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Mainstreet
Meanderings
by Editor Ingrid Baetzel
Name Dropping

The letters are where we let it all hang out, and dear Garry is THE information spout. David exposes taxes, some darn near forbidden, while Michael illuminates mysteries hidden. Learning and sharing is Gef's bread and butter, while ESIS makes the tech world less cluttered. Tom's history and tidbits fill the pages; he's been doing it for eons and ages!

Sharman's creature tales astound, and with H. Porpoise's yarns, the laughs abound. Wendy, with respect and reverence, honours her neighbours with deference. Health and wellness to Sid and Kim, are what a hand is to a limb. The cinematic world is peeled wide open with Gerald's decades-long devotion.

The school is represented in glory by writers like Dan and Matt and Laury. Ellie's care for youngsters' lives demonstrates what makes this Shore so bright, While Farley's profound love of nature cannot be outdone, I'd wager. Laverne has brought learning to our shore, and is always on the search for more.

If fire safety is your bag, Cory's got it covered in this rag. Folks like Muriel and Cathy keep libraries and books from getting ratty. Deberah's keeps the music in the song, and Fran keeps Riondel going strong. With Elisa's crafty how to's, doing it yourself looks mighty smooth.

Nicole and Jacqueline (with help from friends) keep local food within our hands. Johnny, Shelley, Glen and more keep us current and knowing the score. Zora, a health and wellness guru, gives internal wellness a whole new hue. And Dan's music and chimney lore, keep them coming back for more.

Harv gifts us only rarely his disturbed wisdom, but he does so fairly. Jai's yoga practice teachings have given stretches whole new meaning. Rebecca creates opportunities for elders, and the Ashram shines as a community helper. Starbelly, Footlighter, Hexagon, Arts Councils – without them, would we be here? Doubtful.

And all of those who've gone before – Janet, Susan, Fran, Johnny, Lorna, John and more... Without your dedicated devotion, we'd likely be lost in the information ocean. And Gala as the roving reporter, although not frequent, a stalwart supporter. Doreen, your efforts are gigantic. I'm sure these crap rhymes are making you... frantic?

Thank you all for suffering these couplets mismatched and varying stanzas, poorly dispatched. It's for want of efficiency and deadline making that these poem is so back-breaking. And to all of those who've been forgotten, you haven't. You'll get your shot in... Another issue, another time, but for now let's say, you're all divine!

Happy New Year to the patient, compassionate readers of *Mainstreet*, all with wonderful senses of humour and a willingness to forgive this silly stroke at appreciation. You are all so very wonderful and respected by this editor. Without you, *Mainstreet's* readers, writers and advertisers, oh-where-oh-where would we be? Thank you from the depths of the printers ink – the very best for 2018.



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Next Deadline: January 24, 2018

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LETTER TO THE EDITOR

East Shore Food Hamper Program

Dear Editor:

A big thank you goes out to everyone who supported the East Shore Food Hamper program with your non-perishable food items and cash donations. This year with your help we distributed 52 food hampers to residents of the East Shore.

We also want to say a BIG Thank You to the following for their help and support:

- Kootenay Lake Lions Club
- Kootenay Insurance
- Kootenay Lake Community Church
- East Shore Women's Group
- *The East Shore Mainstreet*
- CMAW Local 2300
- Nelson and District Credit Union
- Newkey's Pub
- Cabin Restaurant
- Crawford Bay Market
- Lakeview Store
- Gray Creek Store
- Riondel Market
- Safeway (Nelson)

We want to thank all the volunteers and Malena Draper for making 2017 season for the food hampers a success. The loving-kindness of the East Shore is greatly appreciated.

Richard and Ramona Dannhauer

Christmas Potluck Gratitude

Dear Editor:

Big thank you to all the community members who helped to make this evening possible.

Special thanks to:

- The Crawford Bay Hall committee for the use of the hall

2 Mainstreet January 2018

- Russ Anderson for the tree
- Julia Kinder for emceeing
- Jen Newcomen, Mélina Cinq-Mars and Elisa Shaw for helping with Santa's gifts
- Sara Wolfenber and Willow Johnston for being our door greeters
- Chris Hamilton for being our roving raffle ticket seller
- Bill Miller and Matt Winger for being Santa security
- Gef Tremblay for the posters and ads
- Allan Hughes for photographing the kids with Santa and Carol Vanr for helping him
- Jenn McCauley for helping with Santa
- Ben Johnston for the music and sound system
- Deberah Shears for her piano accompaniment
- Beth MacLellan, Ellie Reynolds, Elisa Shaw and Christian McStravick for leading carols
- Gina Medhurst for lending a chair and lamp for Santa
- James Linn, Victoria Henricksen and Maria Latouf for working in the kitchen all night
- Virginia Holman and Carol Blackwell for serving all the food
- Kristy Winger for helping find volunteers to fill some roles
- Jakua Jordon for organizing meal train
- The decorating crew: Al, Ali, Grace and Gus - Daryl, Nicole, Sedona and Georgia - Alexis, Gary, Elijah and Maya - Mandy, Petra, Ingrid, Benjamin and Jesse.
- The organizing committee: Maria Latouf, Jakua Jordon, Ellie Reynolds and Lisa Skoreyko
- Big thank you to Santa for coming to Crawford Bay

- The RDCK for their financial contribution
- Everyone else who helped to clean or helped in some other way.

This event takes a lot of organizing and we need some more hands to organize the event. Please let our organizers know if you can help next year.

*Sincerely, Lisa Skoryeko
for the organizing committee*

HARRISON MEMORIAL CHRISTMAS CONCERT

Dear Editor,

Following the Harrison Memorial Christmas concerts, Tidings of Joy, held on December 13, there are many thank you's which must be said.

Firstly, the Many Bays Community Band and the Many Bays Singers worked several months to bring a program of beautiful Christmas music to friends and family on the East Shore - thank you all for working so hard.

A thank you goes to Garry Jackman, RDCK and Cowan's Stationery (Nelson) for the financial support of these 2 community music groups.

But finally, a huge thank you to all of you who attended and so obviously showed your appreciation for all of the musician's efforts.

Your donations at the door support the church's maintenance fund so that Harrison Memorial can remain open for traditional services and concerts. We must replace the rotting wooden railing around the front steps and there are three trees in the church yard that need to be removed. We recently used maintenance funds to improve the lighting.

We wish you all a very Happy New Year!

*Sincerely,
Deberah Shears*



RDCK Area "A" Update

by Garry Jackman,
Director - Area "A"

IN YOUR OWN WORDS: During late October 2017 eight community "kitchen table" meetings were held to talk about our local economy, resident attraction and seek local input and comments on priorities. Several of the attendees wrote out their thoughts on a survey which was collected after the meetings plus I took a dozen or so pages of notes to capture your comments. These meetings were held at Riondel, Kootenay Bay, Crawford Bay, Gray Creek, Boswell, Armstrong Bay, Sirdar and Wynndel.

The topics and comments are diverse, so I am not going to summarize them here, but I just read through them again. As I noted in my column last month, I am preparing my submission on director's priorities to put into the 2018 RDCK work plan. Having your comments in mind help focus the priorities. Please continue to let me know what your priorities are whether they regional in nature, applicable to all of Wynndel / East Shore Kootenay Lake or very localized.

ONGOING AND ON THE HORIZON FOR 2018: Rather than giving a paragraph or two on a few topics, I am going to list a number of ongoing initiatives and invite you to e-mail me or call if you want more details. Most if not all of the items have been covered in this column over the past months:

- Enhanced Tourism Education project – we have a \$125K budget (80% being from a provincial grant) to develop local tourism within Area A

- Tourism Advisory Committee – joint project with Creston and surrounding rural electoral areas. Applied for substantial grant through Destination BC to develop tourism promotional products
 - Economic Action Partnership – over \$500K funding (again mostly provincial grants) to work on a series of ongoing and new economic development projects. Several partners including Area A, B, C, Creston and the LKB.
 - Improved lake access – 8 sites for enhancement proposed along the east shore including Kuskanook, Martel Beach, Columbia Point, Fir Road, Crawford bay, Kootenay Bay and Riondel
 - Area A new regional park initiative (overlaps with lake access)
 - Ongoing hiking trails projects – primarily lead by ESTBA (partial overlap with lake access)
 - Kootenay Lake Partnership ongoing Foreshore Guidance Document rollout
 - Regional food system – opportunity for Kootenay wide model
 - Regional Alliance for Rural Health steering committee – research based initiative to identify how and where to improve local health service delivery
 - Recreation master plan for Area A, B, C and the Town of Creston
 - Asset based resident attraction (Area A)
 - Family and youth support component of CBT Community Directed Funds
 - Ongoing Fields Forward food initiative / mobile juicer
 - Sub-regional fire service consultation
 - Regional photo bank
 - Localized interface fire hazard reduction/fuel mitigation projects - ongoing
 - Landscape level interface fire/fuel mitigation strategy

- 5 to 10 year resource recovery (solid waste management) plan

There have been public meetings for some of these initiatives and there will be more in the coming months. Initiatives such as updating the Resource recovery Plan will set the major capital budget for the next 5 to 10 years. Once the Minister of Environment approves these plans the authority to borrow is put in place, so the public meetings are an important opportunity for your input. Other initiatives are partnerships where we have regular steering committee meetings. Public outreach for these has varied from surveys to open houses to presentations. If you are interested in any of the topics let me know and I can give you a specific heads up on when meetings are held.

Another opportunity for you to see what your RDCK reps and staff are working on is through the monthly board meeting packages. The minutes of past meetings and agenda packages for upcoming meetings are posted on the RDCK website (rdck.ca) where you will also find our events calendar for 2018. We have set all of our board and committee meetings for the year and they are open to the public except for "closed" portions of the meetings where required or advised under the local government act.

I attend many more meetings than are on the RDCK calendar so let me know where your interests lie so I can let you know when meetings are held. If you have questions or comments on any topic please drop a note to gjackman@rdck.bc.ca or call me at 250-223-8463.

**Next Deadline:
January 24, 2018**



Hidden Taxes

by David George

99 Reasons 2017 Was A Great Year

The first 50 are reprinted from Future Crunch below:

1. This year, the World Health Organisation unveiled a new vaccine that's cheap and effective enough to end cholera, one of humanity's greatest ever killers. *New York Times*
2. Cancer deaths have dropped by 25% in the United States since 1991, saving more than 2 million lives. Breast cancer deaths have fallen by 39%, saving the lives of 322,600 women. *Time*
3. Zika all but disappeared in 2017. Cases plummeted in Latin America and the Caribbean, and most people in those places are now immune. *Science Mag*
4. A new report showed that the world's assault on tropical diseases is working. A massive, five year international effort has saved millions of lives, and countries are now signing up for more. *STAT*
5. Soft drink sales in the United States dropped for the 12th year in a row, thanks to consumer education and new sugar taxes aimed at stemming obesity and diabetes. *Reuters*
6. Trachoma, the world's leading infectious cause of blindness, was eliminated as a public health problem in Oman and Morocco, and Mexico became the first country in the Americas to eliminate it. *NBC*
7. Meet Sanduk Ruit and Geoff Tabin, two eye doctors responsible for helping restore sight to 4 million people in two dozen countries, including North Korea and Ethiopia. *CBS*
8. Premature deaths for the world's four biggest noncommunicable diseases—cardiovascular, cancer, diabetes and chronic respiratory—have declined by 16% since 2000. *World Bank*

9. Global abortion rates have fallen from around 40 procedures per 1,000 women in the early 1990s, to 35 procedures per 1,000 women today. In the United States, abortion rates have reached their lowest level since 1973. *Vox*
10. In July, UNAIDS, revealed that for the first time in history, half of all people on the planet with HIV are now getting treatment, and that AIDS deaths have dropped by half since 2005. *Science Mag*
11. There were only 26 cases of Guinea worm in 2017, down from 3.5 million cases in 21 countries in Africa and Asia in 1986. *Devex*
12. The United Kingdom announced a 20% fall in the incidence of dementia over the past two decades, meaning 40,000 fewer people are being affected every year. *iNews*
13. Thanks to better access to clean water and sanitation, the number of children around the world who are dying from diarrhoea has fallen by a third since 2005. *BBC*
14. Leprosy is now easily treatable. The number of worldwide cases has dropped by 97% since 1985, and a new plan has set 2020 as the target for the end of the disease. *New York Times*
15. In October, new research from the *Center for Disease Control* revealed that between 2000 and 2016, the measles vaccine saved 20.4 million lives.
16. And on the November 17, the *WHO* said that global deaths from tuberculosis have fallen by 37% since 2000, saving an estimated 53 million lives. These astonishing achievements were of course, reported by every media outlet on the planet.
17. Chile set aside 11 million acres of land for national parks in Patagonia, following the largest ever private land donation from a private entity to a country. *Smithsonian*
18. China invested more than \$100 billion into treating and preventing water pollution, and launched nearly 8,000 water clean-up projects in the first half of 2017. *Reuters*

19. The United States, Russia, China and the European Union reached a deal to make the Arctic off-limits to commercial fishers for the next 16 years. *Science Mag*
20. In July, 1.5 million people in the Indian state of Madhya Pradesh set a new Guinness record for reforestation by planting more than 67 million trees in a 12 hour period. *RT*
21. A province in Pakistan announced it has planted 1 billion trees in two years, in response to the terrible floods of 2015. *Independent*
22. In August, the Canadian government and Inuit groups signed a deal to create the 'Serengeti of the Arctic' by far the largest marine reserve in the country's history. *Globe & Mail*
23. A month later, one of the world's largest marine parks was created off the coast of Easter Island, and will protect 142 species, including 27 threatened with extinction. *Guardian*
24. The EU imposed new, stricter limits on pollutants such as nitrogen, sulphur, mercury and particulates that will apply to all 2,900 of Europe's large power plants. *Reuters*
25. China carried out its largest ever crackdown on pollution, reprimanding, fining or jailing officials in 80,000 factories, 40% of the country's total. *NPR*
26. Indonesia pledged \$1 billion to clean up its seas from plastic, Kenya announced a ban on plastic bags, and Chile said it will ban them in its coastal cities (30 countries now have existing or impending bans in place). *ABC*
27. Eleven countries continued their plan to build a wall of trees from east to west across Africa in order to push back the desert. In Senegal, it's already working. *BBC World Hacks*
28. Cameroon committed to restoring over 12 million hectares of forest in the Congo Basin, and Brazil started a project to plant 73 million trees, the largest tropical reforestation project in history. *Fast Co.*

Continued on next page



January Horoscope

by Michael O'Connor

Tip of the Month: Over the course of 2018, significant astrological cycles will unfold and new ones will begin that will activate measurable changes for us all. Jupiter in

powerful Scorpio as of October 2017 and Saturn in its own powerful sign of Capricorn as of late December 2017 will lead the charge. They will introduce new leaders on the world stage stimulating new social, economic and political policies. Where 2017, a Universal 1-Year was like a rocket launching, 2018 will amount to it breaking through the atmosphere.

Aries (Mar. 21-Apr. 19)

New levels of authority and responsibility are on the rise. These come on the heels of a rather sharp turn in your public and professional life. Financial returns appear to be leaning in your favor as 2018 begins and you have big ambitions.

Taurus (Apr. 20-May 20)

The winds of change appear to be flowing in your favor. You are eager to increase your power potential and position and are determined to capitalize. A revolutionary momentum is building. This will become increasingly apparent as each day passes.

Gemini (May 21-June 20)

Deep and complex currents are influencing you. These may not yet be entirely apparent and are perhaps occurring subconsciously and/or behind the scenes. Positively, your energy levels and stamina are running high. Your health may need extra attention.

Cancer (June 21-July 22)

Important shifts are occurring that are affecting you personally, professional and/or publically. New levels of commitment and responsibility are implied. Fortunately, there are indications that you are in a playful and sporting mood. Investment speculation looms.

Leo (July 23-Aug. 22)

Building upon new foundations linked to your employment and lifestyle has begun. Learning and of improvement is indicated. Cultivate latent talents and potentials is important to get a jump on the year. Adjust your attitude to boost your resolve.

Virgo (Aug. 23-Sep. 22)

Important and powerful cycles are underway that will lead you to fortify your position in the world. Your philosophy, attitude and approach are destined to change, now. Already circumstances are guiding you to take new leads and on a variety of fronts.

Libra (Sep. 23-Oct. 22)

Some sobering, character-building cycles have begun. These will lead you to confront some fears in order to lay claim to latent and perhaps hidden gifts. Earning more income is featured but it's also about purpose and passion. Focus on the facts that will inspire initiative.

Scorpio (Oct. 23-Nov. 21)

Completion of important chapters has begun. Prior commitments are steadily dissolving. Important changes on relationship fronts are featured. Ironically, this process could amount to increase and the realization of long cherished dreams.

Sagittarius (Nov. 22-Dec. 21)

You are determined to secure your material foundation as 2018 begins. This could key career moves.

Yet, the health and quality of your lifestyle is also indicated. Your material concerns, therefore, may literally be your bodily health. To this end, be willing to invest money and time.

Capricorn (Dec. 22-Jan. 19)

Are you experiencing weighted emotions, experiencing a breakthrough or something in between? Sun and Saturn in your sign presents a mixed blessing. Despite the sobering tasks you must tackle, you feel strong and empowered. Focus to breakthrough your comfort zone.

Aquarius (Jan. 20-Feb. 18)

Balancing social play and responsibilities with retreat is important as 2018 gets going. Your ambitions are running high but you have a lot of work to do. Your social interests will steadily fade as the month progresses and you will be happy to be immersed in your study.

Pisces (Feb. 19-Mar. 20)

Positive momentums are inspiring an adventurous mood. Returns for past efforts combined with aspirations to increase and expand are contributing to your resolve. External pressures are also pushing you to establish a solid, flexible and powerful attitude and approach.

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Continued from previous page

29. In November, Mexico's government created a new 148,000 square kilometer ocean reserve, 'the Galapagos of North America' for the conservation of hundreds of species, including rays, humpback whales, sea turtles, lizards and migratory birds. *Reuters*

30. In 2017, the ozone hole shrunk to its smallest size since 1988, the year Bobby McFerrin topped the charts with 'Don't Worry Be Happy.' *CNET*

31. The *International Energy Agency* announced that nearly 1.2 billion people around the world have gained access to electricity in the last 16 years.

32. In February, the *World Bank* published new figures showing that 20 years ago, the average malnourished person on planet Earth consumed 155 fewer calories per day than they needed. Today, that number is down to 88.

33. Since 2000, life expectancy in Rwanda is up from 49 to 64, child mortality is down more than two-thirds, maternal mortality is down nearly 80%, and HIV/AIDS prevalence is down from 13% to 3%. *Mail & Guardian*

34. In the last three years, the number of people in China living below the poverty line decreased from 99 million to 43.4 million. And since 2010, income inequality has been falling steadily. *Quartz*

35. 275 million Indians gained access to proper sanitation between 2014 and 2017. *Gates Notes*

36. In 1991 more than 40% of Bangladesh lived in extreme poverty. The World Bank said this year that the number has now dropped to 14% (equating to 50 million fewer people). *Quartz*

37. The United States' official poverty rate reached 12.7%, the lowest level since the end of the global financial crisis. And the child-poverty rate reached an all time low, dropping to 15.6%. *The Atlantic*

38. Between 2005 and 2017, Afghanistan built 16,000 schools, the nation-wide literacy rate increased by 5%, and the youth literacy rate increased by more than 16%. *USAID*

39. In October, a new report by the International Labour Organisation revealed that global child labour has plummeted. In 2016, there were 98 million fewer boys and girls being exploited than in 2000. *CS Monitor*

40. Sweden committed to phasing out all carbon emissions by 2045, and the country's largest pension fund divested from six companies that violate the Paris Agreement, including Exxon, Gazprom and TransCanada. *CleanTechnica*

41. New figures at the beginning of the year showed that the global coal industry is taking a hammering. A 48% drop in pre-construction activity, a 62% drop in construction starts and a 19% drop in ongoing construction. *CoalSwarm*

42. In May, a shareholder rebellion forced Exxon-Mobil, the world's largest oil company, to start reporting on the effect of preventing climate change on its bottom line. *Washington Post*

43. France stopped granting all licences for oil and gas exploration, and said it will phase out all production by 2040, a major transition towards clean energy being driven by the new Macron government. *Bloomberg*

44. Deutsche Bank, one of the coal industry's biggest financiers, announced it would stop financing all new coal projects. *Ouch. Mining.com*

45. Norway's sovereign wealth fund, the largest pile of money on the planet, announced they were officially divesting from all fossil fuels, and the global insurance industry has pulled \$20 billion. *Telegraph*

46. In 2017, the United Kingdom, France and Finland all agreed to ban the sale of any new petrol and diesel cars and vans by 2040.

47. China continued its all out war on coal, stopping construction on more than 150GW of coal plants, and laying off more than 700,000 coal workers since 2014. *CleanTechnica*

48. In one of the great climate change victories of our time, TransCanada terminated its tar sands pipeline, triggering a \$1 billion loss and ending an epic 4 year battle between politicians, big oil, environmentalists and indigenous communities. *Calgary Herald*

49. On the eve of one of their major feast days, 40 Catholic institutions on five different continents announced the largest ever religious divestment from fossil fuels. *Catholic Reporter*

50. In the United Kingdom, the birthplace of the industrial revolution, carbon emissions fell to the lowest levels since 1894, and on the 21st of April the country did not burn coal for the first time in 140 years. *Independent UK*

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

Email Terry/Todd: soyoucansendme-mail@gmail.com or call 250.551.3455.

Commercial Lease Space

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Or call: 250.227.9510.



Hacker's Desk
by Gef Tremblay

Cultivating Grit

Grit is an awesome word. I don't think there is anything too similar in French, so when I discovered this word a couple weeks ago, it got me really excited. Partly because I love learning new words, and partly because grit is a concept or a 'skill' that I've been working on for many years, without knowing there was a word for it.

Grit is defined as "a positive, non-cognitive trait based on an individual's passion for a particular long-term goal or end state, coupled with a powerful motivation to achieve their respective objective. This perseverance of effort promotes the overcoming of obstacles or challenges that lie on paths to accomplishment, and serves as a driving force in achievement realization."

Although some people might be predisposed to have more grit than others, I think grit is like a muscle and anyone can develop it in their life.

What is the secret to developing grit? Yoga! Yoga is the best path to develop grit. It might sound counter intuitive at first. How can you become more productive by sitting down and doing next to nothing? Isn't yoga about not having goals and dissolving passion?

In order to understand how yoga can help cultivate grit, I'd like to give three examples of different yoga practices.

Hatha practice with reflections will help release energy that is stuck in the mind and the body. For instance, when you do a certain posture, your body might hold some sadness or fear. When reflecting about what is going on in this part of your body you

might find the key to resolve a certain issue that comes from your past. Once these issues are resolved you end up with a lot more energy that you can use for your day to day activity. That energy in turn is really useful to develop more grit. We hold a lot of these pockets of stuck energy in our body. That energy can be used instead to fuel our life.

Through meditation and mind watching you practice allowing your mind to be less attracted by worldly desires. For example, I can catch myself when I have a desire to buy something. It's not even that I want something in particular - I just want to buy things. I used to simply look for the next thing I need but with a more flexible mind I can observe that I don't need anything, rather, my mind wants to be entertained by purchasing something. I still buy a lot of crap out there just for the fun of it, but I catch myself in these moments of desire and take it with a smile. This dissolution of worldly desires leads to developing lifelong passion. When you find yourself disillusioned by what fast food and pop media offers you, you end up seeking something more tangible that will sustain your desires for a longer time. That is what creates a foundation for passion.

Tapas (no not the tapas we all enjoy summer long at the Black Salt) in yogi tradition, is another practice that cultivates grit. In Sanskrit, tapas means to heat. In order to create that heat you have to choose a practice that you want to repeat for a certain amount of time. If you choose something too hard you set yourself up to fail and then it's harder to try again. So, it's easier to start with a simple tapas. Sitting in meditation for two minutes every day for 10 days is a good example. Although it seems simple it will create a bit of 'heat' or tension as you get accustomed to taking the time to do that. Then you can progress to a different tapas. I often see our New Year resolutions as tapas, but choosing a one year time frame is the perfect way to set yourself up for failure. I personally like the 40 days, it's longer than a month, and way shorter and a year. Practicing

tapas for no other reason than expanding your practice has clear relation to developing grit. If you have brought yourself from no meditation at all to 10 minutes a day, then there are a lot of other things you can do for 10 minutes a day (that are also way more fun than mediation.)

You might think that it takes some grit to go through all these practices, but on the contrary, you don't need grit to start to do yoga. You must take gentle steps in yoga, one at a time. Although grit sounds like a powerful skill, you must be gentle about developing it.

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Next Deadline: January 24, 2018

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Common Mistakes in Writing Some General (and Mainstreet-Specific) Rules to Follow

a Mainstreet submission

- Only capitalize proper nouns, titles, the first word in a paragraph and the first word after a period. In other words, capitalize the names of people, specific places, and things. For example: We don't capitalize the word "bridge" unless it starts a sentence, but we must capitalize Big Orange Bridge because it is the name of a specific bridge.

- Exclamation marks are overused and therefore lose emphasis. They are meant to indicate yelling or great excitement/suprise. Less is more.

- Last names should always be included in newspaper submissions.

- Numbers lower than 10 should be written out. "Seven times I wrote the number 17."

- Mainstreet prefers the date format as follows: *March 20, 2017* or *March 20/17*. We remove the little date suffixes (22nd, 31st) as a policy, and always change the format of *20th of April, 2017*.

While Mainstreet loves, adores, cherishes and is eternally grateful to her submitters and writers, small adjustments to formatting like those stated above make the job much more smooth and efficient. But, don't worry, we'll fix them if you don't.

You are cordially invited to the 8th annual production by Hexagon Players

Finger Foods
by Nina Shengold

a composition of seven short plays, dealing with what we gain in life and what we lose

Fri, Feb 23 at 8 pm
Sat, Feb 24 at 8 pm
Sun, Feb 25 at 2pm

In the CBESS Performance Space

* Adult content

DIY Fooding

by Elisa Rose

Crudites

It's that time of year again - winter - and somehow, you still have to eat your veggies. Don't worry though, because it's summer somewhere where vegetables are growing. And besides, so many vegetables from the autumn harvest can be stored professionally and end up tasting fresh-ish even in late January.

The other time of year that it is, is the "post holiday season" and don't we still like to chill out with friends and serve crudites? The word *crudite* does not rhyme with *luddite*, it is closer in sound to *nudity* except more like *nudity*. This is so much easier to make than a fancy cheese ball of which you might have eaten dozens in December. I will admit, I'd forgotten about the ease of snacking that veggies and dip provide.

My dad never forgot though. When we were kids and my mom was out of the house at dinner time and it was on him to feed us, his dips were legend! His seasonings in general are legend, including the yeast on popcorn thing, which NOBODY but us were doing in Riondel way back in the olden days of the nineteen seventies and eighties. I like to believe we started it... that my dad started it. He should be famous for something, so let's go ahead and say it's for putting nutritional yeast on popcorn.

So, not only do we have something to make that is so easy, you can whip it up quickly and sit and eat while you're watching old *21 Jump Street* reruns on Youtube (okay, that's what I'm watching) or staring at the fire or the snow fall or the what-have-you, but it is also glamorous enough that, in the right serving bowl, could be considered gourmet at all the best mid-winter parties.

The inspiration for this is the dip that I'm eating right now, with some slender cut Okanagan grown carrot sticks and slices of those cute little round white baby turnips. The recipe is as follows, don't worry about amounts just pinch this and that until it tastes right:

- Two big spoonfuls of sour cream
- One smaller spoon of mayonnaise
- Sumac berry powder
- Dill, chives, chili powder (sweet or spicy, YOU decide!)
- Bragg's (or any) soy sauce or tamari
- Popcorn seasoning which you can buy at the Co-op or just plain yeast is fine too.

I think that's all I put into it. And I'm sure you will change the recipe when you make it, and I hope you get creative with your sauce.

As a BONUS, I will add one more idea for your breakfast eating pleasure, which is similarly inspired by my dad. Growing up, we consistently had four table condiments that we added to almost anything savoury that we ate.

These were; nutritional yeast, tamari, butter and kelp powder. My dad, being the saucy guy, he is, started adding these things to his oatmeal in the morning, instead of the usual honey or sugar and milk. Over the years it evolved, with things like flax oil, when omega-3 became fashionable with the health food set, and peanut butter. Knowing him he probably put molasses in it at some point, just to be really weird.

My current favorite version of this oatmeal is as follows: popcorn seasoning (which is nutritional yeast based with some other delicious herbs and spices the Kootenay Co-op makes and sells in their bulk food section), Bragg's soy sauce, coconut oil, cashew butter and, to be really weird, sliced bananas. Sooo good.

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Uncovering Assets Asset Based Rural Development (ABRD) Update

submitted by Laverne Booth

Between October 23 and 30, 2017 the Economic Development Commission (EDC) with support by the Economic Action Partnership (EAP) and Ambassador Laverne Booth brought residents from ten communities together in eight small focus group conversations of 5 to 10 people. We invited youth, young families, new residents, part-time or seasonal residents, young retirees, long term residents and active people. Conversations were held in Riondel, Kootenay Bay, Crawford Bay, Gray Creek, Boswell, Armstrong Bay, Sirdar and Wynndel.

Residents were asked to express what they value and how they see economic potentials- what are the assets, the issues, how can we retain and attract new residents, and how we can work together with Creston and District in a new economic partnership.

The conversations were rich and flavored by each local reality. It was an opportunity to hear from neighbours of different age groups in diverse life situations, and to self-reflect on our communities. This conversation will continue on Saturday March 10, 2018 when all residents are invited to a day of gathering assets and taking action.

This summary report is an initial statement based on the local conversations. If you would like to add your thoughts or promote a local conversation with neighbours and friends about our current situation and our shared economic future, please contact Laverne at 250-551-6020 or eslearningplace@gmail.com.

As we uncover our assets and strengths, we can start to discuss potential actions: some belong to local government, some are no-cost, low-cost solutions that can be easily accomplished, others are major projects that require collective support and volunteer energy.

What we appreciate and value about this place

- Kootenay Lake
- Peace and serenity
- Natural beauty of the area
- Recreational opportunities- kayaking, canoeing, fishing, biking, walking, snowshoeing...
- Caring communities
- Relaxed, natural lifestyle
- Freedom to be ourselves
- Fresh air and water
- Solitude in winter and active summer season

Issues Across all Communities

- Lack of access to public and/or alternative, shuttle transportation
- Improve health, home care/dental services
- Fire services needed in all areas between Riondel and Wynndel
- Lack of central information/communication network
- Publicize the lifestyle on Kootenay Lake- attract people and businesses who want this lifestyle
- Support local businesses through buy local campaigns, financing options, support groups
- Be a community that clearly states the values of this place, and demonstrates the difference between urban expectations and rural values.
- Increased emphasis on stewardship values shared by valley residents
- Improved internet, phone, cell phone services
- Listings of tradespeople and others who can help with home maintenance for older residents
- More knowledge of what is offered in business & services between Area A communities

Unique Assets (this is not a complete list)

Riondel

- Heritage trails for walking, biking and access to the lake in development
- Geo-thermal and solar heat potential
- Small, affordable houses for sale
- Riondel Campground, Circle of Friends, Riondel Market, Arts Club, Library
- High speed internet through Riondel Cable Society
- Ambulance, First Responders and Volunteer Fire Service

Kootenay Bay

- Yasodhara Ashram brings many visitors to the area and employs younger people
- Kootenay Lake Ferry- traffic arrives and leaves in Kootenay Bay
- New retirees get involved in community organizations
- Small, beautiful accommodations and food businesses

Crawford Bay

- Artisans of Crawford Bay
- Beautiful, environmental school
- Regional Park potential for beach access, protect wetlands & develop fish spawning grounds
- Integrated Trail system in development through East Shore Trail/Bike Association
- New Enchanted Playground and potential Skate Park at Crawford Bay Park
- Crawford Bay Hall and Park board is purchasing land from School District 8
- New and existing restaurants
- Kokanee Springs Golf Resort and other accommodations businesses
- East Shore Freshwater Habitat Society
- East Shore Internet Society (ESIS)
- Nelson and District Credit Union, Crawford Bay Market, East Shore Reading Centre

Gray Creek

- Gray Creek Hall is seeing an increase in weddings and other events
- Gray Creek Historical Society and historians
- Tipi Camp run through the Guiding Hands Recreation Society has wonderful offerings for youth and families, may need a new location for 2019
- Burden's Cut (Gamboling Otter) will be developed by Ktunaxa Nation when agreement is finalized.

Boswell/ Sanca/ Mountain Shores

- Boswell Hall Society- dynamic active membership offer monthly dinners, year round rec programs
- Boswell boat launch project- Boswell and District Farmers Institute
- Boswell and District Emergency Volunteers- First Responders
- Boswell Historical Society

Armstrong Bay/ Twin Bays

- Back to the land residents with strong values
- Long term residents & interesting stories, history
- Community Volunteers

Sirdar/Kuskanook

- Kuskanook Harbour Society potential & plans
- Sirdar Pub under new ownership
- First Responders could be linked into other health/emergency services
- Fishing and trails in Creston Valley Wetlands Management Area (CVWMA)
- Boulder Creek Spawning

Wynndel

- * Wynndel School Property potential
- * Wynndel Hall, Fire Services, Irrigation District
- * Wynndel Foods & Fas Gas- one shop stop potential
- * Small business owners- co-marketing
- * Duck Lake development

How to retain residents?

- * Local home support system building on current Better at Home program
- * Continue to develop recreational opportunities- trails, activities, equipment rentals, access to the lake
- * Ensure all elders have a "circle of support"
- * Encourage peer group support for youth and young families
- * Build support for local businesses and encourage new businesses.
- * Work together and talk together to find out what we need and want.
- * Succession planning for businesses to sell their businesses and remain viable.
- * Support volunteers, find ways to pay some people to do the work and encourage volunteerism
- * Increase collaboration among business owners
- * Improve services- eldercare, transportation, communication
- * Reliable fire protection and transportation
- * Ask people why they are leaving.
- * Data base of services and trades to promote local services
- * Develop what we already have- seniors and tourists
- * Widen the highway in Sirdar and develop paths for cyclists

How to attract new residents

- * Really welcome new residents- Welcome Wagon or other ways
- * Set a goal to attract 500 plus residents in the next few years.
- * Better ferry services- capacity and shorter, more regular times.
- * More social meeting places, longer hours for services, affordable restaurants
- * Support for social business and cooperative business start-ups
- * More housing options, in particular good rental housing
- * Increase employment opportunities through food and recreational products and services
- * Create flexible work options with creative young people
- * Keep working to improve high speed, dependable internet services

Business Opportunities (in random order)

- * Convert empty houses to rentals (vacation and annual) with management.com
- * On-line internet businesses where there is good internet access
- * Find ways to encourage people who work locally and live here to buy locally
- * Build up and support local wellness practitioners- create a unique wellness centre
- * Develop an equine economy- hitching posts, trails, stables
- * Develop and promote four seasons recreational opportunities and locations- X country, snowshoeing, skating, curling, and more
- * Public financing for geothermal and biomass water and space heating for residents/businesses
- * Provide ways to share private land with young families
- * Respect and include cannabis culture as an alternative to industrial cultivation
- * Fall and spring festivals and events in the shoulder tourist seasons
- * Opportunities to get on the lake- events, kayak, canoes, sailboat, etc. rentals and experiential tourism

- * Health retreats, dance, art and singing camps
- * Dentist and dental care
- * Vehicle service business
- * More local vegetables, fruit and food products for summer residents
- * House-keepers and maintenance support workers for aging population.
- * Make and sell local compost
- * Craft brewery
- * Community forest to protect watersheds, power electric mill at run of the creek energy generation.
- * Repair service, fuel for boats
- * Family friendly recreation opportunities - unique and quality education and extra-curricular activities
- * Incentives for businesses to open shop and stay open year-round
- * Promote small business through grants or tax rebates
- * Electrical charging stations, strategically located
- * Pub with wing nights
- * Help organizations get summer students
- * Access to airports- shuttle service to Cranbrook, Spokane
- * Increase population density- affordable modern rental housing
- * Fishing Derbies on Kootenay and Duck Lake
- * Outdoor recreation specialty stores and services- bike-repair, rentals, equipment, safety

Economic Potential with Creston and region

- * Propose name change to Kootenay Lake Valley
- * Rename Highway 3A to reflect its beauty
- * Improved lake access/parking and amenities along Kootenay Lake
- * Create an East Shore fund and a relationship with the Creston-Kootenay Community Foundation
- * Use a common name for branding- Wynndel East Shore Kootenay Lake is suggested rather than Area A
- * Food movements- Food Roots and Fields Forward
- * Enhanced Tourism and Education Project (ETEP) funded through Rural Dividend and Creston tourism initiatives
- * Encourage local trail development and collaboration with Trails for Creston Valley Society
- * Creston and District Investment Cooperative- local members and business loans
- * Kootenay Employment Services (KES) offers monthly service in Crawford Bay- training, hiring support

**Next Deadline:
January 24, 2018**



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Ambassador Weighs In

by Laverne Booth

I have been fortunate to talk to many residents in the Wynndel/ East Shore area over the past few months. See the article in this *Mainstreet* "Uncovering Assets-ABRD" for some of the information gathered. What does this all mean? Where are we going?

There are two processes underway in economic development- the first known as the Asset Based Rural Development (ABRD) led by the Economic Development Commission (EDC Area A) and the Rural Development Institute of Selkirk College which has been collecting the assets and potential actions to retain our residents and attract new residents. This process will bring Area A residents together on March 10, 2018 to report back on what has been found and determine action steps by residents and local government.

The second process is the Economic Action Partnership (EAP), led by Kootenay Employment Services (KES) with support by Eco-Plan International which led a community meeting in Gray Creek, and did an on-line survey of residents of Creston, Areas A, B, C and Lower Kootenay Band, and funded local focus group conversations. The results are in from this and the next step is a series of meetings over the next few months to lead to priority actions in the region and a structure to promote economic development. If you would like to see these results, please email me at eslearningplace@gmail.com or call 250-551-6020.

What are the priority actions in Area A, RDCK that can contribute to economic development in the region? What do you think?

Here are some of the regional projects underway:

- Better at Home thanks to Creston Valley Services and Community Connections
- Enhanced Tourism and Education project (ETEP) which has been funded by the provincial government through the Rural Dividend fund.
- Heritage Trails project in Riondel funded by the Rural Dividend fund
- Kootenay Food Tree Project supported by Food Roots and Fields Forward
- Regional Park proposal (Crawford Bay) for beach access, fisheries development and wetlands protection, possible business development, visitor services, heli-pad.

Suggested projects:

- Affordable rental housing perhaps small home complex in Crawford Bay
- Build on our entrepreneurial strengths- small business support
- Community Forest business for fire protection and employment in forestry
- Duck Lake fisheries and trails development
- Identify contractors for construction, health and home support, web and social media- publish a list
- Improved communications for regional events and learning opportunities
- Kuskanook Harbour development
- Study internet quality and accessibility in Area A
- Transportation system- determine needs for provincial funding

Is your favourite project listed? If not, please contact me. The possibilities are endless, we are only limited by our imaginations. Ambassador Laverne Booth at eslearningplace@gmail.com. Phone 250-551-6020

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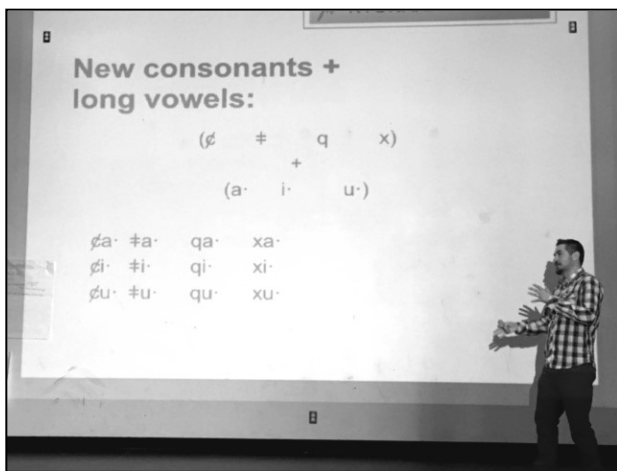
Celebrating Language & Diversity

Submitted by Coordinator
Laverne Booth

One of the highlights at the Multi-Generational Language Camp at Crawford Bay School on November 25 and 26, was an Introduction to the Ktunaxa Language with Christopher Horsethief and Yakan Nukiy band member Anne Jimmie.

John Edwards, local resident comments, "I took the opportunity to sit in on the Ktunaxa language instruction by Christopher Horsethief during the language camp weekend at Crawford Bay School, and I'm certainly glad that I did. I was always curious about that "question mark" symbol that appears in the middle of Ktunaxa words, such as on the sign at the Akokli Creek bridge. I found out what it means, as well as a host of other interesting things about the language and culture of this group of people who've lived in the Kootenay Lake Valley about 150 times longer than my ancestors.

'Christopher Horsethief (photo top right) is an extremely intelligent man and a wonderful teacher. He has a PH.D in leadership and yet is still very personable, making hours just fly by as his small audience was taught how to pronounce all of the letters in the Ktunaxa alphabet. The language was almost incidental though, compared to the overall experience of just meeting and mingling with some Ktunaxa people and hearing some of their stories. After all, most of us are quite isolated from such people and seldom get the chance to relate to them. For me, it opened a whole new window upon their world".



Organizer Laverne Booth was pleased to host three members of the Yakan Nukiy community who came to Crawford Bay on Saturday and participated fully in the events. Some made a German cake, others did yoga and the hidden language, sang songs in Spanish and signed a song in Global Gesture/ World Sign language.

Local youth turned out to dance hip hip and World-Sign language led by dance instructor Shauna Robertson of the Slocan Valley (see photo below).

On Sunday, a European family joined other families playing games in German with a local grandmother and granddaughter team, and signing songs and making cards in WorldSign Language and dancing with Dance Fusion inspiration Slava Doval.

The multi-generational camp brought all ages together to experience our multi-cultural world. Celebrating and learning language through doing and being together seems to be a successful concept, and organizers hope the language camp will become an annual event.

Thanks to the Canadian Heritage events funding, RDCK Area A, Crawford Bay School, the East Shore Learning Hub plus all presenters: Christopher Horsethief, Anne Jimmie, Hildy Schmidt, Melina Cinq-Mars, Ellie Reynolds, Sylke and Eira Plaumann, Shauna Robertson, Slava Doval, Magician Angus MacDonald, Cook Jen Newcomen, Chantal Elias, Child-minders Tracy Scribner and Lorinda English.

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Starbelly Jam Festival 2018 is Coming!

Submitted by Lee Reidl for Starbelly Jam Music Society

Starbelly Jam Music Society is excited to announce the 19th Starbelly Jam Festival will take place July 20-22 in Crawford Bay Park, Crawford Bay, BC.

Starbelly Jam 2017 was a remarkable success. Attendance was one of the best on record. All enjoyed the diverse musical line-up from local artists to artists from Europe and Africa.

Starbelly Jam's success in 2017 can be attributed to many and Starbelly expresses thanks to all who contributed. We would be amiss not to give special thanks to the 2017 Artistic Director, Will Chapman, and to outgoing Chair of the Board, Galadriel Rael, who has devoted herself for many years to the festival.

We are pleased to announce our new Chair is Lee Reidl, and the new co-Artistic Directors are Amanda Hulland and Ben Johnson. We are also pleased that long time team member Farley Cursons has accepted the position of Executive Director.

Ticket prices for 2018 have increased slightly for day passes, weekend passes, youth and senior passes. This makes it an even better deal to take advantage of our Early Bird and Advance ticket specials. What better Valentine's Day gift than a Starbelly pass for your sweetie?

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Early Bird Tickets (available until March 21st)
Wknd Passes Adult \$120 Senior \$85 Youth \$80
Advance Tickets (available until July 19th)
Wknd Pass Adult \$130 Senior \$90 Youth \$85
Day Passes
Adult \$75 Senior \$55 Youth \$50
Gate Ticket Prices
Wknd Pass Adult \$14 Senior \$100 Youth \$95
Day Pass
Adult \$ 85 Senior \$65 Youth \$60

As always, Starbelly remains a family-oriented festival. Kids 12 and under accompanied by an adult are admitted free and there are lots of fun activities for our younger Starbelly guests!

Starbelly Jam thrives on volunteer participation. Join us and earn a weekend pass while discovering how fun it is to be part of our team. Visit www.starbellyjam.org for details and to order tickets. If you have any questions, please email info@starbellyjam.org.

We are looking forward to providing information about Starbelly Jam's 2018 musical line-up and activities in the near future. Stay tuned to the website.

Many thanks to all our loyal patrons and incredible volunteers. Starbelly Jam would not be possible without you. We look forward to seeing you all again this July.

Kootenay Music Awards Hire New Producer

press release by
Kootenay Coop Radio

Kootenay Co-op Radio is super jazzed to announce the hiring of Andrea Varsany as the event producer for this year's Kootenay Music Awards, happening on March 16 at the Bloom Nightclub.

Andrea has been a dedicated volunteer programmer at KCR for over a year, hosting 'Music Nerds' heard every Thursday on the station at 7pm. We are very excited to have her getting more involved in the station. Andrea has a Bachelor of Fine Arts from Ryerson University in Toronto and has worked here in town for Shambhala Music Festival.

This is the 6th year of the Kootenay Music Awards, a celebration of music from all over the West and East Kootenay's. This is the second year that Kootenay Co-op Radio has taken on this event and we are looking forward to making it bigger and better every year.

With submissions coming in from all over the region the Kootenay Music Awards showcase the quality and diversity of talent we are so lucky to be surrounded by.

Artist submissions open January 15, so mark it in your calendars!

If you have any questions, please contact: Stephanie Myers at sponsorship@kootenaycoopradio. or 250.505.7410



Seldom Scene

by Gerald Panio



“And the third angel sounded, and there fell a great star from heaven, burning as it were a lamp, and it fell upon the third part of the rivers, and upon the fountains of waters; and the name of the star is called Wormwood: and the third part of the waters became wormwood; and many men died of the waters, because they were made bitter.”—Revelations 8: 10-11

“He hath led me, and brought me into darkness, but not into light....He hath hedged me about, that I cannot get out: he hath made my chain heavy....He hath inclosed my ways with hewn stone, he hath made my paths crooked....He hath turned aside my ways, and pulled me in pieces: he hath made me desolate....I was a derision to all my people: and their song all the day. He hath filled me with bitterness, he hath made me drunken with wormwood....And thou hast removed my soul far off from peace....” --Lamentations 3: 2-17

If I were to warn you that I'm going to write this review of Errol Morris's *Wormwood* (2017) using the CIA's disinformation strategies as my role model, you might wonder what that meant. And, of course, in the interests of national security, I'd be unable to explain. Fortunately for you, however, you can check out Morris's six-part documentary on Netflix and find out what I'm not going to be telling you.

It all starts in 1953, when Frank Olson, a 43-year-old civilian scientist doing research for the U.S. Army, goes out of the window of room 1018A on the 10th floor of the Statler Hotel in Manhattan. At first Olson's family is told his death is “some kind of accident.” The story doesn't make much sense to the family, and becomes increasingly unsettling as time goes by. “Accident” becomes “suicide.” Olson's wife and children are at a complete loss for a motive that would have precipitated such an action. One of Olson's sons, Eric, begins what will become a lifelong obsession with unearthing the truth behind his father's death. His mother warns him, “You are never going to know what happened in that room.”

Errol Morris chronicles Eric's quest with a combination of eerie re-enactments of the ten days in 1953 that preceded Frank Olson's death, and filmed interviews with key players in the tragedy—Eric himself, journalist Seymour Hersh, the family's lawyers, government spokespeople. The interviews couldn't have been more telling if they were scripted by David Mamet. Morris devotes a significant portion of his screen time to Eric Olson who, under the circumstances, could easily have been an embittered, wild-eyed conspiracy crank trapped entirely within his own self-referential, paranoid bubble. Instead, he comes across as a highly intelligent, self-aware, devoted son. To his own bewilderment, he finds sixty years of his life consumed trying to prove his mother wrong and getting justice for his dad. Eric identifies himself with Hamlet, following his father's ghost's imperious command, “Remember me!” The tragedy in Eric's story is that, in

his own words, “I remembered my father, but I forgot myself.” Whatever truth he finds over 60 years comes too late to make up for the life he's neglected to live. “I needed the truth long ago,” he says, in time to have allowed him to live a few decades of his life with some semblance of normalcy.

A second set of memorable interviews is with Seymour Hersh, who broke the Frank Olson story wide open in 1975. Morris's conversation with Hersh highlights both the power of investigative reporting and its maddening limitations. What is revealed is appalling, even more so in the current age of Trump when the internet has decimated the ranks of journalists and opened up an era where lies can be disseminated at the speed of light and every twisted propaganda tool that Hitler & Stalin perfected (and George Orwell exposed) saturates cyberspace. Does Twitter now carry more weight than *The New York Times* and *The Washington Post*? Is network television news now just an impotent stump, powerless to stand up to “fake news” smears and “Lock her up!”-style sloganeering? Let's face it, when a story about Hillary Clinton running a child-sex ring out of a Washington pizza restaurant gets as much exposure as the Pentagon Papers, there is something broken in America that may take a very long time to fix.

Let's be grateful that there are people like Errol Morris, Roger Moore, Seymour Hersh, Matt Taibbi, Noam Chomsky, Bernie Sanders, Naomi Klein, and Linda McQuaig still willing to fight the good fight

Interviews are great to develop narrative and character, but more is usually needed if a documentary is going to work as cinema. This is where Morris's re-enactments come in. Using first-class actors such as Peter Sarsgaard (Frank Olson),

Molly Parker (Alice Olson), Christian Camargo (Dr. Robert Lashbrook), Bob Balaban (Dr. Harold Abramson) and Scott Shepherd (Vincent Ruwet)—along with gifted cinematographers Ellen Kuras and Igor Matinovic, and production designer Tommaso Ortino—Morris creates a documentary equivalent of film noir. It's a banally-threatening world of darkened rooms, low-lit faces, blowing curtains, lethal napkins, and sinister wallpaper. The Statler Hotel joins the Overlook Hotel in Stanley Kubrick's *The Shining* and the Earle from the Coen brothers' *Barton Fink* on the list of nightmarish waystations to hell. Peter Sarsgaard perfectly captures the haunted spirit of a man who doesn't know how to handle what he knows. “I made a terrible mistake,” he confesses at one point. It's too late. I hope that Eric Olson had some solace from seeing Sarsgaard's moving portrait of his father in his last days.

Understanding this story means understanding what was happening in the bigger picture in 1953 and 1975. In the early 50's, the anti-Communist witch hunts were sweeping across North America. The Korean War pushed the limits of what could be expected from the systematic torture and brainwashing of POWs. Cold War paranoia fueled research into new biological and chemical weapons. Frank Olson, family man and “militarized” bacteriologist, suddenly found himself in history's crosshairs. Questions arose. What, exactly, was happening in Korea? Why were captured American soldiers confessing to war crimes on North Korean television?

While all of the above was happening, the CIA was also experimenting with a potential new psych-war tool—LSD. Serious research into LSD had actually

begun in the 1950s in, of all places, the enormous Weyburn Mental Hospital in Weyburn, Saskatchewan, where the word “psychedelic” was coined. About the same time, the CIA started up Project MKUltra, focusing on techniques of mind-control—primarily through LSD, but also through hypnosis, sensory deprivation, and psychological torture. The experiments conducted were often illegal and done without the awareness or consent of the subjects. MKULTRA was officially terminated in 1973.

Skip to 1975. Pandora's Box had been opened. Seymour Hersh had broken the My Lai Massacre story in 1969. Daniel Ellsberg had called attention to the Pentagon Papers in 1971. The same year the FBI's COINTELPRO illegal domestic spying was exposed. The 1973 bloody coup d'état against

Chile's Social government was a blatantly CIA-backed operation with full U.S. government support.

Although CIA chief Richard Helms had destroyed almost all records of Project MKUltra in 1973, in 1975 Seymour Hersh and the Rockefeller Commission were able to break the story open. Frank Olson was revealed to have been one of the program's experimental subjects. The Commission report strongly suggested that his suicide was likely the result of mental deterioration triggered by LSD use. The Olson family received a personal apology from President Gerald Ford at the White House, and a \$750,000 settlement.

Significantly, the family also gave up the right to pursue any further criminal charges relating to Frank Olson's death. The case was effectively closed. Everyone who thought there had been a conspiracy surrounding Frank's death was proven right. The truth had taken 20 years to come out, but some light had shone on the darkness. Even in Canada, where the CIA had extended Project MKUltra tests to include subjects in Montreal's Allan Memorial Institute, the daughter of one of the Canadian victims was offered a government apology and compensation.

End of story. That's a wrap. Time to get on with your lives, folks. It was all a horrible mistake. It'll never happen again. Swear to God.

If, at this point, you put down this review and don't bother to watch *Wormwood*, thinking you've seen the big picture, the CIA will thank you. They've done their job. Up to this point, I've even helped them do it.

But maybe, just maybe, you're wondering why Eric Olson is still talking about his father's death 63 years later. Or why Errol Morris, one of the best documentary filmmakers in America, would devote 241 minutes of screen time to a story that seemingly wrapped up in 1975. Don't let the lady with the vacuum cleaner have the last word. You won't know what I mean by that now, but you'll want to find out. Trust me.



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Here Comes Hexagon... for their eighth season

by Doreen Zaiss

You could put it on your calendar right now: Hexagon Players will flood the stage with a seven-piece show February 23, 24, 25. The play is called *Finger Foods* and its by Nina Shengold, a prolific American writer/dramatist who has won many accolades for her work including the *Henry Miller Award for Best Sex Scene*. (Sorry, that's not one we're presenting.)

The compilation of seven short plays is a bit of an odd-ball collection, at times quirky, surreal, melancholy, hilarious. But the pieces seem to be fused together by recurrent themes: changing identities, the past visiting the present, and what we gain/what we lose in life, not to mention baggage.

Our whole rehearsal process has shifted. With three directors and seven plays, there are always at least two plays in rehearsal at any given time. The directors (**Galadriel Rael, Carol Vanr, and Doreen Zaiss**) keep busy shuffling actors and time frames.

It's a very lively atmosphere and a challenge for all involved. Most of the actors play two or three roles and show their agility in changing characters, lines, moods.

Actors include (and I'll bold the first-timers) Michelle Moss, Kate Page, **Matt Leishman**, Tim Miller, **James Gates**, Gef Tremblay, Carol Vanr, Mandy Petrie, Ingrid Baetzel, **Morgana Page-Deal**, **John Leishman**, Maria Latouf, **Zoe Zaiss-Baetzel** and Galadriel Rael. This is one of the larger casts that we've worked with, but it takes a lot of hands to cover seven plays, make costumes, sets, props, and create advertising, etcetera, etcetera, etcetera.

We look forward to seeing you in the audience in late February when the heavy storms will hopefully have blown themselves far away. Watch for more info in the February Mainstreet and for tickets to come on sale in early February 2018.



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You are cordially invited to the 8th annual production by Hexagon Players

Finger Foods

by Nina Shengold

a composition of seven short plays, dealing with what we gain in life and what we lose

Fri, Feb 23 at 8 pm
 Sat, Feb 24 at 8 pm
 Sun, Feb 25 at 2pm

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The New Year Brings Support & Collaboration for Local Businesses

by Creston Valley-Kootenay Lake Economic Action Partnership (CV-KL EAP)

Over the last few months, the CV-KL EAP has collected input from residents and businesses from Yahk to Riondel through various activities – which include meetings, events, and surveys. At this time, the team has identified a need to connect further with local businesses. “Many business owners, operators and entrepreneurs have indicated collaboration and additional support is needed for them to grow and prosper in our region”, explains EAP Manager, Heidi Germann. “This survey looks further into these opportunities and asks for specifics.”

The twenty question survey is available for business owners, operators and aspiring entrepreneurs at eap.kes.bc.ca, on Facebook (@CrestonValleyKootenayLake), and in paper form at Kootenay Employment Services. The survey runs from December 22, 2017 to January 21, 2018.

By completing a survey, participants will be entered to win customized business/marketing support from talented professionals. There will be five winners drawn, who will each receive a one hour consultation and customized training or support session(s). Training and support will be dependent on individual business needs.

“Collecting input is one thing,” states EAP Assistant, Laura Heykamp, “but truly listening to residents and acting on meaningful opportunities is important to our team. The business survey and business/marketing support reward is the beginning of collaborative support we can provide the business community of Creston Valley-Kootenay Lake.”

Happy Holidays and Happy New Year from Creston Valley-Kootenay Lake Economic Action Partnership.

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Giving with the Fire of Enthusiasm

by Yasodhara Ashram Society

A love of learning and a desire to give to local community create a winning combination for three residents of Yasodhara Ashram. Chuck McNab, Dan Seguin and Molly Askey-Goldsbury volunteer for the Riondel Volunteer Fire Department and talk about the many benefits of their experience.

Chuck joined the crew 18 months ago to complement his role as captain of the Ashram's internal fire team. "It's fantastic in terms of giving back to the community and receiving. I'm getting professional guidance and all of this training, and I get to practice with very experienced people. I'm gaining practical experience as well as learning from books. With fire, we never know what to expect. I prepare for the worst through our weekly practices but hope for the best."

Molly – the Ashram's garden manager - joined more recently. "In the Fire Department there is a clear hierarchy and structure—a very different way of communicating than at the Ashram. To be part of the team you follow orders and that's good practice. In this situation I change from being a leader to being very much led. And although I'm called a volunteer fire fighter, what I've experienced is that we're learning how to reduce risk, protect life and navigate fire, which is so very powerful."



Dan has been serving over the past four years and has become the Assistant Fire Chief and Training Officer in addition to being a first responder and a fire fighter. He's still known as "the Ashram guy."

"I put in a lot of hours a week and to me it's being able to step in and help our neighbours. All three of us Ashram volunteers are active learners and to learn is what the Ashram also offers. We are hard workers, giving 100 per cent when we are there. If there is work to be done, Chuck is one of the first ones up. I think that our being there elevates the entire group. And we enjoy the camaraderie and level of community that happens in the Fire Department.

"I tip my hat to Chief Cory Medhurst for being welcoming and open to involving some longer-term people from the Ashram. It works great on both sides."



EAST SHORE INTERNET SOCIETY

Happy New Year from the East Shore Internet Society!

Winter on the Trails

By Farley Cursons, ESTBA Projects Director

I wonder if the snow loves the trees and fields, that it kisses them so gently? And then it covers them up snug, you know, with a white quilt; and perhaps it says, "Go to sleep, darlings, till the summer comes again."

— Lewis Carroll, *Alice's Adventures in Wonderland & Through the Looking-Glass*

Winter is on! Since we as locals experience winter for a third of our year it is important to embrace the adventure that is just outside the door. There are many accessible trails close to our communities that can be used in the winter. There are, however, a few more things to keep in mind besides just slips and falls. It's a common courtesy among winter hikers to wear snowshoes when hiking on winter trails that are covered in unpacked snow deeper than 8 inches. Hikers who don't wear snowshoes usually posthole, plunging knee or waist deep into the snow and creating a deep hole that other hikers passing by the same spot might fall into. This can lead to serious leg injuries, but is easily avoided if everyone using the same trails uses floatation like snowshoes or skis. Trails that have been cratered by someone post holing are extremely annoying to ski on. It's a lot like playing the game Twister while walking across a minefield. Plus, you have to scratch your head, and ask why anyone would want to posthole in winter because it is so exhausting, not to mention dangerous, because a single person post holing alone can easily become trapped in deep snow.

Before you set off on a winter trail covered in unpacked snow, take the time to equip yourself properly with snowshoes and other winter gear so that you can be self-sufficient and not put others at risk if you need to be rescued. Snowshoes can be quite affordable and is a great family activity. I enjoy both snowshoeing and x-country skiing with my daughter throughout the winter.

Snowshoers and hikers should stay off ski tracks. Post holing and snowshoeing in existing cross-country ski tracks is frowned upon because it's disrespectful to the person who broke the ski track in the first place and will wreck the track, making it much harder and less enjoyable for skiers to ski back on. When snowshoeing along winter trails, snowshoers should walk outside an established ski track or create a parallel track next to an existing ski track. That way both snowshoers and cross-country skiers can enjoy the winter trail system in their own way, without conflict or ill will. There's plenty of snow for all of us to enjoy.

Best Snowshoeing and X Country Skiing on the East Shore

There are many excellent skiing and snowshoeing locations on the East Shore. Winter recreation areas at lake level can offer spectacular adventure but conditions can be inconsistent from day to day. Higher elevation areas have more consistency with their conditions

and will still have snow into the spring. For updates or to report issues on these trails go to the ESTBA Facebook page.

The Crawford Bay Wetlands are a popular local area. If you are unfamiliar with the wetlands it's best to stay on the trail. It is possible to fall through a ground opening into water.

The Will Fraser VP Trail is located just above the Wetlands on Peters Rd. Follow the Woodlot trail and look for the signs. Multiple viewpoints and a summit in less than 90 minutes.

Crawford Creek FSR is a favorite of ESTBA President Sandy Oates. This area offers spectacular big mountain vistas. Best avoided if there is winter logging activity.

Birkbeck Creek FSR in Gray Creek offers beautiful views of Kootenay Lake and has multiple options for adventure. Drive up Anderson rd. and keep right until you get to the turnaround at the top. Park as far to the side of the turnaround as you can so YRB plows can work. Locals work hard to maintain these ski tracks. Don't wreck 'em.

Be prepared for sudden changes in weather, let someone know where you are going and when you'll return, keep a good charge on your cell phone but don't count on a signal 100% of the time.

See you on the trails.



In partnership with the Ktunaxa Nation Council and the TCT, ESTBA built and installed this kiosk on the north end of the off hwy trail.

**Next Deadline:
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Application forms and guidelines are available:

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

Apply by 4:30pm, Wednesday, February 28, 2018.

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

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Is the East Shore Ready for the 2018 Wildfire Season?

by Farley Cursons, FireSmart Canada LFR - East Shore Kootenay Lake and Owner: Interface Wildfire Prevention Strategies

Last summer in B.C., fire forced around 65,000 people to flee their homes. Fires destroyed more than 190 houses and the province spent more than \$560 million fighting the flames in more than 1,256 fires. It was unprecedented, and alarming. “The scope, the scale and the size of these fires was like nothing we’ve ever seen before,” said B.C.’s Forests Minister Doug Donaldson in a National Observer interview. 2017 was the by far worst fire season in B.C.’s recorded history and Canadian Wildland Fire Strategy officials are braced for more, and possibly worse fires in future years.

For those of us living in the Wildland Urban Interface (WUI) next summer cannot be another “wake up call.” There has to be a call to action and it needs to happen now. The weather was exceptionally hot and dry in B.C. last summer and 85 maximum temperature records were broken between the third week of June and the September long weekend. The summer of 2018 will likely be even hotter and dryer.

It’s my hope that with the unseasonable California Wildfires still raging through Christmas we can keep the conversation going onto 2018. FireSmart Canada’s mission is to support whole neighborhoods working together to make their combined properties a wildfire break against the wild land. It’s “grass roots” approach offers tools and information for homeowners to assess and mitigate their own wildfire hazards.

It is important to note that Wildfires are a natural part of British Columbia’s wildland ecosystems. Without wildfire, the landscape loses its diversity. Wildfires recycle nutrients, help plants reproduce and create a mosaic of vegetation that provides habitat for a variety of wildlife. The province’s history of forest fire suppression has resulted in the build up of forest fuels and diseases in the trees. Had these areas been allowed to burn in their natural cycles our situation would be different. The province has come to terms with this error and will be putting substantial resources to mitigating forest fuels on crown land in the years to come.

By choosing to extend our communities, resource developments and recreational pursuits into forested areas, we have become more exposed to the danger of wildfire. Living where wildfires can occur does put your home at risk, but it’s possible to reduce the potential impacts on your home from these natural events.

The recommendations in this article will help reduce the spread of wildfire near your home and neighborhood. Those fortunate enough to live in the Riondel Fire Dept’s jurisdiction can provide a better opportunity for firefighters to defend their homes. Please remember that a large forest fire will quickly overwhelm local resources. If you are evacuated what will happen to your property? Have you done everything you could to protect your home?

Wildfire can spread rapidly in forests where trees are in close proximity to each other. Fire spreads quickly and directly from tree to tree and can produce sparks and embers that may travel distances of two kilometers. These embers may land on trees or homes well ahead of the fire and create a multiple fire situation. It is important to be aware of the dangers of sparks and embers when creating a FireSmart property.

Home renovations and upgrades can be costly and time-consuming. FireSmart principals focus on what

is realistic for you to achieve, in order to limit the risk of wildfire to your home. We can integrate FireSmart planning into our long-term renovation plans and incorporate regular yard clean-ups to reduce the spread of wildfire in the short term.

Adding a few FireSmart actions to your regular yard work routine will reduce wildfire risks. Changes within 10 meters of your home will have the biggest impact. Fire embers may seem small, but they should not be underestimated — 50% of home fires caused by wildfires are started by sparks and embers. Regular maintenance cleaning the corners and crevices of your home and yard (where needles and debris build up) will leave nothing for embers to ignite. Remember to remove any windblown leaves from under decks, as well as any flammable debris on balconies and patios.

Driveways

Your home’s driveway/entrance is how firefighting personnel will get to your property, so make it readily accessible for them by doing the following:

1. Keep highly visible metal road and address signs clear of foliage.
2. Make your entryway at least 12 feet (4 meters) wide, or 20 feet (6 meters), if your driveway is more than 150 feet long (46 meters).
3. Make your driveway a solid driving surface and ensure all culverts and bridges can accommodate heavy fire trucks or other vehicles.
4. If possible have at least two ways traffic can enter and exit your property.

Landscaping and Property

Divide your property into three defensible zones:

Zone one is your maximum hazard reduction zone spanning ten meters around your home and other buildings. Remove all fire hazards in this zone. In zones two and three (30m and 100m), reduce and space out any fuel sources a wildfire could use to continue its rampage.

1. Remove outdoor furniture, small trees, shrubs, brush, mulch, dead trees, leaves, pine needles, stacks of firewood, and anything that can burn from within 30 feet (9 meters) of buildings. Replace mulch with elements that won’t burn, such as rock, gravel, or stone.
2. Clean your rain gutters and roof of leaves, pine needles, and other flammable debris.
3. Prune tree limbs to a height of 6–10 feet (2–3 meters). Space trees so crowns are 10–16 feet (3–5 meters) apart. Well-trimmed trees prevent a fire from jumping from tree to tree and spreading further.
4. Replace fire-prone evergreen trees, such as spruce and pines that are susceptible to wildfire, with more fire-retardant plants such as rockrose, ice plant, hedging roses, bush honeysuckles, currant, cotoneaster, sumac, and shrub apples. Hardwood, maple, poplar, and cherry trees are less flammable than pine.
5. Plant short, green grass (3 inches, 7.5 cm, or less), and keep it watered and mowed.
6. Clear a 10-foot (3 meters) space around any propane tanks. Fill this space with gravel, rock, or short, well-watered grass.

Buildings

As mentioned, flying embers ignite more than half of the structures destroyed by wildfires. Prepare buildings inside and out to withstand embers and combat fire.

1. Install rooftop sprinkler systems on all buildings. Firebrands landing on your roof will have much less chance of igniting.
2. Install smoke detectors in all buildings and test them regularly as part of a seasonal maintenance plan.
3. Make sure all building exits are accessible and marked.
4. Replace, repair, or plug any areas that could allow burning embers into a building, such as loose or missing roof tiles, gaps along roof edges, soffits, and vents. Vents and soffits can be covered with 1/8 inch (3

mm) or smaller metal wire mesh to keep flying embers out.

5. Use solid flame-resistant sheeting to enclose foundations, outbuildings, and trailers to prevent flying embers from sliding in underneath.

6. Store flammable items such as gasoline, paint, and solvents in approved safety containers in a fire resistant metal or brick building away from other structures.

Before Evacuation

Have an escape plan in place that includes how you will communicate evacuation details with your family and neighbors and stick to that plan. Practice the plan and be ready to go at a moment’s notice.

Before leaving your property:

1. Shut off the gas at the meter and turn off propane tanks and air conditioning (if applicable).
2. Seal attic and ground vents with pre-cut plywood or commercial seals.
3. Connect garden hoses to outside water sources for use by firefighters. Plug eaves troughs and fill with water.
4. Turn on your rooftop sprinkler system to extinguish firebrands. Be aware that your water usage can affect critical water pressure used to put out the fire elsewhere. If you have a shared community water source be sure your not taking water that should be prioritized elsewhere.
5. Do leave lights on, which will assist firefighters to find your buildings easily.

Report wildfires immediately — Perhaps this goes without saying, but in case it doesn’t, report wildfires immediately to the appropriate authorities. To report a wildfire call 1-800-663-5555 or *5555 on cellular networks. Dialing 911 will connect you with local fire departments.

For more information about FireSmart Canada they have a very informative website with lot’s of helpful information go to www.firesmartcanada.ca. You can also download your own FireSmart Homeowners Manual at www.bcwildfire.ca/prevention/docs/homeowner-firesmart.pdf

If after studying the information available in these weblinks you need some help, consider hiring a professional. Interface Wildfire Prevention Strategies is a local business focused on the current issues relating to the wildland/urban interface. We offer our services to both the private and public sectors including landholders, wilderness retreats, building contractors and community developers. Book early to avoid disappointment. Call 250 505 6489 or email interface.strategies@gmail.com

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Lindero's festive season is, in many ways, a marathon. The last and (some say) best holiday tradition is the Epiphany Invitational 9 Hole Softball Tournament. Played wearing snowshoes on the golf course, mixed teams (humans and avalanche rescue dogs) from far and wide along the lake battle it out for the coveted Epiphany Crystal Cup, which adorns the winner's trophy shelf for up to 48 hours before melting entirely.

Again this year the Lindero Runcibles' prospects for taking home the cup looked remote. Fire Rescue chief Sparky Flint explained, as he probed a snow bank in search of a line drive as the runner rounded second base, "Mostly it comes down to your "sniffer". A good dog makes or breaks your team." We glanced over at Bernice, the Dalmatian on loan from the Lindero Fire Department, who was hard to see in the snow due to her shortage of spots, a feature that had discounted her price. Bernice was persuaded to search a little closer to the trajectory of the ball and eventually emerged triumphant. Sparky snatched it up and winged it off to second base, where it was relayed to home plate only moments after the runner was pronounced safe.

When the excitement died down, Sparky returned to his position in left field and mused, "Lindero was always more of a mine rescue town than an avalanche kind of place." He was clearly thinking about the fielding potential of St. Bernards. "Before the mine closed, we had some great years with some of those big mine rescue dogs. Mainly Newfoundlanders, you know." I'd seen some of the old team photos in the clubhouse. "I've heard of Sam," I evoked the team's most famous

alumnus. Sparky glowed, "Sam was a great team player. And fast! She'd dash after the ball quicker than any of the other teams' sniffers. She was a pretty fast digger too, for a cow."

As we snowshoed toward the ninth fairway and our final inning and inevitable defeat, Sparky speculated about the Runcible's chances for future Cups. "It's going to get really competitive in the next few years." He made sure Bernice, romping after a rabbit, was out of earshot. "There's going to be a lot of police pot-sniffing dogs going into retirement, snatched up by the teams with deep pockets." He eyed the athletic Alsatian and shiny racing snowshoes of our jubilant opponents, the Lakeside GreenDream™, with undisguised envy.

Ultimately the inning ended when the GreenDream™ popped what should have been a single toward our shortstop and pastry chef Marcie Pan, who failed to note its passing, likely due to her recent cataract surgery. The ball evaded Bernice too, as she was engaged in her favourite hobby: staring adoringly into Sparky's face. Finally rookie fielder Paul Mell plunged into a drift after it, unfortunately encountering a roll of the golf course's snow fencing. By the time we found his toque and glasses, it was a grand slam.

Back at the Tenth Hole Clubhouse, we drowned our sorrows over spiked Ovaltine and dog biscuits. Not wanting to dwell on our rout, the conversation turned to the recent Christmas holidays. Plumber Morris Ballcock was the first to proclaim the season "a blur. I don't remember a thing after November 15." This sentiment was echoed by hair stylist Tressa Short, "We went to so many potlucks and concerts and craft fairs that we missed Christmas day entirely, just forgot about it. Even the kids got busy watching superhero movies and didn't notice the date until the day after Boxing Day." "Us too," chimed town accountant Marvin Toter. "We were all Christmassed out by December 20th. We decided to pack up the gifts with the decorations and open them next November when we're more in the mood." Marcie Pan nodded in agreement, "Really

though, we had a great Christmas. It's wonderful to get it over with 10 days early!"

With that postmortem, Christmas 2017 was put to rest. As we filed out of the clubhouse, we congratulated the GreenDream™ on their victory, admired their softly dripping trophy, and headed out into the crisp Kootenay night to accompany our shivering teammate to her basket by the fire.

[Filed by Lindero correspondent H. Porpoise]

Book Review

by Tom Lymbery

HARRY – a Wilderness Dog Saga by Chris Czajkowski, Harbour Publishing, 267 pages \$24.95

This is Chris Czajkowski's twelfth book and this latest one is apparently written by one of her dogs. Since she has had many dogs the story is transmitted from one dog to another. Its easy reading with the only real dog input is from each dog's sense of smell. Since this is so much more acute than human's it comes into the writing frequently.

If you haven't read any of Chris' books now is the time to start and you will have 11 more to enjoy. She loves the wilderness and found an isolated lake that took more than two days to hike to. There she built a cabin using an Alaskan Chainsaw mill all by herself. This became Nuk Tessli and she began a business bringing in people to experience – they had to be flown in to the lake.

You can google Nuk Tessli and see for yourself. Chris sold the business but still visits at times.

The dogs also had to fly in small and bumpy float or ski planes – some liked it and some were very scared – just the same as the human passengers. Chris chooses larger dogs as she need them to be pack dogs – learning to carry substantial loads so we hear about this from the dog's point of view.

Even its by the dogs, Chris Czajkowski always comes up with a very readable book.

Tom's Corner

by Tom Lymbery
The \$75 House



by Denny Davis

Denny Davis was born in Nelson in 1929 and spent some years at Willow Point on the North Shore before moving to the coast. His grandfather Ted Applewhaite came to Nelson in 1895 to open a bank, after walking in from Sproat's Landing (Robson), as that was before the rail line was built.

Today, not as many people remember the Great Depression (1929 to 1939) as much as Denny and I. There was no work available anywhere and people had to literally look at every side of every cent. At the ferry lineup at Gray Creek, there were many decrepit vehicles with families escaping from Saskatchewan which was dusted and dried out. Once they reached the Kootenays they could at least grow vegetables. Quite a few of these families settled in Crawford Bay, such as the Hedstroms, whose two teenage daughters had driven some scrub cattle up the road from West Creston. Denny's parents Lewis (Binty) and Evelyn Davis were able to roof their \$75 house with the shakes that Mrs. Davis split - many others lived in accommodation with a board floor and walls but with a tent roof.

- Tom Lymbery

By 1933 my father was flat broke. His oldest brother, Gerald (Chick) owned 80 acres about five miles south of Parksville, on Vancouver Island. There were two 40-acre plots; one plot was mostly cleared and under cultivation, the other plot was bush and windfalls. My parents proceeded to build a house on it.

The first order of business was to build what was to become a hay storage shed about 20 feet square. It was built of fir saplings and cedar shakes. One side of the shed consisted of an old carpet. The family moved into this building while the house was being built.

The first stage of the house consisted of five good-sized logs about 30 feet long on eight foot centers. The logs were supported by posts (short logs) set on large stones so that there would be no rot.

About this time a local logging company went broke - it was the height of the Depression after all. Their railroad had the rails removed but the ties were left behind. The railroad was quite new so the creosoted ties were in excellent condition. My Uncle Chick had a horse called Babe and a wagon. Many wagon loads later we had enough ties for the floor and the walls of the house. The rafters were made of fir saplings.

About this time a sawmill at Nanoose Bay (you can still see a few of the pilings) which had closed down because of the Depression was in the process of reopening. They wanted to clear the floors of any old stock. My father bought No. 1 tongue-and-groove fir flooring for \$5.00 a sling load. I think he bought two sling loads. By planing off the tongue-and-groove parts of the boards he was able to frame the doors and windows, and also used them on the roof to support the shakes. Bricks for the chimney, doors and windows had to be bought. Tarpaper on the outside walls and linoleum to cover the creosote tie floors

completed the house. I was told that the total cash outlay for the house was \$75.

There was no plumbing or wiring in the house. An outdoor toilet ("the little house") was built a suitable distance away. A short distance away from the house was a swamp, where a surface well was dug four feet deep. A butter box mostly buried in the swamp provided some cooling for milk and butter.

It was really an excellent house, warm in the winter and cool in the summer. One could live in the house forever with no health problems.

The earliest memory I have of my mother is of her with a froe in one hand and a wooden club in the other standing in the middle of a big doughnut made of split shakes. Another early memory is of her bucking a round of firewood off a large wind-fall fir log. Propped up on the log were an alarm clock and a book that she

was reading.

This was during the height of the Depression when many people were having a hard time getting enough to eat. The King of England didn't eat any better than we did. We had chickens (Rhode Island Reds), a cow and a pig. Fresh fruit and vegetables were in abundance. Deer meat was plentiful in season or out - my mother referred to it as "Nanoose mutton" lest my sister or I should talk out of turn to the game warden. Although we lived far from the sea we frequently had salmon.



This pencil sketch of the \$75 Davis family home was by Jean Davis, Denny's aunt. Sketch courtesy of Denny Davis



pebbles by Wendy Scott Glitter

Peaks carved stark white against a winter sky. Who lifted the marble peaks; the hills that must be climbed; the runs

that must be skied; the postcards that must be sent to folks far away in warm places or further still across oceans where city streets are crowded with the post Christmas rush of Boxing Day's continuing sales.

The festive glitter is gathered and stored carefully in a ziploc for another year; the cards remain to be read once more before storing carefully in a box labelled 2017. This year's cards said, 'here I am; this is my home place; this is what I see; greetings from a southerly corner of the Great White North; greeting from the foot of the Purcell mountain range.' Not even the Rockies, you ask? No, I'm on the ferry now that takes me across this very large lake, I'll travel to Nelson, but to the west another mountain range guides other travellers towards the Okanagan, and further still to the Fraser Valley and the West Coast where you thought I must be.

During my many subsequent visits to 'The Coast' (a term used only by BC residents) I have skipped the Malls and chosen walks along streets with small shops. If those visits were along BC's winter roads, the magic of hoarfrost filigrees and icefalls tempt a stop – not easy while on a freeway. BC's many waterfalls take on the clarity and suspended magic of winter's ice, and falls such as Brandywine, Helmken and Bridalveil, are all candidates for the quick stop or picture through a car window. Della Falls near Port Alberni at 440 metres is considered the longest vertical drop in Canada, and is worth a special trip just to view her suspended winter attire – reminiscent of Narnia's ice witch, the white witch with powers to freeze a country

for a hundred years – a small country, that is, complete with wizards and elven folk.

A twenty-year old Timothy Eaton, an Ulster-Scot from what is now known as Northern Ireland, emigrated to Canada in 1854, as a shopkeepers apprentice. Fifteen years later, just two years after Canada's confederation, Timothy Eaton opened his first department store. It stood an impressive eight stories at the corner of Young and Dundas in Toronto with a streetcar stop at the front entrance. That location is the place to go now, in 2018, for concerts and cinema; a place to reach back in time to visit Murder on the Orient express, with Kenneth Branagh as Poirot (or to the original movie with Albert Finney's Poirot) then a stroll down the street to view Star Wars: the Last Jedi, and enter to the strains of the Star Wars theme – an earworm long before I heard the term – first mentioned in a 1977 novel by Desmond Bagley. I missed the novel and, not surprisingly, the peculiar, but appropriate, turn of phrase.

Eatons Catalogue became a household item where a person could purchase not only clothing, pots and pans, tables and chairs, but all the material to build a house. The catalogue was used at outdoor rinks as goalie pads, and in rural areas it even made its way into the outhouse. In Vancouver the Eaton family estate bordered the Fraser River and had a fish pond the size of a small lake – impressive to a child. Eatons began just after Confederation but closed its remaining stores before Canada's 150th celebration.

Winter in Vancouver was often slow to arrive and many skates were cupboard-bound without enough ice, and worse still, no snow for the necessary snowman, but when ponds did freeze and both Beaver Lake and Lost Lagoon were ready, they hit the headlines and radio stations and an instant crowd of skaters and photographers were suddenly on the ice. Trout Lake on Victoria Drive in Vancouver was iced over and ready for skaters in January 2016, but only for ten days, and that was the first time in twenty years. Such is the uncertainty of Vancouver's skating season that Van-

couverites are more familiar with indoor rinks and the whistles and horns of organized skating activity.

When Eaton Stores were still fixtures in Canadian cities, I did make that trip to the West Coast and visited Eaton Centre in downtown Victoria; glitter hung from huge flower pots suspended, somehow, from a peaked skylight; a self-renewing fountain graced a pond on the main level and shoppers gazed from balconies watching other shoppers and the water – a fascination wherever ponds are hidden; wherever rivers run or ocean's lift surf across sand; where creeks rush and lakes rise and fall with their seasons.

In Riondel? The tennis court might be frozen and safe for skating. There has been enough snow for skiing in town and certainly on the surrounding slopes – all accessible and tempting for those with skates and skis, but to those of us who prefer warm sun and a beach to sit beside – pebbles or sand, either will do, the first signs of spring, with the promise of warm days ahead, are enough to endure the winter cold and the ice that sits on bottom steps waiting to crumple a careless foot and bruise a wandering knee.

It's not surprising that I discovered this very large lake that remains ice-free during winter's cold; the very large lake that, by February will carry an ancient memory of the sea; a sea that washed over the Purcell mountains; a long ago sea that reached the place where Calgarians decided to build and live and came tumbling back, dragged a large island from a southern sea, secured it – some say for the time being – and decided parliament buildings would fit nicely there, and yes, I will head in that direction back across this very large lake, but not until the road to the west, through a few mountains, warms up a bit, and no, I will not venture towards the Rockies, where you thought I might be. I'll send you a map. Take a look. All the rest of your green and pleasant land will fit neatly into the province of BC. Now you have it.

And by the way, Timothy Eaton sailed across the Atlantic Ocean to reach his destination in Ontario. I prefer to fly. One of his brothers came west to BC – its warmer here and built his house with its pond, and his shopping centre where reflections play and people come to find their own memories and that special sweater. Ah, but that would be mail-order.

From the catalogue? Of course.

Smarter Than Jack or Jill

by Sharman Horwood

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

The Water Thief

When I first landed in Korea I was puzzled by Koreans' attitudes towards cats. On a main street in Seoul, I came upon a cat chained up outside a store. The chain was light, but it was attached to a collar and it stopped the cat from getting away. She had water and food, and looked healthy, but there was that chain. I immediately asked Korean friends, why? Their quick answer—after a stunned silence since in their minds I should have known—was that cats are thieves. That gave me pause. I've always had a cat in my home, and the only thing I've known them to steal is food, particularly meat.

Several years later, back in Canada, a cocker spaniel I know, Charlie, was as much a thief as Korean cats were said to be. He is a polite dog, and well trained. However, one day I had a bit of roast beef wrapped in tissue, tucked inside my purse. (My cat, Sky, gets a little annoyed if I go out for dinner and don't bring some of it back to share. He can smell it on my breath, after all, and knows he's missed out.) Charlie is normally a cooperative little soul, and understands the meaning of "no!" But the second I put my purse down on the floor, his nose was in it. His jaw clamped shut on the paper-wrapped treat, and he wasn't letting go. His owner tried to push her thumbs into his mouth, which normally forces a dog's jaws apart. Not this time. Charlie

ate the roast beef in one swallow, tissue and all. I don't put my purse on the floor, especially not if I'm carrying roast beef.

Cats are less trainable than dogs when it comes to meat. They will steal liver if they can. In fact, Tink used to try to hook the fork out of my hand as it entered my mouth just to get her point across. Another cat, when his owner was chopping up liver on the counter, used to reach up with one large paw, claws out, and slam it onto the nearest piece, promptly dragging it off and into his mouth. He'd saunter away, leaving a few bloody paw prints across the floor.

When it comes to meat, most cats will take every available opportunity to get their fair share. On one occasion a friend was thawing out a whole chicken on the kitchen counter top. She was in another room, and returned to check on the chicken, only to find that her neighbour's Siamese cat—named Si—had slipped in the open door, and was now carting the entire bird out of the house. Fortunately, she managed to drag the chicken out of his paws.

A different friend had her Christmas turkey thawing in the kitchen sink. It was a big bird, and took up the entire sink. When she returned, her oicat, Tiger, was rocking to and fro on top of the frozen turkey as he dug away at it, much like a cowboy riding a wild bull. My friend said she felt like calling "Yee Hah!" before she pried him loose from her thawing dinner.

My cat, however, doesn't steal meat. He steals water. Sky was abandoned on the streets in Seoul, and I took him home. He was a good natured, polite and very obedient cat. For years I described him as Mr. Perfect. He didn't scratch furniture, he was finicky with his litter box, he didn't get up on the counter, and he ate whatever I gave him. He does have one fault, though. He steals water. My water. Apparently, what I drink is the water he wants. He wants his water to come from my glass.

In my apartment in Seoul, I kept a glass of water beside my bed. He would sneak a few licks in when he thought I wasn't looking. I started putting objects on top of it, but he could push just about anything off: coasters, paper, and once in the middle of the night,

a book that dropped to the floor with a loud thud. I eventually found that a saucer, because of that dip in the middle, deterred him, and so I've used that successfully for the past five years.

There is no real reason for him to steal water. He gets fresh water that's been filtered and cooled in a Brita jug in the fridge. It is the same as what's in my glass. He's certain mine is better, however.

Some cats like what I call wild water. It is running water, just as they would find in the wild in a stream. It would be harmless because it's not stagnant. As a result, water running out of a tap tends to lure some cats. The cowboy oicat pleads with his mistress to let the tap in the bathtub run occasionally so he can hop in and lap at it for some time.

My house doesn't have any streams, and I don't leave the tap running. To Sky, what's best instead is the water in my glass. It is guaranteed healthy, and therefore tasty on his tongue.

Last week, in the pre-Christmas cleanup, I took my glass into the kitchen and put it on the counter without the saucer on top for the first time in several years. I went on dusting, vacuuming, and washing everything, preparing for the holidays. When I went back to the kitchen, there he was, up on the counter, drinking the last of the water in my glass.

For all of those years, he'd kept an eye on my glass. Opportunity finally knocked. He had his chance and he took it.

Apparently, it's the fact that it is my water that counts. If he can drink that, then he is part of the household community. And survival instincts are strong. They make an ordinary cat very smart about what is healthy. My water is equivalent to the best he could find in the wild, and so he remembers to keep an eye on my glass. All the time. Even Mr. Perfect will steal given the right temptation.

TOM SEZ

by Tom Lymbery

We hope you picked up a sprig or two of bright red and shiny holly at the store to brighten your Christmas decorations.

Atco Wood Products of Fruitvale has been named the winner of the 2017 BC Export Award for Natural Resources in Vancouver, Friday November 27, 2017. This award was presented by the BC Division of Canadian Manufacturers and the government of B.C. Atco has been producing veneer at its plant in Fruitvale for many years and most of its product goes to the US to be made into plywood. Our son in law, Mike Gareau, is a Professional Forester at ATCO where he has worked for years.

Announcement that WestJet will start service between Cranbrook and Calgary March 7, 2018 brings us closer to the world that WestJet flies. There will be flights a day using Pacific Coastal Airlines 34 seat Saab 34B planes painted in WestJet colours. This is a major breakthrough in co-operation between two independent airlines. Pacific Coastal continues daily flights from Cranbrook and Trail to Vancouver and has established a reputation for excellent service.

Nike and Flex (formerly Flextronics) will soon be opening a plant in Mexico to produce electronic running shoes that will be able to record your heart rate, blood pressure and energy expenditure. Yikes – Nikes.

How much of the increase in ICBC rates can be attributed to the personal injury lawyers who persuade people to exaggerate any bumps they might have

received in a car accident? They are always advertising on Canadian TV to sue if you fall in a hole or trip anywhere and more.

28 mushers have already signed up for the Yukon Quest – the most challenging sled dog race that runs 1000 miles from Fairbanks to Whitehorse, and vice versa in alternate years. This is so tough that it has a mandatory 24 hour stop mid race in Dawson City.

Gerald Panio's article about all the long lost silent and early sound movie reels being recovered in Dawson City was most interesting. As Dawson was the end of the line for movies it wasn't worth while shipping them anywhere else and these were ditched in an abandoned swimming pool site – only to re-discovered 70 years later – and all the only ones left.

Kim Deane of Rossland and Gray Creek has been awarded a 150 Gold Medal for his community and trails efforts by Senator Nancy Greene Raine. Please look at page 136 of my book for info and photos of Nancy Greene, Kim and David Deane, Mel Gale and others practising water ski jumping in Gray Creek.

Now that he's into to W's how many more communities will there be in Greg Nesteroff's fascinating search for name and site origins? Will he include X Ray Lakes and perhaps the fictitious Zedemup Hotel?

Monte Skelton of Gray Creek has volunteered to mice the cement in the Fraser Pavilion, previously done by Mark Adams. Hopefully there will be at least two or three weeks of skating and a chance for youngsters to learn.

Every so often some will demand that ICBC return vehicle insurance to the private enterprise com-

panies. They don't know what they are asking. All must be insured, but in the years before 1974, I was an insurance broker and it was a continuing struggle to find companies to accept anyone who had had a car accident. No company wanted them and Allstate would cancel any policy immediately if they had an accident. ICBC will insure anyone who can pay the premium - a much fairer system.

In the days before sealed flashlight batteries we used to put the worn out ones in the woodstove as they could help clean the chimney. Today's chimney cleaning logs are a more advanced version, but none of these cleans the spot needed most – the chimney's top two feet.

Riondel Library News

by Muriel Crowe

We wish a Happy New Year to all. It seems to me that a very short time span occurred since I last wrote that in a *Mainstreet* article. This past year has been a good one for this library. Most will know that we now have half of the next room for library use and that section now holds our adult non-fiction books, our reference section and the magazine archives. The other half of the new space is a display area for the Riondel and Area Historical Society. I think everyone appreciates the current display and it is my understanding that we can look forward to several very differently themed displays.

Instead of haranguing you all about coming in and borrowing books or DVD's I will say thank you to all our patrons and a personal thank you to all the volunteers who make the library the pleasant place it is. Thanks also to all who donate and a big thanks to the Kootenay Cloggers for their monetary donation. As requested, we have purchased three DVD's of Irish Dance and are looking for more.

The Goat Barn at Night

by Michella Moss

Winter, for a time in my life, was epic. Perhaps it is why these memories are still so potent. I was an inexperienced, fearlessly romantic, innocent city hippie, freshly planted in the north of Alberta, and didn't consider that living without electricity or running water, or caring for animals through that outrageously cold, endlessly dark season, a hardship.

On nights when the temperature was hovering around a brutal -40c, I would bundle up in woollens to go outside to check on the goats, who were pregnant, and about to give birth.

Trudging through the knee-deep snow the 100 yards to the barn, one mittened hand clutching a bucket of water and the other a hurricane lamp, I'd make my way, buffeted by a crazy wind spitting pellets of ice and snow, stinging exposed flesh, burning lungs and freezing eyelashes together, finally push open the barn door, and pulling it closed quickly behind me, obliterating the frozen chaos outside, and experiencing the sudden, dark, stillness of profound shelter.

Sets of golden eyes flashing with oblong pupils would look up and stare, momentarily pausing their chewing with my intrusion. The cat meowed his hello, and weaved around my legs. The sweet, sharp and sour smells of the barn mingled...hay, goat, cat, milk, urine...The dim light of the lamp struggled in the darkness, and was swallowed in the corners by the mystery of the goat barn at night.

The girls were heavy with tight, swollen bellies. They lay in a row, pressed together for warmth. The cat resumed his perch on top of one of their backs, and continued to purr. I hung up my lamp and dropped down into the straw beside these soon to be moth-

ers. Their breath steamed and their jaws clenched with their endless chewing of cud. I cozied in beside them, appreciating their warmth, and their scent, to listen and watch for any signs of labour, or difficulty. This would be Geraldine's first birthing. She was small, and her belly massive. Gertrude was bigger, and had triplets last spring. I stroked her belly and she turned her head up to me and sniffed my face, breath sweet, lips nibbling.

I don't know how long I'd been sleeping, but the sudden bleat startled me, and I was instantly alert. Gertrude was on her feet, eyes wide, neck straining, hind end wet with the beginnings of her labour.

I turned up the wick of the lamp, and went to the shelf where I kept the birthing towels, and put them inside my coat to warm them. I offered words of encouragement, petted her, and found myself stupidly bearing down with her at each contraction, unconsciously trying to assist. I checked her, to see the progress of the baby. The sac was showing now. It would be soon. She continued to bear down, opening, widening. I brought the light closer and looked for the little hooves and nose that should be protruding, and saw instead, only a nose.

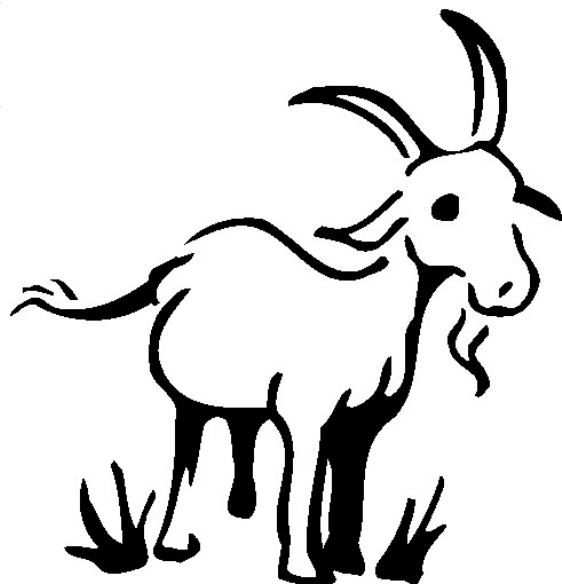
I knew this could mean trouble, so I nervously pulled up my sleeves, and tried to remember exactly what my neighbours told me must be done in this situation.

I pulled my clean hands with their meticulously clipped nails out of my mittens, and gently pushed against the nose of the baby, just enough to slide my

hand inside and down. Gertrude cooperated mercifully as I searched in her slick warmth for the feel of legs, and found a knee, bent, and the hoof of another leg beside it. She was bearing down again, and I stopped my searching until it was past. Tentatively, I arranged the legs, so they were together and brought the hooves up towards the baby's nose, so they were touching. I pulled my hand out, in time for another contraction from Gertrude, and our efforts were rewarded. Two perfect little hooves and a beautiful little head come glistening forth. I reached into my jacket for the body warmed towels and prepared to catch the warm, wet creature. Another contraction, and there it was, and Gertrude does exactly what goats and all creatures instinctively know to do. Within minutes, the kid was standing, dried off and nuzzling for a teat. I fed Gertrude a well-earned portion of grain, and unfolded my stiff and aching knees.

Through the window, the darkness was dissolving into a paler shade of itself. Finishing in the barn, I closed the door, and realized that the sky had cleared, and was lapis coloured, with the warm pink of a sunrise beginning to brighten the eastern horizon, and a cold white full moon setting in the deep dark west. I walked onto a star field of snow, and saw on my right, my moon shadow, in a soft hue of goodbye blue, and then on my left, my shadow in the rising sun, promising pink.

I remember looking directly above me then, in absolute awe, feeling tiny, breathless, speechless, and wondering if my tears would freeze before I got back to the house.





Holistic Health Tips

by Kim Young

Why Losing Weight Should NOT be Your NY Resolution

Why Losing Weight should NOT be your New Years' Resolution!

Have you ever made a New Years' Resolution? You were so excited because on January 1 you were going get the motivation to make big changes in your life, right??

So, how did that work out for you?

I don't doubt that *everyone* who makes Resolutions has the best of intentions. Not surprisingly, one of the most popular Resolutions is to lose weight. Studies have shown gym memberships skyrocket during the 1st month of the year...and then slowly decline as people lose their enthusiasm.

I know this first hand! Year after year I tried to start a new diet on January 1. I went to the gym, I ate the salad, I was motivated, and I had willpower....but nothing happened...the scale never went lower - sometimes it even went higher!! "I just *can't* do this", "I am *so sick* of rabbit food," I said, then "Screw it!" as I headed to the pantry for the chocolate chip cookies... sound familiar?

Have you tried and failed with this particular New Years' Resolution?

I have some good news for you!

During the winter months (particularly in colder climates), our body intuitively wants to store fat, move less and sleep more.

No, it's not all in your head!!

Well, actually it kinda is...the pineal gland (a pea-sized gland located in the middle of the brain) takes cues from the outside environment and regulates our body's behavior. It's usually cold outside in winter time, so the body wants to preserve our energy and therefore stores fat.

Starting to make sense, right??

So what do we do? We still want to lose weight, but our body won't let us! My advice is...be gentle with yourself. Know that in the winter, it's natural to gain a few extra pounds. The trick is to not gain so much weight that it won't naturally come off in the spring. At this time of year, our focus needs to be on eating better *quality* foods, not a lesser *quantity* of foods.

How do we do that?

To start with, eat S.O.U.L. foods - "S"easonal, "O"rganic, "U"nprocessed and "L"ocal.

SEASONAL: In the cold winter months, eat warm, nourishing, comforting foods. Salads and raw foods are more suited for the summer.

ORGANIC: Food that is grown without synthetic fertilizers or pesticides or bio-engineered genes (GMO's).

UNPROCESSED: As Michael Pollan says "If it came from a plant, eat it; if it was made in a plant, don't." Highly processed, "junk" foods pack on the pounds and have zero nutritional value.

LOCAL: Eating locally grown food not only supports our farmers, it is also much fresher because it hasn't traveled thousands of miles to get to our plates. Locally grown food is also in sync with eating foods that are in season in our community....and they just taste better!

Soups and stews using "winter" root vegetables,

grass-fed meats and organically grown spices (think garlic and turmeric) are perfect for this time of year to keep your body warm and cozy.

Here is another reason to stay away from the "cold" foods - when it is cold outside, eating cold salads and raw vegetables will make you cold on the inside and may lead to you developing a cold, the flu or other respiratory problem.

But, what about exercise?

Don't get me wrong, I'm certainly not saying "don't exercise". If you have a workout routine that you love, great! Keep it up! What I am saying is try not to pressure yourself into starting high-intensity exercise or eating low quality "diet" food to lose weight because of a New Years Resolution. This will set you up for failure, and I sure don't want that for you.

What else can we do?

Another great way to fight the "battle of the bulge" in the winter is to find something you love to do. Crafts, reading a good book, or volunteer work are great ways to focus your energy on something other than food. The internet is loaded with great ideas of ways to spend your time. You could start your own blog, Facebook page or Pinterest Boards and fill them with things you love and then share them...that's what I'm doing.

...and on that note...please "Like" me on Facebook at @hhtwithkim where I will be sharing more information, nutritional facts, recipes and other fun stuff to help you get and stay healthy - which is really the best way to get rid of those extra pounds!

"Tomorrow is the first blank page of a 365-page book. Write a good one." - Brad Paisley

Memorial Wall

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

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

From...

A - Zed

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- A lot of things can be insured.
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Notice of Passing

Glenn Evans Weatherhead
July 11, 1921 – November 25, 2017

We are sad to announce the passing of our father, grandfather and great grandfather, at the age of 96.

He was born in Canyon B.C., the youngest of five. His father, Wilfred ran logging operations there and moved the family to Nelson soon after for better education. Glenn finished his schooling at St. George's, Vancouver. He was an accomplished rugby player, member of the B.C. All-Star team that played the legendary New Zealand All Blacks. Upon graduation in 1941 he enlisted in the RCAF. He attended the University of Toronto for aircraft electrical training and McGill University for radar training. Glenn was posted to Bella Bella on the B.C. coast for two years overseeing radar station setups and maintaining West Coast Patrol aircraft. In 1944, he was posted to Pat Bay, a naval base that subsequently became the Victoria Airport. There on September 27, 1944, he met Grace Roberta Ferguson. Their strong, caring relationship became official on August 31, 1946 with their marriage in Victoria.

Glenn worked as a logger, sawmill operator, government entomologist, scaler and investment advisor before embracing entrepreneurship. He operated varied businesses; ready mix concrete, bookkeeping, funeral homes, mini storage and a flower shop where he was Grace's backup.

Glenn volunteered within the community with the Rotary Club (involved in stage one of Arrowtarian Seniors Housing), 10 years as Chairman of the School Board and an instrumental member of the steering committee that brought Selkirk College to fruition. Glenn was a member of the Masonic Lodge and volunteered at the local museum well into his 90s.

Glenn is survived by he and Grace's five children – David (Shenny), Brian (Teresa), Dale (Shirley), Joan (Willie) and Kerry (Gerry), fourteen grandchildren and fourteen great grandchildren. Grace predeceased Glenn on November 8, 2012 after sixty-six years of loving, caring time together.

A celebration of Glenn's life will be held when better weather and travelling conditions return in 2018.

Note from Tom Lymbery: The 1939 - 41 St Georges rugby team won all their matches with coast teams. One of that team was Robert Clothier who later became "Relic" one of the stars of that longest ever running TV program "The Beachcombers." I was not at Saint Georges until three years after Glenn but later got to know him well. He told me that Clothier had a different running style - as if one leg was shorter than the other. It's amazing a small school (with less than 200 in all grades) could produce a team good enough to play the New Zealand all Blacks - always one of the world's top rugby squads.

Remembrance Garden

by Wendy Scott

Winter in the Garden

Snow is falling; snow on snow; snow on snow.

Prints of paws, hoofs, and toes

Come and go and come again

Boughs heavy with more snow

Bend low

Snow is falling; snow on snow

Snow on Snow

SERVICES DIRECTORY/CLASSIFIEDS

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

AUTOMOTIVE/MARINE

EASTSHORE AUTOMOTIVE - Service & Repair 250-227-9370

NORTHSTAR CRESTON - 1-800-551-9351 Full service 8-bay shop featuring Certified Service lube, oil and filter starting at \$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. 250.354.8498

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

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

PERSONAL CARE/HEALTH

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

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

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

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

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

WELLNESS FOR WOMEN - Feet energetic reflexology, European deep tissue-reboutology®, Breuss® spine-vertebra's muscles massage, Relaxing massage, Hot stone therapeutic massage, Reiki. I have been a professional therapist certified in Europe for more than 15 years. Geraldine Alter, 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: Harrison 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

RECREATION/TOURISM/WHAT'S ON

RIONDEL GOLF COURSE - Beautiful nine hole executive course. Power carts available. Tee times not required. For information : 250 225 3584

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: FireSmart Canada Consultant - Assessment and Mitigation of Wildfire Hazards - Brushing, Thinning, Limbing, Clearing - Burning Permits - Multi-Use Trail and Access Road Clearing/Maintenance. Farley Cursons - 250.505.6489/interface.strategies@gmail.com

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

CLASSIFIED ADS

BUSINESS ANNOUNCEMENTS

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

BUSINESS SERVICES

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

EMPLOYMENT/JOB OPPS

Job Opportunities: Black Salt Cafe is considering applications for the following positions: line/prep cook, dishwasher, barista & server. Contact Terry or Todd (email) soyoucansendmemail@gmail.com or call 250.551.3455.

NOTICES

Commercial Lease Space: Accepting applications of interest for the lease of the commercial space @ 16072 Hwy 3A, next door to Black Salt Cafe. All applicants will be considered. Contact Terry or Todd (email): soyoucansendmemail@gmail.com or call: 250.227.9510.

*Next Deadline:
January 24, 2018
mainstreet@eshore.ca*

From...
A - Zed

- Need insurance? Remember 3 things:**
- a) It doesn't matter what letter of the alphabet it begins with.
 - b) A lot of things can be insured.
 - c) We insure a lot of things.

Our Hours:

Tuesday - Friday 9 am - 5 pm
Closed from 1 - 2 pm
Saturday 8:30 - 12:30

Kootenay Insurance Services Ltd.

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

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:
Jan 9 and Feb 6, 2018

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 2018

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 2, TUESDAY, DR. PIVER
JAN 3, WEDNESDAY, DR MOULSON
JAN 4, THURSDAY, DR LEE
JAN 9, TUESDAY, DR PIVER
JAN 10, WEDNESDAY, DR MOULSON
JAN 11, THURSDAY, DR LEE
JAN 16, TUESDAY, DR PIVER ?
JAN 17, WEDNESDAY, DR MOULSON
JAN 18, THURSDAY, DR MOULSON
JAN 23, TUESDAY, DR PIVER ?
JAN 24, WEDNESDAY, DR MOULSON
JAN 25, THURSDAY, DR LEE
JAN 30, TUESDAY, DR PIVER
JAN 31, WEDNESDAY, DR MOULSON

**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**

HEALTH PHONE NUMBERS

ES Health Centre: 227-9006
Drug & Alcohol: 353-7691
Child & Youth: 353-7691
Community Nursing: 352-1433
Public Health Dental Screening/Counseling: 428-3876
Hospice: 227-9006
Baby Clinics: 428-3873
Mammography Screening: 354-6721
Physiotherapy: 227-9155
Massage Therapy: 227-6877
Mental Health Crisis line - 1-888-353-CARE (2273)

BOSWELL HALL HAPPENINGS

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
Carpet Bowling - Tuesdays at 7pm. Contact is Tom Sawyer - 250.431.8404
Book Club - Jan 11 at 2pm. Contact is Melody Farmer - 250.223.8443
Quilters Guild - Tuesday, Jan 16 at 1pm. Contact is Linda Brown: 250.223.8607
Vinters - Sunday, Jan 21 at 2pm. Contact is Alan Mader: 403.467.5720
BADEV - Monday, January 8 at 10am. Contact is Rod Stewart - 250.223.8089
FOCUS ON HEALTH - January 29 at 10:30am. Contact is Margaret Crossley. 250.223.8455

WANT TO SUBSCRIBE AND GET MAINSTREET DELIVERED RIGHT TO YOUR DOOR OR TO YOUR INBOX?

You can buy a one year digital subscription and get your newspaper online, nearly a week before it comes out in stores! Go to www.eshore.ca and click Subscribe! Then follow the steps to purchasing a digital subscription. A link will be sent to your inbox once a month and your fresh, new *Mainstreet* is a click away.

- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL HALL

Booking/info: Rose at 250.223.8288



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

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

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

Email: mainstreet@eshore.ca

Web: www.eshore.ca

ADVERTISING RATES

\$35 - 3.25 wide X 1.75 tall (inches)

\$40 - 3.25w X 2.5t

\$45 - 3.25w X 3t

\$50 - 3.25w X 4t

\$55 - 3.25w X 4.5t OR 6.75w X 2.25t

\$65 - 3.25 X 6t OR 6.75w X 3t

\$85.00 - 3.25w X 9t OR 6.75w X 4.5t

\$100 - 3.25w X 10.25t

\$130 - (1/4 page) 5w X 7t

\$150 (1/3 page) - 6.75w X 7t

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

\$225 (1/2 page) - 10.25w X 7t

\$400 (full page) - 10.25w X 14t

Sample Sizes - more sizes available.

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

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

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

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

FOR FULL COLOUR, ADD 30%

Kootenay Lake

Ferry Schedule

Winter: Sept 6/17-June 13/18

All times listed in East Shore time.

Subtract one hour on Balfour side for PST.

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

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH

January 2018 SCHEDULE

Jan 7: No Service Today

Jan 14: Derrick Smith, Anglican, 11am Music: TBA

Jan 21: TBA

Jan 28: Catherine Rose, 11am. Music TBA

CHRIST CHURCH & EAST SHORE CONGREGATIONS

ST. ANSELM'S CHURCH BOSWELL (Anglican)
No services at the present time. Contact Christ Church Creston for info - 250.428.4248

HARRISON MEMORIAL COMM. CHURCH, ANGLICAN

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

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Come & join us Sundays at 10 am.

Coffee fellowship after the service.

Pastors Richard and Ramona Dannhauer
16190 Hwy 3A, Crawford Bay 250.227.9444

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:
Jan 24, 2018
mainstreet@eshore.ca
www.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 5:15 pm at the Crawford Bay School
Email cbess.pac@gmail.com for info or to add to the agenda.

January 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Full Moon 1 New Years Day! * Fitness Class, Boswell Hall, 9-10am	2 * Tara Shanti Yoga, 9:30-11am * Carpet Bowling, Boswell Hall, 7pm DR PIVER	3 * Volleyball, CB School, 7pm * Yoga @ Bos Hall, 9:30-11 DR MOULSON	4 * Fitness Class, Boswell Hall, 9-10am * Tara Shanti Yoga, 9:30-11am DR LEE	5	6
7	8 * BADEV, Bos Hall, 10am * Fitness Class, Boswell Hall, 9-10am	9 * Creston Vet, CB Motel, Unit 6 * Tara Shanti Yoga, 9:30-11am * Carpet Bowling, Boswell Hall, 7pm * Lions Meeting 7pm DR PIVER	10 * Volleyball, CB School, 7pm * Yoga @ Bos Hall, 9:30-11 DR MOULSON	11 * Fitness Class, Boswell Hall, 9-10am * Tara Shanti Yoga, 9:30-11am * Bookclub, Bos Hall, 2pm DR LEE	12	13
14 * Riondel Church Service, 11am	15 * Fitness Class, Boswell Hall, 9-10am	16 * Tara Shanti Yoga, 9:30-11am * Carpet Bowling, Boswell Hall, 7pm * Bookclub, Bos Hall, 2pm * Karma Yoga Prgrm, Ashram DR PIVER	17 * Volleyball, CB School, 7pm * Yoga @ Bos Hall, 9:30-11 DR MOULSON	18 * Fitness Class, Boswell Hall, 9-10am * Tara Shanti Yoga, 9:30-11am DR MOULSON	19	20
21 * Vintners Club, Bos Hall, 2pm * Riondel Church Service, TBA	22 * Fitness Class, Boswell Hall, 9-10am	23 * Tara Shanti Yoga, 9:30-11am * Carpet Bowling, Boswell Hall, 7pm * Lions Meeting 7pm DR PIVER	24 * Volleyball, CB School, 7pm * Yoga @ Bos Hall, 9:30-11 DR MOULSON	25 * Fitness Class, Boswell Hall, 9-10am * Tara Shanti Yoga, 9:30-11am DR LEE	26	27
28 * Riondel Church Service, 11am	29 * Focus on Health, Bos Hall, 10:30am * Fitness Class, Boswell Hall, 9-10am	30 * Tara Shanti Yoga, 9:30-11am * Carpet Bowling, Boswell Hall, 7pm DR PIVER	Full Moon 31 * App Deadline to join NDCU Brd of Directors DR MOULSON			

THE HISTORIC GRAY CREEK STORE
EST. 1913

250-227-9315
graycreekstore.com



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

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Groundworks Natural Ice Melter, Ice Cleats, Car Window and Mirror De-Icer, Pipe & Roof Heating Tape



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Buying? Selling?
Have a business/commercial property to sell on the East Shore? Want to invest here? Know someone who does? YOU could be listing with **imaginekootenay.com** for FREE to increase your results and/or exposure ...and there's no obligation.



Community Connections

imaginekootenay
Your better life

Call 250-227-9218 ext 5505 and we'll help to make your listing potential bigger & broader.

Transfer Station Hours

CR. BAY: Sun and Tues, 10am-4pm
BOSWELL: Weds/Sat 11-3

Bottle Depot at CB Market, Sunday/Thursday, 10am-3pm

East Shore Reading Centre:
Tues & Sat: 12-3 Thurs: 7-9 pm

Riondel Library:
Mon: 2-4 pm, Weds: 6-8 pm
Tues, Thurs, Sat: 10am-12:30pm