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YEAR 29, NUMBER 1 JANUARY 2019

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Mainstreet
Meanderings
by Editor Ingrid Baetzel
Whatcha Gonna Do About It?

What are you going to do about it?

This question has always plagued me, while being a kick start to positive change. Sometimes it's just a nagging voice, nasally irritating me, reminding me of my apathy. Other times it is a boot to the butt, spurring radical change and progress.

The holiday season can be challenging. It can bring up deep and desperate feelings of ostracization and loneliness. It can be a weeks or month-long compounded reminder of the total imbalance in the world and serve only to divide. If not held, seen and cared for, these feelings can build up heavy resentment and make all the buy-this-ring/sing/bling-that-consume-all-this-gift/get-this-tra-la-la just a lot of noise.

So, what am I going to do about it? Self-care is an obvious first choice. Exercise, water, resolutions for the New Year to change or improve deeply-seated habits all jump to the forefront. And then, inside of that, is this pattern that always develops. The cyclical nature of sadness and joy - so unerringly tied to sunshine and social circles.

I start to feel sad or lonely - what am I going to do about it? Move the snow, drive the car, call the friend, get out. That's my go-to. If I don't call the friend and get out, I know I'm in trouble. If I get lost in the happy Christmas land of Jarlsberg, Pecorino Romana, Brie, Lindt, Cabernet Sauvignon and I don't pack up my cheese and chocolate-loving ass and get out to see

beloved faces, I'm never coming out again. Small things. There is beauty and blech in every season. Right now, we have to move snow and firewood around, we have to not fall/slide/slip, we have to keep warm, we have to adjust our diets... winter challenges.

It's 2019 and I'm not doing resolutions. Well, I did say a lot of "after the holidays" kind of sentences during the holidays, but I'm not doing anything formal. Except this: keep asking the question. "What are you going to do about it?" And then, I'm going to answer that question. Each and every time. Because every time I answer that question, change happens. That's what I'm going to do about it.

Expressions of Interest:



Project Manager:
Crawford Bay Hall Improvement Project

The Crawford Bay Hall & Park Association is seeking Expressions of Interest for the position of Project Manager as we move ahead over the next few years with major renovations to the Crawford Bay Community Hall.

Information: Doug Stokes, 250-227-8984
Submissions: d_stokes@telus.net

Deadline: February 15, 2019



OFFICE DESK
Box 140, Crawford Bay, BC, V0B 1E0
Editor: Ingrid Zaiss Baetzel (since 2002)
Phone: 250.505.7697
Email: mainstreet@eshore.ca
Proof Editor: Doreen Zaiss
Writers: Community
Article? Letter? Etc? Drop off at Gray Creek Store drop box, mail to Box 140, Crawford Bay, V0B 1E0
or Best Yet, Email to: mainstreet@eshore.ca
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The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake, written by community volunteers.

Send in February 2019 issue items by:
Next Deadline: Jan 23, 2019

LETTERS TO THE EDITOR

HARRISON HARMONY

Dear Editor,

Christmas bells were definitely ringing - at Harrison Memorial church on Sunday, December 16, as the Many Bays Community Band and the Many Bays Singers put on two performances. The performance included carols, traditional and contemporary, woven into a story narrated by Gerald Panio.

Thank you's are in order: to the musicians and Gerald for doing such a terrific job of bringing the Christmas spirit to our East Shore friends and neighbours, to all the attendees who so generously gave a donation to the church maintenance fund, and finally to both the RDCK and the Riondel Community Campground Society who both support financially our community music programs. All the very best of 2019 to all of you, dear friends.

Deberah Shears (Riondel, BC)

BETTER TO GIVE

Dear Editor,

We would like to say a heartfelt thank you to everyone who was involved with the 6th Annual Better to Give fundraiser. We raised over \$1,900 for the East Shore Christmas Hamper fund. Amazing.

Thank you to those who donated, to those who came out, to all the volunteers and a huge thank you to Richard and Romana Dannhauer who helped put it altogether. We would also like to thank everyone who makes the Angel Tree a success. The givers, the organizer and the volunteers. It is always appreciated. Have a great New Year.

Newkey's Pub and R.V Park.

THE OTHER SIDE OF THE STORY

Dear Editor:

With the resounding and disappointing defeat for Proportional Representation in the BC referendum this month, with 61.3% (845,235 votes) for First-Past-The-

Post (FPTP) and 38.7% (533,518 votes) for Proportional Rep (PR), it is easy to become despondent and despair if we are ever going to get a fair and equal voting system in this country. As columnist Andrew Coyne puts it: "FPTP no longer works with more than a 2 party system. It used to, but no longer does." And 'more-than-2-parties' is here to stay in Canada.

How can 85% of democracies and 9 out of the top 10 economies in the OECD be wrong, in using PR systems of government? Why is it taking so long for Canada to join the modern age of fair electoral representation in our governments, where the number of seats reflects the percentage of votes received?

1,403,358 completed voting packages were returned to Elections BC for the electoral reform referendum by the 4:30 PM December 7 deadline, representing returns from 42.6% of registered voters. In the end 1,378,753 were valid votes. This percentage of returns was higher than voting in many recent municipal elections.

YES votes for PR were over 50% in 16 ridings which was inspiring especially when viewing how high the %'s were and in such densely populated urban areas. Nelson-Creston and Kootenay West were the only two constituencies to support PR in the Interior.

Here are the results by majority support for PR, with 2nd round support for the Mixed Member Proportional option (c/o Elections BC):

1. Vancouver-Mount Pleasant **74.26%** for PR/72.84% for MMP second round
2. Victoria-Beacon Hill 66.35%/70.89%
3. Victoria-Swan Lake 65.34%/68.53%
4. Vancouver-Hastings 61.63%/68.7%
5. Vancouver-West End 61.45%/68.82%
6. Vancouver-Fairview 57.62%/70.64%
7. Nelson-Creston 57.05%/72.07%
8. Powell River-Sunshine Coast 53.88%/67.94%
9. Oak Bay-Gordon Head 53.47%/68.17%

10. Vancouver-Point Grey 52.89%/71.03%
 11. Esquimalt-Juan de Fuca 52.7%/65.4%
 12. Saanich North and the Islands 51.38%/67.19%
 13. Vancouver-False Creek 51.33%/66.93%
 14. Kootenay West 51.26%/66.19%
 15. New Westminster 50.96%/64.67%
 16. Langford Juan-de-Fuca 50.86%/65.21%
- Columbia River-Revekstoke 42.87%/65.96% and Kootenay East 28.2%/61.99%

So it would appear, the desire for electoral reform is not dying or about to go away. PEI will be holding a referendum on this in 2019.

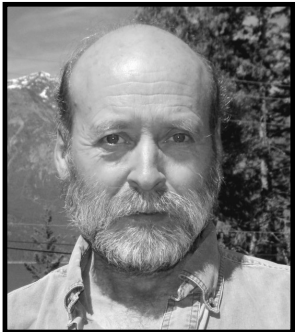
And here is an interesting finding shedding further light. Mario Canseco, president of Research Co. whose company conducted an exit poll on the referendum, had these findings:

"Voters didn't vote so much for first-past-the-post, or against PR (as they agree with principles of it) as they voted overwhelmingly against a process they didn't trust. The exit poll suggests that the process was likely more to blame than the appetite of residents for a different system. When British Columbians are asked to imagine a different scenario, with a reform proposal that is guided by an independent citizens' panel - not politicians - and would provide an option for proportional representation, 41% of respondents would vote for change and 36% would vote to keep first past the post."

I would like to give a shout out and big THANK YOU to all who worked on this campaign on behalf of striving for a better democracy for everyone!

Mary Donald, Riondel Road

Contact Mainstreet
mainstreet@eshore.ca



RDCK Area "A" Update

by Garry Jackman,
Regional Director
- Area "A"

OPPORTUNITIES AND ACTION

Today I watched for the second time the video which captured much of our community discussion at the Opportunities for Action forum held at the Crawford Bay School this spring. The video is a compilation of messages, observations and updates on what is happening in our communities. Through that day I took notes and at the end of the day I tried to summarize what I heard, most of them recurring messages, from participants. Some key areas of concern, comment and opportunity were:

Opportunities to improve our local economy and connectivity through substantial ferry service improvements.

Improvement to internet will be critical to attracting a stable, younger population.

Transit – it is time to try service along the east shore again.

Observations were made around **stability of our aging population**, perhaps not as transient as it has been historically, and recognizing the value of all our residents (year-round plus seasonal) in supporting our communities.

Recreation and leisure master planning – our partners closer to and in Creston are recognizing the shared value of the lake and surrounding landscape.

Amenity mapping – we need to help people communicate and connect to make the most of what our communities and natural environment have to offer.

We have many interesting stories to tell but do not seem to try to tell them very often.

The video is linked to the eastshore.life amenity map site. Check out the site for locations of many of our local businesses, parks, beaches, etc. It is a work in progress and there are links if you want to add or correct information shown.

RECYCLING CHANGES

Over the months I have given updates on what is planned for our recycling program. The provincially sanctioned consortium, Recycle BC (formerly Multi Materials BC) has slowly shifted its position offering us more and more "core" depot locations to be funded through their program which receives the eco fees we have been paying for years on most packaging. The RDCK manages waste and recycling through 3 sub-regions but make decisions on contracting for services by vote of the board as a whole. By entering the provincially sanctioned program we hope to decrease overall costs while offering collection of a few more products such as styrofoam. Another key point is the Recycle BC program should offer higher payment for the materials collected but in return they require the collection points be staffed when open to the public and otherwise locked up.

The recycle BC program relies on curbside collection for most urban areas, with a depot model for rural areas. Their standards on where to locate depots which are covered under their program falls far short of the current number of collection points where the RDCK currently has recycle bins in place. At issue was where the core depots should be located to see the greatest cost savings (generally by making the highest volume depots the core sites) and how many additional depots the RDCK can afford to fund for convenience of residents, with a primary goal of encouraging more recycling and discouraging people from slipping items into their garbage.

At our December meeting we authorized staff to inform Recycle BC we are prepared to enter into a contract with 12 core depots to shift recycle collection and processing to their system subject to seeing the final projections for hauling schedules from the core depots and what opportunities we have to reduce haul-

ing charges from additional collection sites operated solely by the RDCK. The west and central sub-regions are hoping they can keep all of their existing sites open and subsidize the collection through taxation. The east sub-region, which we are a member along with the Town of Creston and electoral areas B and C, has a smaller population and is quite spread out so maintaining all of our current depots will cost more than the current program. Installing gates or limiting access to the bins, which must be changed out to the Recycle BC style of bins, will also create some logistical problems where sites are on private business parking areas.

For logistical and cost reasons, within the east sub-region we are proposing to reduce the total number of sites. We have directed staff to prepare the 2019 budget projections based on removing the recycle bins from Gray Creek Store, Wynndel Foods, Kitchener, West Creston and the Lower Kootenay Band. Sites will still be available at Riondel, the Crawford Bay and Boswell transfer stations, the Creston car wash site, the Creston landfill and at Yahk.

BUDGET PRESENTATIONS

Budget preparations are more advanced this year than in past years and we expect to see most service budgets ready for public presentation by late January and into February. The proposed date for an east shore presentation is the evening of February 13 while the proposed Creston presentation is daytime on February 14. We will only get one meeting, so I would like to hear by mid January if you have strong views that we should be moving the budget presentation around. Note that Riondel has more local services than our other communities and as a result pay relatively high taxes and fees to the RDCK. This includes items such as their water fees, which are also significant in some other communities but are paid either to a private utility or other local improvement district, not to the RDCK.

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.

Happy New Year!



Hidden Taxes

by David George

This Way to the Egress!

(Or... how we can be more energy-efficient without getting left out in the cold)

Right now our Sun, which the ancient Egyptians worshipped as the god Ra, is delivering just about one kilowatt of energy to every square meter of our planet between sunrise and sunset. Yes, there are clouds, and the above is just a good average, but it is pretty close to reality.

We used to burn wood, coal, oil and natural gas for heat and light, but we have progressed beyond that now to electric ultra-efficient heat pumps and LEDs. Oh, wait...Alberta still burns coal to generate electricity, but has committed to stop soon.

South of us, there are still many states burning coal to generate electricity. Who knows if they will stop before a climate point of no return is reached. British Columbia, Ontario and Quebec have a lot of hydro-electric generation, sustainable over the long term, and quite efficient.

Even though some deplore the further damming of the Peace River for BC Hydro's Site 'C', that energy will be available for many years, and will probably be purchased, in part at least by Alberta, despite that province's unhappiness with BC over pipelines. Wind and direct solar electric generation will be increasing across Canada in the coming years. Electric cars and trucks are increasing in numbers and will displace gasoline and diesel vehicles soon.

What about storage of electricity at night? There are large-scale battery storage options right now, as Tesla car head Elon Musk has proved in Australia. Those storage options can be sited near large urban load areas and operate almost instantly.

So why are we still taking oil and natural gas out of the ground? And why are we having disputes about whether we need more pipelines for either oil or gas? Why should we ship oil or natural gas to other countries? They need to find other energy solutions rather than more potentially disastrous tanker traffic on our oceans.

Looking at the famous photograph of the Earth rising over the edge of the Moon on Christmas Eve 1968, it was brought home to me again that we live on a pale blue dot, and right now it is the only one we have. If we mess it up much more, there will be a lot fewer of us humans living on it.

Leaving a lot of oil and natural gas in the ground is an investment for the future. There are a lot of things one can do with both oil and natural gas which do not involve burning either. We cannot grow more oil for plastics, but we can grow more trees for other building purposes.

What about energy prices right now? Do you remember as I do when we could cruise around on a Saturday night for a dollar's worth of gas? Right now in most of Canada you cannot buy a litre of gas for a dollar. This is because the oil company dinosaurs are greedy and see the end of their monopoly in the near future. They will continue to gouge all they can out of us consumers until they are forced out of the oil business by electric vehicles.

Are you a natural gas customer of what used to be the publicly owned BC Gas, now Fortis Gas? How do you like our regulating body, the BC Utilities Commission's rubber-stamping a nine (9) percent increase in your natural gas rates, just because a Fortis supplier's pipeline had a problem?

What if the Commission just told Fortis Gas to tighten its belt and take a smaller profit? What if the present government of BC exercised its authority and power and bought back BC Gas? What if the present government bought our local electric company, that used to be West Kootenay Power with a worth of \$60

million? That same company went through ownership south of the border, and later purchase by a mostly Canadian company Fortis, who have in the course of years inflated the worth of little WKP through excessive use of "good will" estimates to \$500 millions? It's high time both the gas utility and former WKP were bought back for the people of this province!

Oh yes, the title of this column refers to Phineas T. Barnum's famous sign in his New York museum, which when people followed it, led them outside. Barnum, was not really a scoundrel, but finally a philanthropist, serving as mayor of Bridgeport, Connecticut, also creating a major circus, which joined with that of the Bailey Brothers, and had a long run which finally ended only last year; the Greatest Show on Earth has ended.

So we are not left out in the cold, let us hope our various governments will finally act in the interest of people rather than plutocrats.



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January Horoscope

by Michael O'Connor

Tip of the Month: 2019 begins with an assertive stride. The lingering influence of the New Moon in Sagittarius in early December

carries mixed and complex emotions. An otherwise jubilant mood is countered by deep suspicions and secrecy. The Solar Eclipse in Capricorn on January 6th activates a new cycle. Mercury in Capricorn square Mars in Aries suggests debate and conflict. Sun, Moon, Saturn, Pluto and Lunar South Node in Capricorn feel heavy, Venus in Scorpio is little help, weaving intrigue. Secure provisions, get the popcorn, then fasten your seat belts, ready to ride.

Aries (Mar 21- Apr 19)

Out of the gates early, your ambitions are running high. Yet, these are as much directly to personal needs as outer interests, perhaps more. Dreams of travel and adventure escalate all month, amidst eclipse irruptions...

Taurus (Apr 20-May 20)

As the year begins, you feel abundant and expansive. A voracious appetite is a source of excitement, provided it can be satisfied and there may be a few categories. You feel strong, proud, robust and determined, or yearn to.

Gemini (May 21-Jun 20)

Feeling deep yet expansive is an interesting blend. A lighter state steadily emerges especially after the New Moon. You are happy to receive and share, but

giving without spontaneous reciprocation will find you feeling detached.

Cancer (Jun 21 – Jul 22)

2019 likely begins on a fairly peaceful, even happy, note. Changes in relationship fronts arrive early. Determined to remain committed, you are willing to dig deeper. Doing so reveals leadership and strength.

Leo (Jul 23 - Aug 22)

Changes in your daily rhythm go to the next level as January unfolds. A creative wave grows and demands your surrender. Having more discipline is implied and you are happy to comply, even driven to do so.

Virgo (Aug 23 - Sep 22)

A busy pace meets the advent of 2019 and on a variety of fronts. New levels of power are rising, slowly yet surely. Magnanimous attitudes are required and bring bigger returns later. A spirit of giving brings immediate blessings.

Libra (Sep 23 - Oct 22)

Although busy, a relative calm launches the year, like a ship leaving port amidst small waves. Soon after, storm clouds gather and the wind is stronger. No big deal, you are content, yet see the wisdom in staying sober.

Scorpio (Oct 23 – Nov 21)

Counting your blessings feels appropriate as January unfolds. Inspired, you are happy and willing to make the effort to learn. Sights set on the future, your reach is higher than usual. Meanwhile, big changes brew on relationship fronts.

Sagittarius (Nov 22 - Dec 21)

An expansive mood leads you into 2019. Heart-opening experiences in 2018, some painful, find you

feeling moved, sensitive, lucid, inspired. The dichotomous hands of fate have stretched and opened you.

Capricorn (Dec 22 - Jan 19)

A bit slow to emerge from your hermitage and if so, quietly, the Solar Eclipse in your sign will serve to activate a momentum. Yet, you will remain quiet, contemplative, studious perhaps. You are busy though, working on yourself.

Aquarius (Jan 20 - Feb 18)

A spirited and fairly bubbly year end, despite a fairly heavy workload, spills over into 2019. In some respects, this momentum rises, yet you are still happy to lay low and rejoice in simple quietude as much as you can, as well.

Pisces (Feb 19 - Mar 20)

In some respects, you feel on top of the world, yet it is also cold up there. Still, you yearn to be seen and heard, yet on your own terms and such that others clearly see your gifts. Your ambitions are strong at the get go.

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The East Shore Advocacy Society would like to thank the B.C. Green Party for being our voice in the Legislative Assembly by reading out our Kootenay Lake ferry petition. We would like to thank:

- ♦ **MLA Andrew Weaver, Leader of B.C. Greens** for reading the petition in Legislature
- ♦ **MLA Sonia Furstenau, Environment Spokesperson for the B.C. Greens**, for coming to Crawford Bay this summer & inspiring us. She listened to our concerns & took action.
- ♦ **Ms. Kim Charlesworth** for listening and making the connections.

The Green Party encourages all parties to come together to resolve this regional issue.

This may be the first time that all BC party leaders are aware of the Kootenay Lake ferry issue; the most energy inefficient BC ferry system. The relocation of the ferry terminal to Queens Bay from Balfour would resolve regional transportation issues. It would be safer, use energy efficiently and improve the transportation of goods and services in the region. This relocation will impact multiple generations and will impact 9 million ferry users in the next 25 years. Environmental impacts & mitigations will need to be addressed.

East Shore Advocacy Society encourages the Ministries to:

- ♦ Determine the actual capital and operating cost for both Terminal sites cases from the MOTI. Request that MOTI:
- ♦ Conduct the EIA for the Queens Bay site. Review mitigations.
- ♦ Conduct the Archeological Assessment of the Queens Bay site.
- ♦ Conduct a regional socio-economic analysis & impact of a Terminal Change to the Kootenay Area.
- ♦ Conduct a BC Assessment of the properties in Balfour, Queens Bay & Kootenay Bay to determine effects on land values that a Terminal change would have.
- ♦ Prepare an all inclusive project budget for both cases including possible Kootenay Bay Modifications; truck runaway lane.
- ♦ Communicate all results to the public

Queens Bay Terminal
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9,000,000 Ferry Users: Imagine Hourly Sailing

submitted by Herve Blezy

There will be 9,000,000 ferry users over the next 25 years. They are the "client".

In the late 1990's the citizens of British Columbia experienced the Fast Ferry Scandal, a political affair relating to the construction of three fast ferries under the provincial crown corporation, BC Ferries. It is irrelevant which political party was in power at the time. The ferries never met their original specifications, were delivered three years late and were subsequently auctioned off at a huge financial loss. The ferries cost \$450,000,000 and were sold for under \$20,000,000. BC Auditor General Morfitt's comments were divided into two categories: Governance and Project Management. Under Governance one of the findings was, "The Ministry was involved in the project to the point where at times, board decisions were forced under directives rather than a result of due diligence."

Nearly 20 years later, the same scenario plays itself out on Kootenay Lake but on a much lower scale. Once again, we are experiencing political directives instead of due diligence. It is irrelevant which political party was in power at the time of the decision.

In a recent *Creston Advance* and *Nelson Star* newspaper article, our MLA is quoted saying that the Kootenay Lake Ferry crossing would be reduced by 5 to 10 minutes by moving the ferry terminal from Balfour to Queens Bay and that she is looking into a ferry schedule change with the Ministry of Transportation and Infrastructure (MOTI). When communicating with the constituents in the Nelson Creston riding it is important to communicate facts and at the minimum, confirm the information with the source. There will be 9,000,000



Hacker's Desk

by Gef Tremblay

Making Ink

Learning about colour is quite elusive. Trying to make sense between computer additive colour system and paint and print subtractive colour system is just one part in the whole learning curve (and the subject for my next article). But at the core, I feel that having a personal experience with all the colours and how they are made is what could bring a deep understanding of colour. To do so, I can't think of any other way than to just practice and play with as many colours as possible. The only problem with that is I really prefer to use only one colour.

I've always preferred using only one colour for my drawing. I remember in second grade, how I was annoyed by teachers asking me to use more colour. I would change pencils and then continue to draw only with this pencil. I hated colouring in pre-drawn illustrations, and my favourite crayon was gold, not because of its colour, but for its taste.

Fast forward 30 some years later, and I still have the same habit; I've stopped eating crayons, but I always enjoy using only one colour. One of my resolution for 2019 is to use more colours! I'm still challenged to use multiple colours, so I've started using one colour or two colours at a time.

In previous years, I started exploring watercolour, yet the sheer amount of colour available made it difficult for me to ease into using more colour. How could I learn about colour by using one colour at a time? I started using ink in the last few months for my fountain pen. I then realized how each ink can be used for illustration and shading too. Although ink and water-

ferry users in the next 25 years. We need facts.

I am a member of the East Shore Advocacy Society, a group of non-partisan ordinary working folks and retirees. I am fairly certain that we would not have spent hundreds of hours collecting signatures for our petition this past season if the ferry crossing time (loading/travel/unloading) was improved by a mere 5 or 10 minutes. I contacted the MOTI Marine Branch in Victoria and was advised that the ferry crossing time is specified in the SNC Lavalin 2016 report. In the Executive Summary, it is clear that the ferry loading/travel/unloading time would be 30 minutes. That is a reduction of 20 minutes, not 5 or 10 minutes. There are three reasons for this improvement;

- 1) **A shorter distance travelled from 8.8 km to 5.4 km (40% shorter distance)**
- 2) **The ferry does not have to slow down in the narrow West Arm**
- 3) **The ferry design and ramp at the new terminal would have two car loading and unloading facilities.**

I then re-verified all this information with industry experts and sources. Therefore, hourly sailings are not only possible but could have a significant impact on regional employment/services and tourism as well as on our students. The energy efficiency improvement is substantial. With approximately the same amount of fuel, more sailings are possible using one ferry, reducing summer tourist line ups. Two ferries would be used for the Salmo pass closures and have a significant improvement over the present car carrying capacities.

There was a mention in the article that a ferry schedule change was being considered and it was critical that sailing hours were reduced by the previous Liberal government. We do not understand what this means. Are more sailings being proposed with the additional CO2, for only a few cars? The East Shore Advocacy Society would support extra sailings for special events such as the Kaslo Jazz Festival and

colour can be really similar, the fact is that I only own a couple ink bottles.

While researching about colour theory, I found a book about ink making. It was a timely discovery to find *Make Ink: A Foragers Guide to Natural Ink making* published this year and written by Jason Logan. In this book, Jason tells his love story with ink and how he started learning to make his own ink. He goes through every step of the way, from foraging all the ingredient to how to store it and use it.

Last year I had experimented with creating black ink with activated charcoal so getting it to this next step of generating coloured ink was a logical one. Upon reading Jason's book, I tried it for myself. I got a handful of rose hip fruit, ground and boiled them, adding gum of tragacanth and vinegar as a binder and used the resulting ink for an illustration of mine.

It was quite light but good enough for colouring and shading a couple of illustrations. One concept that Jason writes about is to create a local colour palette. Using elements from your surroundings, you can create a personalized selection of colours.

The idea is quite simple. Find a pigment that you like, grind it, boil it and mix it with a binding agent. Every element will react differently, so you have to experiment and keep note of your exploration.

Every colour has its own story. Carbon black has been around thousands of years, the oldest known use would be in a mummy's tattoo found in Europe, which was over 5000 years old. From the pre-historic grotto painting to today's recycling of car's fume, every colour has a personalized story. Now all the colours can be created with a chemical process. Using nature to explore colours brings me closer to understanding intimately what colours are all about.

Some of the elements around here I would like to experiment with are lichen, elderberry, buckthorn, old copper pipes, which are few of the component that Jason covers in his book. He also provides for an easy

Starbelly Jam festival or for similar events. There is little or no justification for additional sailings during the off season. Please help us understand the rationale for this proposal since the facts do not appear to support additional sailings.

Safety Issues

As mentioned in the article some of the safety considerations have been set aside. There is no reason why the ferry is travelling down the West Arm. This was clearly highlighted as a significant issue in the information panels at the Red Fish school back in 2016. This does not appear as a safety concern any longer, but why? That is a question to ask the Ministry.

First Nations

An archeological study is required at Queens Bay. They would be very interested in the environmental aspects.

Socio economic issues

A regional socio-economic study is required to determine the impact on existing jobs, education, services and opportunities for the Nelson/ Creston and West/East Kootenay constituencies.

Environmental issues

Unfortunately, the large parking lot proposed at Queens Bay is required to reduce the safety risks with the vehicle queues. An Environmental Impact Assessment (EIA) would provide the mitigations required to minimize the impact to the shoreline. This is a complex issue and the most difficult to resolve.

The ferries (Osprey and Balfour) presently consume 1.35 million liters of diesel per year. I have verified with MOTI that the new ferry will operate on a fossil fuel; diesel fuel for 10 to 15 years until an electrical technology conversion is possible. Therefore, assuming that a 40 % cost saving is possible, approx. \$700,000 annually in fuel cost alone. That is \$9,000,000 in twelve years. This has to be the **most energy inefficient ferry in British Columbia.**

The last time I looked, all government parties claim

way to create charcoal, using a small piece of a vine in a tin box that you put in the fire for about 1 hour. Quite looking forward to testing all of this!

Winter is not the best time to find material for creating ink. Jason does cover winter foraging explaining that it's a good time to find frozen fruits and other dried plants. It's also an excellent time to spend in the kitchen testing some different recipes. I'll now go around the forest trying to create as many colours as possible, the colour of the Kootenays! Let's hope that this exploration of colour will inspire me using more colour in my illustration!



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to have green policies. Do you really have green policies or are politics more important than green initiatives? The credibility of all provincial parties is lacking for this initiative. Or was the reading of the ferry petition in the Legislative Assembly the first spark of light on this issue; perhaps due diligence will prevail. This issue is "lit", you are not "woke" yet.

LETTER TO THE EDITOR

East Shore Food Hamper Program 2018

Dear Editor:

A big thank you 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 54 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, Columbia Basin Trust, *The East Shore Mainstreet*, CMAW Local 2300, Nelson and District Credit Union, Newkey's Pub, Cabin Restaurant, Crawford Bay Market and Liz, Lakeview Store, Gray Creek Store, Riondel Market, Kootenay Lake Community Church, Johanna Strom and Grades 2/3/4 students at Crawford Bay School, Greg & Vicky Garbula, Yasodhara Ashram, Kootenay Sound Healing Centre and participants, Nicole Schreiber and Food Roots, Kootenay Farms Market Place – Kootenay Mobile Press, Seena Bees Soap Shop, Dutch Harbour Craft Fair, Crawford Bay Hall & Parks Association, Safeway (Nelson)

We want to thank Malena Draper and all the volunteers for making 2018 season for the food hampers a success. The loving kindness of the East Shore is greatly appreciated.

Richard & Ramona Dannhauer

Crawford Bay Hall Board News

submitted by the Hall and Parks Society Board

Our board of directors now has eight members with the recent addition of Palma Wedman and Nicole Schreiber. They join directors Doug Stokes, Helene Carter, Gina Medhurst, John Edwards, David Wells and Susan Hulland.



Renovations and improvements to our community hall will be our primary focus in the coming year and already we have met with the new RDCK building inspector, Brandon Vine.

We have tallied the results of the 85 responses we received to our recent Crawford Bay Hall Survey.

These, along with requirements and recommendations from Mr. Vine and others, will guide us as we seek grant funding from several sources to make improvements to the eighty-year old building.

Throughout the process of renovating the hall, the board will maintain a regular schedule of monthly meetings at the Community Corner building in the Crawford Bay Park at 7pm on the second Monday of each month. The public is welcome to attend. Persons wishing to make presentations at these meetings must contact chair, John Edwards, prior to the meeting.

We will keep East Shore residents informed about our progress via regular articles in Mainstreet and through a new Facebook page, which will be on line by the end of January.

Expressions of Interest:



Project Manager:
Crawford Bay Hall
Improvement Project

The Crawford Bay Hall & Park Association is seeking Expressions of Interest for the position of Project Manager as we move ahead over the next few years with major renovations to the Crawford Bay Community Hall.

Information: Doug Stokes, 250-227-8984

Submissions: d_stokes@telus.net

Deadline: February 15, 2019

Community Bus Comes Home to the East Shore

by Laverne Booth



We did it! Thanks to twenty community investors, we have bought the TAPS bus from Valley Services in Creston. Catherine White, with help from Merrill Hagan drove the bus home on December 21. Thanks to all the community volunteers.

If you would like to be involved in driving, organizing or setting up the community bus business- please send an email to eslearningplace@gmail.com. In the spring, decisions will be made as to how to get the bus going to provide seniors and other residents with routes they need, as well as to increase social inclusion by youth and all residents, and transport visitors and tourists.

Congratulations all!

Christmas Potluck in Crawford Bay

by Rebecca Fuzzen

The Annual Christmas potluck in Crawford Bay took place on Saturday December 9, at the Crawford Bay Hall. That evening, as carollers sang with the children "Must be Santa," a jolly, old, fat, white-haired man in a red suit entered the hall and was swarmed by about forty children. That was the moment I relished all our hard work. That was the moment we had all been waiting for.

At the end of October 2018, a new Christmas potluck committee was formed. Most of the 2017 committee had stepped back, with the exception of Jakua Jordan. New people stepped in. The 2018 potluck committee consisted of Jakua, Barb Kuhn, Cathy White, and myself. We met rather last minute, discussed and decided what needed to be done and forged ahead with delegating, Santa hunting and organizing. We proved to be a good team. We collaborated well, committed to our parts and we did it. We managed to make happen one of the East Shore's favorite annual events. However, one must keep in mind that the potluck would not have been possible without the help and support of so many community members. Not to mention the last minute grant from the Nelson and District Credit Union. This kept us afloat.

On that Saturday morning it was the calm before the storm. I remember feeling confident that the evening's event would proceed without a hitch and also thinking "What will I be thinking tomorrow morning?"

On the morning of Sunday December 10 in the Crawford Bay Hall, as Barb and I prepared turkey soup for seniors from left-overs, a dark cloud of frustration was hanging over my head. A handful of faces and names went through my mind as people who had showed up to the potluck the night before and had not

contributed a darn thing. The idea behind the potluck is that it is a free community event that brings us together so we can laugh, socialize and share in the spirit of the season. Everyone brings a meal and everyone has a job. The hall certainly doesn't decorate and clean itself up...unfortunately. Don't people realize that many hands make light work? And would people show up for clean-up at one p.m. as promised? Some children and or teenagers had colored all over the tables in the back room of the hall and it was going to take a lot of elbow grease to scrub them clean. In the words of my daughter "This is disgraceful!" Note to self for next year: cover the tables with paper. The storm in my mind kept howling as I felt disappointment and frustration for the unfairness of the tasks involved around the potluck. Why do some people pour hours, days and weeks of energy into our community while others dig their heels in when it comes to being asked if they can help for half an hour?

The Soup for Seniors on Sunday December 10 was a much quieter event than the raucous of Saturday night. About two dozen people showed up for soup on Sunday. It was relaxed, pleasant and enjoyable. Christmas Soup for Seniors following the potluck is something new. By pairing this event with potluck there is now a free community Christmas gathering suitable for older people who have hearing, sight or mobility challenges.

On Sunday afternoon after the hall was spick and span, thanks to the excellent help from Carol, Ingrid and a handful of enthusiastic kids from the East Shore Youth Network, the storm cloud in my mind had gone. Encouraged by the support and hard work of our youth who had been such a great help in cleaning the hall, I felt positive about investing time and energy into next year's potluck. And as we proceed into the New Year there remains two and a half questions burning in my

mind. What inspires people to help? And do you want to help in 2019 and if so with what?

In closing, gratitude is being given to all the wonderful people who contributed willingly. A special thanks to the RDCK in the past for supporting the potluck and thank-you especially to the East Shore Nelson and District Credit Union for sustaining us this year. Thanks to the sound manager, all those who helped in the kitchen, the music makers, the decorators, the clean-up crew and all others who helped but I have forgotten. Thank-you! You know who you are. Your time and energy is appreciated and we hope to celebrate with you again next year.

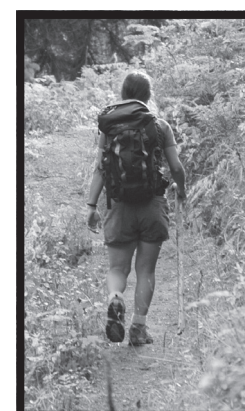
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DARKWOODS CONSERVATION AREA TO GROW

The Nature Conservancy of Canada receives \$650,000 from Columbia Basin Trust

Columbia Basin) – A large tract of protected lands stretches between Nelson and Creston, including areas managed by the Province of British Columbia and the Darkwoods Conservation Area, owned and managed by the Nature Conservancy of Canada (NCC). Yet one area within Darkwoods—the Next Creek watershed—remains unprotected. This is about to change, as NCC is one step closer to purchasing the land with \$650,000 in support from Columbia Basin Trust.

Once the purchase of the Next Creek area is complete, it will increase the overall size of Darkwoods by 14 per cent, to nearly 630 square kilometres. Combined with the other protected lands between Nelson and Creston, the network of conservation lands and protected areas will total about 1,100 square kilometres. Conserving large tracts of land with a wide variety of connected habitat types is beneficial for wildlife, as well as water quality, and has other eco-



Darkwoods Wolverine

Photo: Gordon MacPherson

logical values. In 2008, the Trust and several other organizations helped NCC purchase the Darkwoods Conservation Area. This was the largest private land acquisition for conservation ever undertaken in Canada, and still is.

“Securing this land for present and future generations of Basin residents will protect its current ecosystems, help prevent further deterioration and introduce restoration and enhancement,” said Johnny Strilaeff, Columbia Basin Trust President and Chief Executive Officer. “This will have significant benefits for many species, including species of concern like white-bark pine, grizzly bear and wolverine.”

The Darkwoods expansion project is part of a \$25-million initiative to increase NCC’s conservation impact in the Canadian Rockies region. Recently the governments of Canada and BC announced a contribution of \$14.65 million to this initiative, which will support the acquisition of the Next Creek area in Darkwoods. NCC is actively fundraising to fulfill its goal and complete the expansion of Darkwoods.

“Conserving the Next Creek watershed and expanding Darkwoods represents the fulfillment of a conservation vision that started over a decade ago,” said Nancy Newhouse, BC Regional Vice President, Nature Conservancy of Canada. “We are grateful for the continued support of Columbia Basin Trust. Their clear commitment to conservation has helped to make

maintain its place on the land.”

Another recipient is the Silver City Trap Club near Trail. Its location is home to reptiles like rubber boas. The club is going create reptile habitat by replanting the area, adding large rocks and woody debris, and constructing rocky shelters, known as hibernaculum, where the reptiles can take refuge over the winter.

“Our hope is to rebuild and enhance the habitat while also making an opportunity for long-term data collection and an opportunity for public interaction with reptiles,” said project coordinator William Chapman. “Due to the nature of the club, activity on the property will always be limited, so the club serves as a low-impact sanctuary in an otherwise busy corridor of human activity.”

The Rocky Mountain Trench Society in the East Kootenay will be implementing three projects to enhance and maintain habitat for animals like Rocky Mountain bighorn sheep, elk, deer, the blue-listed Lewis woodpecker and American badger. These will take place in the southeast Basin on Hatchery Ridge, North Waldo and Sheep Mountain. The project will be carried out in collaboration with the BC Ministry of Forests, Lands, Natural Resource Operations and Rural Development.

“Grassland and open forest are major contributors to our region’s exceptional biodiversity,” said Marc Trudeau, Society Coordinator. “At Hatchery Ridge, sheep movement has become difficult due to thick timber that has not been able to thin itself naturally through wildfire. Slashing winter travel corridors will improve line of sight for predator avoidance and increase habitat connectivity, leading to safer travel over a larger area of winter range.”

To help both grizzly bear populations and local food producers, Sanders Environmental Services will educate farmers and residents on grizzly bear safety and how to reduce conflicts. It will cost-share the installation of electric fencing to protect livestock and crops from bears, and provide workshops on effective

a real, on-the-ground difference to the people, wildlife and ecosystems of the Columbia Basin region.”

Since 1998, the Trust has helped land trusts secure over 1,000 square kilometres (105,892 hectares) of land for ecological conservation purposes. Through the Trust’s Environment Strategic Plan and Columbia Basin Management Plan Strategic Priorities, the Trust has committed to strengthening ecosystems. One of the ways the Trust is doing this is by continuing to contribute to land securement for conservation purposes, alongside its Environment Grants and Ecosystem Enhancement programs. Learn more about the Trust’s efforts to conserve and enhance the natural assets of the region at ourtrust.org/environment.

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

The Nature Conservancy of Canada is the nation’s leading not-for-profit, private land conservation organization, working to protect our most important natural areas and the species they sustain. Since 1962, NCC and its partners have helped to protect more than 1.1 million hectares (2.8 million acres), coast to coast, with more than one quarter of that area in British Columbia.

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Reptiles, Grizzlies And More To Benefit From \$1 Million

29 projects receive Environment Grants from Columbia Basin Trust

Columbia Basin) – There are many ways to support a healthy and diverse environment, from restoring habitat to educating schoolchildren about ecosystems. Columbia Basin organizations will be taking on 29 projects like these with support from over \$1 million in Environment Grants from Columbia Basin Trust.

“Our Environment Grants provide the flexibility to support a wide range of projects focused on ecosystem health, climate change, water stewardship and environmental education,” said Tim Hicks, Columbia Basin Trust Senior Manager, Delivery of Benefits. “We’re honoured to be supporting these varied activities that are helping to strengthen environmental well-being in the Basin, and recognize they couldn’t be accomplished without the hard work that groups and organizations put into developing and realizing them.”

At Box Lake, near Nakusp, the Okanagan Nation Alliance will add basking sites for blue-listed painted western turtles, which need to bask in the sun to regulate their body temperatures and properly digest their food. Floating basking logs will be anchored in the water, away from motor boats, predators, humans and other disturbances.

“?arsik^w (western painted turtle) is an important part of Syilx culture,” said Lisa Wilson, Natural Resources Manager. “Syilx people have a sacred responsibility to care for the land and all living things. The number of ?arsik^w is low in Syilx territory and it is hoped this project will be a step toward helping it

electric fencing designs and what to do if you encounter a grizzly bear.

Project coordinator Gillian Sanders said, “There is a real, tangible social cost to living with bears, and the idea behind this project is to create a win-win by sharing this cost with farmers. The project will help people prevent bear conflicts, which can be stressful and expensive, while keeping the bears out of trouble.”

See the complete list of approved projects at ourtrust.org/environmentgrants.

Supporting healthy, diverse and functioning ecosystems is one of the Trust’s 13 strategic priorities. Learn more about the Trust’s other environmental efforts, including its Climate Action Program and Ecosystem Enhancement Program, at ourtrust.org/environment.

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

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Coldest Night of the Year

press release

It's cold out there and Nelson CARES wants to help warm things up for people who need it most.

Nelson CARES is hosting the fifth annual Coldest Night of the Year fundraiser. The event will take place on Saturday, February 23rd 2019 on the streets of Nelson.

For the first three years, proceeds from the Coldest Night of the Year went to renovate Ward Street Place. Last year and again this year, proceeds will be going toward our 'Ready for Home' program. This program assists Nelson CARES tenants coming out of homelessness with life skills; connection to health, employment and income supports ... anything that will help these residents stay in the affordable housing units and off the streets.

Coldest Night of the Year is a national event that sees people all across the country head out onto the street in late February to show their support for those people that have little choice but to be on the streets.

Nelson CARES would like to invite everyone to join us for this fun family friendly event. We are looking for volunteers, team captains, walkers, and donors.

Please contact Coldest Night of the Year

Coordinator Stephanie Myers

cnoy@nelsoncares.ca

Office 250.352.6011 ext 5363 Cell 250.505.7410

Contact Mainstreet

250.505.7697

mainstreet@eshore.ca

www.eshore.ca

A Christmas Present for the Central and West Kootenay Region: Our Lakes are Invasive Mussel Free!

press release

The introduction of Zebra and Quagga mussels is the most pressing issue facing the Kootenay region. Zebra and Quagga mussels have infiltrated lakes and rivers in North America and caused an estimated \$43 million in damage per year to hydropower stations, and municipal water supplies. Not to mention what they would do to your favourite swimming hole. They can cover once beautiful beaches in sharp shells as depicted in the photo.

Luckily, they are not in B.C. and we want to keep it that way. Prevention is key! Have your boat inspected and follow Clean, Drain, Dry protocol in order to protect our waters.

Next to prevention, the next best tool in our tool box is early detection and this is why the Central Kootenay Invasive Species Society (CKISS) increased sampling frequency in 2018. Weekly plankton sampling for invasive mussels in the region area kicked off in June and ran until the end of October. The CKISS collected 350 samples at 34 sites within nine different high priority waterbodies. All of the samples sent to a provincial lab to be analyzed came back negative for free-swimming microscopic mussel larvae called veligers.

This is good news considering mussels cannot be eradicated once established in a waterbody. Invasive mussels can cause all of the following impacts:

- Clog water supply systems & hydropower facilities, increasing costs to the consumer
- Harm drinking water quality by causing toxic algae blooms
- Crash native fish populations such as sockeye salmon
- Cover beaches with foul-smelling, razor-sharp shells

- Displace native aquatic plants & wildlife, reducing biodiversity & ecosystem health
 - Increase the growth of aquatic weeds, interfering with swimming and boating opportunities
- Invasive mussels are at our doorstep! The CKISS expresses that now is the time to take action to protect our waters. The organization stresses that there is no turning back the clock on a zebra and quagga mussel invasion.

www.eshore.ca

mainstreet@eshore.ca

Deadline: Jan 23/18

BV Voters Stay with First-Past-The-Post System

by Nelson Daily News – Dec 21/18

British Columbians have decided to stay the course in regard to Electoral Reform.

A total of 42.6% of registered voters voted 61.3 per cent to retain the current first-past-the-post system in a mail-in referendum in the results released by Elections BC. Proportional representation received 38.7 per cent of the vote to change.

"British Columbians have now spoken and chosen to stick with the current voting system," said Premier John Horgan in a statement on the government website. "This referendum was held because we believe that this decision needed to be up to people, not politicians.

"While many people, myself included, are disappointed in the outcome, we respect people's decision," Horgan added. "British Columbians are passionate about our democracy. I want to thank everyone who turned out to vote in such strong numbers and express my gratitude to Elections BC for its work running a fair referendum that engaged people throughout B.C."

This is the third time in the last 15 years that British Columbians have voted down changing the electoral system in province-wide referendums. The first two failed to meet the threshold for change. In 2005, 57.7 per cent voted in favour of proportional representation, which was just under the government's 60 per cent hurdle. In 2009, support for pro-rep dropped to 39 per cent.

In 2009, 61 per cent voted in favour of first past the post.

"This was a flawed process from the beginning as the NDP stacked the deck to satisfy the Green Party and remain in power," said Liberal leader Andrew Wilkinson. "This was never been about improving our democracy, it was always about power and control."

"The rejection of Proportional Representation by the people of British Columbia demonstrates a clear desire to keep political power in the hands of voters," Wilkinson added.

Elections BC said 1,403,358 completed voting packages were returned to Elections BC by the deadline of 4:30 p.m. on December 7, representing returns from 42.6% of registered voters.

According to Elections BC, in Nelson-Creston riding, 45.3 per cent of the riding voting while 38.9 per cent voted in Kootenay West. In Boundary-Similkameen, 41.1 per cent cast ballots.

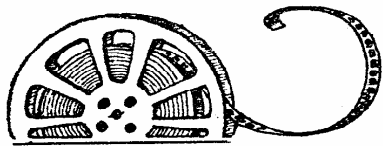
"Since forming government, we have been working to make life better for people," Horgan explained.

"We've already banned big money and introduced tough new restrictions on lobbyists to put people back at the centre of our politics. There's a lot more work to do, and our government is going to keep working with our partners in the B.C. Green caucus to make government work for people in B.C."



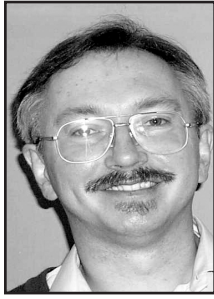
Shotokan Karate grading occurred in December 2018. Seven students tested, with all passing. Thanks to Klaus Plauman, James Linn and Gef Tremblay for the teaching and encouragement. Youth from the East Shore Youth Network participated in a 10 week karate program this fall (sponsored by the ESYN and Shotokan Karate). Karate takes place three times per week at the Crawford Bay School gym. All are welcome to attend.

Contact Klaus Plauman (250.505.3868) for more info or to join.



Seldom Scene

by Gerald Panio



"I could easily save everyone a lot of time and simply type the word 'Wow' and slip out for a cappuccino." -- from D.W. McKim's review of *Farscape*

Audacity. That's the quality that raises genre work—be it film noir, fantasy, science fiction, western, etc.—from the mediocre to the marvelous. The creators of the original *Star Trek* in 1966 made it their mission statement: "To boldly go where no man has gone before..." Of course, audacity didn't begin with the 60s. Long before that, Don Quixote had tilted at windmills, Arthur Gordon Pym had sailed to the Antarctic, Alice had traveled to Wonderland, Dr. William Dyer met the Spawn of Cthulhu at the Mountains of Madness, Bilbo Baggins found the One Ring, and the heir to the House of Groan wandered through the baroque bowels of Gormenghast. All of these creations, and many, many others have, through their willingness to leap into creative unknown, been unending sources of joy and wonder. I've recently been savoring that same spirit of adventure in a sci-fi series produced in Australia from 1999 to 2002. A stranded, pop-culture-referencing-American astronaut and a helium-farting alien might not seem like the makings of greatness, but 20 years down the road *Farscape* still takes you for one of the best rides in the science fiction universe.

I don't often do reviews of TV series in this column, but the list of such series that reflect bold vision, powerful characterizations, inventive storytelling, and cutting-edge production design would be longer than one might think. I've chosen *Farscape* this month because I have the feeling that enough time has now passed that there may be a lot of potential new fans out there who'd appreciate a show with the chutzpah to turn one of its key episodes into a Chuck Jones cartoon.

A big factor in *Farscape*'s success was its production in collaboration with Jim Henson's Creature Shop. Henson had long dreamed that the puppetry and animatronic work he'd pioneered for The Muppets could be taken to new levels in darker, more adult-oriented storytelling. He'd taken steps in this direction with *The Dark Crystal* (1982) and *Labyrinth* (1986). When Jim Henson died in 1990 at the too-young age of 53, his work was continued by his wife Jane and his children Brian and Lisa, both master puppeteers. It was Brian Henson who was responsible for two of *Farscape*'s main characters, and a rich gallery of other memorable aliens.

One of those two characters was Pilot, an enormous, six-armed hooded creature who is biologically bonded for life to Moya, a gigantic living spacecraft belonging to a species called leviathans. Pilot is a combination of surrogate parent, spiritual guru, and systems analyst. Like all of the other characters on board, including Pilot, Moya herself is a fugitive from the Peacekeepers—a fascist force of human-like Sebanceans whose mission is to remake the universe in their image.

On the opposite end of the scale, in terms of both size and morality, is Dominar Rygel XVI, an egoma-

niacal overgrown toad who was once emperor over billions of cowering subjects and entire planetary systems. Rygel's needs are simple: power, food, loot, and sex. The fact that he actually grows on you is one testament to *Farscape*'s take-no-prisoners storytelling.

The marvel of the work of Brian Henson and his team is that Pilot and Rygel blend seamlessly with their human co-stars. Brian's dad would have been proud.

The series' central character is John Crichton (Ben Browder), a NASA pilot & engineer whose four-year nightmare begins when an experimental test run of a new shuttle sees him sucked into a wormhole and spat out into the middle of a space war in another part of the universe. It doesn't help that he accidentally causes the death of the leader of a Peacekeeper battle fleet. Nothing like starting out your life in a new galaxy by having a price on your head.



Crichton is a 20th century update of Mark Twain's Connecticut Yankee in King Arthur's court, only in reverse. A hotshot back on Earth, as a fugitive on Moya he's the only one who doesn't know what's going on. Over four years he grows into his role as a wise-cracking, irreverent, obsessed, perennially frustrated, McGyverish space operatic hero. The various story arcs gradually overlay his easygoing charm with layers of passion, loss, grief, and moral ambivalence. What he never loses is his ability to weave the most incongruous cultural references into any scenario, from the most risible to the most harrowing. The latest episode I watched tapped into Mother Teresa, Cujo, the Pirates of the Caribbean, Sputnik, and Klingons. This may confuse the heck out of alien badasses and allies alike, but it's a guaranteed antidote to creeping pretentiousness. The highpoint is when Crichton insists on calling the malignant alien clone implanted in his brain "Harvey"—after the invisible rabbit in James Stewart's 1950 film of the same name.



And speaking of story arcs, another one of the strengths of *Farscape* is that after the initial, sometimes tentative start-up episodes the series locks into long-running storylines that pack genuine power. There's one climactic episode—combining an exploding spaceship, a deluge of cataracting water, a spectacular villain, and a hallelujah choir—that's the closest that televised sci-fi has ever gotten to pure Wagner. *Götterdämmerung*, indeed.

And speaking of villains, there's none better than Scorpius (Wayne Pygram), a sneering black-leathered, half-human half-reptilian hybrid—a masterpiece of malevolence and the ultimate tribute to the incredible makeup and costume artistry that went into the show. There isn't an episode of *Farscape* where I don't pause to look at the makeup and costuming of a main character or a featured alien and say to myself, "Damn, those people are good!" In the case of characters who repeat on show after show, over 88 episodes, the patient attention of the technical crew to fine detail is nothing less than heroic.

If you're going to give Scorpius three years' worth of screen time, there had better be something a little more life-affirming going on at the same time. *Farscape* has an epic, rollercoaster love story. Literally star-cross'd

lovers. Officer Aeryn Sun is a Peacekeeper whose perfect Spartan life of on-duty vigilantism and off-duty recreational sex is blown apart when her contact with Crichton turns her into just another one of Moya's hunted fugitives. Like all of the leading female characters in the series, Aeryn has a commanding presence. She and John have nothing in common, so of course we know they'll fall in love; we're just never sure what the writers are going to do with that love. Suffice to say that it's the most complex relationship I've ever seen in a series such as this.

Other major characters include Ka D'Argo (Anthony Simcoe), a hulking Luxan warrior, P'au Zotoh Zhaan, a blue-skinned high-level mystic, Chiana (Gigi Edgley), an edgy survivor of interplanetary mean streets, Captain Bialar Crais (Lani John Tupu, who also is the voice of Pilot), John's Peacekeeper nemesis, and Stark (Paul Goddard), whose unique ability is to guide the dying to what lies beyond. Each character has his or her own backstory which is developed through the course of the series, never in easily predictable directions.

Farscape was unexpectedly cancelled one year short of its projected five-year run, leaving viewers stunned after a jaw-dropping cliffhanger at the end of season four. The ostensible reason for the cancellation was the high cost of production, while the real reason may have been that the Sci-Fi channel was looking to put more of its resources towards its new *Battlestar Galactica* series. *Farscape* fans mounted an impressive campaign to save the series, with the result that at least some of the narrative threads were wrapped up in three-hour mini-series, *Farscape: The Peacekeeper Wars*, directed by Brian Henson in 2007.

If *Farscape* is to your liking, I'd also recommend *Babylon 5*, another ground-breaking space opera that debuted in 1994 and ran for five seasons. You'll also want to google the *Farscape* Dictionary. Every sci-fi series worth its salt ends up creating its own vocabulary, and *Farscape* is no exception. John and Aeryn and company have frequent occasion to use strong language, none of which the frelling censors and other yotzes could object to, even if they had the mivonks.

Riondel Arts Club

by Sharman Horwood

At the moment many members of the arts club are either recovering from a busy Christmas, or traveling. They're also finishing off work that will be shown in Cowan Office Supplies in Nelson during the month of March, 2019.

Gerald Panio will be continuing his popular series of lectures on art on Tuesday afternoons, starting at 1pm. On January 8, he will present Paul Gauguin, a French Post-Impressionist known for his unique use of colour and a style quite different from other Impressionists. Then on January 15, Gerald will present Sister Wendy Beckett's video on the Impressionists and the Post-Impressionists. A week later, Gerald will give a lecture on Lawren S. Harris, one of Canada's Group of Seven. In the final week of January, Gerald will show Sister Wendy's take on Contemporary Art. Everyone is welcome.

If you're interested in drawing, or painting, please feel free to come by on a Tuesday morning. If you're interested in that medium, the mosaic artists do their work on Monday mornings. There is a drop-in fee of \$10 and everyone, with every level of skill, is welcome.

Happy New Year, everyone. May it be prosperous, and full of creativity.

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For the Love of Genre

by Sharman Horwood

(photos by Rowan Medhurst, age 15)

The books I write about in this column will often be ones that aren't by famous authors. At times, I will choose authors or books that deserve attention, but aren't famous. This month I am choosing one popular author of a fantasy novel and another not so well-known author of a mystery.

Naomi Novik is famous for her Temeraire novels, about dragons used as ships of the air in a war similar to the ones portrayed in Patrick O'Brian's series on the Napoleonic wars. (A movie made from the first book in his series is *Master and Commander*.) Novik has stopped writing the Temeraire series, and now is launching another book, titled *Uprooted*. I want to talk about this novel because she mixes both Polish myth with the usual fantasy tropes to develop a unique, satisfying story.

Agnieszka is a young woman living in a quiet valley that she adores. She has roots among many of the families in the village, and has good relationships with others, like Kasia, a beautiful girl who is her friend. But Agnieszka is a different kind of young woman. She generally goes barefoot, and is clumsy: she can't cook at all, and every time she tries, she tends to burn more than bake her bread. Her clothes are always torn at the edges, and to her mother's exasperation, she somehow manages to get mud everywhere.

Unfortunately, the village and valley are surrounded by a malign wood that captures men and women, imprisoning them in the wood's deeper areas. There are "walkers" in the woods who will attack anyone who ventures among the trees. There are stories, too, of what evil magic sustains the wood.

Only one person protects this valley, and other ones nearby. He is a wizard, and they call him the Dragon. Every ten years he selects one young woman from the village and takes her to his tower. After ten years he lets the woman go, to do as she wishes. Apparently, none choose to return to their former life. The Dragon has changed them somehow.

This all sounds rather familiar; events like this occur in some fantasy stories. But at this point the story splits from standard fantasy tales. This year, the Dragon chooses Agnieszka, not the pretty Kasia, to go to his Tower. And he has his reasons. Once at his tower, Agnieszka learns that he isn't going to rape her. Instead he leaves her alone to her own devices. He looks on her more as a servant, at least until he learns that she is capable of so much more.

Fantasy writers are desperately trying to find different stories to tell, but only ones like Patrick Rothfuss and Neil Gaiman are actually succeeding. Novik almost does with this novel. The story meanders a bit in a couple of places, as if she's searching for the plot. However, it does come together before the novel ends.

The characters are likeable, interesting, and the

story itself is worth reading. She relies on myths from her Polish background to flesh out the tale as a few other writers have done before her. (C.J. Cherryh did with *Rusalka* and its sequel, *Ygenie*. Cherryh brought to life the myths of the Russian and Eastern European countries in these two novels.) This cultural setting creates a rich background—or surface—to the tale and makes it an enjoyable read.

Another book I would encourage people to read is *Thus Was Adonis Murdered*, by Sarah Caudwell. It is a British mystery, and in places very humorous.

Sarah Caudwell wrote only four novels in her lifetime. She passed away at the age of 60 from lung cancer (she smoked a pipe and was a crossword enthusiast). She wrote these novels over a period of twenty years, and this was her first. They all focus on a team of young barristers who are friends as well as colleagues in Lincoln's Inns in London, one of the four Inns of Court. They like to drink together at a local spot, and they are

very much involved in each other's lives. The friends come together to solve murder cases with elaborate, precise plots. In *Thus Was Adonis Murdered*, Julia Larwood—an expert in Britain's tax laws—takes a trip to Venice, where she can peruse the latest Finance Act in peace. There she is served by an extremely handsome waiter and proceeds to set up a dalliance with him, even though he is supposedly in a gay relationship. Unfortunately, he is murdered, and her copy of the current Finance Act is found near his body.

Through lengthy letters, Julia describes the problems in her love life—with the waiter—her involvement with a group of travelers, who seem to have dubious habits within the Venetian antiquities world, as well as possible connections to the murder. It is a complicated plot and the crux of the mystery involves some questionable art objects that help to twist the events in Julia's story.

Caudwell's gift is characterization. These four barristers may not be well-rounded personalities, but they are interesting ones. Julia Larwood, for instance, is

somewhat chaotic with respect to relationships, though very sharp when it comes to matters of the tax laws. Caudwell's other gift is her sense of irony. The new Finance Act and a beautiful young waiter in Venice? Her shrewd sense of satire in her stories adds another layer of interest to the tale.

Caudwell herself was a successful barrister, specializing in property and tax law, later becoming a member of Lloyds Bank, where she focused on international tax planning. She uses this knowledge extensively in all four of her books. That plus her astute observation of people in particular brings this story to life.



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pebbles by Wendy Scott BEGINNINGS

The first snow was a surprise – a glittering surprise. My cat patted the white fluff and realized quickly there was no crust and if he tried to walk further, he was in for a wet stroll, so he reversed and bounced through his cat-door – after all, it was breakfast time.

Tonight the end of the year is still a week away but Christmas is already too close for any more last minute preparation; instead other years come to mind, and yes, some are warm beaches, but others, including those on the Eastshore, bring recollections of sights, sounds and smells from those many winters before this Eastshore became my reality.

Cariboo snows tempted my childhood and my dog buried as much of himself, as deep as he could, and I helped to pile armfuls on top of him then waited for the eruption and we both laughed, dog and I, and ran to the next tallest heap. The only problem with this game occurred when I chose to make my own snow angel and he was much too eager to help.

He was stolen once, that dog of mine, taken across the Fraser River to an unknown destination; it took him a week to return, but that dog swam the Fraser in mid-winter and fell, ice draped, against our front door.

I grew up; my dog grew old and if my closest confidant has an afterlife, he will surely meet me on some unfamiliar street and smile.

The gift of the budgie in a cage was a shock to me – what do I do with a caged bird! The giver had received a cat from a neighbour and had to give up her beloved budgie. Only two days passed before the call: please come and help. I can't get the cat out from under my

basement stairs. We resumed a truly round about gift exchange with both cat and bird finding their rightful homes. That pussycat was a silver tipped chinchilla and liked to perch on the TV with her fluffy tail draped down the centre of the screen.

More dogs loped, sprang, dashed into my life and only one was a complete disaster having somehow missed the learning curve from puppy to a more or less sensible canine. Hardwood floors were his downfall, he was a runner and invariably slid the full length of an upstairs hallway to crash headfirst under the cat's windowsill; the cat did not move, he merely glanced at this wild creature with disdain.

From Vancouver north into mountains and lakes, dogs followed – sometimes insinuating their energetic presence into the cat's home by flopping outside the front door during the night – not to rush in, but merely to glance up at the opening door and hold that gaze long enough to shatter any refusal, and receive an entry permit.

Collections of dogs and their puppies rotated through our house, always under the tactical management of the resident cat or her second in command. Number One was Siamese and elegant; her little brother not only missed on the elegant bit, but somehow managed a scruffy manner and maintained his perennial kitten status rather than maturing into his sedate family heritage. Both, however, had no problem with the canine arrivals, in fact, a pregnant Doberman, received a whack on her large head as she passed the elder cat seated at eye level on the stereo.

This dog was only en route from our house to her permanent owner in the next town, but no one, except our own dog, realized this tall pedigreed Doberman was still in heat. The result was a rather large batch of black puppies with lovely white shirt fronts.

Over time more cats have slid in bedroom windows, strolled through open summertime doors, and perched on comfy veranda chairs until, here in Riondel, my young orange companion dashed from an unknown location, across a vast field to follow me home, squash under my gate, and stay. That was a year ago. Just now he has walked across my desk and a return trip might be a disaster – I do believe it's supertime. I shall comply.

Here's to all the cats and dogs of Christmases past and their continuing puppies and kittens of many years into our future lives. May they find enough welcoming windows and open doors.

Happy New Year – must dash – there's an empty dish waiting.

Look up. There...see?

In all that simple snow...

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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.

An Otter and Some Fish

These fish were prized koi, and they peacefully inhabited the Dr. Sun Yat-Sen Classical Chinese Garden in Vancouver. As many of you will have seen on the news, a river otter discovered the pond and made short work of eleven of the fish, including the 50 year-old revered "Madonna." Apparently, the fish were more expensive than caviar: they cost between \$1,000 to \$5,000 each, a pricey meal at the garden keepers' expense, and they were regarded as culturally important, making them irreplaceable. The remaining koi have been rescued and they're being looked after at the Vancouver Aquarium until the Chinese Garden is ready to take them back. Coyly, they are calling these rescued fish the V.I.K. (Very Important Koi) of the Aquarium. The otter was brave, and shrewd: it knew this was a perfect setup for a hunter like itself, and now the fish have gone, it has moved on. But does that mean it was intelligent?

This isn't the first time otters have raided ponds for captive fish. In Sentosa Cove in Singapore, there has been an increase in otters. There are now approximately 50 smooth-coated otters living in Singapore, according to Mr. N. Sivasothi, a biological sciences lecturer at the National University of Singapore. The fish in the ponds in the Cove are large and easy to catch, and thus have attracted these intrepid hunters.

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Like many other animals, otters are seen as intelligent predators. They feed almost entirely on fish and invertebrates. River otters, like this one, primarily eat fish, and sea otters will feast on invertebrates, like sea urchins and mollusks as well. At one time, sea otters' fur was highly valued and they were hunted almost to extinction, particularly in the Bering Sea as far south as the Kamchatka Peninsula. The fur is dense and yet very light; baby otters can float on the water without sinking because of their fur. They are in fact so buoyant, they will at times hold onto each other with their paws to keep from drifting away, giving the impression that they are holding hands.

Otters are unusual animals. They belong to the weasel family, and they use tools as only a few other species do. They have done so for much longer than other animals, approximately two million years, while dolphins have only recently begun to use and shape sponges to protect their noses when they hunt certain kinds of fish. Otters, however, lie on the surface of the water, a stone on their bellies, and strike the mollusks on the stone, until they break the shell apart, exposing the tasty morsels inside. They will also use stones to pry abalone off of stones underwater. Otters don't shape the stones, as the dolphins do the sponges, but they are able to select stones that are suitable for the task at hand. To hunt abalone this means a stone with one sharp edge, whereas to break shells the rocks don't have to have a particular shape; just be irregular enough to splinter the shell's hard surface.

For some time, fishermen in southern Bangladesh have used smooth-coated otters, a species that is larger than cats, to fish for them. They have trained the animals to drive fish into their nets. Nowadays, this form of fishing is practiced primarily in Narail in southwestern Bangladesh. But still I have to ask, how intelligent are otters?

Understanding their intelligence is difficult. The problem is that they learn so well to do what humans want them to do. They drive fish into the Bangladesh fishermen's nets. And the river otter in the Chinese Garden, or those in Singapore, has discovered that

some ponds present easy hunting. According to Business Insider—and they have an online video of otters doing this—at one aquarium they have learned how to play basketball; another has learned how to use a vending machine, if given the right coin. A third at the Seattle Aquarium knows how to use an inhaler. However, these are not innate habits or skills the otters have developed on their own: they have been trained. With respect to intelligence, however, the important point is that they have learned. They also like to play. In order to assess an animal's intelligence, its ability to learn and to play are key qualities to examine.

Their communication skills and social structure are also important. Groups of giant otters (up to six feet long, from nose to tail) in the Amazon Basin live in family groups. Videos show them communicating with each other about hunting strategies, such as herding schools of fish towards each other, or signal their intentions to move pups from one den to another. Their squeaks and calls seem to have definite intentions in them.

But are they smart? I keep asking this because their communication skills, their ability to learn, and the extent of their delight in playing suggest they are. However, whether they are intelligent in terms that we can measure, or not, they are amazing animals. I have only seen otters in the wild once. That was on the coast of Vancouver Island. The shore was an enormous long row of piled up stone, and the waves were crashing in. The day before there'd been a heavy storm and the water was pounding the shore. People like walking this particular path: it's protected from the spray, and when you stand on it, you can see far out into the ocean. On one occasion I saw a grey whale sounding in the distance. It is a beautiful part of B.C. On a day when the waves were particularly heavy, they pounded the rocky shore, one after another: great surges of water that threatened to overwhelm the shore. As I watched a large one crested high just as it hit the rocks. An otter emerged like liquid to briefly flow from the open ocean to disappear into an opening between the stones. Magic. Sheer magic.

**The Curse of Saint Milburga
 - A Christmas Ghost Story -**

Other-worldliness: the feeling that happens between the feasting of Christmas and the revelling of New Year's, when everyone loses track of dates and times and when the post office is open. And then there's the other-worldliness that comes from the tiny tears in the tissue separating our reality from the spirit realm, the 'other side'. By which I mean: Lindero Christmas ghost stories, spine-curling tales of restless spirits and inexplicable East Kootenay events.

With that in mind, I donned my Investigative Journalist toque and pulled up a barstool in the newly renovated Sir-Dave pub, alongside the recognized expert in all things past-tense, Hysterical Society Monarch Theo Tuxedo, and local codger and raconteur, Taffy Garlick.

I timed my question for a lull in the conversation when Theo was obliged to draw breath, blurting "Lindero Christmas ghost story!", and they were off.

"Lindero is a hotbed of spectral phenomena," Taffy began. "You've probably experienced one of our local hauntings, a Miners' Minute." He raised his tankard and noticed it was empty. I greased the wheels of oral history.

"A Miner's Minute?" I employed the what-you-just-said interview gambit.

"It's our most commonplace visitation from the Other Side," Taffy explained. "When you're at Christmas dinner at the Lindero Town Hall, what happens when the lights flicker?"

"Everybody covers their drink," I laughed. "For some reason."

Theo chimed, "Miners' Minute! The spirits of departed miners would kill the lights and throw chunks of silver ore at everybody whenever a miner's glass got low during the Christmas feast. People used to bring mixing bowls to protect their heads. But in later years the spirits only threw popcorn. The kids loved it."

"Wow, that sounds spooky," I said tepidly.

"Tame stuff!" Taffy chuckled. "I suspect you've never experienced the Curse of Saint Milburga."

"Nope," I hadn't.

Theo shivered. Taffy took a long fortifying swallow that prompted a top-up of his tankard, and forged onward. "Saint Milburga, patron saint of birds and levitation, abbess in Shropshire. You can Wikipedia her. Her feast day is February 23. But in Lindero she's always celebrated at Christmas. Back in the 40s" ("1947," Theo inserted parenthetically), "the minister of the day, unfortunate name of Hector Victor Carson, agreed to a Blessing of the Birds on Christmas Eve in her honour."

"They say Olivia Ornithetta put him up to it," Theo elaborated, "Presidentress of the League of Lindero Canary Fanciers. Ironic, really," he mused ominously.

Taffy continued, "So on the fateful Christmas Eve, Olivia was dressed in the 8th century costume of St. Milburga." ("Which was part of the problem," Theo couldn't resist inserting). "Olive was adorned, and canaries in their cages were in the pews, the choir loft, the chancel, the narthex ..." Here Taffy ran out of church terminology and had to be rebooted with

refreshments. "Olivia's prize flock was in the place of honour in front of the pulpit in a large pen somewhat hastily constructed by her nephew Dwayne."

"Dwight," Theo couldn't resist.

Taffy affected deafness, "There were some budgies sprinkled through the congregation," ("Nonconformists") "and a smattering of poultry and pigeons. And then!" Taffy paused for dramatic effect and lubrication, "Just as Parson Carson was beginning the blessing and Olivia was reaching into her pen for a token canary to receive blessings and waving about, the church door burst open!"

I gasped.

"And in marched Rocky Corrack with Rookish and LostCaws on his shoulders!"



"His pet ravens," Theo explained.

"Anyway ...," Taffy coughed significantly until a round of beverages materialized on our table. "Of course Rocky had every right to St. Milburga's blessings on his birds, and pretty soon they needed it. Opinions vary about what riled St. Milburga but Rookish and LostCaws provided a clue: they caught sight of the historically inaccurate gold braid and tapestry on Olivia's robes and made a bee-line for her. In her efforts to protect her costume, she threw open the canary pen and they made an ill-fated break for freedom. It was mayhem."

"A cawtastrophe," Theo fell prey to temptation.

"The church was a hurricane of yellow feathers and swooping black ravens, and somehow the pigeons and chickens joined in. Through it all, Olivia sustained a stupendous scream in E above high C, a note she never achieved in choir practice."

There was a moment of contemplation and imbibation. Taffy continued the gruesome tale, "When the feathers and bird droppings finally settled, the ravens looked down from atop the organ pipes upon a scene of devastation: Olivia in a dead swoon at the foot of the pulpit, being revived tenderly by Rector Hector, while the congregation fled with their canary cages clutched to their bosoms."

Taffy sank lower in his chair and intoned sepulchral, "That wasn't the end of it. In the course of comforting the bereaved Olivia and putting the church to rights," ("They never got all the feathers out.") "a romance kindled between Olivia and Vicar Victor."

"Never were two people more mismatched," Theo opined.

"S'truth," s'lurred Taffy, "She was a presidentress and a canary fancier. He was a parson with three cats. But, unwisely, they wedded." Taffy paused for a rest.

Theo took up the tale, "Their home life was fraught with conflict." ("Cattack and retweet," chimed a wag at the next bar stool). "Attending church was an ordeal. Every time the organ struck up a chord or the choir sang, yellow feathers filled the air and poor Olivia would wail and Parson Carson would mess up his sermons and prayers, exhorting his flock to worship 'God feather-lasting' or to 'forgive us our tress-pusses.'"

"How did it all end in ghosts?" I bleared.

"Olivia came to a watery end," Theo summarized. "Rector Hector was well-intentioned but pathologically inept. On the first anniversary of the Curse of St. Milburga, he rearranged the black crepe on the church

door into bows, hoping to soothe his grieving bride. She took one look at the raven-shaped crepe and ran wailing to the marina."

Taffy's head lifted from the table, "Many a dip twixt the ship and the slip," and resubided.

Theo shook his head, "Her fate came to light on Boxing Day. Ever since that awful event, when you go into the church alone, you can hear a high-pitch keening. If there are sunbeams, you can always see at least one yellow feather floating somewhere. And when February 23 falls on a Sunday, services are cancelled for fear of a replay of St. Milburga's wrath."

"What happened to Vicar Victor?" I wondered.

"Parson Carson got himself transferred to Bospell and remarried - to a woman who raised Rotweillers.

They say he haunts St. Ann's Helm."

At this point, our designated drivers decided departure was due and we decamped into the inky night. Somewhere a raven called. I shivered.

As I pen these words from the vantage point of 24 hours and 6 Advils later, I reflect on the lesson I've gleaned from my pub-inspired research: Nevermore.

[Filed by Lindero correspondent H. Porpoise]

An advertisement for Riondel Fire/Rescue Services. It features a black and white photograph of a firefighter in full gear, including a helmet and oxygen tank, standing in front of a fire. The text reads: "NOT YOUR AVERAGE VOLUNTEER GIG" in large, bold letters, followed by "Serving the East Shore." Below the image, it says "Join us. Be a volunteer responder. | RIONDEL FIRE/RESCUE SERVICES" and "Call 250.551.1352".

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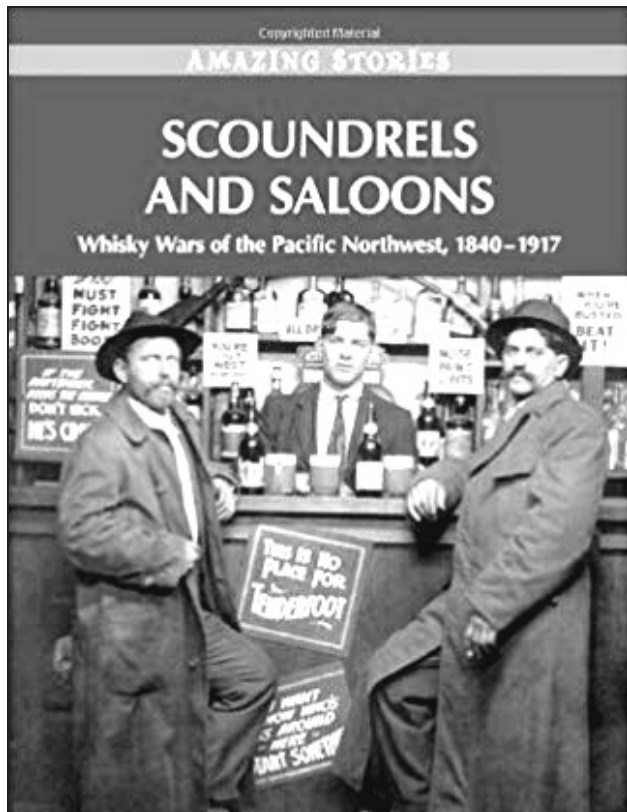
An advertisement for Creston Veterinary Hospital. It features a circular logo with a white cross and silhouettes of a dog and a cat. The text reads: "CRESTON VETERINARY HOSPITAL" and "Your Hometown Vet!". Below the logo, it says "250-428-9494" and "www.crestonvet.com". To the right, it says "NO PET LEFT BEHIND!" and "A monthly mobile veterinary clinic located at the Crawford Bay Motel, Unit 6." It also lists "Upcoming Clinic Dates: Jan 8 and Feb 5" and "Please call Creston Veterinary Hospital to book your appointment today!".

Book Reviews

by Tom Lymbery

SCOUNDRELS AND SALOONS -Whisky Wars of the Pacific Northwest, 1840 -1917 by Rich Mole, Heritage Publishing, 141 pages, \$9.95.

The Frontier of Oregon, Washington and BC has a tumultuous history of the battles between the whisky traders with government trying to protect the native peoples from the scourges of alcohol – and at the same time supporting the saloons that far outnumbered other businesses in the growing towns.



The efforts of the Women's Christian Temperance Union, the Anti Saloon league and many others inspired by the Methodist and other churches continued unabated as it was the families that suffered so much when the father didn't return with his paycheque.

Eventually in 1917 BC passed laws prohibiting the sale of any booze at all. The exception being that a doctor could prescribe alcohol with the theory that it was beneficial to some. But at least our province got over the hurdle of prohibition long before the US came in with a country wide law. With Canada freely producing and shipping it south Canada's financial benefit was enormous.

Book Review Children of the Kootenays: Memories of Mining Towns. by Shirley D. Stainton, Published by Heritage House Publishing, 2018

reviewed by Luanne Armstrong

Maybe it's an age thing but, more and more, I read historical texts. And, in order to write more stories and essays about my life, I have found I also need to understand where I live, how the land itself has shaped me and what my interaction with the non-human world has taught me. This means I have learned to carefully research and read local history as well. The past has shaped all of our lives, but it is only by examining their direct past, that people can understand the context and the history that has shaped their lives, their families, their cultures and their communities. What I like about reading local history is that it gives me a shape for my own life and helps me to understand my great-grandparents and grandparents and the hopes and dreams and despairs they lived with.

Tom Lymbery urged me to get a copy of the book, *Children of the Kootenays*, by Shirley D. Stainton, and I finally did. I have been reading it at night when my other work is done, and it is a huge pleasure to dive into.

It's not about "my" Kootenays, i.e., the East Shore of Kootenay Lake. It's mostly set in the Slocan Valley and in various mining communities there, but reading Stainton's close and detailed prose is a way to gain great insight into the forces that shaped all the communities of the Kootenays. Much of the Slocan Valley history is similar to that of Kootenay Lake; people flooded into these valleys in the late eighteen hundreds and early nineteen hundreds, in hopes of finding and building new lives and possibly fortunes.

Everywhere the, prospectors, miners and the railway builders led the way, while people streamed into the whole of rest of Canada from Europe and Asia. America miners also came across the almost non-existent border. Such men got jobs, brought their families, bought land or filed on land for homesteads, built houses, chopped down forests, grew gardens, and made a new place of their own. I have often wondered, as I think many of us do, what it was like to come into that "new" land, (not at all new to the displaced First Nations, who had been here for thousands of years) to believe that they were building something new, a new country, a new civilization, even while they couldn't see the cost in the lives of animals and ecosystems. Nothing like that mattered, not then.

In *Children of the Kootenays*, Stainton's story moves as her father moved, usually taking his family with him, as he worked at various itinerant jobs. He mostly worked as a cook for miners, or in logging camps or for railway builders where a good cook was always welcome. But the family always came back to the home place, the Clough Ranch in Little Slocan, owned by Stainton's great aunt and uncle.

In many ways, *Children of the Kootenays* reads more like a historical adventure-travel book than a staid history book. It is a delight to read. Merely getting from place to place in the early days of the Kootenays was an adventure; there were few roads, travel was mostly by horse and buggy, boat, sternwheeler, or

railway. The Kootenays then were full of towns that sprang up fast because a mine and employment were there, and a railway was quickly built into the mine, regardless of the challenges of mountain terrain.

Stainton details the beginning of such places, now lost towns; Beaton, Sandon, Cambourne, Sheep Creek and other places where her family lived and worked and travelled, often on foot, up steep mountain trails, through deep snow or summer heat, to get from place to place. Not until she was a girl in high school, did her parents finally give in and move to Nelson, where her father got a job on the streetcars as a conductor.

Stainton's writing is wonderfully detailed, dense and colourful. For example, in telling about her father's

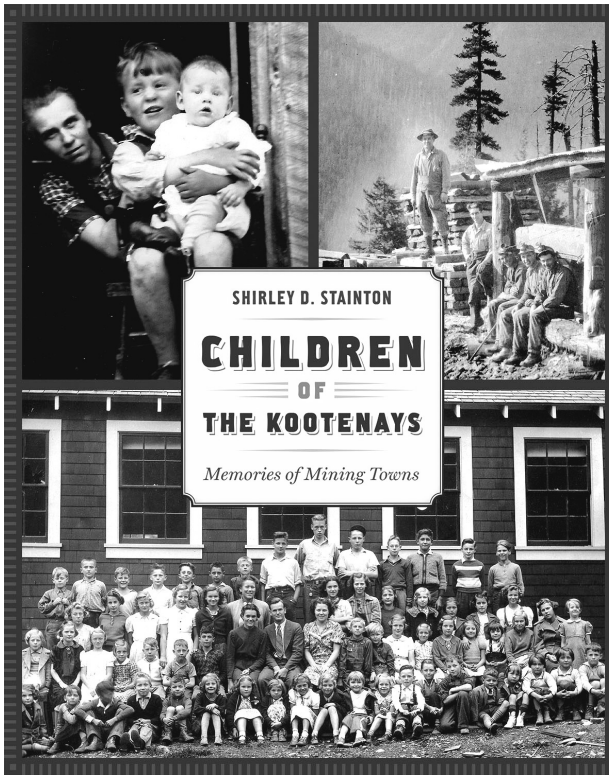
job on the streetcar lines of Nelson, she also includes scenes of the streetcars sliding helplessly down the tracks because of the accumulation, in fall, of maple leaves on the tracks, something I would have never thought could happen.

This book is both a memoir as well as a loving testament to a pioneer family full of grit and hope and the ability to survive. It is also an astonishing work of memory and I am hugely grateful, as I am sure many people are, to Stainton for writing it. The book paints a detailed picturesque and adventurous story of a particular time in a particular place, a time that changed and passed into history in

only a few years, a time that can never be replicated and which only a few people still remember. But it was a crucial era in the history of the Kootenays, setting patterns for community building, most of which places persist to this day, although the places that were just too difficult, or burned down, or were covered by slides, or simply had no way to sustain themselves, have gone into the mists of history. This book is itself a rich vein of information and memory, laced with silvered moments.

Stainton's family lived in Nelson, in a small house on Latimer Street, all through the war in which her brother Ray was killed, and through which many people suffered shortages. But while her family lived in Nelson, Shirley Stainton continued her adventurous life, camping on the lake, excursions by rail and finally a happy marriage.

Despite the pioneering hardships of her life, Stainton both clearly loved her life and loved telling stories about it. I so much appreciate Tom Lymbery telling me about this book, Shirley D. Stainton for writing it, and Heritage House for publishing it.



Apply now

COMMUNITY INITIATIVES
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PROGRAMS

NEW FOR 2019 - ONLINE APPLICATION

Wish to apply for project funding? A new guideline, worksheet and online application are available on the RDCK website at rdck.ca/cip-aap

Apply by 4:30pm, Thursday,
February 28, 2019.

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

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Markets, Local Juice, & a Food Recovery Pilot Project

submitted by Nicole Schreiber

Food Roots is planning for 2019 and will be building upon the activities from the past few years. With a very successful market this past October during the Autumn Jamboree in Crawford Bay Park, where 13 of the 14 vendors were from our area, we will be seeking funding to put on three market days this year; a Mothers' Day Market, a Summer Market, and one during the 2019 Jamboree.

In 2018 we gleaned 1100lbs of apples locally (with the assistance of Creston Harvest Share) and processed that into 99 3L shelf stable containers which were given out to local groups. We are planning to increase our gleaning/juicing project with a pick in both Riondel and Gray Creek next autumn. More apples will also mean more local juice for area organizations and families in need.

The Kootenay Food Tree Project will be continuing this year, giving away fruit bushes and trees in the spring and autumn, and also handing out maples seedlings at the 2019 Canada Day festivities.

We are developing a new Food Recovery Pilot Project and are seeking the help of local community members to help develop the idea. The project idea, to glean edible food that would otherwise go to waste in our community and find a practical way to make it available to those who can use it, must be ready for submission by the end of January to take advantage of a new funding opportunity. If you would like join the team developing this pilot project for the next few weeks, please contact Nicole at 227-9111 or eastshore-food@gmail.com. If you are involved in a community group that would also like to be involved with this project, please let us know.

If you are interested in assisting with any of our programming, we are always very happy for help! Have a wonderful 2019 and here's to increased food sovereignty on the East Shore!



TOO GOOD TO WASTE



Tom's Corner

by Tom Lymbery

Tucker Sno-Cat

Who remembers the Tucker Sno-Cat that West Kootenay Power used to service the new powerline from Crawford Bay to Kimberley over the Gray Creek pass, from 1952 on? This ingenious machine was designed and built in Portland, Oregon to contend with the extreme depths of snow which the Pacific Ocean piles deep on the upper Coastal Mountains.

The Sno-Cat has four large pontoons, each with a driven track, and a four-person cabin for the driver and workers on top. And it did the job very well – except that the Gray Creek Pass transmission line survey had been done in the summertime, not realizing that in the Redding Creek valley, it crossed a snow slide slope 300 feet wide or more.



In the Sno-Cat, Irving Green (driver) and lineman Adrian Andestad (left) patrol the transmission line over the Gray Creek pass in 1968. Irving was the supervisor of West Kootenay Power's Crawford Bay district.

Willard Foster's crew eventually found a solution for crossing the slide area – cutting out a trench wide enough for the Sno-Cat's uphill tracks to run in. Only

one trench was needed through this frozen slope of compacted snow, logs and rocks to prevent the Sno-Cat from sliding down the steep slope. They used a Pioneer chainsaw to cut two parallel slots across the slide slightly wider than the uphill tracks of the cat, then shovelled between the slots to make the trench. Regular snow shovels wouldn't dig out the frozen



Irving Green gingerly inches the Sno-Cat through a narrow spot with just inches to spare, while a spotter keeps an eye out just ahead. Both photos by Jack Fisher, Cominco Magazine, May-June 1968 pgs. 6-7 (GCHS 2018.005)

snow interspersed with rocks and logs, so I had to order miners' mucking shovels from Wood Vallance Hardware in Nelson. These worked, and with its uphill tracks running along the trench, the Sno-Cat was able to handle the crossing, repairing the line as it went.

Chainsaw Age magazine had an article from a US Pioneer Saw distributor about a contest for the most unusual uses of a chainsaw. So, I wrote a story on using Pioneer saws to cross frozen snow slides and mailed it away. Some weeks later I got a \$100 US Savings Bond in the mail. But there was never an article in the magazine, so I never found out about any other entries.

As the snow receded in the spring, the Sno-Cat crew would park the machine close to the snowline. But they were often frustrated when they returned for the next trip, as the porcupines wanted their rubber snacks and chewed on wires or anything else they could. Once Don Derbyshire thought they had the machine safe, only to find that those voracious teeth had gnawed through a sheet of 3/4 inch plywood in the search for rubber and anything salty.

The Sno-Cat also provided a much easier trip up to the Gray Creek pass for George and Johnny Oliver in order to take snow depth and density readings at the snow measurement station. Now their trip could be done in one day, instead of two days of hard slogging on snowshoes. Later Don Derbyshire carried on with this work for years, and donated the Snow Surveys Measurements record book to our Gray Creek Historical Society. Now these vital snowpack measurements used in flood prediction are done electronically.

When my son Dave and I were searching through the Fort Nelson museum last June, I found a complete Tucker Sno-Cat. Back at the store a few weeks later, I had a customer who was wearing a Sno-Cat T-shirt. He explained that he has two and was negotiating for a third. Googling the machine I found that they are now the pride of the rich and famous.

Special thanks to Susan Hulland and Terry Turner for their timely gift of these Sno-Cat photos, from a 1968 issue of Cominco Magazine.

Next Deadline: Jan 23/2018 - mainstreet@eshore.ca

The East Shore Mainstreet - Creativity, Community, Conscience



Holistic Health Tips

by Kim Young

Easy Ways to Cut Back on Sugar

Now that the holidays are over, it's time to think about getting our health and wellness back on track.

Eat less sugar; you're sweet enough already!

We know sugar isn't good for us. It's rotting our teeth, giving us Type II Diabetes, and contributing to the obesity epidemic in the western world.

According to *MacLeans Magazine*, the average Canadian consumes about 88 pounds of refined sugar every year. That's a lot of sugar. Just two hundred years ago we only used about 20 pounds of sugar per person per year.

The American Heart Association (AHA), recommends that the maximum amount of added sugar you should eat in a day are:

- **Men:** 150 calories per day (37.5 grams or 9 teaspoons)
- **Women:** 100 calories per day (25 grams or 6 teaspoons)

To put that into perspective, one 12-oz can of Coke contains 24.4 grams of sugar – over 6 teaspoons, while a regular-sized Snickers bar contains 27 grams of sugar – almost 7 teaspoons of sugar.

Unfortunately added sugar has found its way into all sorts of foods that we eat on a daily basis. We know that sugary breakfast cereals, and ice cream have loads of sugar but there's sugar in our salad dressings, our frozen dinners, and pasta sauces too.

What can we do to cut back on the amount of sugar we consume on a daily basis? Let's start by cutting out some of the biggest offenders.

Replace Soda and Other Sugary Drinks

Stop drinking soda and other sugary drinks. That includes seemingly innocent things like your morning juice or the fancy coffee drink you enjoy.

Look at the labels on these products and remember, four grams equals one teaspoon of sugar. Try drinking good ole plain water, black coffee and herbal tea instead.

Watch out for the Sugar Laden Treats

Enjoy a bowl of oatmeal or scramble up some eggs instead of pouring a bowl of sweet cereal. Skip the muffin, cake, cookies and candy. Instead reach for a piece of fruit or cut up some fresh veggies with a delicious hummus dip for a snack.

Find sugar free or low-sugar replacements for your favorite treats. Just be careful of artificial sweeteners, because some of them are even worse for your health than sugar! Look for **Stevia** on the label as it is a healthier, more natural sweetener.

Fix a sandwich if you're hungry in the afternoon instead of raiding the cookie jar. Or grab some cheese and crackers. Do your best to train your brain and taste buds to not crave sweet treats all day long.

Stick To Real Food

Last but not least, work on reducing the added sugars that sneak into your diet through convenience foods. Anything that's labelled low fat, fat free or gluten free is worth avoiding since the fat is usually replaced by lots of sugar and salt to make it taste good.

Stick with single ingredients and cook your meals from scratch. This allows you to control what's going into the food you eat - including the sugar.

Cutting yourself off from sugar completely can be hard, so transition slowly – for example, dilute your

sweet juice with water, instead of a handful of cookies, limit yourself to just one along with a bowl of berries. The less sugar you eat, the less you will want – I promise!

The best way to reduce your added sugar...fill your plate with foods that don't have a Nutrition Facts Label. Eating more fruits, vegetables, and drinking plenty of water (flavoured with fresh fruit is also delicious) are always your best bet to live a long and disease-free life.

Kim Young is a Precision Nutrition certified Holistic Health and Lifestyle Coach, Functional Aging Specialist and Reiki Master who lives in Kootenay Bay with her husband Jim and their dog Buster. Her website is: www.kimyong.ca or on Facebook: www.facebook.com/HHTwithKim

Focus On Health is Coming to Crawford Bay!

by Catherine White, Director

January 28 at 12pm, please join us for some delicious homemade soup (\$5) followed by a presentation by Sharon Webster at 1pm on **Fall Prevention** at the **Crawford Bay Hall**.



The *East Shore Kootenay Lake Health Society* has an open invitation for anyone to join us at monthly gatherings. Our focus is on providing education to **promote healthy lifestyles and prevent accidents, illness and disease** with education related to the **management of chronic disease** (e.g. diabetes, hypertension, COPD, cardiovascular disease, osteoporosis, depression, cognitive decline and dementia, etc.). Soup will be prepared between 10am and 12pm. If you would like to lend a hand making the soup, please feel free to arrive at that time. Recipes will be shared and extra soup will be sold at a nominal cost or provided to someone in need.

Sharon Webster, Community Paramedic Riondel, will be our primary presenter and we'll have other experts to share their knowledge throughout the season. Sharon will be available to check your blood pressure and chat with you about any questions you may have. Stay tuned for other presentation dates and join us for great conversation, fun, food and sharing.

Contact Mainstreet

250.505.7697

mainstreet@eshore.ca

www.eshore.ca

Help Prevent the Spread of Illnesses This Winter

press release by IHA

Interior Health is asking the public visiting our health facilities to please do their part to keep loved ones safe from infectious illnesses this winter.

At this time of year, it is not unusual for health care facilities to experience outbreaks. Both gastrointestinal illness (GI) and respiratory infections (RI) are highly contagious and common in the community during the winter months.

GI and RI are generally caused by viruses. These viruses can easily spread person to person through contaminated hands and in droplets containing germs when an infected person coughs or sneezes. Children and individuals over 65 years of age are particularly vulnerable.

While there is no single way to protect against GI and RI, a combination of practices will provide the best protection possible.

Five ways you can help to protect vulnerable patients and prevent the spread of illness.

Don't visit if you are feeling unwell.

o As hard as this is, it's important to stay home if you are sick to prevent the spread of illness. Instead, chat via the telephone or online video if available, and arrange to spend time together once you are symptom-free. People can remain infectious for up to five days after symptoms appear.

Get the influenza (flu) shot.

o Flu season is Dec. 3 – March 31, so there is plenty of time to benefit from immunization. See your community pharmacist, physician, public health unit, or www.immunizebc.ca for more information about receiving a flu shot.

Wear a mask.

o Remember, all visitors are expected to wear a surgical mask during flu season if they have not been immunized against influenza. You can spread influenza before you develop symptoms.

o Masks are located at facility front entrances, reception desks, and at various other locations throughout Interior Health facilities.

Cover your cough.

o Use a tissue or your elbow to cover your mouth when you cough or sneeze.

Wash your hands frequently.

o Use soap or hand sanitizer, located at front entrances and throughout Interior Health facilities.

Thank you for helping to protect yourself and those around you.

Interior Health is committed to promoting healthy lifestyles and providing a wide range of quality health-care services to more than 740,000 people living across B.C.'s vast interior. For more information, visit www.interiorhealth.ca, follow us on Twitter @Interior_Health, or like us on Facebook at www.facebook.com/InteriorHealth

COMMUNITY HEROES

a Mainstreet Feature

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

HEY! You there! Don't you want to recognize someone? Boswell, Riondel, Kootenay/Pilot Bay - who are your heroes? Send your words in and spread the love.

East Shore Hospice In the Moment

by Maggie Kavanagh

There are times when we can't be with our loved ones while they prepare to leave this world. As I write, my mother-in-law has had a heart attack while visiting my husband's sister in Seattle. He and the family have all gathered to be with her; although she is still fully conscious, at 91 the prognosis isn't good. For a number of reasons, I am not able to get there, but as I meditate and pray, I feel very connected to her. A rush of memories run through my mind and heart as if she is telling me that I've been there for her in the past and that love has no physical boundaries or restrictions. So I continue to sit and spend time in my heart knowing I am truly with her.

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

If you or someone you know needs hospice care or you would like more information, please contact Susan Dill East Shore Hospice Coordinator at the East Shore Community Health Center Hospice Office at 250.227.9006. In addition, there is a free library with hospice related books and some DVD's on care, grief and mourning. The library is best accessed at the hospice office on Tuesdays between 10am-2pm.

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

EASTSHORE GARDEN OF REMEMBRANCE

by Wendy Scott

It's winter in the garden. There's a soft, cool coating of snow on benches. Footprints lead from Eastman to the lane and others suggest alternate pathways.

Springtime will mark sixteen years since the first bench was donated and placed by Dave Loeppky as a memorial to the memory of Dr. Savory who had cared for her patients on the Eastshore all the way from Boswell to her home in Riondel.

Come and visit some old friends or discover some of the Eastshore history. If you listen carefully you may catch strains of flutes playing "Flowers of the Forest" with Jim Donald's bass violin in the background. Or perhaps Ed Fuzzen's string group.

There's music in these woods, and an opportunity to add your own memorials to friends or relatives.

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.

TOM SEZ

by Tom Lymbery

Congratulations to Gina Medhurst for serving six years as president of our Kootenay Lake Chamber of Commerce – not an easy job by any means. And thanks to Ron Mondor of Destiny Bay for taking over the job of president.

Amazing that the small community of Tappen (near Salmon Arm, BC) is now on the History Channel with Rust Valley Restorations about the 400 old cars that Tappen has accumulated.

With the funeral train of Past US President Bush being featured large – how long do we have to wait for that for current president Trump?

Our Kootenay Lake Chamber of Commerce has an incredibly important year ahead affecting our lifestyle on the Eastern Shore: Queens Bay ferry, forest fire interface, vehicle charging station, community bus project, ensuring the Gray Creek Pass opens by July 1, July 1 program and fireworks, and more!

The Nakusp Rail Society needs a McClarey 213 coal burning stove for their rebuilt snow plow. Hopefully someone will come up with this model, used to keep the snow plow crew warm.

The ice bridge to west Dawson from Dawson City, Yukon hasn't formed naturally the past few years. Now a helicopter has dropped a rope with floats and brush attached in the hope that this will collect enough ice to make the route driveable until April's breakup.

The fire at the Nelson Brewery was caused by an electric bicycle plugged into the wrong outlet.

What if your cell phone starts recording your thoughts and you can't find edit or delete?

With the increasing change to battery operated equipment, do we have any idea what can happen? Don Lindsay lost his large garage, workshop and tools when he left two lithium batteries on charge. It was most fortunate that the Bonners Ferry Fire Department was able to save his house.

Better at Home Wraps Up 2018

by Rebecca Fuzzen, Coordinator

As we wrap up 2018 one can see that East Shore Better at Home has had a successful year providing transportation and friendly visits to seniors in our communities. Our program continues to grow and now has fourteen active clients. The program provided fifty-two successful rides in 2018, as well as over twenty friendly visits. On top of the successful rides another ten ride services were arranged but then got cancelled by the clients themselves. Unfortunately, six ride services were not met. We do our best to get people where they need to go but sometimes there isn't a volunteer driver available. As these services continue to be offered, one must note that it is not possible without the wonderful strength and commitment from our team of volunteers.

Take a moment to envision a warm and smiley heartfelt thank-you being given to volunteers. This extends not only to the volunteers from East Shore Better at Home, but also to the volunteers from our other community organizations. Your hard work, time, and energy is making the East Shore a better place. Thank-you! The fact that you care and give freely of your time is deeply valued.

As we look forward into 2019 the East Shore Better at Home will continue as we did in 2017 and 2018,

by offering transportation and friendly visits to those enrolled in our program. Registration into the program is free. All that is required to register is to set up an appointment with the Coordinator who will come by, ask a few questions and fill out some papers. Better at Home is also happy to be a resource helping people to connect to people.

Looking forward into the New Year, two new exciting happenings will take place. The first is the Focus on Health happening Monday, January 28 at the Crawford Bay Hall. There will be soup making from 10am-noon and then eating. This will be followed by a presentation from our local community Paramedic Sharon Webster at

1pm. Any senior person who would like to attend but doesn't have a ride please contact East Shore Better at Home and we will get you there. The second event that will take place, but a date is not yet determined, is called Handy Men and Woman Day. This will be a day where volunteers are offering to go into the homes of seniors who have requested help to do simple things like: spring cleaning, window cleaning, gutter cleaning, changing light bulbs, and simple repairs. These are things that some older people struggle with, or are no longer able to do themselves. If you would like to be a part of this day or know anyone that would like

this service please contact the Better at Home Coordinator, Rebecca Fuzzen.

Lastly, our East Shore Program would not be possible at this time if it wasn't for the hard work and steady support from a few noteworthy organizations. Thank-you to Gary Jackman of the RDCK, Gary Sly of Community Connections, (also known as the East Shore Kootenay Lake Community Services Society), and the East Shore Kootenay Lake Health Society, as well as Valley Community Services Society in Creston. For standing steadily beside the East Shore Better at Home and sustaining us, thank-you to these organizations and the people who make them.

East Shore Better at Home can be reached at 250-505-6717 or by email at betterathomeeastshore@gmail.com. Please contact us if you have any questions, comments or concerns. Wishing you all the best for 2019.



Soup for Seniors - Sunday, Dec 10 at CB Hall.

Doris O'Dine (92) & Eira (7) visit.

Photo by Susan Dill.

Contact Mainstreet

250.505.7697

mainstreet@eshore.ca

www.eshore.ca

Next Deadline:

Jan 23/19

SERVICES DIRECTORY/CLASSIFIEDS

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

AUTOMOTIVE/MARINE

EASTSHORE AUTOMOTIVE - Service & Repair 250-227-9370

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

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/REPAIRS/GENERAL HELP

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.

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

LISA SKOREYKO R.AC. - Registered Acupuncturist. 250.777.2855. Unit #9 Crawford Bay Inn. 16210 Hwy 3A, Crawford Bay.

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

REGISTERED MASSAGE THERAPIST: Harroson 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, Fibonacci tuning fork alignment, Astrological Counselling. 250- 225-3520

RESTAURANTS

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

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

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

YARD/LANDSCAPING/SITE PREP

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

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

Kootenay Lake

Ferry Schedule

All times listed in East Shore time.

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

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

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.

NOTICES/EVENTS

FIFTY-FIVE PLUS CLUB (55+)

Mondays, 2-4 PM, at the Community Corner in Crawford Bay, except for Focus on Health days held at Crawford Bay Community Hall. Refreshments provided.

Bring a toonie (\$2) admission.

Jan 7 - Games - Quirkle, Scrabble, Blurple, cards, or bring your favorite game

Jan 14 - Chair Yoga with Char

Jan 21 - Slide Show, local animal tracks and sign with Lorna Robin

Jan 28 - Focus on Health, CBay Hall, 12 PM Soup (\$5)

1 PM Fall Prevention

with Community Paramedic Sharon Webster

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

Transfer Station Hours

CBAY: Sun and Tues 10am-4pm

BOSWELL: Weds/Sat 11-3

YOUR HALL IS AVAILABLE!

For community events, wedding receptions, workshops... you name it!

Booking: Kathy Donnison - 250.227.9205

CRAWFORD BAY HALL

Your community hall

A non-smoking facility



NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

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

BULLETIN BOARD

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

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 2019

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

Jan 2 - Weds: Dr. Moulson
Jan 3 - Thurs: Dr. Piver
Jan 8 - Tues: Dr. Galbraith
Jan 9 - Weds: Dr. Moulson
Jan 10 - Thurs: Dr Piver
Jan 15 - Tues: Dr. Galbraith
Jan 16 - Weds: Dr. Moulson
Jan 17 - Thurs: Dr. Piver
Jan 22 - Tues: Dr. Galbraith
Jan 23 - Weds: Dr. Moulson
Jan 24 - Thurs: Dr. Piver
Jan 29 - Tues: Dr. Galbraith
Jan 30 - Weds: Dr. Moulson
Jan 31 - Thurs: Dr. Piver

**Call to make appointments at 227-9006
on doctor days and Thursday morning.
Tues, Weds & Thurs (8:30 to 12:30)**

Not a walk-in clinic - appointments to see doctors are required.

**LAB HOURS AT THE CLINIC ARE EVERY
WEDNESDAY FROM 7:30-10:30am.**

**No appointments for lab visits, they are on a
numbered, first come, first served system.**

HEALTH PHONE NUMBERS

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

Boswell Hall Happenings

Board of Directors: Meetings held on needs basis.
January meeting—January 9 at 10am. Contact is
Gary Hill: g.dhill@telus.net

Book Club: Meets 2nd Thursday of each month @
2pm. Contact is Melody Farmer: melod-
ick.farmer@gmail.com

Carpet Bowling: Every Tues at 7pm. Contact is
Peter and Sheila Barg: psbarg@gmail.com

Farmers Institute: Meetings held on needs basis.
AGM on Jan 24 at 7pm. Contact is Bob Arms:
armsrl44@gmail.com

Tone and Trim Fitness: Every Mon and Thurs
from 9-10am. Contact is Darlene Knudson: dar-
lean@telus.net

First Responders: First Mon of month at 10am.
Contact is Rod Stewart: rod.jean@telus.net

East Shore Health Society: Meetings held on
needs basis. Jan Meeting, Jan 10 at 2pm. Contact
is Margaret Crossley: margaret.crossley@usask.ca

Focus on Health Meetings: Jan meeting, Jan 21,
10:30-3pm. Contact is Margaret Crossley: marga-
ret.crossley@usask.ca

BULLETIN BOARD

MARQUEE MONDAYS

Movies every Monday at 7pm

Riondel Community Centre, Seniors Room

Jan 7: Chicago (2002)

Jan 14: La Belle et la Bête (1946)

(Beauty and the Beast)

Everyone Welcome (membership not required)

Admission by Donation

FIFTY-FIVE PLUS CLUB (55+)

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Crawford Bay, except for Focus on Health days
held at Crawford Bay Community Hall.

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cards, or bring your favorite game

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Jan 21 – Slide Show, local animal tracks
and sign with Lorna Robin

Jan 28 – Focus on Health, CBay Hall,
12 PM Soup (\$5)

1 PM Fall Prevention

with Community Paramedic Sharon Webster



*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. VOB 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%

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH

January 2019 SCHEDULE

Jan 6, 2019 - 1pm, Derrick Smith

Music: Brenda Panio

Watch the notice board for further announcements.
Happy New Year!

CHRIST CHURCH & EAST SHORE CONGREGATIONS ST. ANSELM'S CHURCH BOSWELL (Anglican)

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

HARRISON MEM CHURCH, ANGLICAN

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

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Come & join us Sundays at 10 am.

Coffee fellowship after the service.

Pastors Richard and Ramona Dannhauer
16190 Hwy 3A, Crawford Bay: 250 505 8286

YASODHARA ASHRAM

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

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Fr. Sylvester Ibekwe Phone: 428-2300 Fax: 428-4811
Sun Mass at 2pm. 1st Sunday of month,
Fellowship Sunday.

CHRISTIAN SCIENCE CHURCH SERVICES

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

MEETING PLACES

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 Fraser Robb at 250-227-9636.

TOPS - Take Off Pounds Sensibly: meets every Thursday morn-
ing at 8:30 am in the Kootenay Lake Community Church base-
ment. Call Myrna for more info: 227-9420

PARENT ADVISORY COMMITTEE

(PAC) Meetings usually held at 5:30 pm at the Crawford Bay
School on the first or second Monday of the month.
Email cness.pac@gmail.com for info or to add to the agenda

Kootenay Lake

Ferry Schedule

All times listed in East Shore time.

Vessel	Departs Balfour	Departs Koot. Bay
Osprey	7:30 am	8:10 am
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January 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
EVERY SUNDAY CB Dump open: 10-4 Bottle Depot, CB Market	EVERY MONDAY Marquee Movie, Rio Seniors Room, Rio CC, 7pm	EVERY TUESDAY CB Dump open: 10-4	EVERY WEDS & SAT Boswell Dump open: 11-3 Yoga w/ Melina, Bos Hall, 1:30-3pm DR. MOULSON	Tara Shanti Yoga, 9:30-11 DR. PIVER	Shotokan Karate, CB School, 6:30-8pm	
6	7	8	9	10	11	12
	Shotokan Karate, CB School, 6-8pm Seniors Social Group, Community Corner, 2-4pm	Art Lecture w/Gerald Creston Vet in CB Tara Shanti Yoga, 9:30-11 DR. Galbraith	Yoga w/ Melina, Bos Hall, 1:30-3pm Shotokan Karate, CB School, 5-7pm 16+ Volleyball, CB School DR. MOULSON	ES Health Soc Mtng, Boswell Hall, 2pm Tara Shanti Yoga, 9:30-11 DR. PIVER	Shotokan Karate, CB School, 6:30-8pm	
13	14	15	16	17	18	19
	Seniors Social Group, Community Corner, 2-4pm Shotokan Karate, CB School, 6-8pm	Art Lecture w/Gerald * Lions Meeting 7pm Tara Shanti Yoga, 9:30-11 DR. Galbraith	Yoga w/ Melina, Bos Hall, 1:30-3pm Shotokan Karate, CB School, 5-7pm 16+ Volleyball, CB School DR. MOULSON	Tara Shanti Yoga, 9:30-11 DR. PIVER	Shotokan Karate, CB School, 6:30-8pm	
20	21	22	23	24	25	26
	Focus on Health Mtng: 10:30, Boswell Hall Seniors Social Group, Community Corner, 2-4pm Shotokan Karate, CB School, 6-8pm	Art Lecture w/Gerald Tara Shanti Yoga, 9:30-11 DR. Galbraith	Yoga w/ Melina, Bos Hall, 1:30-3pm Shotokan Karate, CB School, 5-7pm 16+ Volleyball, CB School DR. MOULSON MAINSTREET DEADLINE	Bos. Farmers Institute AGM, 7pm Tara Shanti Yoga, 9:30-11 DR. PIVER	Shotokan Karate, CB School, 6:30-8pm	
27	28	29	30	31		
	Soup and Fall Prevention Wrkshop, CB Hall, 12pm Seniors Social Group, CB Hall, 12pm	Art Lecture w/Gerald DR. Galbraith	Yoga w/ Melina, Bos Hall, 1:30-3pm Shotokan Karate, CB School, 5-7pm 16+ Volleyball, CB School NO DOCTOR	CB Market Closed for Inventory Tara Shanti Yoga, 9:30-11 DR. PIVER		

Call for Nominations
Join your Board of Directors

Your application deadline is
Thursday, January 31, 2019.

Learn more about this position @
nelsoncu.com/CallForNominations

Lucas Jmoeff | Mt Crawford

Nelson & District
CREDIT UNION **>>>** Logically. Locally.

A position on **your** board of directors allows you to represent the membership's collective values concerning social, environmental and corporate responsibility while setting strategy and direction.

Kootenay Lake

Ferry Schedule

All times listed in East Shore time.

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THE HISTORIC
GRAY CREEK
STORE
EST. 1913

250-227-9315
graycreekstore.com



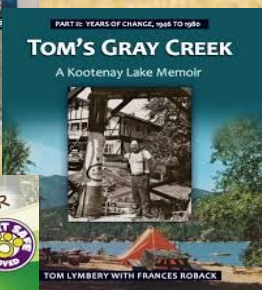
Mon-Sat 9-5:30 & Sun 10-5

January Must Haves!

Cozy Socks or Slippers

A Good Book or Two

A Warm Fire... & Ice Melter!



PIUS: WETT Inspections & Free In Home Consults

Transfer Station
Hours

CBAY:
Sun & Tues 10am-4pm

BOSWELL:
Weds/Sat 11-3