visit SRI Design - www.socialroominteriors.ca

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

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

PERSONAL CARE/HEALTH

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

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

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

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

PROVINCIALY REGISTERED HEALTH CARE AID - Christian McStravick of Mary Anns Way, providing confidential, home based support for individuals, and their family members. Specializing in personalised home health care, respite care, and hospice care. Servicing Boswell to Riondel. Please contact Christian via phone: 1 (800) 278-8716 or email: christianmcstravick@gmail.com

REGISTERED ACUPUNCTURIST, LISA SKOREYKO R.A.C. Treatment for pain, emotional disturbances, gastrointestinal issues and much more. 250.777.2855. http://lisaskoreykoacupuncture.ca/

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 doctor referral required. 250.505-6166.

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@kootenaysoundhealing.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. bookings@cbhall.ca

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

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

YARD/LANDSCAPING/SITE PREP

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

CLASSIFIED ADS

BUSINESS ANNOUNCEMENTS

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

BUSINESS SERVICES

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

HELP WANTED:

Looking for a server/bartender. Positive attitude, works well with others and enjoys the public. Experience would be great but not necessary. Will train but must be 19 years or older. Part time, 2-3 shifts, 12 to 15 hours total a week. Please feel free to drop off a resume at Newkey's Pub in Crawford Bay or call Gerry or Pam at 250 2276911. Looking for first of Feb start.

Massage Therapy
Harreson Tanner, RMT
Over 40 years clinical experience



* Knowledgeable * Skilled * Experienced
For appointments, call 250-505-6166

- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL MEMORIAL HALL

Booking/info: Karen Lee at 250.223.8686

Next Deadline:
Feb 23, 2022
www.eshore.ca

NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

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

Next Deadline: February 23, 2022

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 AND ADULT IMMUNIZATIONS, CRESTON PUBLIC HEALTH UNIT
250-428-3873.

EAST SHORE HEALTH CENTRE
Call 227-9006

See BELOW for doctor and nurse practitioner days

Doctor hours are from 9:30am to 4:30 pm.
Please call 227-9006.
Appointments are required.

For emergency care, call 911
We are not an emergency facility.

HEALTH PHONE NUMBERS

ES Health Centre: 227-9006

Community Nursing:
1.800.707.8550 Ext: 2 then Ext 3

Mammography:
1.800.663.9203

Mental Health & Substance Use Clinician, Jen Diosy - Appointments only:
250.505.6829

Laboratory Services:
1.877.740.7747 or www.labonlinebooking.ca
for Lab Appointments


PRIMARY CARE PROVIDER DAYS: February 2022

Feb 1, Tues: Jayme Ingram, NP
Feb 2, Weds: Dr Moulson/Jayme Ingram
NO LAB SERVICES FEB 2
Feb 3, Thurs: Jayme Ingram, NP
Feb 4, Fri: Jayme Ingram, NP
Feb 7, Mon: Jayme Ingram, NP
Feb 8, Tues: Jayme Ingram, NP
Feb 9, Weds: Dr Moulson/Jayme Ingram
Feb 10, Thurs: Jayme Ingram, NP
Feb 11, Fri: No Coverage
Feb 14, Mon: Jayme Ingram, NP
Feb 15, Tues: Jayme Ingram, NP
Feb 16, Weds: Dr Moulson/Jayme Ingram
Feb 17, Thurs: Jayme Ingram, NP
Feb 18, Fri: Jayme Ingram, NP
Feb 21, Mon: Family Day - No Coverage
Feb 22, Tues: Jayme Ingram, NP
Feb 23, Weds: Dr Moulson/Jayme Ingram
Feb 24, Thurs: Jayme Ingram, NP
Feb 25, Fri: Jayme Ingram, NP
Feb 28, Mon: Jayme Ingram, NP

**NO WALK-IN SERVICES
APPOINTMENTS ARE REQUIRED**

Hours of Operation
Resource Recovery Facilities


Crawford Bay Transfer Station November 7, 2021 to March 12, 2022 10:00 am — 4:00 pm Sunday & Tuesday	Boswell Transfer Station Year Round 11:00 am — 3:00 pm Wednesday & Saturday
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 rdck.ca
250.352.8161 | wastedept@rdck.bc.ca

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 Weaving is about connecting 

OPEN HOURS VARY 227-9655

 **Annual General Meeting**

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

February 7, 2022 at 6:30pm

Join Zoom Meeting:
<https://us02web.zoom.us/j/87970726647?pwd=cVdJRURtXay9vQ3QwSWNkWG5pSFVudz09>
Meeting ID: 879 7072 6647 Passcode: 057080

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

Green Bubble Co
(SUNNY WOODS)

 **WINTER HOURS:**
Weds-Sun: 10AM TO 5PM
(closed Mondays/Tuesdays)

Pet Supplies, Farm Feed, Giftware, Garden Décor & Supplies, Fresh Eggs, Wildly Delicious Condiments, and Kootenay River Beef/Chicken/Fish.

CALL (250) 505-0847

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH
Everyone welcome.

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/) or YouTube (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 for info.

ALCOHOLICS ANONYMOUS:
Every Wednesday Night.
7 pm at Crawford Bay Corner Building
15990 Hwy 3A (1 hour mtg.)
Closed, Big Book Discussion

THANKS TO EVAN SALMON FOR THIS EASY TO USE, EAST/WEST TIME ZONE WINTER FERRY SCHEDULE:

Leaving	Balfour	Leaving	Kootenay Bay
Nelson Time	Our Time	Nelson Time	Our Time
6:30 AM	7:30 AM	7:10 AM	8:10 AM
8:10 AM	9:10 AM	9:00 AM	10:00 AM
9:50 AM	10:50 AM	10:40 AM	11:40 AM
11:30 AM	12:30 AM	12:20 PM	1:20 PM
1:10 PM	2:10 PM	2:00 PM	3:00 PM
2:50 PM	3:50 PM	3:40 PM	4:40 PM
4:30 PM	5:30 PM	5:20 PM	6:20 PM
6:10 PM	7:10 PM	7:00 PM	8:00 PM
7:50 PM	8:50 PM	8:40 PM	9:40 PM
9:40 PM	10:40 PM	10:20 PM	11:20 PM



Gray Creek Store

Building Community Since 1913

Mon-Sat, 9 to 5:30 Sun, 10 to 5

Celebrate February!

- Chinese New Years w/ Fireworks!
- Valentine's Day with a Hiking Book to plan your next adventure!
- Family Day with Fishing Gear for all!



Free Delivery Mondays, Wednesdays & Fridays!

250-227-9315
orders@graycreekstore.com

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RRSP INVESTMENT DEADLINE IS APPROACHING.

• **Tuesday, March 1, 2022**



*terms and conditions may apply

Helping is at our Heart

An investment with NDCU is an investment in your community.

<< contact us today to learn more about your investment options >>

Valentine's Dinner @ The Hub!

Join us **Monday February 14th** for a unique dining experience!

Our Chef has created a brilliant menu that will be offered for one night only.

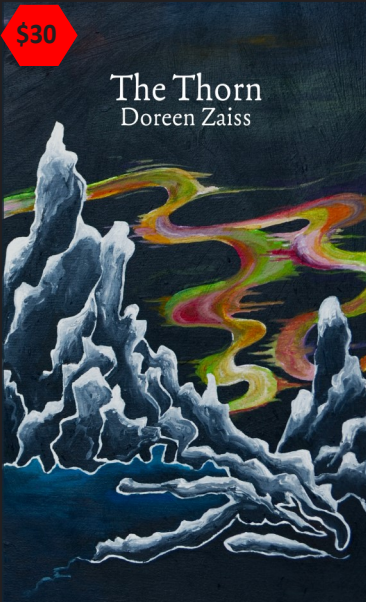
Seating is limited, so reservations are required!

Please call 250-227-9160 to book.

Check out the full menu and pricing at www.hubeatery.ca



16102 Hwy 3a, Crawford Bay BC.



\$30

The Thorn
Doreen Zaiss

The Thorn - A Novel by Doreen Zaiss

Long-awaited and now available!

This deeply engaging novel about a family of Norwegian women around the turn of the 20th century is available for purchase by contacting Ingrid Zaiss Baetzel at thethorn2021@gmail.com or 250.505.7697. It is also in stock at the Gray Creek Store and the Crawford Bay Market.

Doreen was a long-standing member of the East Shore community, a teacher and artist who was hugely loved. She passed away in March of 2020. This book is her legacy - please enjoy it!

Cash, e-transfer or credit card accepted.



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

Web: 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

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\$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%



*Deli Meats/Cheeses *Liquor agency *Groceries
*Natural foods *Fishing tackle *Gas



Your Valentine's Headquarters

Fresh-cut Flowers,
Delectable Chocolates
Valentine Cards

Shop while supplies last!

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Bottle Depot: Sundays only, 10-3

Phone: (250) 227-9322

Fax: (250) 227-9417

Email: cbstorebc@gmail.com