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YEAR 27, NUMBER 1

JANUARY 2017

# The East Shore Mainstreet

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Photo by Dan Seguin

## in this issue:

- \* Fornicating Ferry Report: 2
- \* Beautiful Music: 2,10
- \* January Horoscope: 4
- \* Challenges and Positive Changes for ESIS Continue: 3,4
- \* Bibliophilia: 5
- \* Cheetah Owners Charged: 5
- \* Youth Network Offering Free Help to Community: 6
- \* Hitchhiking VS Rideshare: 12

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## Yasodhara Ashram's Temple of Light - Reminding us to Keep the Faith -

2016 has been a challenging year in a lot of ways for many people around the world. From unsettling political times to the ever-present and persistent fear of "terror" and side-taking divisiveness by major media and big money, to the loss of so many astounding talents and loved ones... we are being challenged to continue to care for one another and build up rather than tear down. The Ashram's temple rebuild is a beautiful example of facing adversity and re-connecting with hope and positivity rather than allowing challenges to bury our faith and our goodwill. In this place that easily allows us to bask in gratitude and disconnect somewhat from the prevalent hurt in this world, let's not forget to build up, create, develop and foster our hope with gracious spirits. Let's also not forget to be compassionate and engaged. A wish for all readers for the new year and a message from one recently lost: "You've gotta have faith," whatever shape it takes, and hold tight to your gratitude. Happy New Year from *Mainstreet!*

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# Mainstreet Meanderings

by Editor Ingrid Baetzel

Some of you may have watched the video, "The Gift of Gratitude" by photographer/filmographer Louie Schwartzberg that I posted on *Mainstreet's* website this holiday season. I posted it a few years ago as well, but it is so worthy of watching, you might expect it annually for a week or so. One of the most remarkable aspects to this video is the time-lapse photography accompanied by the voice of the man who wrote the words below. His name is Brother David Steindl-Rast and he is a Benedictine monk, author and spiritual leader with a message to humanity: that we should live our lives with ongoing awareness of the constant miracle we all live in. Please enjoy.

*You think this is just another day in your life? It's not just another day. It's the one day that is given to you today. It's given to you. It's a gift. It's the only gift that you have right now, and the only appropriate response is gratefulness. If you do nothing else but to cultivate that response to the great gift that this unique day is, if you learn to respond as if it were the first day in your life and the very last day, then you will have spent this day very well.*

*Begin by opening your eyes and be surprised that you have eyes you can open, that incredible array of colors that is constantly offered to us for pure enjoyment. Look at the sky. We so rarely look at the sky. We so rarely note how different it is from moment to moment, with clouds coming and going. We just think of the weather, and even with the weather, we don't think of all the many nuances of weather. We*

*just think of good weather and bad weather. This day, right now, has unique weather, maybe a kind that will never exactly in that form come again. That formation of clouds in the sky will never be the same as it is right now. Open your eyes. Look at that.*

*Look at the faces of people whom you meet. Each one has an incredible story behind their face, a story that you could never fully fathom, not only their own story, but the story of their ancestors. We all go back so far, and in this present moment, on this day, all the people you meet, all that life from generations and from so many places all over the world flows together and meets you here like a life-giving water, if you only open your heart and drink. (Music)*

*Open your heart to the incredible gifts that civilization gives to us. You flip a switch and there is electric light. You turn a faucet and there is warm water and cold water, and drinkable water. It's a gift that millions and millions in the world will never experience.*

*So these are just a few of an enormous number of gifts to which we can open your heart. And so I wish you that you will open your heart to all these blessings, and let them flow through you, that everyone whom you will meet on this day will be blessed by you, just by your eyes, by your smile, by your touch, just by your presence. Let the gratefulness overflow into blessing all around you, and then it will really be a good day.*

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## LETTERS TO THE EDITOR

### FORNICATING FERRY REPORT

Dear Editor:

If you managed to read the fornicating ferry report funded by the RDCK you will have found a disclaimer, which essentially says "Don't use any of the figures quoted here as we can't back them up." Are they allowed to add the possible man hours in building a replacement for the MV Balfour to those paid to the crews operating the boats? Possibly correct are the wages paid - \$32 per hour to the Osprey crew and \$28 per hour to the Balfour crew - but shouldn't the Balfour crew get \$6 more for the hazardous loading and unloading that they have to handle?

You may not have seen the news that the MV Columbia on the Galena Bay - Shelter Bay trip no longer has any back up ferries at anchor. These have been removed as they have not been kept up to standard operating condition. The 80 vehicle Columbia is a apparently set up to be entirely serviced while in the water. Highways Minister Todd Stone says that they can't guarantee continuous service and people should be prepared for occasional days without a ferry.

Is this perhaps a portent of things to come after the election next spring? Move the terminal to Queens Bay then modify the Osprey similar to the Columbia and a replacement for the MV Balfour won't be needed?

Tom Lymbery, Gray Creek

### WONDERFUL A'WASSAILING

Dear Editor,

We would like to thank all our friends, neighbours and relatives who came to our concert - Here We Come A-Wassailing - at Harrison Memorial (Crawford Creek Rd.) on Sunday, December 18. We were so glad that we decided to put on two performances this year as everyone got a seat... and we did not have to turn any-

one away! Even falling snow did not scare away our wonderful audience.

The Many Bays Band organized and performed the concert along with the Many Bays Singers; the program included carols traditional and contemporary ... with the audience participating in the hearty singing of several Christmas carols. What a beautiful sound coming from this beautiful church.

Proceeds from the concert go into the maintenance fund and help to maintain the church building. Thank you for your generous donations, support and participation in our 3rd annual Christmas concert; keep a watch for our concert in December, 2017.

Sincerely, Deberah Shears and Donnie Clark

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Next Deadline: January 25, 2017

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## Temple of Light Progresses

submitted by Guenevere Neufeld

December saw the beginnings of the exterior shell forming around the Temple's primary structure, as well as progress on the construction of the annex building.

Five complex base panels were installed onto the Temple's timber arch frame. These are the largest pieces of the dome's eight sub-panels or what we call "petals," and include openings for the expansive windows and doors. With more than half of the structure now encircled in the first of eight layers, the Temple is starting to show its new organic shape.

For several days, Geoff Lucas from Spearhead, the overseeing manager of the prefabricated segments, joined the crane operator and AHC construction crew to successfully assemble these first pieces.

During December, the construction team also made progress on the curved annex with walls raised and a large section of the roof fully enclosing the corridor. This liminal space with its arching, wave-like roof and soft, indirect lighting will offer an entryway to the sacred space of the Temple, as well as providing practical elements like closets, washrooms and storage space.

Luke Stern from Patkau Architects and Shawn Kennedy, structural engineer from Equilibrium, reviewed the site mid-month.

The construction team plans to resume work the first week of January.

Happy New Year to all of our friends and neighbours! We look forward to celebrating together in 2017!



## RDCK Area "A" Update

by Garry Jackman,  
Director - Area "A"

### GEOGRAPHIC MOBILITY VERSUS AMENITY MIGRATION

Wikipedia defines geographic mobility as the measure of how populations move over time. Every day when we watch the news we see the unfolding process of widespread geographic mobility. Many of the stories we see or read tell of those who are forced to relocate to avoid war and conflict. Others are driven by economic needs, whether to work away and send funds back to support a family, or to relocate the entire family in search for an improved life for all. This occurs across the globe, from the most depressed and war torn countries to communities in North America which have seen major job losses through economic downturns or major factory closures.

Amenity migration is described as the movement of people for pleasure rather than economic reasons. This has become a major phenomenon in the mountainous regions of North America. People relocate for clean air and water, for a preferred climate, for recreational and social opportunities and more. Migrants may also see economic benefits, even if they are retiring to our area, as their accrued home equity from an urban center may allow them to build or purchase a more desirable residence here while putting some of their home equity into savings.

So, if geographic mobility is the more general term and amenity migrants might be considered a subset of all migrants, what trends do we see in the Kootenays

and in particular in the smaller, more rural communities such as along the east shore?

I observe the long-term trend for our youth has been to leave this area for larger population centers where economic prospects appear to be more favourable. The vibrancy of larger cities may be attractive to some, while opportunities for continuing education would be a motivator for others. Still, with this outflow of younger residents, our population is stable. If all our youth remained in the area, then new births would contribute to population stability or even an increase in population. We do have young families in the area but they are disproportionately few in comparison to 'youthful' cities such as Edmonton or Calgary where the average age is around the late thirties. Our average age is much higher and this is the result of some of us remaining here for decades plus new residents retiring to the area.

The result is we have a skewed demographic pattern, even more skewed than the pattern which is seen in many countries as a result of the baby boom, or what some researchers have more definitively described as a boom, bust and echo pattern which may be more typical for larger cities. If the trends of the past twenty years continue over the next twenty years the more rural, small communities such as we live in could see a marked decline in 'permanent' population, with an ever-increasing number of seasonal residents as has been seen in other Kootenay communities such as along the upper Columbia Valley. Slightly larger centers, such as Creston, may be more stable or see growth.

All residents, whether part time or year-round, recognize the natural attributes the region has to offer and in fact that is why many of us are here. We also offer a strong sense of community, with regular activities, social clubs and special events which pull us together. Given the trend of increased amenity migration to

mountainous regions such as ours, we should expect to continue to welcome new retiring residents, provided we can maintain reasonable levels of health care and home support. Ideally, we can also attract (or retain) younger residents. Since we do not have a significant number of large employers, many new working residents would need to either commute or be entrepreneurial. Improvements to our transportation network, child support and amenities for children would all help attract families. Enhanced educational opportunities may help to retain some of our youth.

In the coming months, you will be invited to participate in community meetings to discuss the broad topic of resident attraction. I believe we will all benefit through the process, not just by looking to attract residents but also through developing better systems to communicate and share information on activities, opportunities and needs within our communities. Positive community activities help to attract residents. Identifying and being honest about our gaps and needs can also attract entrepreneurs who can fill those gaps to help us live better lives. Improvements in access to our natural attractions through the development of better lake access and trails networks will benefit locals, improve tourism and eventually attract like minded individuals who want to access the natural beauty which surrounds us.

Let's start the conversation around what we can do for ourselves and how we can create a more stable future.

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

**Next Deadline:  
January 25, 2017**



## Hidden Taxes

by David George  
Extra, Extra!

**2016 December 21 - In a Winter Solstice announcement, CRTC declares high-speed internet a basic telecommunications service in Canada.**

**December 21, 2016 - Ottawa-Gatineau -** The Canadian Radio-television and Telecommunications Commission (CRTC) today declared that broadband access Internet service is now considered a basic telecommunications service for all Canadians. The CRTC is also setting ambitious new speed targets and creating a new fund that will invest up to \$750 million over and above existing government programs.

With today's ruling, the CRTC has set new targets for internet service providers to offer customers in all parts of the country download speeds of at least 50 megabits per second (Mbps) and upload speeds of at least 10 Mbps, and to also offer the option of unlimited data.

The CRTC recognises that a well-developed broadband infrastructure is essential for Canadians to participate in the digital economy.

As a result, the CRTC is setting up a fund to help ensure minimum service levels for broadband Internet access across Canada (Telecom Regulatory Policy CRTC 2016-496). By the end of 2021, 90% of Canadian homes and businesses should have access to broadband speeds of at least:

- 50 Mbps for downloads (data that consumers are receiving from the Internet, including files, web sites, pictures, music, and movies)
- 10 Mbps for uploads (data that consumers are sending to the Internet)

The CRTC expects this target will be met through a combination of the new CRTC funding mechanism, private investments, government funding and public-private partnerships.

So where does our own East Shore Internet Society fit in with this now? Here are some reprints of what has appeared on its website recently---

*Since the start of the East Shore Internet Society, we have worked hard to offer members the best possible service at the best possible price. Due to technical limitation, we've been unable to do so, until now. The Connecting Canadians Project has been proceeding close to schedule and budget. We are currently engaged in the second stage of a 3-stage project. This stage, encompassing the major changes and upgrade of equipment within the existing ESIS network, is due for completion March 2017. As of this time 85% of subscribers have equipment upgraded.*

*What this means for ESIS subscribers is a more robust network that allows us to take a leap step in package offerings!*

### Big Package Upgrades for All Subscribers

*For starters, as of December we are upgrading everyone's speed - depending on your location, you will receive speeds up to those listed in the table below. Then in January, look for huge new data increases to ESIS packages, meaning up to twice the amount per subscriber.*

*Effective January 1, 2017 the following changes will take effect (Please note that Line-of-Sight is required to receive speeds advertised for Silver package and higher):*

### Packages, New Speeds & New Monthly Data

*Bronze: 2Mbps down/1.5Mbps up 75GB monthly data*  
*Copper: 3Mbps down/2Mbps up 100 GB " "*  
*Silver: 5Mbps down/2.5Mbps up 125 GB " "*  
*Gold: 8Mbps down/3Mbps up 150 GB " "*  
*Platinum: 12Mbps down/3Mbps up 200 GB " "*

Do 2 or 3 Mbps download speeds sound like your speed has been upgraded? I think not. Do 2 or 3 Mbps download speeds sound like 'high-speed' internet? I think not. High-speed internet definitions are somewhat fuzzy, but I think most give 5 Mbps as the minimum download speed to call a connection high speed.

Well, what about 'broadband'? Looks like the CRTC has defined that as a minimum 50 Mbps down and 10 Mbps up!

How does ESIS compare to internet speeds in two other places? Our Calgary friends have a Telus fiber connection, and regularly see 15-20 Mbps down. Riondel library which I tested recently regularly sees 15-16 Mbps down.

While the new ESIS monthly data has been increased significantly for all subscribers, those of us, including your East Shore Community Library, who have the basic 'Bronze' package are being told we cannot have even the basic 'high speed' internet download speed of 5 Mbps unless we want to pay 80% more per month to go from 2 Mbps to 5 Mbps.

ESIS members who have a new radio and also line of sight to a tower connection are all capable of the download speed of 5 Mbps.

Many of us have been ESIS members for a long time, and have been mostly patiently waiting for an increase in our download speeds to 5 Mbps. We have waited long enough!

Since that is now available for many if not most ESIS members, I now call upon the board of directors of our own East Shore Internet Society to increase the download speeds of all members capable of it to 5 Mbps during the month of January in this new year 2017.

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# January Horoscope

by Michael O'Connor

## Tip of the Month:

**H**appy New Year! January begins under the light of the New Moon, yet one that also carries the weight of Mercury retrograde. Mars conjunct Neptune and the Lunar South Node adds to the mood producing a complex of emotions colored by imaginations conflicted between excited anticipation and trepid hesitation. Jupiter coerced into optimistic obedience by a square to Pluto wants to converse but is challenged to find the right words. Venus in Aquarius counters this general lack of optimism, supported by Saturn in close trine to Uranus, optimistic about needed changes.

**Aries (Mar. 21-Apr. 19):** A blend of social enthusiasm and professional seriousness is likely as 2017 begins. It could take little more than the wind to cause you to lean to one side or the other. Yet, a spirit of leadership to uplift and inspire rises steadily.

**Taurus (Apr. 20-May 20):** Searching for a light to lead the way finds you deciphering where to look. While accessing new tools and strategies makes sense, silent prayers and affirmations arise instinctively. Either way, set your sights on actions that breed confidence.

**Gemini (May 21-June 20):** Inspirations to socialize are strong and you want to play. Yet, early on you are in a mood to observe and listen more than have words to say. This vocal ice melts progressively as

your oratorical skills increase, especially under the full moon's light.

**Cancer (June 21-July 22):** Striking a balance between politely playing the social game and speaking your truth is likely as the year begins. You want to be fair but must weigh between realism and idealism. Ideals will take an early lead but the truth of your reality will win.

**Leo (July 23-Aug. 22):** Ringing in the year with cheers and horns, aside, you are otherwise in a sober, analytical mood. Your ambitions are rising steadily prompting you to brainstorm for new ways to earn some honest bucks and perhaps with multiple streams.

**Virgo (Aug. 23-Sep. 22):** Wading through waist deep fears, you want to feel like a winner again. Your mind is bent on how and innovation is inspiring your focus. Your first task includes getting out of the swamp. Strategy is required and you need to clarify your 'why'.

**Libra (Sep. 23-Oct. 22):** Despite desires to socialize and play, you are happy to hover close to home. Expansion and increase are realities that transcend wishful thinking. Notions of necessity is the natural consequence and you need a plan.

**Scorpio (Oct. 23-Nov. 21):** Sharp and sober thinking are leading your way into 2017. More than merely an impact, you want to make a difference. To also earn returns is inspiring excitement about the possibilities. Your wide open heart will be met with equal imagination.

**Sagittarius (Nov. 22-Dec. 21):** You have much on your mind to the extent of feeling mired by it. Social

activities may be a healthy solution. Deeper involvements like joining the club are even better. Also, clear the clutter and create beauty at home.

**Capricorn (Dec. 22-Jan. 19):** Your mood is sober and your mind focused. Cultivating your skills and talents, prospectively to make more money, is highlighted. Meanwhile, things are shaking close to home and you feel the need to see a bigger picture, in detail.

**Aquarius (Jan. 20-Feb. 18):** Happy to hang out behind the scenes, your perspective is philosophical, your scope global. Clearing the cobwebs of yesteryear seems important. Expressing yourself in new and beautiful ways feels right.

**Pisces (Feb. 19-Mar. 20):** Dreams of possibility, prompted by necessity and backed by positive action is likely. Making key connections will become increasingly important. Drawing on the skills and leadership of others increases opportunities.



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**EASTSHORE INTERNET SOCIETY**

## Bigger & Better Packages and Clarifying the Question of Competition & TELUS

by East Shore Internet Society Board

**H**appy New Year! Although we have had our ups and downs over the years, the East Shore Internet Society Board and Staff are always 100% committed to providing its members with the best possible service at the best possible price. Given we are small, that won't always mean we can compete dollar for dollar with bigger corporate providers like TELUS Mobility, however we will always do the best we can. The geographic environment where we operate is extremely technically challenging and prevents us from providing a perfect wireless connection for all subscribers. We have taken this into consideration while coming up with our package offering. We recognize that some subscribers have been underserved and disappointed with ESIS packages and we hope that the upcoming changes to your internet packages are seen as a bold step in the right direction.

Effective January 1, 2017 the following changes will take effect (Please note that Line-of-Sight is required to receive speeds advertised for Silver package and higher):

Package	Cost/Month	Speeds up to	NEW Monthly Data
Bronze	\$50 + Tax	2Mbps down / 1.5Mbps up	75 GB
Copper	\$70 + Tax	3Mbps down / 2Mbps up	100 GB
Silver	\$90 + Tax	5Mbps down / 2.5Mbps up	125 GB
Gold	\$110 + Tax	8Mbps down / 3Mbps up	150 GB
Platinum	\$155 + Tax	12Mbps down / 3Mbps up	200 GB
High Volume Platinum	Call for Pricing	12Mbps down / 3Mbps up	400+ GB

The updated packages come at a time when your ESIS network can handle higher speeds and data bandwidth thanks to the Connecting Canadians project.

Our longer-term goal as a Board is to maintain strong positive growth within our society. To do so, the society needs to function as lean as possible with expenses while increasing its overall number of subscribers; the more subscribers we have, the more we can lower everyone's costs. Although the East Shore doesn't have much room to grow in terms of new subscribers, ESIS does also provide high-speed internet to Ainsworth and, soon in early 2017 to Woodbury. As areas of real potential growth, our plan for 2017 is to actively market to these communities with the goal of acquiring as many subscribers possible.

As members, you can help the society by talking to your neighbours about ESIS as a high-speed internet provider and making sure you keep up with paying your bills. With your help, we can continue to thrive and contribute to the East Shore economy with local hires. ESIS is your society; we own it together, we are all its stewards.

### Clarifying the Question of Competition and TELUS

We would like to address the rumours circulating that the ESIS board attempted to prevent TELUS Mobility from providing Smart Hubs to East Shore residents. Although we have confirmed that the TELUS kiosk in Nelson has stopped selling its Smart Hubs to East Shore residents, it's by no means due to any actions by ESIS.

Out of goodwill and to help clarify the issue, the ESIS board communicated with the TELUS kiosk (December 27th) to find out why they were no longer providing Smart Hubs to the East Shore. We learned that both the kiosk and SK Electronics received a for-

mal letter from TELUS Corporate referring to a non-compete clause within an agreement similar to the Connecting British Columbia Agreement originally signed in 2011.

Below are some facts pulled from the 2011 agreement, which can now be found on the ESIS website. The original agreement:

- Was signed in 2011 between the TELUS COMMUNICATION COMPANY and the BC PROVINCIAL GOVERNMENT.
- Outlines a "non-compete" provision (p.12) that prevents TELUS from entering regions that have existing Internet Services Providers (e.g. ESIS).
- Provides a list of 119 communities that fall into the non-compete provision, including Crawford Bay and Riondel (See Schedule B).
- Is for an initial duration of 3 years to 2014, however it also outlines that the Provincial Government and TELUS can renew the non-compete provision. The TELUS kiosk said that the formal letter from TELUS Corporate states that the current agreement runs until 2021. ESIS has not received communications regarding the extension, but have phone messaged into the Provincial Government for clarification.

Seems to articulate that that cellular network services are exempt from the non-compete, but TELUS seems to not be making the distinction with the Smart Hubs.

In summary, ESIS is formally unaware of any revised or any extension to the non-compete agreement; it is between TELUS and the provincial government. The actions taken by TELUS to prevent East Shore residents from acquiring Smart Hubs comes as much of a surprise to us as anyone else. From ESIS' standpoint, we would welcome other internet providers, in particular for subscribers who have felt underserved technically or financially by ESIS.



**Hacker's Desk**  
by Gef Tremblay

**Bibliophilia**

I just finished reading *1984*. Although a lot of the content would be worthy of comparison with the state of the world today and sometime even our own community, what brought me to buy this book is... well, it's cover and how it was typeset and designed.

The red cloth, hard cover with the iconic eye on it in black heavy line, without a lousy dust jacket (I hate dust jackets), with its the Royal Quarto size, which is just the right size to hold while reading, yet heavy enough to have a good feel to it. The exterior design matched the content nicely and the typesetting and the font used in the book were just a charm.

I must say, I love books. I've always loved books. When I was a kid I would 'borrow' books from the library, to never return them. I enjoyed the books so much, partly because of their content but mainly because of how the books were designed.

I found out that there is a term for that, I'm have an enduring case of bibliophilia. You can understand my joy when a friend of mine asked me to help her design her new poetry book.

The design of a book is all in the detail. It's hard to believe that so many hours can go into this work. But trust me, when you get a book that was laid out without much care, you'll have a hard time reading that book. The better the book is designed, the more transparent to the reader the design becomes.

The two-strong design concept used in book design is the creation of a grid and typography. Through the layout of a grid, you create a system that will align all you text to a certain table. The grid will also define the

margins and placement of the box of text on the page. This grid connects the size of a page to the typography you want to use. For instance, your grid will be generated in part by the number of letters you want on each line, the line height and the number of lines you want on a page. To read more about grid system, one of the most important books on this subject is *Grid Systems in Graphic Design* by Josef Muller-Brokmann.

Book design is also closely associated with typography, another dark art of design. Typography is the offspring of calligraphy and the first letterpress invented by Gutenberg. At first emulating perfect handwriting, it then developed precise lettering, perfected for our ready enjoyment. I find typography to be infinitely rewarding and maybe I'll have the time and patience to design a whole font one day. If you want to read more about typography, I suggest the awesome book *The Elements of Typographic Style* by Robert Bringhurst. For more information about book design itself, *On Book Design* by Richard Hendel is also a very important read.

For the latest book I've designed, I decided to choose a type from a small independent foundry called Type Together. The type I've chosen, "Abril," is a serif font. I loved the interplay of its italic (which is used in the titles of the poems) and the regular font. Laying out the pages of the book, I'd envision a matte cover with beige paper, yet the printer I was using didn't offer that. So, I had to start shopping for different printers, from BC to China going all around the world. I realized that there are a lot more printing options today than 10 years ago, when I was working for *Ascent Magazine* in Montreal. I did find a printer that would print on demand (they will only print the quantity you need) at a great price so I ended up producing a nicer looking book. Of course, now that the book is printed, I already have few layout changes that I want to apply, due for the next print run. If you are interested the book is for sale on Amazon. Search for *With a Hunger I Didn't*

**Thank You, Thank You!  
East Shore  
Xmas Food Hamper  
a HUGE Success!**

by Gina Medhurst

I am always amazed at how our small but mighty East Shore community comes together in the time of need. This was our 30th year of creating food hampers for Christmas for those who can use a little bit extra help at this time of year. This included the person/family's choice of a complete Christmas Dinner of either a turkey or ham dinner, including the fixings, for them to enjoy. We also put together three FULL medium sized boxes of non-perishable items to hand out. This comes at the perfect time for those needing a little extra joy and assistance during the Christmas Season. Putting together the 48 Christmas Hampers would not be possible without your financial and non-perishable donations. There are so many to thank, please forgive me if I have forgotten you.

I would like to thank the following helpers, who without their dedication we wouldn't be able to make this happen. Throughout the 6 weeks prior, Malena Bothamley was instrumental in collecting empty boxes and collecting the bountiful donations into the boxes located around our local stores and Credit Union. Darla Garret picked up the Oranges from Gray Creek Store so they wouldn't freeze in their warehouse. Damond Tilling helped me load the cases (2 full truck loads) of non-perishables from the Crawford Bay Store to the Crawford Bay Hall. On Monday, the 19th we had an energetic crew helping sort out, count and organize for the hamper building the next day. Thank you to Ali, Grace and August George, Malena & Melanie Bothamley and Rowan Medhurst for their time. Tues-

day the 20th of December was the day. Arriving at the Crawford Bay Hall in the morning, Malena & Melanie Bothamley, Rowan & Cory Medhurst, Olivia Wedge-Darchen, Shannon & Chelsea and myself all got to work at assembling the Christmas Hampers. This amazing crew had the hampers completed in record time of three hours.

I would now like to thank ALL the amazing local stores for their hard work at ordering and price negotiating with their suppliers for hamper items. We chose to purchase as much as we can locally to ensure we are putting your financial donations back into our community. Here is the breakdown for you:

- Lakeview Store for the dairy – milk, cheese, butter & eggs
- Gray Creek Store - mandarin oranges
- Riondel Market - FRESH baked bread
- Crawford Bay Market (especially Liz Donni-son) - other goods from soups to bacon.
- Safeway offered us just above cost for turkeys and hams and chocolates.

With 48 Christmas Hampers given out at a cost of \$100 each we couldn't do this without YOU, the amazing community we live in. I wish that I could list everyone but there are so many. Here are those who donated \$100 or more:

- Janet & Ron Kuchinka
- David & Andrea Betke
- Greg & Victoria Garbula
- Susan Tesoriere (East Shore NDCU)
- Helene & Bob Carter
- Sharon & Bill Bannister
- CMAW Local 2300 (Carpenter's Union)
- Kootenay Insurance
- *The East Shore Mainstreet*
- Kootenay Lake Community Church
- Guiding Hands Society
- Riondel Christmas Craft Fair
- Kootenay Lake Lions Club
- RDCK Area A – Garry Jackman
- Community Connections (SKLCS) &

*Know I Had* By Ashley Laframboise. She is residing at the Ashram now if you would like to meet the author.

Reflecting on how much I enjoyed the process, I asked myself, would I typeset and design books all the time?

The answer was simple enough which made me decide to bring more energy toward publication in 2017. Under my main business, I was already designing and publishing books, but to give the publishing arm of my business more visibility, I have created a new business. I am launching *encreLibre* to focus more on publishing and, as usual, I am using open source tools for all the work I am doing.

Of course, I will continue with branding, graphic design and web design (and yes, I still do tech support occasionally), but I can't help but trying out some more publishing! *EncreLibre* will offer all the services that a new author would need, from editing and copy editing (not performed by me) to book design and printing, distribution and of course any online marketing and social network applications. This will be somewhat different from traditional publishing houses at first. We'll see how much momentum and growth can happen in the next few years.

If 2017 is your year to publish a book, or you know someone who wants to get published, I'll be more than happy to help you with this new venture.

• Planning a wedding?  
• Holding a meeting?  
Consider renting the  
**BOSWELL HALL**  
Booking/info: Rose at 250.223.8288

- Columbia Basin Trust
- NewKeys Pub – their Better to Give than Receive Fundraiser raised almost \$1,500

There was one more aspect to this. There were eight families on the list this year that have children aged 14 and under and they each received one more amazing gift. Their age and gender were added to the Wish Tree located at NewKeys Pub. Community members went into the pub and took a wish off the tree and purchased a present for the child whose name they pulled. On the afternoon of Christmas Eve, Santa goes around with the Riondel Volunteer Fire Rescue Truck and delivered the presents. Thank you to those who purchased a gift for one our community's children. Thank you to RVFD & Fire Chief Cory Medhurst for driving Santa Clause (Bill Medhurst) and Santa's helper Elf Rowan Medhurst for delivering the gifts.

**Cheetah Charges Laid**



According to Conservation Officer Nathan Smienk, Earl Pfeifer and Carol Plato were served summonses in late December 2016 for possession of an alien species without permits. Their first court date is slated to be in Creston, BC on February 17, 2017.

## Local Youth Available to Help You – FOR FREE!

by Ingrid Baetzel

The East Shore Youth Council is at the start of its first of three years with the Basin Youth Network funding from Columbia Basin Trust. The East Shore has benefitted from four years of \$25,000 per year to be used to implement engaging, fun and educational opportunities for local youth in the Community Directed Youth Funding Cycle since 2012. The success of that program (CDYF) drove the youth council to request continued funding and we were so happy to learn that we were given final approval for another three years of funding of **up to \$55,000 per year** to continue in this programming as well as to expand upon it. This cycle is called the Basin Youth Network Funding.

Youth Coordinators Carol Vanr and Ingrid Baetzel are continually developing exciting programming for local youth, including weekly drop-ins, excursions to other Basin communities for networking opportunities and sports/recreation/educational and fun outings.

An important program that we are introducing this year is called the Volunteer Reward Program and this is where you, the community, comes in. We have some questions for you:

1. **Is the snow piling up? Does your yard or home need work?**
2. **Could you use an extra hand or two with a project?**
3. **Do you know someone else who could use some help for free?**

If you answered yes to any of these questions and would like youth to come to you and lend you a hand at no cost to you, please get in touch with us. We will compile a jobs sheet to be presented to local youth who will then coordinate with the youth council. The coordinators will arrange the rest of the details with you. All you have to do is tell us what you need and then record the work time and its value to you. It's a winning situation. The youth get one point for every hour they work and are then entered into a competition to win some great prizes. We realize that we're using bribery, but feel that incentivising is important to get the program off the ground and help our local youth become greater citizens of their communities.

Get in touch with us... call Carol at 250.505.3760 or email [carolynvanr@yahoo.ca](mailto:carolynvanr@yahoo.ca) or call Ingrid at 250.505.7697 or email [eastshoryouthcouncil@gmail.com](mailto:eastshoryouthcouncil@gmail.com).

## ESYN Activities A Youth Perspective

by Zoe Zaiss-Baetzel

The East Shore Youth Network (ESYN) is a staple for engaging youth into activities. We've done things like gone to Silverwood, horse therapy clinics, and learned how to bake and decorate cakes for charity. ESYN is an extremely great way of bringing youth from all over the communities together, and thanks to the youth network, I believe that each community is closer to the next than ever before.

Each activity that the youth network has put on that I've been to has been extremely fun. It's a great way to meet new people and to really get out there instead of just sitting at home in your free time, which I do quite frequently. So having these sorts of activities is extremely important to me.

Becoming a helpful, dedicated, hard working, and valuable member of your community is very important to many youth and to the coordinators of our youth network program. This is why the youth network not only puts on events for the kids of the community, but they also put on events to help the people of their communities - events like car washes, bake sales, do-good days and the volunteer reward program. ESYN did a fundraiser to send supplies to the protesters at Standing Rock, which was a cause I was very dedicated to. I think it is very valuable that the youth network puts on learning and skill building activities, as well as offering fun trips to amusement parks, and the like. They've also offered courses, such as the food safe course, the babysitting course, first aid course, and avalanche course, which I firmly believe all youth should take advantage of, if they're able.

In a few years I can really see the youth network taking off and helping a lot more causes. If we continue with putting on events and fundraisers and send the proceeds to charity, like the bake sale we put on for Standing Rock, the youth in our community will be able to help many more people. I think that's a very valuable trait to have, charitability. I would encourage all kids of the Crawford Bay, Riondel, Gray Creek and Boswell areas to take part in these activities. Some of the activities are a once in a lifetime experience - something you may never get the opportunity to do again. Something I think could happen in the near future is sending some of the youth to work in a soup kitchen for a day, to help some people in need, and I would love to make that a possibility, and I'd encourage youth to partake.

The East Shore Youth Network has really brought kids together. I've spent a lot of time with people from my own school that I once hadn't spent much time with. I loved getting to know these people better, and I've enjoyed every activity put on by the youth network. I would like to thank the coordinators of the youth council, Ingrid and Carol, for putting on all of these events for us. They have been so much fun, and I look forward to what you have in store for us later.

## 'A FULL PLATE': Celebrating Agriculture through Arts

Submitted by Maureen Cameron

'A FULL PLATE' as a Canada 150 Project was born from an idea presented at a Community of Creston Art Council meeting in June by Creston resident Brenda Brucker. She proposed bringing Arts and Culture and Agriculture together for 2017 as a fun and creative way to bring increased awareness of these sectors that are important to our communities.

The history of food production throughout our region from Yahk to Riondel pre-dates our 'Canadian' story and informs our identity. The history of food production throughout our region from Yahk to Riondel pre-dates our 'Canadian' story and informs our identity. From the seasonal settlements of original peoples to early immigration and the eventual growth of communities, it's the water, land, climate and wildlife that have provided the lifestyle and raw resources for necessary survival, innovation and eventual growth. So here we are today in 2017, inhabitants of this same area and facing similar yet different challenges and opportunities. What could we learn about ourselves and our community by exploring and expressing individual and common stories and experiences?



**YOU ARE INVITED TO JOIN US FOR A COMMUNITY CONVERSATION**

**'A FULL PLATE'**

**A Canada 150 Project Throughout 2017**  
CELEBRATING AGRICULTURE THROUGH THE ARTS  
YAHK TO RIONDEL

Linking Food Producers and Artists of all Kinds  
Individuals and Organizations  
ON SUNDAY JANUARY 15TH 1-4PM  
INFORMATION BRAINSTORMING NETWORKING  
St Stephen's Presbyterian Church Creston




[info@fullplate.ca](mailto:info@fullplate.ca)

**250-428-7939**



'A FULL PLATE' was the name chosen for a project to bring attention to the bounty and diversity of food and culture throughout our area. The vision is to invite community participation in celebrating the lives, the people, the processes and products of the agricultural sector. We picture a yearlong calendar of events and projects in 2017 highlighting the value of our local agriculture and telling stories of families and individuals. This project gives our creative community an opportunity to showcase their skills in unique ways in visual, auditory, performing arts and more to leave a legacy moving forward.

Some folks may already have projects that fit the intent of A FULL PLATE, or collaborate to come up with new ideas. For example, artists from the Images Group hosted a show a few years ago of paintings done after or while visiting orchards and farms. Agricultural themes have been represented in art in many ways and could be the theme of a display. A musician might be inspired to be videoed while playing in a vineyard during different seasons. One video has already been done featuring eggplants at Wloka Farms. We have a videographer ready to do an agricultural documentary,



### Apply now

COMMUNITY INITIATIVES AND AFFECTED AREAS PROGRAMS (CIP/AAP)

Wish to apply for project funding?

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


Application forms and guidelines are available:

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

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

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


ADMINISTERED & MANAGED BY



Judy Madelung  
Grants Coordinator  
[jmadelung@rdck.bc.ca](mailto:jmadelung@rdck.bc.ca)  
250.352.8170

Box 590,  
202 Lakeside Drive  
Nelson, BC V1L 5R4

A PROGRAM OF



### Free Labour? Yes, Please!

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

**The East Shore Youth Network invites you to take advantage of our Volunteer Reward Program where youth assign themselves to help out neighbours and receive points for doing so.**

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

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

a writer might interview a family about their specific industry, like bee keeping. Photography, poems, musicians, song writers, dancers, fibre artists, potters etc might be inspired to create something from visiting growers' locations. Someone might offer workshops. Social media and local publications will be central to sharing what's happening throughout the year.

A FULL PLATE is now an ad hoc committee under the Community of Creston Art Council and a Food and Culture working group under Fields Forward. We thank them both for their support. Our role is to help identify stakeholders, encourage projects and facilitate connections, promotion and documentation through social media, local publications and video documentation. Our logo will be the cohesive brand for affiliated or sponsored events throughout the year.

We want to hear from community organizations as well as individuals across the Valley and the Eastshore whose celebrations or events might dovetail with our Agriculture through the Arts theme. We've heard from some who've offered venues and already planning events. Some examples: The Art Council is hosting A FULL PLATE themed art show at the Visitor Centre in the summer of 2017, Tammy Bradford has offered space in the Museum for a display and The Concert Society has an idea for being involved and quilters are already making plans for a show.

To spark interest and ideas we are hosting a Full Plate Community Conversation in Creston on January 15th. (see ad this page) This will be a meet and greet, information, brain storming and networking event for artists of all stripes, food producers, community organizations and anyone with an interest. Consider coming and sharing your ideas and resources.

A FULL PLATE Coordinating Committee: Audrey Orosz, Brenda Brucker, Brenna Murray, Tammy Bradford, Maureen Cameron, Joanna Wilson, Lou Knafla, Frank Goodsir, Carmen Ditzler

We are a volunteer organizing group and welcome folks from Yahk to Riondel interested in helping with envisioning, planning and execution throughout 2017. [www.fullplate.ca/info@fullplate.ca](http://www.fullplate.ca/info@fullplate.ca)

## TOM SEZ

Can the Osprey hull be modified to a dragon bottom to navigate the Procter narrows that Balfour insists on?

We all started work in the store at the age of 12, as did many locals who had that all important first job - but now we are not allowed to employ anyone under 14 - aren't they downgrading the abilities of 12 year olds?

Westjet Airlines have donated a return trip for two to anywhere Westjet flies to our Costalegre Rotary club here in Barra de Navidad, Mexico. This is valid for anyone so if you leave \$15 with Christy or Rosie at the store and your info I will see that your name is entered. Only about 600 tickets will be sold so the odds are a million times better than a lottery.

With seven medical marijuana outlets in Nelson when can we expect to see one in Crawford Bay?

James Wilson of Sirdar made gravestones of Grey Royal Granite. He was a Scot and gave us a recipe for basic Haggis - rolled oats with onions and whatever leftover meat you have, chopped fine and cooked in a frying pan. This became a popular family supper when I was young.

We experience such interesting callers at our gate here in Mexico - some are selling vegetables, others looking for work but the band that comes down the street playing for tips we enjoy most. I gave them 50 pesos (about \$3.50 Canadian) and they stopped and played two tunes for us.

ATCO Wood Products produces veneer from Larch, fir and spruce in Fruitvale. Most of this goes to the US to be glued together to make plywood. This is frustrating the US as an unfinished product is apparently exempt from US import duties that hits all or other lumber.

Let's consider rideshare to help out those on our side who don't drive - please read my article in this edition.

Since it's hard to turn on the TV without encountering the Food Channel and so many others that feature the promotion of exotic looking dishes - don't these all encourage us to put on weight?

2017 is the 35th anniversary of the Bluebell Mine closing in 1972, leaving much ore and hot water down below.

YZZ - The Trail Airport has a new terminal building under construction and Pacific Coastal Airlines have received permission to allow better access on cloudy weather so winter service will improve enormously.

## submitted by Wendy Scott POSSIBILITIES

by Wislawa Szymborska (Nobel Laureate)

July 2, 1923-February 1, 2012

I prefer movies.  
I prefer cats.  
I prefer the oaks along the Warta.  
I prefer Dickens to Dostoyevsky.  
I prefer myself liking people to myself loving mankind.  
I prefer keeping a needle and thread on hand, just in case.  
I prefer the color green.  
I prefer not to maintain that reason is to blame for everything.  
I prefer exceptions.  
I prefer to leave early.  
I prefer talking to doctors about something else.  
I prefer the old fine-lined illustrations.  
I prefer the absurdity of writing poems to the absurdity of not writing poems.  
I prefer, where love's concerned, nonspecific anniversaries that can be celebrated every day.  
I prefer moralists who promise me nothing.  
I prefer cunning kindness to the over-trustful kind.  
I prefer the earth in civvies.  
I prefer conquered to conquering countries.  
I prefer having some reservations.  
I prefer the hell of chaos to the hell of order.  
I prefer Grimms' fairy tales to the newspapers' front pages.  
I prefer leaves without flowers to flowers without leaves.  
I prefer dogs with uncropped tails.  
I prefer light eyes, since mine are dark.  
I prefer desk drawers.  
I prefer many things that I haven't mentioned here to many things I've also left unsaid.  
I prefer zeroes on the loose to those lined up behind a cipher.  
I prefer the time of insects to the time of stars.  
I prefer to knock on wood.  
I prefer not to ask how much longer and when.  
I prefer keeping in mind even the possibility that existence has its own reason for being.

### Nelson & District

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Three opportunities are available for the following positions:

One Director - Nelson Representative Area	3 year term
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Please direct inquiries to:

VIRGINIA MAKAROFF  
Executive Assistant  
Attn: Nominating Committee  
Nelson & District Credit Union  
PO Box 350 Nelson, BC V1L 5R2  
p. 250.352.7207  
e. vmakaroff@nelsoncu.com

More details can be found at [nelsoncu.com/CallForNominations](http://nelsoncu.com/CallForNominations)  
Eligible applications must be received by Friday, January 27, 2017.

[nelsoncu.com](http://nelsoncu.com)



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open again after our  
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WE ARE NOW SERVINGESPRESSO!

### REC EQUIPMENT FOR SALE

The Riondel Commission of Management is disposing of various pieces of recreation equipment and miscellaneous items from the Recreation Centre. Payment by donation to the Riondel Community Centre Repair Fund would be greatly appreciated.

#### ITEMS INCLUDE:

- ⇒ hockey gear and clock timer
- ⇒ helmets
- ⇒ weight bench & weights
- ⇒ air hockey table
- ⇒ ping pong tables
- ⇒ couches, chairs, end tables
- ⇒ older TV & stand
- ⇒ misc kitchen equipment
- ⇒ Christmas & Halloween decorations

#### ALSO INCLUDED:

- ⇒ 6'x12' Brunswick Monarch super speed snooker table - good condition, cloth needs replacing

Contact the Riondel Commission of Management office at 250-225-3262 or e-mail [riocom@bluebell.ca](mailto:riocom@bluebell.ca)

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**Monthly Upstairs at Barefoot Handweaving**

**Kootenay Employment Services Society**  
119 - 11<sup>th</sup> Ave N, Creston BC




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

**Junction Creek Hub**



Pub & Family Bistro

**January Hours:**  
Weds - Sun, 12-9pm  
(later for special events or if busy)  
Sat & Sun: Brunch from 11-3  
Closed Monday/Tuesday

- new items on to the menu -  
check facebook or bulletin boards for more info!

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

**250.227.9339**

## Christmas Party Thanks

by Lisa Skoreyko

Thanks to everyone who helped to support the Christmas Community Potluck. This event wouldn't have been possible without the hard work of all these fine volunteers.

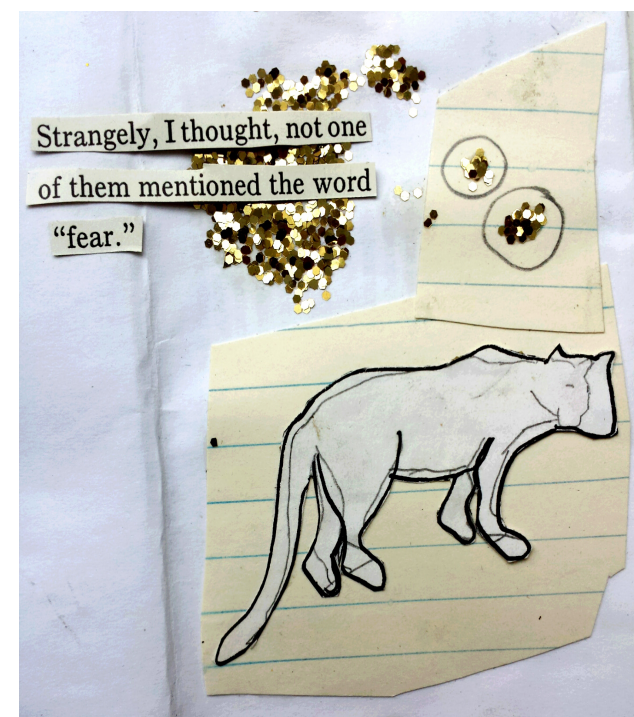
Thanks to:

- The committee: Lisa Skoreyko, Jakua Jordan, Maria Latouf, Ellie Reynolds
- Our MC Leah Wilson
- Melina Cinq Mars for organizing the raffle
- Gef Tremblay for making our posters and advertising
- Ben Johnson for providing the sound system
- Willow Johnston and Kaylah Lewis for being our door greeters and selling raffle tickets
- The decorating committee: Ali, Al, August and Grace George, Alexis, Garry, Maya and Eli, Mandy, Benji and Jordan, Peta, Nicole, Sedona and Georgia.
- Reminiscence for singing with us again
- NDCU East Shore Branch and RDCK for their financial contribution
- Creston Overwaitea for their food donations
- Russ Anderson for donating the tree again as well as helping out with santa along with Matt Winger
- Santa for making a special appearance and helper elf Tiny
- John, Lorna and Gina for your help with Santa
- Lorrie Rhead and Kalibri for their festive contribution
- The Crawford Bay Hall
- Allan Hughes for doing the photography and Janaki Pogreba for helping with this.
- Ellie for doing the craft table, Jen for helping
- Carol & Greg Blackwell for tirelessly serving food
- Jakua for organizing the dinner.
- Maria for cooking the turkeys.

Thanks to the previous organizing committee for the many years you put into this event and thanks to Nicole Plouffe, Garry Sly and Ali George for supporting our new team and teaching us the ropes.

...and you will have seen the world

by Elisa Rose





# Smarter Than Jack or Jill

by Sharman Horwood

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

## Intervention of an Animal Kind

Normally, in the wild the basic rule is survival at any cost, which includes killing for food or territory. Empathy—or sympathy for the victim has little place in that equation. Surprisingly, though, there are instances where untamed animals intercede to rescue or prevent the death of another creature. One unusual example of this is the humpback whale that rescued a seal being hunted by a pod of killer whales. It scooped the tired seal up on one fluke and rolled over with it tucked into the great animal's belly so that the whale came between the killer whales and their prey. That saved the seal. The killer whales gave up in the face of the larger animal and abandoned the hunt. There is no way that we can understand exactly why the humpback wanted to save this particular seal; just that it did. The action could have been a kind of empathy, generally thought to be a facet of intelligent behaviour.

There are many instances where humans have been rescued by animals also, sometimes swimmers at risk in the ocean.

The Cook Strait between the North and South Islands of New Zealand is notorious among swimmers. According to Wikipedia, it is "one of the most dangerous and unpredictable waters in the world." Endurance swimmer Adam Walker had taken up the challenge of swimming the seven most difficult straits on the planet. He chose this spot as one of them. At its narrowest point Cook Strait is 22 kilometers wide and the temperature is approximately 13° Celsius. The swim would be a grueling eight hours in very cold waters, battling three strong currents.

Midway through his swim, Adam found himself suddenly surrounded by dolphins. They swam along with him, behind and in front of him. He realized then that there was another creature following him as well: a great white shark. Unbeknownst to him, it had been coursing along behind, intent on this lone swimmer. Adam had the choice of either giving up the swim entirely or going on. He chose to go on. He felt safe with the dolphins accompanying him. They stayed with him for more than three hours, swimming between him and

the shark until Adam was out of danger. He completed his endurance swim but he wouldn't have without the dolphins' intervention.

Closer to home, pets often try to intercede or help the families who've adopted them. My cat always felt she knew when my ears needed to be cleaned (her decision, not mine—and I had cleaned them myself). She'd hold my head down and roughly lick them thoroughly. This was for my benefit. She didn't get extra food for looking after me, nor attention—except the negative kind—when she did. She saw this as her role in the family: a human caretaker, if you will.

Similarly, pet dogs often give the children in a family their particular attention, as if they are responsible for the children's welfare. Labradors are famous for coming between children and any danger.

Sue and Stuart Corry adopted a young dog by the name of Nac. He was a border collie, German Shepherd cross and a very intelligent dog. He liked to be with their small children: playing with them, looking after them. Sue says that whenever she wanted to know where the children were, she would just look for Nac and he would be with them. On one occasion, her three-year old daughter, Rae Ann, wandered into a paddock where there were horses. Nac followed and while she was there, he kept circling her, keeping the horses well away from the small child.

When she was older, about ten or eleven, Rae Ann decided she wanted to learn how to ride a two-wheel bike. Her older sister did and she wanted to as well. Her older sister had the right bike: a heavy one, well built and sturdy. But Rae Ann didn't know how. She took the bike, set it at the top of the driveway, and let gravity carry it down and across the grass where she thought she'd fall safely. Each

time she fell, she'd cry a little, pick the bike up and trundle it back to the top. Then she'd ride it all the way down again. She was determined. Even though she hurt herself, and cried, she had to learn.

Nac, however, felt differently. He didn't like the fact that she was hurting herself. He followed her, licked her face when he got the chance, and just generally tried to persuade her that this might not be a good idea. He was worried. However, after several "flights" down the driveway, he got desperate. He decided that he would have to stop her and figured out a way to do just that. He stood in front of the bike, wagged his tail, and wouldn't move when she got on this terrible machine. He was not going to let her hurt herself anymore.

Desperate, Rae Ann called her mother to come and get Nac. Sue went outside, called the dog, but he wouldn't budge. Rae Ann was going to be safe if he had any say in the matter and he was determined he would. Sue had to take his collar and pull him into the house.

Rae Ann learned to ride just as she'd planned, but she had to do it when Nac wasn't there. His intentions were clear: he was taking the decision out of her hands, obviously of the opinion that he knew better than she did. A very thoughtful dog indeed.



### Selkirk College & Learning Hub Classes

Name of Course	Dates 2017
Change your Wealth Blueprint:	Tues, Jan 17
Bookkeeping for Small Business:	Thursdays, Jan 19-Feb 9
Breath: The Invisible Work:	Tues, Jan 24
Spanish Conversation:	Thurs, Feb 2-23
Love Your Fruit Trees:	Sat, Feb 4
Baby Massage for Families:	Sat, Feb 25
Hunter Training CORE & PAL Cert:	Fri-Sun, Mar 10-12
Mental Health First Aid:	Sat/Sun, Mar 18/19



To register or for info: 250-227-9218 ext 5518.  
Email [eslearningplace@gmail.com](mailto:eslearningplace@gmail.com).

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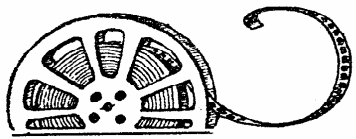
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## Seldom Scene

by Gerald Panio

If a movie were ever made of [Charles Bedaux's] life they'd have to tone down the facts to keep it in the realm of believability." —Time magazine

Have I got a story for you. It's a slice of B.C./Alberta history, mixed in with bits of *Aguirre: The Wrath of God*, *Fitzcarraldo*, and *Citizen Kane*. I kid you not. Capturing the story in prose would stretch the talents of Hunter S. Thompson, Jack Kerouac, or Tom Wolfe. The movie version comes to us thanks to a Montreal filmmaker named George Ungar, and it only took him 16 years and a half million dollars to get it onto the screen.

The genesis of this month's review is an article on Ungar's film that I recently came across in an old scrapbook of mine. The article, by Eric Sibling, was from the Entertainment section of the March 7, 1995, Vancouver Sun. Re-reading Sibling's description of *The Champagne Safari*, I understood why I'd kept it around. Some things you just have to follow up on, even if it takes 22 years.

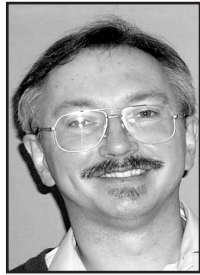
After trying, unsuccessfully, to get a copy of Ungar's documentary through the NFB, which originally distributed it, a Hail Mary call to the Creston Public Library scored a touchdown. The librarian I spoke with tracked down half a dozen copies of *The Champagne Safari* in various B.C. libraries, and I had one in my hands within a couple of weeks. Foolishly, I didn't write down that librarian's name, but I want to thank her here anyway. Well done! You'll find this issue of the Mainstreet on your desk.

Now to that story. In the summer of 1934, a French millionaire named Charles Bedaux decided to blaze a 1900-kilometre trail north from Edmonton through the Rockies to Telegraph Creek, just south of the Alaskan border. One has to remember that in 1934 much of north-central British Columbia was terra incognita. Now, you might be thinking, what's the big deal here? What's Bedaux doing that, say, CPR surveyors, hadn't done decades earlier? Well, for one thing, they didn't try to drive to Telegraph Creek.

You read that right. The Bedaux Sub-Arctic Expedition was going to take five vehicles across 1900 kilometres of unmapped territory. Sure, the vehicles were nickel-plated Citroen half-tracks that had already made it across the Sahara Desert, and there was a support team of 53 well-paid cowboys, 130 pack horses, and 20 tons of supplies, but we're still talking about frigg'n' driving across the Rocky Mountains. Can you say "hubris"?

Charles Bedaux himself planned every detail of the expedition. He also brought along his wife, Fern, and his current mistress (whom he passed off to the media as a "famous Swiss-Italian big game hunter"). The indispensable inventory included rubber rafts, asbestos tents, crystal stemware, caviar, pâté de foie gras, and 400 lbs. of books (including the copy of *War and Peace* that Bedaux was reading to Fern in the evenings). One pack horse carried only women's shoes.

Don't you dare laugh. It was Bedaux and his wife who took those same Citroen half-tracks for the first automotive crossing of the Sahara Desert—15,000 kilometres in five months. The Sub-Arctic Expedition actually made it 1400 kilometres, up to the Sifton Pass, before being forced to turn back. Fern has a lake named after her, and there's a very imposing Mount Bedaux. No members of the expedition died, though the same can't be said for many of the horses and all of the half-tracks. More on this later.



Where *The Champagne Safari* story truly enters cinema history is through the fact that one of the people Bedaux brought along on his expedition (along with a Citroen mechanic, a geologist, a Spanish maid, his Scottish game warden, renowned B.C. surveyor Frank Swannell, a radio operator, and a professional alpine guide) was Academy Award-winning Hollywood cinematographer Floyd Crosby—now best-known for his work on *High Noon* and for being the father of folk/rock star David Crosby. Not only did Bedaux want to immortalize his adventure, he was also trying to shoot an independent cowboy documentary at the same time. (And use his spare time to work on a science fiction novel about a new leader of the universe named, you guessed it, Charles Bedaux.)

During the course of Bedaux's spectacular rise and fall, all of this film footage disappeared. Decades later, 20 cans of nitrate film were found in a Paris basement. It is this film that director George Ungar had restored and then used as the heart of his documentary. We see the expedition starting out in Hythe, Alberta (where Bedaux pays everyone in town 5 bucks to



line the streets and wave them off), and later passing through Edmonton. Heading out into the wilderness, we see the half-tracks breaking trail, getting mired in gumbo, being floated across a river on rafts, and being driven over cliffs in a fake-news spectacular. We witness the horses struggling through flooded territory, and collapsing from a combination of exhaustion, lack of forage, and hoof rot. (It was the loss of horses that eventually forced the expedition to turn back). We see the camp at night, and the cowboys at work and at play in what seems like a kind of National Geographic wet dream.

By this point, you might be agreeing with me that there's quite a story here. But I've only told you a very small piece of it. The Sub-Arctic Expedition footage is only the story-within-a-story in *The Champagne Safari*. Two thirds of the documentary covers the rest of Charles Bedaux's singular life. It's a testament to that life that among those interviewed by Ungar was Canadian novelist Timothy Findley. I can only imagine that Findley was fascinated by Bedaux because his story had all the makings of an epic novel.

Bedaux's beginnings weren't promising. He came from a well-to-do family, but quit school early and wound up working with a pimp in Montmartre's red light district in Paris. He was present when that pimp was murdered, and jumped ship for America in fear for his own life.

With a dollar in his pocket, he found work as a "sand hog," digging tunnels for subway lines. He lasted a month. He moved on to teaching French at Berlitz schools and trading horses in the Ozarks. Then he had his epiphany—he could make his fortune by telling others how workers could be made more efficient. He could become an industrial messiah. Bedaux remodeled factories through precise scheduling and scientific studies of human "motors" on assembly lines. He invented the Bedaux Measurement of Human Energy to quantify labour. Any worker who exceeded the required number of Bedaux Units (60 per hour) was given a bonus; anyone who fell below was sent packing. Charles Bedaux's company was directly involved in the manufacture of 228 products through a workforce of 500,000. His system was used by General Electric, Campbell Soup, Goodrich Rubber, DOW chemicals, Dupont, and other major U.S. industries. His company had the most prestigious offices at the top of the Chrysler Building in New York, with 600 client organizations in 18 countries. Bedaux himself was one of the top five income earners in the U.S.

Too bad that the one country with which he was most enamoured was Nazi Germany. Here the Bedaux saga starts to unravel. I won't go into the details of how Charles Bedaux went from a kind of Ayn Rand super-capitalist—with a chateau in France that, among other highlights, hosts the marriage of the Duke of Windsor

and Wallis Simpson—to being a labour union pariah, to house arrest in Miami under suspicion of treason. Even his death in 1943 has all of the intrigue of a John Le Carré novel.

George Ungar neither demonizes nor sanitizes his subject's life. In the end, he creates a memorable portrait of a man who believed in nothing beyond his own ambitions. A self-described "international neutralist" ("I wish to go neither Left nor Right; I wish to go forward"), Bedaux towards the end of his life came up with a philosophy he called "equivalism." Equivalism would eliminate both capitalism and communism, and replace nations' monetary economies with ones based entirely on Bedaux Units. Just prior to the American entry into the war, he actually managed to convince the Greek dictatorship to adopt his scheme. I think the real madness of his vision was pre-figured in 1934 on that trip to Telegraph Creek: When the expedition first ran into difficulties, one of the first things Bedaux abandoned was 100 lbs. of survey equipment. He kept the truffles, caviar, and crystal stemware.

The screenplay for *The Champagne Safari* was written by Harold Crooks, John Kramer, and Steve Lucas. Colm Feore is the narrator. David Hemblen is the voice of Charles Bedaux. Normand Roger and Denis Chartrand provide a minimalist original score to go with some excellent period music by Mistinguett, Woody Guthrie, Harry McClintock, and Jules Verne Allen.

Back in 1995 George Ungar called Bedaux "the Donald Trump of his era." Given the recent U.S. elections, perhaps *The Champagne Safari* will pick up something more fitting than the single negative review it currently has on the Internet Movie Data Base. There's definitely something to be learned here.

## Music in the Afternoon & Evening

by Wendy Scott

Cars park against snow banks; boots slip and slide attempting the steep curve to the front steps of Harrison Memorial Church, but the sounds of brass drift easily through the winter air bringing a reminder that Christmas is inching around that corner again.

Inside the Many Bays Band, lead by Donnie Clark and Deberah Shears, is warming up their audience and leading into one of two presentations of Christmas music with carols helped along by the Many Bays Singers.

The program includes familiar hymns as well as a few that might be new sounds to discover and remember yet again for another year.

The gift in the midst of the program comes with Anthony Arnold's gently lyrical presentation of Christmas Angel.

Harrison Church pews are filled for each concert and the sounds of congregation, choir, and band float down the steps and into the coolness of Kootenay winter in Crawford Bay.

Since there were nearly four hours between afternoon and evening performances, Sarah Loepky opened the Hub and offered refreshments for choir and band – and a few friends as well. High Tea plus many colours of different brews were gladly accepted and since choir and band members included folks all the way from Mountain Shores to Riondel and the North Road, generous victuals were greatly appreciated. Singing and playing an instrument requires a significant output of energy.

The East Shore of Kootenay Lake is blessed with an abundance of art and music and the generosity that offers this magic to anyone who happens to stop by.

It is a lovely way to share the blessings of the season and the hopes and wishes of the year to come.

Merry Christmas, Feliz Navidad, Joyeux Noel, Bonne Annee, Hauoli Makahiki Hou, Prosit Neujahr, Drin Tsal zhit shoh ohlii

## Art in the Library and the Chamber

by Linda Bullock

**B**rrr! Winter sure has put us in the deep freeze early this year but don't despair. Treat yourself by visiting the Creston Public Library and the Chamber of Commerce and warm up while you enjoy the new art displays.

The Art in the Chamber exhibit "Bringing in the new..." brings in the New Year with new artists with new work that are exhibiting in the Chamber for the first time. Nine artists in total. There is a little bit of everything -- watercolor, acrylic, pottery and mixed media. So when those days are long and there seems to be nothing to do come down to the Chamber of Commerce and view the exhibit. You will be pleasantly surprised! The show runs from January 3, 2017 to March 28, 2017.

Sometime near the end of February a special display will be added to the Chamber exhibit. "Canada Caught on Camera" is a community photography project sponsored by the Columbia Basin Alliance for Literacy. In 2016 newcomers and long time Canadians in our area were each invited to submit two photos sharing their experiences of Canada. The photos will be framed identically to present a united appearance and displayed as part of the Art in the Chamber show before moving on to Nelson at the end of March. Come out and see what this is all about.

The Art in the Library exhibit "Art times Four" will also warm you up - with colour! An eclectic mix of styles and media is presented by Marj MacLeod, Pauline Menu, Vicki Reid and Eleanor Van de Bogart. Marj's art is not often displayed so make sure you check out her newest work. Newcomer to the Creston art scene, Vicki Reid will delight you with her colourful folk art paintings and you will see how her work has changed in the year she has been painting. The whole show will be a delight so make sure you take time to visit the library. The "Art times Four" exhibit starts on Dec 31 and ends on Apr 1. Remember that the art can be purchased by contacting the artist and a commission is paid to the library so you support local artists and the library at the same time - win, win!

The Art in the Chamber and Art in the Library exhibits are sponsored by the Creston Arts Council and the venues to display the work of artists from Yahk to Riondel. If you would like to display at these venues in 2017 contact Val van der Poel at 866-5772 to get your name on the list and for more information.



### pebbles by Wendy Scott An Eternity of Garnets

**E**ighteenth Century Turkish Embroidery"; that's what it says on the bottom of the box—and the top is indeed embossed with the colour of gold. Turning in circles, running in threads, golden petals and stamens and pistils curve around antique white leaves. Gold leads the eye to blossoms and stems that hold a deep garnet red. The whole design rests on a shimmer of turquoise sky.

Lift the lid and there they are, resting on gold paper: fourteen stones. Some are smaller than peas and a few almost as big as the best Bing cherries. Each one holds the unique and beautiful characteristic of a garnet's twelve faceted sides.

These are not polished gems. They are raw garnets found in the igneous and metamorphic rock of an ancient river bank. You must hold them in your hand and turn them slowly to find a hint of deep pink, a flash of raspberry red, a suggestion of pale celadon green. As these stones warm to my touch, each colour deepens—except the one that appeared to be black – now I can catch a mix of purple and maroon.

There was a discovery of garnets at the site of a pre-historic village in Europe. But, unlike the stones in my box, many of these were fashioned into rudimentary pieces of jewellery. Even in that primitive community, an entrepreneur recognized the value of a pretty stone.

I can imagine an early wanderer in these Kootenay hills and valleys holding my garnets in her hand until the colours became clear and deep. She might have placed them carefully between two rocks and covered them with sand and pebbles from the river. Over time, the stones would be lost in the swollen waters of many springtime floods. As the river meandered through the centuries—cut new courses and discovered new curves—the little cache of garnets would again be left behind on a dry bank to gleam in the sun and glow by the light of a variable moon.

My box of fourteen stones was given to me by a friend who is cognisant of the garnet's special qualities. She told me they would bring luck if they came to me as a gift. I am a January child. There have been other gifts of garnets in my life. A birthstone ring, requested at sixteen, was not received until the "appropriate" age of twenty-one. It was just in time to pale beside a new diamond. But DeBeers did not live up to their motto. My diamond was not to be forever. In fact it was quite short-lived. But that garnet birthstone did prove its lasting worth and on my finger now, four more of those deep red stones rest on a band of golden strings not unlike the embroidered pattern of my decorated box. And beside them, a pebble to match a neighbouring pendant both gathered from a summertime beach beside the lake that speaks of generations here in the home we call Kootenay.

It is the deep, rich colour of the red garnet that was compared by the Greeks to the seeds of a pomegranate. This came about because Hades, lord of the under-world, ran off with the goddess, Persephone. This scheme was not well thought out on his part since Persephone's father, Zeus, had quite a bit of influence—even in Hades' realm. Hades, not wanting to lose his prize completely, put on his godly thinking cap and decided to dazzle Persephone with gems. He did not have any garnets on hand, so he presented her with a pomegranate (gods have connections when it comes to significant fruits). That did it. Persephone promised to come down for a three month visit every year. And, to this day, the earth endures three months of winter while Persephone indulges in her annual sabbatical to the under-world to get her pomegranate fix—and we have a gem stone whose name reflects the seed of that unique red fruit.

The pattern of Turkish embroidery on this box might not last another century, but the garnets could—they have been called, eternal. Who will hold them in their hand, one hundred years from now and will they

marvel at their twelve faces? What sort of world will those faces reflect?

The stones were considered to be the ancient symbols to keep loved ones safe (and faithful) as they travelled, Sir Walter Raleigh might have been given a garnet or two—they were supposed to encourage the carrier to be chivalrous—no doubt they were conducive to flinging cloaks across puddles and aiding maidens in distress. Noah found a use for them; he hung a few in dim passageways to light the arc. Try one on your night-table. The glow is pale, but perceptible.

They have been placed under pillows to re-route nightmares and sweep away depression by stoking the fires of natural energy. A few might benefit our friends to the south – unlike the presidential terms of office, these stones have no "best before" date.

Now, if you are lucky enough to find a pomegranate, you might want to break it open right away and share the crimson symmetry with a friend. But remember Persephone? You must choose your friend with care. You might be presented with a schedule of regular visits, with that specific side-dish: the fruit with the deceptively mottled pink skin that hides a clutch of clear red gems.

Polish poet and Nobel Laureate, Wislawa Szymborska was quoted in a \*brainpickings\* blog ....At the turn of the century, fashion called for rotating tables at which you could summon up the spirit of Copernicus to tell you who'd stolen your garnet ring\*

So take note of the ring you found in a drawer, the pendant in that old jewellery box, the bracelet your great-aunt tucked in with her diary – clear off the kitchen table, invite a friend and together, summon the spirit of Copernicus, or just listen to Amanda Palmer's gently beautiful reading of Wislawa Szymborska's poem, \*Possibilities\* (read it on page 7).

Channel the poetry as a hopeful start for a year of good health, good luck, and happiness.

**Next Deadline: Jan 25, 17**

## Riondel Library News

by Muriel Crowe

**2**016 has been an excellent year for our library. All of our planned events were successful. We gained members and our number of items borrowed increased. Thanks to many dedicated volunteers we had a mainly stress free year.

We are very happy to meet and introduce local authors. These writers are very generous in sharing published and in progress works with us. I think those events will be permanently offered by the library. Our annual used book sale was a very big success thanks to great organizing by Chris Robertson and Sherlynn Green aided by the hard work of many volunteers. It is a shame that we don't have a larger turnout for this event as there are many brand new books in the sale. Some of our shoppers were buying Christmas presents and paying \$2 or less for books that retail for more than \$40.

In November we were visited by four Creston Library staff members. We think they were quite impressed with our little library. Due to that visit we are able to issue Creston Library Cards to our members that can be used for e-book and e-zine access. They also offered assistance with setting up children's reading events. We hope to proceed with that early in 2017.

This little library is an asset to our community; it could be more of an asset with input from the community. Let us know if we are missing authors, subjects, titles or programs that could be part of the library. If you aren't sure how to access something or how to use our catalogue please ask. We hope that more of you will join us this coming year and that all will find enjoyment in reading or in watching our videos.

January 2017 Mainstreet 11



### The PAC Box

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

**PAC MEETING:** The next PAC meeting is January 16 at 5:30pm (note earlier time!) Email Nicole (nnlplouffe@gmail.com), Palma (palma.wedman@gmail.com) or the new PAC email cbess.pac@gmail.com to be put on the agenda or with questions.

**GROCERY GIFT CARDS:** The next round of gift cards has a deadline of January 15. Remember to order your cards monthly (on the 15th!). It's a great and easy way to support music, travel and the hot lunch program. To order, call/text Maria at 250.509.1155 or posturebeads@gmail.com or Sandy at 250.227.9218 or clerical.crby@sd8.bc.ca.

**CALL OUT TO ALL PARENTS:** What would inspire you to attend a PAC meeting? What do you want to hear about and talk about at a PAC meeting? Do you want to see some specific programming for children and/or us as parents? Do you have some time to help with a specific project? Let us know at cbess.pac@gmail.com (new email!)

**HOT LUNCH:** Tyler welcomes feedback about Hot Lunch at cbess.hotlunch@gmail.com.

## BOOK REVIEW

By Tom Lymbery

**SURVIVING CITY HALL**, by DONNA MACDONALD, Publisher Nightwood Editions. Donna was never elected Mayor, but she served six terms on City Council so she really knows what she's talking about. Anyone considering running for a civic office should read her report on what municipalities can do and what they can't do.

When she was first elected councillor the Mayor was Gerald Rotering. I was always impressed when I heard Gerald speak, even though these were hard times in Nelson with Kootenay Forest Products closing, Wood Vallance on the way out and the CPR cutting back. He always spoke of positive things such as re-vitalizing the Baker Street heritage buildings and the positive aspects of the movie Roxanne with Steve Martin. That movie made Nelsonites look at the town's assets and really did improve business as well as making people proud of their town. And Donna rates Gerald tops in mayors.

Donna explains how important it is if the mayor knows Roberts Rules of Order and makes sure that council meetings are run effectively. We should all take the Learning Hub course on chairing meetings as for instance our Kootenay lake Chamber of Commerce needs order so that only one person speaks at once, and the meeting stays on track with the agenda. Use the gavel please.

The book's back cover rates a quote: "She offers citizens, armchair critics and activists an insider's view of City Hall through her tales of strife, success and the sometimes strange." I now know more about the limitations of how municipalities can raise funds to maintain the town's services. Since these are little more than property taxes and license fees, Nelson is very fortunate that it has its own power plant on the river. (And they're fortunate indeed that earlier councils were unsuccessful in selling this off)

**THE GREAT WESTERN CANADA BUCKET LIST – One of a Kind Travel Experiences** by Robin Esrock, Dundurn Publishers, 152 pages, \$19.99

Esrock has picked out 23 in BC and 15 in Alberta to suggest we visit. Some of these you probably have already taken, and some you may never, but they are great suggestions. For someone with a height phobia there are too many like the Glacier Skywalk where you walk out on a glass crescent over some thousand feet directly beneath your feet.

Only one featured in the Kootenays is at Nakusp's Canadian Mountain Holidays Heli Skiing operation. One – *Track the Spirit Bear* needed a Betsy Brierley proofreading as it starts you out from the Vancouver Airport's South Terminal flying on to board Pacific Northwest Airlines amphibious Grumman Goose - a glaring misprint for Pacific Coastal Airlines. So many of us have enjoyed Pacific Coastal's excellent service from Trail that this error sticks out like a sore thumb.

My personal bucket list includes a rarity, so little known that it would never be considered by the author of this book. I am still hoping to visit The Brooklyn Bridge – Canada's Largest Natural Stone Arch. Even current maps don't list this by its correct name – instead showing it as the Stone Arch, near Renata, across the lower Arrow lake from Deer Park. This was named for the nearby town of Brooklyn, which was only in existence two years while the half mile long rail tunnel was being built in 1898 for the Columbia & Western portion of the Kettle Valley Rail line. For years I have hoped to visit, even looking for it from the air. However, it's some miles up a steep trail from the lake so it is now a most unlikely Bucket Item. It also probably completely hidden in the trees - many years ago I asked Ellis Anderson if he couldn't have got some daylight under the bridge for his postcard photo. His reply, "You wouldn't believe how many saplings I had to cut down to get this picture."

12 *Mainstreet* January 2017

## Tom's Corner

by Tom Lymbery

### Rideshare or Hitchhiking - What's the Difference?



Traditional hitchhiking means putting your thumb up at the side of the road and accepting a ride in the direction you want, but until you ask the driver you have no idea where the vehicle is headed or how far your ride may take you.

Rideshare, on the other hand, is booked online so that you know where you are going, and are prepared to pay the driver for a portion of the fuel needed for the trip – or more, depending on the website you have contacted. This is much more organized than hitchhiking, where you take your chances.



I do pick up riders with their thumb up, especially on our side of the Lake where there is no other possible transportation. All too often my front seat is full of chimney parts or boxes of books, so I can't always take that rider who is hoping to make the next ferry. Having done a fair bit of thumbing myself, I had a basic rule that always seemed to work. It was to keep walking and use your thumb well away from stores or other buildings. A driver has only a few seconds to decide whether to brake for you, and a sparse highway works.

As Sharon and I were coming home from an insurance convention in Vancouver some years ago, the fuel pump on our Austin Marina sedan failed just as we reached Hope. The Hope Shell service station said they would have to order a new pump, so we went to a nearby motel. The next morning they said the new part would take time to get, so I left Sharon to wait out the car repair and planned to hitchhike home. I knew I had to make it home that day, as I was the Deputy Returning Officer at the Gray Creek Hall polling station for the next day's election. I could have caught the Greyhound bus, but that trip was later and only went as far as Nelson.

Carrying only a briefcase I walked up the highway east of Hope for a mile or so and eventually an MG sports car picked me up. The driver had left Victoria early and was on his way to Nakusp. An open convertible was chilly in the first week of May, and when we reached Princeton I bought a toque. With the toque and with the heater keeping our feet warm, it was an enjoyable ride. As the driver was heading to Nakusp, I bought a tank of gas and talked him into taking the Kaslo route, which is only slightly longer than that up the Slocan valley, and I got right to the Balfour ferry landing. Loretta Johnson was on the ferry and she kindly took me all the way home to the store. (But I can't recall who won the election next day.)

One year, when I was the announcer for the Lardeau Lew Logging Sports event at Meadow Creek, I decided to camp at Trout Lake overnight. On the way there I found a car that had run out of gas. I gave the two men a ride to a small sawmill north of Trout Lake where they got gas, then I drove them back to their car on that narrow gravel Highway 31. When we got there I discovered there was a third man who had been left behind, passed out in the back seat - they had spent all their time in the beer garden. I camped alongside Trout Lake and had time to explore the uphill ghost town of Ferguson the next morning, as the logging show didn't reopen until noon.

One November I was heading off to a Pioneer Chainsaw service school in Vancouver. I had a ticket from the Castlegar airport, which at that time was served by Pacific Western Airlines 737 jets. When my flight was cancelled, I got a cash refund and drove up the highway to a campground where I received permission to park my pick up. After walking about a mile and carrying only a briefcase, I got a ride with a Grand

Forks couple who had driven to Castlegar to catch the same plane as I. The man had to be in Vancouver as he was booked out on a flight east next day. They were driving to Penticton to catch an evening flight to Van, after stopping for borscht in Grand Forks. In Penticton the two of us bought tickets, but that flight was also cancelled and again we got a refund in cash. The couple had to get to YVR for his flight the next morning, so they kept on driving, and dropped me off at 3 AM at my hotel which was on their route.

The chainsaw service school was good and memorable, because one serviceman had been born after his mother had taken thalidomide. He had extremely short legs but his arms and body were normal and strong, so he worked on saws while standing on a box. I cadged a ride from a dealer who lived in Lytton up the Fraser canyon. He dropped me off in Hope where I had time for a movie before catching the night Greyhound. I got off at the campground where I had left my pick up, and drove home in time for work the next morning.

Back to rideshare – here's a novel solution that might work for the East Shore. The Gulf Island of Galiano has no public transit, so they have some roofed benches in places where people wait while they look for a ride. Before long someone will pick them up - possibly they had mentioned earlier on Facebook that they would be out there, heading to the ferry. A good place for one of these roofed benches might be next to the Bluebell Manor in Riondel, where it would be very visible and convenient for both walker and driver.

*"Thumb" image courtesy of <http://cliparting.com/free-thumbs-up-clipart-9672/>*

**Do you have a hitchhiking story?  
Send it in to *Mainstreet*. Share it with  
your community...**

## Health & Happiness

by Dr. Sid Kettner

A new year is about to enter our lives. It is timely, then, to focus on our health and our environment. An important aspect of both concerns is our food intake. We have learned how a plant-based diet can improve our health by postponing, reversing or preventing heart disease, stroke, diabetes, cancer, high blood pressure and even arthritis. But in so doing, such a lifestyle will also postpone, reverse or prevent the destruction of our planet's health.

Usually we blame factories that pour out smoke while producing our goods and energy, trucks that spew out potent emissions while delivering those products to us or the cars that move us back and forth to work, as being the main destroyers of our life-giving and beautiful world. But consider the removal of rain forests to create farm land, pollution to our lands, waterways and oceans with fertilizers and pesticides to raise the grain to feed food animals and the emissions caused by raising those animals. Studies have highlighted the environmental impact of producing protein from plant and animal sources. For example, beans are not only one of the best foods for us, but also for the planet. Producing the same amount of protein from beef requires 18 times more land, 10 times more water, 9 times more fuel, 12 times more fertilizer and 10 times for pesticide. Something to seriously ponder.

Environmental nutritional studies show that diets based on plant foods, such as grains, legumes, fruits and vegetable, result in a win-win situation for the planet and also for its people. We have the science, now we need to have the courage to implement a healthier and more environmentally friendly diet in our own lives long before we can expect government or the failing economy to force it upon us. Choose the best options now! And here's to a healthier New Year for all readers!

For publications on this subject, visit this website: [environmentalnutrition.org](http://environmentalnutrition.org)

## Senior Notes

By Fran O'Rourke

Riondel Seniors Association would like to wish all our neighbours a very Happy New Year. We closed last year, thanks to the participation of the Many Bays Band and many helping hands, with a very successful Community Christmas Dinner. Now we have to concentrate on the issues facing the organization in 2017.

The most pressing problem to address is a dramatic increase in our rent. In 2016, membership dues just covered our rent; the immediate response to the increase would seem to be raising dues to meet the deficit, but that may exclude members on fixed incomes to the point revenues actually decline. We have been awarded a once only grant by Rec #9 to help cover half the increase this year, and the executive has been discussing options to keep the association viable, but in the end, the membership will have to make the decision on which direction we go. Our Annual General Meeting will be held Tuesday, January 10 at 1:15 (immediately following our Pot Luck Lunch). It is more important than ever that we have a good turnout for the AGM this year. We need a permanent solution. Please come, bring your ideas, and be part of the process. There's no point in complaining after the fact.

Another event to note, the Seniors' Internet Cafe will begin in the Seniors' Room 10:00 am to 12:30 pm on Saturday, January 14. The first session will be your opportunity to tell us what help you need to make your computer or tablet work for you. Computers can be wonderful tools, but dealing with them is often daunting and frustrating. Yet, as the internet becomes more important in accessing government and health services, basic computer skills have become a form of literacy that agencies assume everyone has. The equipment and the programs change rapidly, and if we don't keep up with technical advances, we risk being left behind. But IT IS NEVER TOO LATE TO LEARN.

Riondel Seniors received a Columbia Basin Community Initiatives grant to help local seniors upgrade their computer skills. The plan is to provide a relaxed setting where seniors can share, one-on-one, skills they have with others who need them. The programs will be dictated by what people want or need to learn, so discovering that is the first step. The options are unlimited – email, photography, online tax filing, web search – what do you need? If no one here has the skill to share, we can find someone who does. Later in the year, we hope to be able to have computers available for training, but for now, people must bring their own.

### Dates for your calendar:

#### Monday, January 2

- Walk Away the Pounds & Essential Strength Training resumes at 10 am, Mondays, Wednesdays and Fridays

#### Friday, January 6, 7:00 pm 1st

- Whist Party in 2017

#### Tuesday, January 10

- Pot Luck Lunch at 12:30 pm
- Riondel Seniors' Annual General Meeting at 1:15 pm immediately following the Pot Luck Lunch

#### Saturday, January 14

- Seniors' Internet Cafe 10 am to 12:30 pm. Tell us what you need to make computers work for you?

#### Wednesday, January 18th,

- Bridge

You can find days and times for our regular events (Bingo, Men's Pool, Yoga, Zumba) on Riondel Cable Channel 231 or under Messages on bluebell.ca

## REMEMBRANCE GARDEN

by Wendy Scott

In the snow-covered garden, a new year is about to begin. Seeds and sprouts sleep beneath the snow, but memories of dear friends, neighbours, and family members still float, not ready yet to settle.

Reaching back to December 2014 it is the Horwood family that comes to mind with Colin's passing just before Christmas, his mother, Peggy in May of 2015, his father, Clive in June of the same year, and Sylvia's aunt, Anne Hawkes as she wound up her century in November of 2016.

In April of 2016, Beth Ludlow died and the following month, Noreen Ross. In November, Ted Kreuger passed, and now as December comes to a close, Don Laing has left us as well.

I suppose we could celebrate a centennial of sorts, although a strange one, and yes, many more do come to mind including my husband, Bruce. His bench in the garden is covered with snow now, and I think he would like that. His memories included Saskatchewan winters with outdoor rinks, snow forts and even frozen water pumps that seized the tongues of little boys.

Come into the garden, clear a bench, and recall the snow tunnels and forts and ice castles that even though they melted as fast as childhood's years, maintained a vivid magic and, dare we say, are embellished – occasionally – with a few extra frills. After all the year must end with a flourish.

### Community Futures is Your Small Business Expert

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

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

Call Alison Bjorkman at 250-428-6356 to book a free appointment in Crawford Bay... [www.futures.bc.ca](http://www.futures.bc.ca)

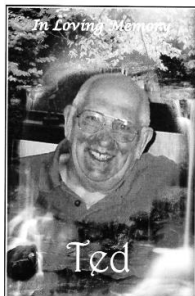


Growing communities one idea at a time.

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*mainstreet@eshore.ca*

## Notice of Passing

### THEODORE MELVIN KRUEGER



The family of Ted Krueger wishes to inform the community of his death on November 22, 2016, at the age of 91 years. Our father lived happily in the community of Crawford Bay for over 35 years. He leaves to mourn his wife Mavis, now residing in Nelson. Ted was predeceased by his first wife Gaye in 1997. He will be interred in the Crawford Bay Cemetery in the spring of 2017.

Ted's children Tanya, Gail, Randy and Stacey wish to thank the wonderful community of Crawford Bay and surrounding area for your wonderful support throughout the difficult task of dispersing of the Krueger house and contents in October. You made our task so much easier and enjoyable.

*The Krueger Kids.*

## Notice of Shuffling Off This Mortal Coil



### Mia Schilling (nee Wasmund)

While before dying (on Nov 3rd 2016), Mia declared that euphemisms were not for her. After perusing the 100 or more listed on Google she liked the above (Notice of Shuffling Off...) best.

Mia was born (on Oct 28th 1934) and raised in Berlin. She made the trek to Canada with a toddler in hand and 8 months pregnant. Her voyage was first by boat across the Atlantic, then by train all the way across the country to Vancouver. Her husband was already here, organizing a job and a home.

Although she moved frequently all her life, the three places she loved the best were Berlin, Vancouver and right here in the Kootenays.

She worked all her life, somehow not quite the stay at home mom she thought she might like to be. Mia worked at many jobs with the two longest stints being as a lab technician and a CRA administrator. When on the eastshore, she was variously odd-jobber, store clerk, waitress, home support person and housesitter. Her passions were her privacy, reading, knitting, a good cup of coffee and the Knowledge Network. She loved the spring (esp lilacs), and the fall (colourful leaves & smells) best.

English being her second or maybe even third language (she had to learn Latin in school too), poor grammar and lazy usage were pet peeves of hers. Somehow, she could never bring to mind the English word for hummingbirds, however, and the first utterance after a sighting of them in the spring was: "Oh, here come the flamingoes!" She was a wicked Scrabble player, was always writing new words down for future research but abhorred colloquialisms and trendy language. Politics angered her; in earlier years, she was always writing to the powers that be to try and shake them up a bit. She was particularly disturbed by Canada's treatment of its aboriginal peoples; having learned later in her life of the treatment they endured. In fact, she said that if she had known how that all came about, she would not have moved to Canada in the first place. In spite of all of that, she maintained a dry wit, a cheeky nature and some very good humour.

She is survived by her son Mike, daughter Branca; her three granddaughters Michaela, Tana and Lindee; her eight great-grandchildren Rex, Ojo, Abby, Raleigh, Rowdy, Relic, Makena and Zeverae; her brother Werner and her two nieces Sabine and Claudia.

There will be no service. Should you feel inspired at any time to pay forward any social justice or other kindness, she would be thrilled.



**SERVICES DIRECTORY**

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 \$22.95 plus parts & eco fees. Full line of major tire brands, GM & AC Delco parts and batteries.

**BUSINESS SERVICES**

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

**CONSTRUCTION/CONTRACTORS/TRADES**

**GRAY CREEK MECHANICAL** - Marine Repairs and Surveyor: Serving the Eastshore since 1994 15295 Oliver Rd. Gray Creek. 250-227-9285 - Jerry or Sharon

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

**STEEL WHEELS** - Septic systems planned & installed. We dig too, mini hoes for you. Dave/Donovan. 250-227-9646.

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

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

**PERSONAL CARE/HEALTH**

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

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

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

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

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

**GERALDINE ALTER - MASSAGES & WELLNESS FOR WOMEN** - European deep tissue, energetic reflexology, Breuss spine-vertebras massage, relaxing massage, hot and cold stone therapeutic massage, Reiki. I am a certified professional therapist in Europe, over 15 years practice, 250-227.9890.

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

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

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

**SUSAN SNEAD - MASSAGE:** Certificates/training in Ayurvedic massages, Reflexology, Polarity Therapy, Acutonics Practitioner Level 4, Fibonacci tuning fork alignment, Astrological Counselling. 250- 225-3520

**RESTAURANTS**

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

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

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

**YARD/LANDSCAPING/SITE PREP**

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

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

**SUNSET SEED COMPANY**



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

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

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**CLASSIFIED SECTION**

**BUSINESS ANNOUNCEMENTS**

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

**BUSINESSSERVICES**

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

**EVENTS:**

**Fields Forward Education** group is putting on a evening + 2 day workshop, April 7-9. The intent is to enhance local teachers and educators ability to start school gardens, to go deeper in their environmental education, to think about creative ways to teach curriculum using local community resources. This is not new curriculum, but rather a way to look at connectivity within your school's existing framework, and integrate them. More details to come soon.

**PARENTING IN CALM AND CRISIS:** A free workshop for parents of young children with Sean Larsen, Child and Youth Mental Health Clinician. Learn about how emotions develop in the brain and the importance of a healthy emotional system through life. Explore ways to help a child who has lost control. Find out how to work with children when

they are calm, building their capacity to manage future overwhelm. This session will provide information through developmental and attachment lenses, Tuesday, Jan. 17, 9:30-11:30am, Kaslo Family Centre, registration required. Contact Barb Cyr at 250-353-7691 extn 209 or barbcyr@nklcss.org. Offered by North Kootenay Lake Community Services Society with funding from Kaslo Homelinks.

**NOTICES**

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

**SLOCAN VALLEY BLACK ANGUS BEEF SALE:** BUY HALF A SIDE, ONLY \$3.99/lb. Homegrown, sides/quarters, \$100 freezer packs, 5 pound bags soup/marrow or knuckle bones, dog bones 50 pounds \$49.99. Government inspected, no GMOs, antibiotics or tranquilizers. Home of the happy cows. Delivered. Ground beef special, lean and extra lean (hamburger). Wayne Savinkoff, 250-226-7054.

**TARZWELL FARMS:** Top grade, locally grown & naturally raised beef, available year round. \$4.95/lb hanging weight. Delivery to Nelson, Castlegar & Trail available. 250-428-4316.

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**A - Zed**

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

**Our Hours:**  
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Saturday 8:30 - 12:30

**Kootenay Insurance Services Ltd.**

#16030 Hwy 3A, Crawford Bay  
Phone: 227-9698

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

**CRAWFORD BAY HALL**  
Your community hall  
A non-smoking facility

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

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

**Creston Veterinary Clinic**  
Your Hometown Vet  
1 (250) 428-9494

Mobile veterinary clinic available in Crawford Bay.

Please call Creston Veterinary Clinic to book appointment & for more details.

**NEW LOCATION! We now have our clinics at the Crawford Bay Motel, Unit 6**

**Mobile Clinic Dates:**  
January 10 and February 7

# BULLETIN BOARD

## Community Notices, Thank You's, Not-For-Profit Announcements (all not related to business), Church Calendar & Meeting Places - free on the Bulletin Board.

### CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

Will be at the East Shore Health Centre monthly.  
For information, call Creston Health Unit at 250-428-3873.

### EAST SHORE HEALTH CENTRE Call 227-9006

**\*See calendar for doctor days\*** - Doctor hours are from  
9:30am to 4:30 pm. Please call 227-9006.

Interior Health Authority, Community Care Nursing  
and Home Support Services - 250-352-1433.

### PHYSICIAN COVERAGE FOR Jan 2017

*Note: Call to cancel if you can not make your  
appointment. We always have a wait list for  
patients needing to get an appointment.*

Jan 3: Dr. ?

Jan 4: Dr. Moulson

Jan 5: Dr. Lee

Jan 10: Dr. Fontaine

Jan 11: Dr. Moulson

Jan 12: Dr. Lee

Jan 17: Dr. Fontaine

Jan 18: Dr. Moulson

Jan 19: Dr. Lee

Jan 24: No Fontaine

Jan 25: Dr. Moulson

Jan 26: Dr. Lee

Jan 31: Dr. Fontaine

**Please Note: Lab hours 7:30 - 10:30 am, Weds**

**Call to make appointments at 227-9006**

**on doctor days and Thursday morning.**

**Tues, Weds & Thurs (8:30 to 12:30)**

**Phone: 250-227-9006 Fax : 250-227-9017**

### BOSWELL HALL HAPPENINGS

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

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

**Vintners** - Sunday, Jan 15th 2pm, Contact is Alan Mader  
403-467-5720

**Book Club** - Thursday, Jan 12, 2pm, Contact is Melody  
Farmer 250-223-8443

**Quilters Guild** - Tuesday, Jan 17, 1pm - Contact Linda  
Brown 250-223-8607

**BADEV** - Monday Jan 9, 10am - Contact is Rod Stewart  
- 250.223.8089

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

**East Shore Kootenay Lake Community Health  
Society** - Contact Tom Wishart 250-223-8445

**Chinese New Year Dinner** - Saturday January 28 at  
6 pm - Sharlene Ryks 250-223-8030

## Community Futures is Your Small Business Expert

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

- **Need assistance with your business?**
- **Have a business idea to explore?**
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Call Alison Bjorkman at  
250-428-6356 to book a free  
appointment in Crawford Bay...  
www.futures.bc.ca



Growing communities one idea at a time.



Located above Crawford Bay School gym -  
second right on Walkley Road.

Elevator available if steps are a problem.

### Our Hours

8-10 am Monday - Saturday

6-8 pm Monday - Friday

Call during open hours: 250.227.9218, ext: 5542

## KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

*Winter Schedule in effect*

*All times listed in Mountain "East Shore" Time*

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

## CHURCH/MEETING CALENDAR

### RIONDEL COMMUNITY CHURCH JANUARY 2017 SCHEDULE

Jan 8: Derrick Smith, 1pm

Music: Deberah Shears

Jan 15-Feb 26: WINTER HOLIDAY  
NO SERVICES DURING THIS TIME.

### CHRIST CHURCH & EAST SHORE CONGREGATIONS

ST. ANSELM'S CHURCH BOSWELL (Anglican)

For information call Christ Church Creston 428-4248

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

### HARRISON MEMORIAL COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

For info, please contact *Karen Gilbert: 227-8914*

### KOOTENAY LAKE COMMUNITY CHURCH

*A Lighthouse on the East Shore*

Come & join us Sundays at 10 am.

Coffee fellowship after the service.

Pastors Richard and Ramona Dannhauer

16190 Hwy 3A, Crawford Bay 250.227.9444

### YASODHARA ASHRAM

Satsang (non-denominational, "in the company of the  
wise"), each evening 7:30pm. Everyone welcome,  
250.227.9224

### MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Fr. Sylvester Ibekwe Phone: 428-2300 Fax: 428-4811

Sun Mass at 2pm. 1st Sunday of month,

Fellowship Sunday.

### THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.

Meetings begin at 10 am, every Sunday.

Info call, 250-227-9522

### CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church, 8151 Busk Rd, Balfour

Sundays, 9:30 am

All welcome!

For info, call: 250.229.5237

*Next Deadline:*

*January 25, 2017*

*mainstreet@eshore.ca*

## MEETING PLACES

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

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

For More info call Lion Mike Jeffery - 250-227-6807 or Lion David

George at 250-227-9550 or Lion Jim at 250-227-9622.

**TOPS** - Take Off Pounds Sensibly: meets every Monday morning  
at 8:30 am in the Kootenay Lake Community Church basement.

Call Myrna for more info: 227-9420

### PARENT ADVISORY COMMITTEE

(PAC) Meetings held at 7 pm at the Crawford Bay School  
Email cbes.pac@gmail.com for info or to add to the agenda.

**Next PAC Meeting:**

**CBESS Library, 5:30pm, JANUARY 16**

January 2017 *Mainstreet 15*

## COMMUNITY HEROES

### a Mainstreet Feature

*Who have you seen doing great things? Who gives  
back to their community with a full heart? Who  
deserves a nod? Send the name of the person you'd like  
to recognize and a brief description of why you think  
they hold the esteemed title of... Community Hero!*

**Will Chapman** - for keeping the music alive and bringing  
his gifts regularly to the table. This community thanks you!

**Pam Newcomen** - for her generosity of spirit,  
community-mindedness and kind heart.

**Juergen Baetzel** - for the things he's done and the  
things he will do. Cheeky monkey.

**Babs Lucas** - for her drive, energy, creativity, wildness  
and wonder. Thanks for helping in so many ways.

**Keith Lostracco** - for being such a willing volunteer and  
happy spirit. Thanks for your gift of time!

January 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Bottle Depot, 10-3	2 Mosaics, Rio Art Club, 10-3 Yoga w/ JAI - Comm Corner, 9:00-10:30am	3 Painting, Rio Art Club, 10-3 Tara Shanti Yoga, 9:30-11am Indoor Soccer - 7-9 CBESS Dr. ?	4 Yoga Bos Hall, 9:30-11 16+ Volleyball, CBESS 7pm Dr. Moulson	5 Tara Shanti Yoga, 9:30-11am Dr. Lee	6	7
8 Bottle Depot, 10-3	9 Mosaics, Rio Art Club, 10-3 Yoga w/ JAI - Comm Corner, 9:00-10:30am	10 Vet Clinic, CB Motel Painting, Rio Art Club, 10-3 Tara Shanti Yoga, 9:30-11am Lions Mtng, 7 pm Indoor Soccer - 7-9 CBESS Dr. Fontaine	11 Yoga Bos Hall, 9:30-11 16+ Volleyball, CBESS 7pm Dr. Moulson	12 Full Moon Tara Shanti Yoga, 9:30-11am Dr. Lee	13	14
15 Full Plate Conversation, St. Stephen's Church, Creston, 1-4pm	16 Pac Meeting, 5pm, CBESS Mosaics, Rio Art Club, 10-3 Yoga w/ JAI - Comm Corner, 9:00-10:30am	17 Change Yr Wealth, Learning Hub Painting, Rio Art Club, 10-3 Tara Shanti Yoga, 9:30-11am Indoor Soccer - 7-9 CBESS Dr. Fontaine	18 Yoga Bos Hall, 9:30-11 16+ Volleyball, CBESS 7pm Dr. Moulson	19 Bookkeeping Sm. Biz. Learning Hub (thru Feb 9) Tara Shanti Yoga, 9:30-11am Dr. Lee	20	21
22 Bottle Depot, 10-3	23 Mosaics, Rio Art Club, 10-3 Yoga w/ JAI - Comm Corner, 9:00-10:30am	24 Breath - invisible work, LH Painting, Rio Art Club, 10-3 Tara Shanti Yoga, 9:30-11am Lions Mtng, 7 pm Indoor Soccer - 7-9 CBESS Dr. Fontaine	25 MAINSTREET DEADLINE Yoga Bos Hall, 9:30-11 16+ Volleyball, CBESS 7pm Dr. Moulson	26 Bookkeeping Sm. Biz. Learning Hub (thru Feb 9) Tara Shanti Yoga, 9:30-11am Dr. Lee	27	28
29 Bottle Depot, 10-3	30 Mosaics, Rio Art Club, 10-3 Yoga w/ JAI - Comm Corner, 9:00-10:30am	31 Painting, Rio Art Club, 10-3 Tara Shanti Yoga, 9:30-11am Lions Mtng, 7 pm Indoor Soccer - 7-9 CBESS Dr. Fontaine	FEB 1 - CB Market Closed for Inventory!			

**THE HISTORIC GRAY CREEK STORE**  
EST. 1913

250-227-9315  
graycreekstore.com

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



**Get a Corona Mini Shovel.**  
Perfect for the trunk to get You out of a tough spot!


**Back By Popular Demand -**  
Tilma Blankets keep you warm & cozy!

**Eco-Friendly Arctic Ice Melter...**  
Safe for children and pets!




**PLUS: WETT inspections & Free In Home Consults**

ADVERTISER	PAGE		
Riondel Market	10		
Bake Shop	7	RVFD	14
Boswell Hall	4	Sapphire Hair Salon	8
Classified Ads	18	Selkirk/Learning Hub	9
Community Futures	13	Sunset Seed	14
Crawford Bay Hall & Parks	14	Turlock Electrical	8
Crawford Bay Market	9		
Credit Union	7,9,16		
Creston Vet Clinic	4		
ESIS	9		
ESYN Vol Reward	6		
East Shore Electric	8		
Eastshore Physiotherapy	2		
Fitness Place	15		
Full Plate	6		
Gray Creek Store	16		
Harrison Tanner	3		
Hulland and Larsen	8		
Imagine Kootenay	8		
Junction Creek Hub	8		
KES	8		
Kootenay Insurance Services	14		
Moliere Plays Paris Hexagon	2		
PAC	11		
RDCK CBT Comm. Init.	6		
Riondel Commission	7		





**Library Hours:**  
**ES Reading Cntr:**  
 Tues & Sat: 12-3  
 Thurs: 7-9 pm  
 \*\*\*\*\*  
**Riondel Library:**  
 Mon: 2-4 pm,  
 Weds: 6-8 pm  
 Tues, Thurs, Sat:  
 10am-12:30pm


**Transfer Station Hours**  
 \*\*\*\*\*  
**CRAWFORD BAY:**  
 Sun/Tues, 10-4  
 \*\*\*\*\*  
**BOSWELL:**  
 Weds/Sat 11-3


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ES Health Centre ~227-9006~

Drug & Alcohol: 353-7691    Child & Youth: 353-7691    Community Nursing: 352-1433  
 Public Health Dental Screening/Counseling: 428-3876    Hospice: 227-9006    Baby Clinics: 428-3873  
 Mammography Screening: 354-6721    Physiotherapy: 227-9155    Massage Therapy: 227-6877  
 For more on facility, call Kathy Smith, 227-9006