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YEAR 30, NUMBER 1

JANUARY 2020

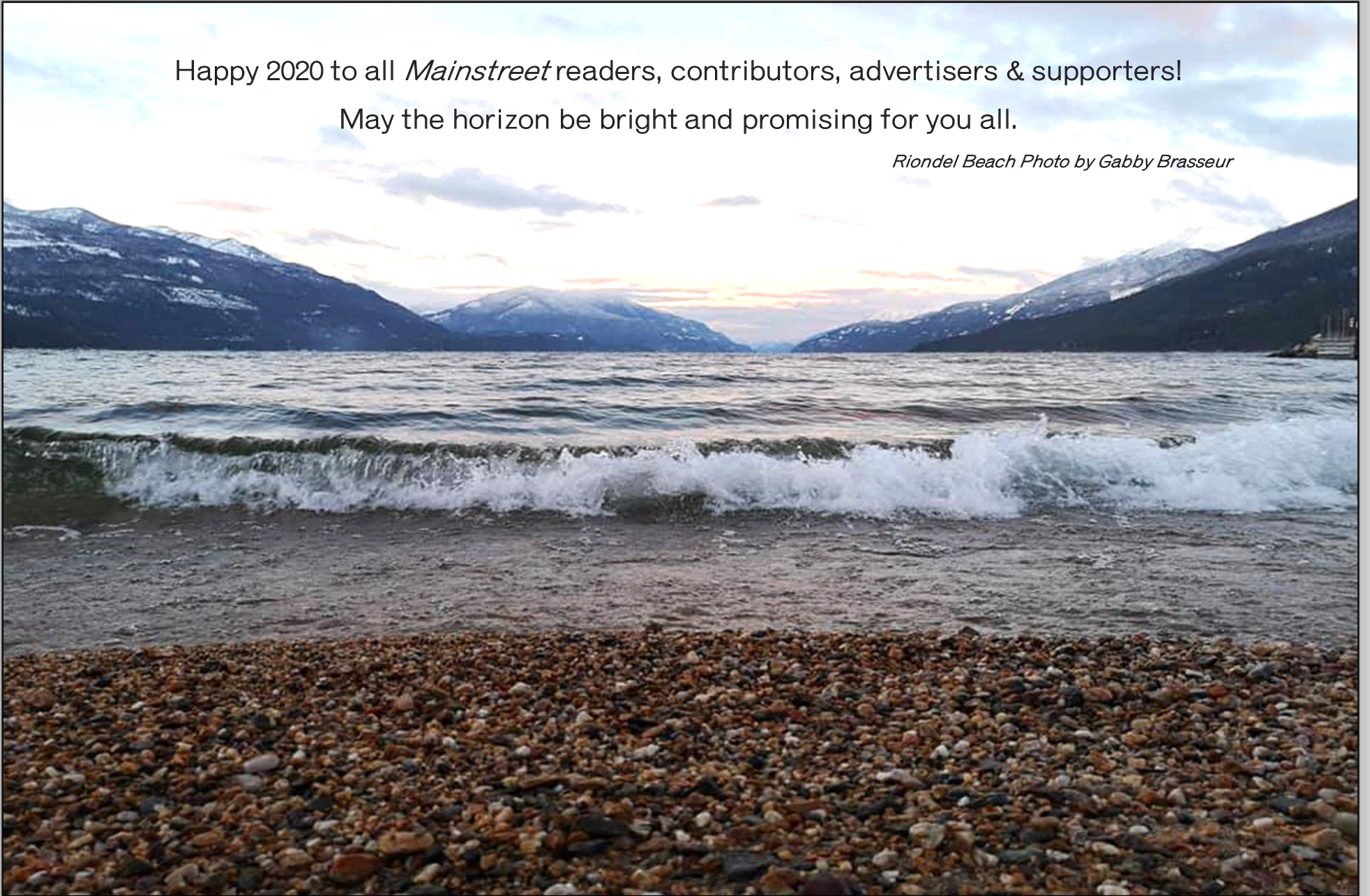
# The East Shore Mainstreet

## KOOTENAY LAKE BC

Serving the East Shore Communities of Boswell, Gray Creek, Crawford Bay, Kootenay/Pilot Bay and Riondel

Happy 2020 to all *Mainstreet* readers, contributors, advertisers & supporters!  
May the horizon be bright and promising for you all.

*Riondel Beach Photo by Gabby Brasseur*



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## Mainstreet Meanderings

by Editor  
Ingrid Baetzel

If you look at the masthead, you will see that it reads Year 30, Number 1. What that means, and many might

remember the bulk of what follows from an editorial of ten years ago, when we were celebrating 20 years of *Mainstreet*, is that we are entering the 30th year of *Mainstreet* editions. The first edition was printed in July of 1991 and was called Vol. 1, No. 1. There were many January editions not printed, and that threw the numbering off some, but the tracking remains. It's very hard to nail down with accuracy when to celebrate an anniversary, but I'll leave it with this thought. Thirty years of printing an independent newspaper, unshackled by Black Press or any other major publishing company, free to express herself how she chooses and not be harnessed or reigned in by any oversight committee or publisher – that is our *Mainstreet*. She is beautiful. She is weathered. I reprint below what was published five years ago at another anniversary celebration, and thank you all warmly for your love, patience, guidance and charity.

(From Jan, 2010 *Mainstreet*) I hope you enjoyed looking at the cover of that first four-page paper from 1991. The editors at the time were Janet Schwieger, John Smith and Lorna Robin. The issue contained the first "Tom's Corner" as well as Gray Creek Pass Report, the community calendar, Info Booth News, Chamber News, handibus and ferry schedules, a few classifieds, and exactly fourteen display ads - several of whom continue to be loyal advertisers to this day, doing their part in feeding the local economy.

So, this whole year will mark twenty years of production and it's been a wonderful ride. Starting in July of 1991, the editors counted their copies as such: July

1991, Vol. 1, No. 1. For many years, they chose to not produce a January edition. This method of marking the editions continued. In July of 1992, it was Vol. 2, No. 1 and was up to an impressive 16 pages with editorials, an expanded letters section, poetry and cross-words, and a few new contributions, including Robert Agnew's "Dumpster Musings." Alvin Dunic's "Riondel Clips" continued on their merry way, with help from Colin Turner and well over forty new advertisers emerged from the business community. This year also saw the birth of one of the *Mainstreet*'s most stalwart and reliable column: Gerald Panio's "Seldom Scene."

Somewhere in the early '90's (sorry, my archives are missing a chunk of editions between July 1993 and 1996), the *Mainstreet* added one-spot colour to the print and began to implement a price per issue of one dollar. By now, John Edwards and Brenda Panio were on board as well, and the paper was printing as many as 48 pages (booklet style).

In the spring of 1997, the paper went to tabloid style (as it remains today) and Fran Kinder was now in the mix. This dynamic group of volunteer editors and contributors continued the well-established tradition of information and idea sharing for several years until January of 2002, when I took over ownership and the position of editor with help from Doreen Zaiss. Today, it is a reasonably well-oiled machine in full colour and digitized. I have enjoyed this process of growth very much and am excited to see the changes that the next twenty years will bring. I would like to extend my gratitude to all contributors over the years. To the advertisers who continue to support the paper, I thank you heartily. There is no way I could do this without you. We all need each other and recognizing that is crucial to our economy. Readers, please let the advertisers of the *Mainstreet* know that you see their ads and appreciate them.. Thank you readers of the *Mainstreet*; your energy and interest keep this local paper alive.

Sadly though, as mentioned in an earlier editorial - *Mainstreet* is not as healthy as she once was. If you take a short wander down the pages of this edition, you'll

see the very small number of advertisers. I am forever indebted and grateful to you advertisers who stick with *Mainstreet* through thick and thin. Because of you, she continues; I just have to pragmatically look into the future now. The advertising support is what pays the printing costs most months. Most months, the time I put into the paper are volunteer hours. The delivery and layout time are labours of love. I am going to spend the next few months assessing the viability of continuing the paper. I am open to thoughts - always. Perhaps there are grants out there? One way or the other, we'll figure something out to keep the connection alive, won't we, East Shore? From the *Mainstreet* desk to wherever you are right now - Happy New Year!



### OFFICE DESK

Box 140, Crawford Bay, BC, V0B 1E0

Editor: Ingrid Zaiss Baetzel (since 2002)

Phone: 250.505.7697

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

The opinions expressed in this paper are not necessarily the opinions of staff or advertisers. We reserve the right to edit for clarity or brevity and acceptance of submissions is completely at the discretion of the editor.

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 2020 issue items by:

Next Deadline: January 22, 2020

## LETTERS TO THE EDITOR

### ELECTRIC FERRY

Dear Editor:

I was wanting to send in my letter to the Minister of Transportation in the January *Mainstreet*, but also reading John Rayson's "Thoughts from the Frog Pot" in the December *Mainstreet*, spurred me on. Thank you, John, for an excellent timely article. As he said, "It is difficult to plead ignorance" and that "we can all agree that it [climate change] is real and happening." He talks of System 1 and System 2 thinking (very illustrative examples), and we are definitely in need of more System 2 thinking! He nails it on the head when he says "Nothing happens each time I drive my car: but if I multiply this by 1 billion cars... I might think I have a problem."

We can apply this thinking when substituting a clean all-electric propulsion over diesel fuel usage in the thousands of trips our new ferry will make onward until 2030. As the climate crisis is becoming even worse and more precipitous than even the scientists expected, with the alarming warming of the oceans and reduced oxygen production for the world, to the massive confluent fires and prolonged droughts such as in Australia and elsewhere, and huge increases in accumulated energy in the atmosphere wreaking havoc with the powerful wind storms and hurricanes, it is becoming even more imperative that we act sooner than later in diminishing GHG emissions.

We have such an opportunity now to do our bit by removing the diesel aspect on the new ferry. Otherwise, what example are we showing the young who are desperate for leadership in preventing a catastrophic future?

I have heard that the government needs to hear from its citizens if we wish to enact significant change. So, please if the climate emergency before us alarms you, write to Claire Trevena, Minister of Transporta-

tion and Infrastructure urging her government to make the new ferry all-electric. Her mailing address is in my letter here or her email address is [claire.trevena.MLA@leg.bc.ca](mailto:claire.trevena.MLA@leg.bc.ca) and her Marine Manager is Callum Campbell, whom she has directed my correspondence to and his email is: [Callum.J.Campbell@gov.bc.ca](mailto:Callum.J.Campbell@gov.bc.ca)

Feel free to contact me at 250-225-3406 and I would love to hear of any letters going out to the MOTI. Let's do this for the young!!

Mary Donald: East Shore Director, Nelson-Creston Green Party Riding Association

To: The Honourable Claire Trevena, Minister of Transportation and Infrastructure, MOTI, PO Box 9055, Victoria, BC V8W 9E2

November 26, 2019

Dear Ms Trevena:

RE: All-Electric Ferry Proposal for Kootenay Lake, BC

Thank you for your responding letter of June 18, 2019, concerning this initiative. We have also subsequently seen the BC Government Release, "BC firms shortlisted for new inland ferry", on November 4 re the proposed new ferry for Kootenay Lake.

We see that you have changed the date for full electric propulsion to 2030 from 2040, but we still find this completely unacceptable, in light of the dire climate crisis we are now in. How many thousands of tons of GHG will be emitted by the diesel motors between installation and 2030?

We have such an opportunity here to mitigate those emissions by starting out as a fully electric ferry. We have the technology now, and in fact at Corvus Energy, where they are building battery packs suitable for use on this sort of ferry, right here, right now in BC. And there is no question that the technology is reliable enough to use on a daily basis. Have our government

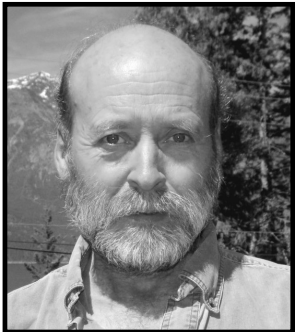
marine engineers taken the trouble to travel to Norway to see the new electric ferries in action (now for several years) and talk with engineers there about any problems? And as you noted, they are using electric ferries in Finland, Sweden and Ontario already. We already have prototypes to follow; we just need the will.

As well, what sense is there in buying diesel motors and generators for service starting in late 2022 and then throwing them away in 2030 when batteries are installed? Why build in fuel tanks which will be discarded after eight years? Is this good use of taxpayer money?

At present, there is not sufficient electric shore power at each terminal here, but there are two years to run more or larger power lines (also increasing job employment here). Does it really take 10 years to increase shore power, as indicated in your press release? That does not make sense.

Part of the operational reality that you mention includes current approval standards for ships in Canada. Surely this has been addressed in Ontario and could not such work act as a necessary template and be adjusted for BC as necessary? You would, no doubt, have much support from the Green Party in the BC Legislature for any necessary legislative changes.

You also mention doing 'incremental improvements' and 'a long-term, systematic approach to electrification'. We do not have a 'long-term' anymore in which to act, to mitigate the climate emergency. And any expense imposed now for electric ferries will pale in comparison to the massive expenses we are going to incur with the increasing extreme weather events now occurring and prognosticated to come. In fact, the UN's annual emissions report released this week states that we are on track for 3.2 degrees of warming if we continue as we are, and we will have an unlivable planet. And it states that the world is not doing



## RDCK Area "A" Update

by Garry Jackman, Regional Director

### ARE WE FIERCELY INDEPENDENT?

Living within our rural communities can foster a strong sense of independence. Many of us cut our own firewood, have generators to tide us over during extended power outages and keep a good stock of food on hand so we do not need to travel to stores during periods of inclement weather. Yet any sense of independence comes with the recognition that locally we do not have all the assets and support we need but rather we rely on our neighbours or partners in more urban centers for medical treatment, major shopping and various services.

At the start of this decade my thoughts are around cooperation and partnerships. Over the past 2 to 4 years I have reviewed the input from thousands of our neighbours, some just a few miles down the highway from you or I and some further afield, essentially from Yahk to Riondel. Input has been gathered through our local Build East Shore Tourism (BEST) project, our resident attraction project and our Economic Action Partnership project which built on the regional Happiness Survey. The input comes from our regional parks and recreation master planning process. Input also came through the team working on the CBT Community Initiatives Program, the Strategic Doing process and the projects which evolved from community and business driven projects such as Fields Forward and more recently the Creston Valley-Kootenay Lake tourism promotion. The latter was part of a strategic approach to knit tourism sector operators into a closer structure as the accommodation providers considered the advantages of moving to the added hotel tax to

support a destination marketing organization (DMO).

The thousands of voices who provided input conveyed some strong common messages. Perhaps the strongest message is that from one community to another we are not as unique as we may think; we have similar goals, values and needs. We are mobile and interactive, we do not remain isolated and independent but rather we enjoy visiting and interacting with our neighbours across a broad geographic region. We all benefit when our neighbours become stronger or enjoy success.

We are seeing some strengthening of relationships. For example, the result of the sub regional tourism projects was the emergence of a new Destination Marketing Organization (DMO) for Electoral Areas B and C plus the Town of Creston and the alignment of Electoral Area A accommodation providers with the Nelson-Kootenay Lake DMO. These two groups are permitted, under the DMO rules as set out by the province, to work together. A big leap forward from slightly more than a decade ago when Tina and I were accommodation providers collecting the hotel tax and we saw the straw poll along the east shore reject the DMO partnership as the Nelson-Kootenay Lake group was first formed.

The results of the BEST and resident attraction initiatives is a comprehensive local asset data base and map, a model for cooperative marketing and knowledge sharing and potentially a platform for community communications. To make these tools all they can be requires partners with the will to cooperate and share to take ownership of the data, the website and the model. Local volunteers and supports will have far more success in the long run than relying on government to sustain momentum and make agile decisions. Local government has leveraged substantial federal, provincial and CBT grants to bring us along in the process of building partnerships. Local government can continue to provide financial support to local cooperatives or partnerships, but the local champions are the key to success.

Over Christmas I have been reading a report about exploring economic opportunities in the upper Colum-

bia region. The document cites the unreliability of Stats Canada information as it does not capture information pertaining to seasonal residents. The report states the basic socio-economic data for the study area was sparse, inaccurate or incoherent. It outlines the competing interests across the natural landscape. Just as is the case in the upper Columbia, only local resources can provide the accurate data for our communities.

The upper Columbia report also refers to the boom in back country recreation along with substantial investments by a few major commercial entities, resulting in affordable housing shortages and vacant homes placed on the Air BnB market rather than the long term rental market. The report refers to how this shift occurred over the past 10 to 15 years. The study also indicates the main communities within the study area had relatively little history of working together and they even had some history of competition. Without a realization of what changes are occurring in our communities and some effort to focus on development and change which best fits our values and environment we may, eventually, find ourselves in the same situation. The shift is already happening in the local rental market.

If they are willing to come together we already have the community champions who can take the tools that have been developed to the next stage while building partnerships with our neighbours. Those champions can expect support from local government but should strive to remain at arms length in order to be flexible and responsive to changing circumstances and take advantage of emerging opportunities. That group or partnership of champions could take advantage of the Economic Development Office (EDO) which has been established through the Economic Action Partnership (EAP).

To help steer local government support we also need volunteers on the Area A Economic Development Commission. Contact me to learn more about this. If you have questions or comments on any topic please drop a note to gjackman@rdck.bc.ca or call me at 250-223-8463.

## LETTERS TO THE EDITOR

enough, that we must transition off fossil fuels as fast as possible.

In short, many residents here in the Kootenays have voiced that they do not accept the decision to continue to use diesel in our new ferry. It is absolutely unacceptable to continue to burn a fossil fuel to power this vessel when such a wonderful opportunity is here to diminish GHG emissions. And especially, as we have the technology right here in our own province!

We hope you will reconsider your configuration of this new vessel to an 100% electric ferry, and use the opportunity to have a prototype for the other inland ferries.

Sincerely, Mary Donald, Nelson-Creston Green Party Riding Association

cc:

- The Honourable John Horgan, Premier of BC
- Kirk Handrahan, Executive Director Marine Branch, MOTI
- Callum Campbell, Marine Manager
- Michelle Mungall, Minister of Energy, Mines and Petroleum Resources, Nelson-Creston MLA
- Adam Olsen, Green Party MLA, Saanich North and the Islands
- Sonia Furstenu, BC Greens Deputy Leader, MLA, Cowichan Valley,
- Andrew Weaver, Leader BC Green Party, MLA, Oak Bay-Gordon Head
- Ramona Faust, Director of Area E, Regional District Central Kootenay
- Garry Jackman, Director of Area A, Regional District Central Kootenay
- Nicole Charwood, President, Nelson-Creston Green Party Riding Association

### SANDING QUERY

Dear Mainstreet,

Now that it has snowed, I'm puzzled why our slippery highways are only sanded on the yellow center line.

Given the number of blind hills and corners, it seems unconscionable to encourage the traffic to risk head-on collisions by driving down the middle of the road, the only place that's sanded and not slippery.

Sincerely,

Shirleen Smith, Riondel

### EAST SHORE FOOD HAMPER PROGRAM 2019

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 56 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 Services
- The East Shore Mainstreet
- CMAW Local 2300
- Nelson and District Credit Union
- Newkey's Pub
- Crawford Bay Market
- Lakeview Store
- Columbia Basin Trust
- YRB
- Riondel Market
- Kootenay Lake Community Church
- Crawford Bay School
- Yasodhara Ashram
- Kootenay Sound Healing Centre

- Nicole Schreiber and Food Roots
- Kootenay Farms Market Place
- Kootenay Mobile Press
- Dutch Harbour Craft Fair

We want to thank Malena Draper and all the volunteers for making 2019 season for the food hampers a success. The loving-kindness of the East Shore is greatly appreciated.

Richard and Ramona Dannhauer, Crawford Bay



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Wish to apply for project funding? The guideline, worksheet and online application are available on the RDCK website at [rdck.ca/cip-aap](http://rdck.ca/cip-aap)

Apply by 4:30pm, Friday, February 28, 2020.

Applicants are expected to present their proposal at public meetings during the month of April 2020.

A PROGRAM OF Columbia Basin trust



# January Horoscope

by Michael O'Connor

**T**ip of the Month: 2020 begins under the waxing light of a Solar Eclipse which occurred on December 25/26 and a Lunar Eclipse Full Moon on January 10. These alone indicate that this new year of a new decade will prove pivotal for us all. Then on January 12, Saturn makes a rare conjunction with Pluto at the 23rd degree of Capricorn, which promises to be an earth-shaking and transformational event wherever it occurs in your chart. The year will culminate with a Jupiter/Saturn conjunction in Aquarius on Winter Solstice 2020 which will launch a major new 20-year economic cycle. Relax, breathe fully and fasten your seat belts, this is going to be exciting. This month's Horoscope provides a sneak-peek into 2020.

### Aries (Mar 21- Apr 19)

Balancing career expansion with ongoing nest-building will prevail through spring. Then the focus will turn more squarely to acquiring knowledge and implementing strategies for professional success.

### Taurus (Apr 20-May 20)

Bringing a sober vision into existence has and continues to require a constructively critical and creative focus to the fore. This momentum will continue and you will diversify to generate more income streams as the year progresses.

### Gemini (May 21-Jun 20)

Despite many changes both inside and out, you are learning to be more resourceful. As 2020 progresses, you will become more assertive and expressive. Ethics, fairness, and justice will also play a larger role.

### Cancer (Jun 21 - Jul 22)

A year of expansion on relationships fronts will characterize this year. Career figures prominently. Working more collaboratively could prove challenging at times, yet will manifest as greater achievements too.

### Leo (Jul 23 - Aug 22)

Faith in yourself and others is a central theme this year. It includes trusting others more. Positively, it will produce greater returns. Your social outreach will also increase and as it does so will your opportunities and returns.

### Virgo (Aug 23 - Sep 22)

A creative year directly focused on your public life and career will be the theme in 2020. This momentum already began in late 2019 and will escalate throughout the year. Direct your allegiance to patience, discipline, and focus.

### Libra (Sep 23 - Oct 22)

Despite a steady flow of changes close to home, your confidence levels have begun to rise again. Reaching out to find your place in the world continues. Yet what will especially grow as this year progresses are thoughts about what is possible.

### Scorpio (Oct 23 - Nov 21)

Last year's professional expansion and financial increase have laid the foundation for this year's business. Opportunities to take on creative projects should already be evident. Just be sure not to overpromise and scatter your focus.

### Sagittarius (Nov 22 - Dec 21)

If you have been suffering from ill health, 2020 could prove to be a rebound year. You will still have to make extra efforts though. This includes increasing your exposure to innovations and new approaches.

### Capricorn (Dec 22 - Jan 19)

This could prove to be a very exciting and eventful year. You could undergo a real breakthrough early on. Circumstances will push you to broaden your perspectives and to be more imaginative.

### Aquarius (Jan 20 - Feb 18)

You may notice that the pace of things has accelerated. Already, you find yourself working harder, both literally and in terms of feeling faithful. Positively, by as early as May, new experiences will begin that make you feel special.

### Pisces (Feb 19 - Mar 20)

Increasing your outlook, outreach, and exposure is a central theme in 2020 and has already begun. Yet, you will also direct your attention more fully to home and family. This will include initiatives to build upon new foundations.



# Hidden Taxes

by David George

## What's Our Rush?

**W**hy should we be in such desperate haste to succeed, and in such desperate enterprises?" Henry David Thoreau (1817-1862) wrote this in his 1854 book: *Walden, or Life in the Woods*.

Looking back further in history, the Romans translated a Greek aphorism into Latin as "festina lente" or "make haste slowly." As we enter the 2020s it may be useful to reflect on where we are going, and why some people seem to be in such a hurry to get to wherever that is.

Greta Thunberg, at only 16 years of age honoured as *Time* magazine's Person of the Year, has made it very clear that we must take immediate action on an international level to reduce the burden we are placing on the atmosphere of our planet. If we fail to act rapidly in that direction, our grandchildren or great-grandchildren may witness the collapse of global civilisation.

We have for a couple of centuries now been burning fossil fuels for energy and transportation as if they were inexhaustible and their combustion by-products were harmless. This makes as much sense as permitting the continuing sale of a plant product which kills half of the people who use it (tobacco).

Extracting crude oil from the sands of northern Alberta and shipping it to other countries to burn is going to be one of the shameful things which our grandchildren will no doubt accuse our generation of doing. Likewise, what is possibly 'green' about piping natural gas around the north of our province, liquifying it and shipping off so other countries can burn it and further pollute our atmosphere?

Green initiatives should include establishing a true electric powergrid across Canada, with links to our neighbours to the south, especially if they construct their own transcontinental grid.

Our own and hopefully last mega-dam, Site 'C' can be excused on the grounds that it will provide a transition source of the electricity we will need if we succeed in limiting global temperature to the 1.5C goal presently aimed at.

Just a reminder: our Sun delivers one kilowatt of energy to every square metre of our planet, on average. And that energy is free! All we have to do is collect it, transform it, and use it instead of fossil fuel.

Besides wind and tide energy, solar electricity is going to power more and more of our civilisation. There are already many all-electric automobiles in Canada and the US as well as an increasing number in other countries. This trend will continue, encouraged by provincial and national legislation.

While emergency vehicles will continue to be powered by fossil fuels or natural gas for the next generation, most automobiles will soon be electric. Electric aircraft are being developed right here in Canada. Recently, Harbour Air refitted a deHaviland Beaver floatplane with batteries and a 750hp motor, and had a successful test flight. Yes, the test was short, but with developing battery technology this aircraft will achieve a range of at least 160km. Further, think of how few parts there are to service in such an aircraft.

This leads right into the notion that although there may be as many people who wish to fly to their destination as quickly as possible, the present forecast of many more jet-fuelled aircraft in the future is ridiculous.

Some military jet aircraft will no doubt continue to exist, but if we do not blow ourselves up in a senseless war in the near future, it is almost certain that more and more electric aircraft will be built.

Are all of us in such desperate haste that we must get 'there' as soon as possible? We have high speed internet, with all sorts of video conferencing now. We do not actually need to be there in person every time.

Take a look at Europe, and their enviable electric railways. Already one may travel all around Europe and even go under the English Channel to Britain by speedy electric railways. Most trips take less time by train than by aircraft now.

We could have passenger rail back in Canada with electric railways hauling freight as well. We have the natural resources to power them. We just need the will. My wife fondly recalls an overnight trip by train on the Kettle Valley Railway from Vancouver to Nelson about 1952. We could have that sort of trip again.

Why should we not travel slower and more comfortably? I agree that some diplomats and business executives need to see their opposite number in person, at least for their first meeting. But after that, the technology is there for teleconferencing at very little cost. Let's do it.

I ask again--what's our rush? We all should slow down, take more time, smell the flowers, and enjoy life. I wish us all a Happy New Year and a happy decade.

**Deadline:**  
**Jan 22/20**  
[www.eshore.ca](http://www.eshore.ca)  
[mainstreet@eshore.ca](mailto:mainstreet@eshore.ca)  
**250.505.7697**



## Hacker's Desk

by Gef Tremblay

### Teaching

Each year I decide on a title for the year. I normally use an animal or a plant and a verb or an adjective. I was inspired by Roseanne Harvey with whom I worked back in Montreal at ASCENT magazine.

2019 was the year of the Awareness of the Pine Tree. I am not clear why I chose that a year ago, although the pine is a symbol of Shotokan Karate (Shoto means "pine-waves") and awareness is a focus I wanted to bring this year. For 2020, I haven't chosen the animal or plant, but I know the word will be something about teaching.

When my Thai massage master, Kam Thye Chow, was training me in teaching Thai Massage, one of his introductions to the training was that learning is like a pie divided into four pieces. The first part is what is taught to you, the second part is what you retain, the third part is what you practice and the last part is what you teach to others, bringing the teaching as an integral part of learning. Kam Thye also loved to make references to food in a lot of his teachings.

So where am I am in my pie of learning?

When I start a new project, or a new idea, I often create a new website, or at least buy a domain with the idea of creating an online identity to support my new development. For Inktober, I got the name <http://gef.ink> in order to place all my art on there and to continue my skill development in illustration. The latest domain that I've acquired is [lophophora.co](http://lophophora.co). I liked the name but I had no plan on how to use it. Should it be from a different design service I want to focus on, or maybe an app development, a VR audio experiment?... I wasn't sure.

While questioning and researching what this new project could be, the idea of creating a website about yoga, meditation and other techniques that I practice got me really excited! For many years I've taught yoga classes, Thai massage and meditation in the early 2000's and I've stopped teaching now for almost five years. I realize that this integral part of myself is missing in my life. When I think of teaching I get really excited. Maybe it's time to start again in a more structured way.

As Kam Thye taught me, teaching is not so much about simply passing on knowledge, but it's a part of learning. I want to continue to learn so I want to teach more. Swami Radha also shared that she is not so much wanting to teach others, but she is looking for other people to be on the path with her. I think teaching really creates that continuous learning while bringing like-minded people to share and discuss together on the same subject. What do I want to teach? How do I want to present that? What is the first step (I mean after buying a domain name, right)?

In my explorations last year, a friend of mine, Zora, introduced me to the teaching of Carlos. Carlos is a South American teacher, now living in Vancouver, who merges the teachings from Buddhism, to Chi Kung, Kabal as well as dream practice. This way of creating a system from different lineages is also echoed in Swami Radha's teaching who merged a lot of her learning and many different teachings into a complete system of learning.

My own journey brought me from Wicca to Tai Chi, from Chi Kung to martial art, Zen Buddhism to Yoga and from Tantric teachings to Shamanism. Some of my biggest life challenges brought me to learn self massage as well as massage and other healing methods. All these lineages and teachers offered me a smorgasbord of technique, of which a selected few stayed with me while I kept these practices alive. I don't consider myself a master in any of these, but it's important

to continue sharing these teaching, while keeping the memory of my teachers alive. My first yoga teacher, Joan Ruvinsky, always joked about teaching, "As long as you can point to the yoga posture in a book to the student, you should be fine," which taught be that it's not so much about what you know, but more importantly, your presence with the student that matters.

In any case, we'll see how the year will unfold and how I will step once again into my learner's shoe, but this time as a teacher. I feel I owe that to all my past teachers and it's a beautiful way to stay connected to all these lineages.

## Who is your Community Hero?

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!*

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## Riondel Fire and Rescue Blotter

by Fire Chief Cory Medhurst

Happy New Year to everyone on the East Shore and beyond. The last few weeks of 2019 saw us respond to a number of calls to service for various reasons as mentioned below. Before I go into our calls I'd like to thank Lieutenant Dan Wensink, Ante Glavurtic, and Sarah Wensink for meeting up with Santa Claus on Christmas Eve day to drive him around the East Shore and deliver presents for those kids on Newkey's annual "Angel Tree" list. The kids and parents are always super excited to get a visit from Santa in our Rescue Truck. If you would like to have your child's name added to Santa's list of homes to visit next year please email me at [cmehurst@rdck.bc.ca](mailto:cmehurst@rdck.bc.ca) or call 250-551-1352. I will write an article in October and November as a reminder; because who really wants to think about Christmas 2020 as we struggle to put last year's tree and decorations away? I'd like to remind readers that we only mention the calls to service that Riondel Fire Dept attends, and not all medical calls that the ambulance attends on the East Shore. The calls we responded to last month are as follows:

Nov 29 - Two members responded to a medical FR incident in Riondel. The members assessed the patient until the ambulance crew arrived, and then assisted with patient movement.

Dec 1 - We had three members respond to a medical FR call in Riondel. Members arrived just prior to the ambulance to find that the homeowner had suffered a serious slip and fall the evening before. Members assisted the Paramedics with assessment and patient movement to the ambulance.

Dec 10 - There was a call for medical assistance

in Gray Creek which two members had originally responded to; however the team was not required and was stood down enroute. 1 member proceeded to follow the Paramedics and assisted with equipment.

Dec 11 - An early morning call came in for a medical FR incident in Kootenay Bay. Two members responded to assist Paramedics with patient movement.

Dec 17 - One member responded to Crawford Bay to assist Paramedics with an early morning medical FR incident. Our protocols require us to respond in pairs, so when alone we wait for a FR partner or the Paramedics to arrive before we engage the incident. Members "stage", or wait, close to the address until one or the other arrives as well.

Dec 17 - A call came in for an unknown MVI (motor vehicle incident) with possible extrication required, possibly in Gray Creek. Our fire dispatch in Kelowna, and BC ambulance dispatch in Kamloops were working together to locate a vehicle that had slid off of the highway and rolled approximately 100' down an embankment. The driver of the vehicle had phoned a family member in Crawford Bay to ask for help, reporting that they thought they had just passed Gray Creek. During the event another motorist came upon the tire tracks leading over the edge and stopped to check. As a result this person was able to assist the injured motorist up to the highway, into the warmth of a vehicle, and called 911 to confirm the address; which ended up being near Sanca Creek. This is out of our road rescue boundary so our crew was stood down and Creston Fire instead responded with the Creston Ambulance.

Dec 22 - A member from the Balfour Fire department had called to report a structure fire in Pilot Bay which was visible from across the lake. As that member called 911 to report it, three of our members began preparing to respond. We were about to respond in our Rescue truck for public safety but were quickly stood down as the fire was out of our fire boundary and

the structure was reportedly fully engulfed (or unsavable) and not threatening other structures. One of our members went to the scene to investigate and found what appeared to be an intentional fire of an old cabin, or structure on private property. No one was on scene, but heavy equipment was present if needed.

Dec 23 - Two members were responding to a medical FR incident in Riondel when they were stood down enroute as our services were not required.

Dec 25 - A call came in for medical assistance on Riondel road which two members responded to to assist Paramedics. Because of the nature and seriousness of the incident, one of our members was asked to accompany the Ambulance to Creston for assistance.

Dec 26 - Four responders were available and responded to a medical FR incident in Kootenay Bay; members assisted with patient movement and equipment.

A reminder that winter conditions can cause slips and trips while walking around that can result in serious injuries so please be careful, and if possible keep a form of communication like your telephone or cell phone close by, especially if you live alone. It is also a good idea to have a cell phone if you are driving our twisty track of a highway in adverse winter conditions.

Another reminder that burning anything over two meters by two meters requires a permit from BC Forestry. These permits are to ensure that environmental conditions are suitable to burn; that you have the required suppression needed to burn; that what you are burning is permitted; and so that local fire departments can be notified in advance of larger fires in the community before being reported and activating a response.

One last mention for this month's novel of an article. It is with profound sadness that we announce the planned departure of one of our valued members.

*Continued on next page...*

*Fire Blotter, Continued from page 5*

Lieutenant Dan Wensink has been a member of the Riondel Fire Department for the past five years and has proven to be an amazing asset working his way from a junior Firefighter to a department officer. Dan rarely misses an emergency call or a fire or first responder practice when he is home in Riondel. Starting at an early age with the department, Dan has been through hours of emergency training for structure fires, wild-fires, medical first responding, rope rescue (including high angle) and auto extrication both with us, and personally with his own finances and time. Dan's enthusiasm, charisma, reliability and willingness to help his team and his community have been invaluable, and will be greatly missed by all. We encourage Dan to join us when he returns home to visit. I would like to personally thank Dan for all of his help that he has given to me as the Fire Chief, always able to bail me out of a pinch. We, the officers and members of the Riondel Fire Department wish you all the best with your future endeavors as an Aviation Mechanical Engineer at SAIT in Calgary. I know you will ace it.

## Happy Times on the Community Bus in 2020!

by Dee Gilbertson

Happy New Year from the East Shore Transportation Society. Our board members have been busy this last year forming a society, certifying the bus, hiring qualified drivers and staff people, writing grant proposals, and now arranging fun excursions and regular routes for the bus. Our board members include: Les Elgert (Riondel), Peter Spaans (Riondel), John Smith (Crawford Bay), Laverne Booth (Crawford Bay), Catherine White (Gray Creek), Merrill Hagan (Gray Creek) and Tom Wishart (Boswell).

We are pleased to welcome new staff members to our team. Dee Gilbertson has recently been hired as the Coordinator/Dispatcher. Bus drivers are John Edwards, Doreen Knault and soon to be certified Will Chapman.

We are planning the first three trips in February. Please contact Dee to book your seat.

Wednesday, Feb 5 AINSWORTH HOT SPRINGS. \$10 per person, round trip.

- Leave Riondel Market at 10:45 am (then possible stop at Ashram)



Meet Dee Gilbertson, new coordinator/dispatcher for the community bus. This photo taken at Bevy of Angels, December, 2019

- Leave Crawford Bay Market at 11:15 am
  - Leave Kootenay Bay Ferry terminal at 11:40 MST
  - Arrive at Riondel Market at 5 pm MST
  - Arrive at Crawford Bay Market at 5:30 pm
- Wednesday, Feb 12 East Shore Health Clinic LAB DAY. \$5.00 per person, round trip.
- Pick up location to be determined at time of booking

- Drop off time to be determined

Tuesday Feb 18 CRESTON Recreation Centre/ Shopping. \$15 per person, round trip.

- Leave Riondel Market at 8:00 AM, in Creston by approximately 10:00 AM

Potential stops include: Yasodhara Ashram, Kootenay Bay Ferry Landing, Crawford Bay Market, Gray Creek Store, Destiny Bay Resort, Wynndel Store.

- Creston drop off and pick up locations to be determined.

Please send your requests and suggestions to Dee as we strive to coordinate your transportation needs at a reasonable

cost.

To contact Dee email estsbus@gmail.com or call 1-250-551-9724. You can also find us on Facebook.

Stay tuned for route and schedule updates, our new website coming soon to www. East Shore Transportation.com, and the Name The Bus 50/50 contest coming soon.

**Deadline:**  
**Jan 22/20**  
[www.eshore.ca](http://www.eshore.ca)  
[mainstreet@eshore.ca](mailto:mainstreet@eshore.ca)  
**250.505.7697**



## Crawford Bay Hall News

by Susan Hulland

The Crawford Bay & District Hall & Park Association held its 2019 annual general meeting on November 26 with more than twenty-five area residents present. Two new directors, Leona Keraiff from Crawford Bay and Vienna Doenni from Kootenay Bay were elected to the board. They join former directors: Gina Medhurst (president), David Wells (treasurer), Helene Carter (secretary) and directors at large, Nicole Schrieber and Susan Hulland.

Five new members of the association were signed up at the meeting and eight people added their names to our volunteers list to help out with activities at our hall, park and boat launch.

It was encouraging to have Columbia Basin Community Relationships Manager, Kaylyn Gervais, attend our meeting. She will visit again in January bringing Jennifer Dunkerson from Heritage BC to view our community hall and assess it for potential grant funding.

Apart from working on renovation plans our association's other activities in 2019 included: upgrades to the electrical systems at the hall pump house and the park, gopher control activities in the park, and the initiation of a Google Suite for non-profits internet communications system which will afford directors consistent access to documents, files and communication tools.

With three properties to maintain, there is always work to be done and we wish to thank Sandy Oates for help with the hall water system, and Sonni Green, Dave Hough and Donovan Hough for their recent work on septic system at the Community Corner building.

Readers are invited to follow our current plans and activities on our Facebook page at facebook.com/Crawfordbayhall Persons wishing to make a presentation at one of our monthly meetings can contact us at info@cbhall.ca . Bookings for our hall and park facilities can be made through Kathy Donnison at 250 227 9205

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**Who is your Community Hero?**  
*a Mainstreet Feature*

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## Thoughts from the Frog Pot

by John Rayson

### Climate Change

For those who have followed this column, the issue of the “Frog in the Pot” is a modern metaphor for our reluctance to accept change occurring around us. In the last column I proposed some issues as to why we do not accept the that climate change is occurring. In this column I will address the issues that have occurred in the recent past and more particularly those that have occurred in the lifetime of many of us as residents of the Kootenays.

It was only in 1810 that the total world population passed 1 billion. We are now at approximately 8 billion: in fact, we have gone from 3 billion to 8 billion in the past 70 years [our lifetime]. It was in 1830 with the advent of the steam engine that man was able to move faster than his own 2 legs [or 4 legs of another animal] could carry him. The age of the steam engine was then followed by the Industrial revolution and the age of the automobile. When we think that these major changes have occurred in the past 200 years, we need to reflect on mans’ effect on climate.

In addition, we are faced with rising ocean levels [20 cm. in the past 80 years] and an increase in the temperature of the oceans. The temperature of oceans is measured by a program called ARGO. This program releases 3800 buoys, around the world which sink to a level of 2000 metres, then rise, measuring

temperature and salinity, then immediately transmit the data via satellite for analysis. The ocean temperature is rising. A rising ocean temperature means a rise in ocean level, as water expands with heat, augmented by the melting of land -based ice sheets in Greenland and Antarctica. Please note: 40% of North Americans live in coastal areas and 8 out of 10 of the worlds’ largest cities are in coastal areas. The process is continuing and they will be affected.

The above are facts that have, or are occurring but we don’t necessarily notice. Many events have occurred during our lifetimes. I can recall as a young child attempting to obtain large chunks of ice from the ice and ice cream wagons, only problem was the wagons were pulled by horses resulting is some mixing of the objects desired. Our family received milk and bread delivery via horse drawn wagons in the late 1940’s. My first plane trip was as a Boy Scout in 1957. As Scouts we had taken a charter train to Toronto prior to boarding the plane: cost in 1957; Winnipeg to London \$650. Now we think nothing of air travel at a fraction of the cost. I only give these as a few examples of my own experience but I am sure all can identify with the changes that have occurred during our lifetime if we pause to think about them.

A more subtle change in climate is that of crops in western Canada. Corn is now grown as a feed crop in Saskatchewan and across the prairies. I recently asked a retired farmer if this was correct and he assured me that it was. He stated new varieties of corn have been developed but climate change had made it possible to grow corn. His comment; the change was approximately 50/50. It required approximately 20 extra days for such a crop to mature and one-half of these days were due to new varieties and one-half due to climate change with the resultant longer growing season.

Look around us: climate change is occurring [and has always occurred] but appears to be happening 10x faster than historical norms. The major debate would appear to be; not is climate change occurring but the issue is, does man have any responsibility for the change? Have we entered the Anthropocene [age of mans’ effect on the environment]?

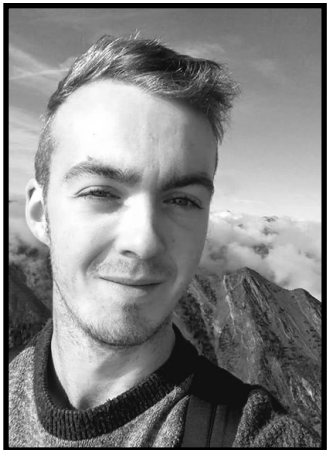
Can we and should we do anything? I would like to explore such issues in the next column.

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## Young and Dumb

by Arlo Linn



### Advertising Weakness

This weekend I had a chance to do something that I have not been able to do in a very long time, I got to watch TV, but perhaps more importantly, I got to watch the ads. Now I watch TV quite often, but by using select streaming sources I

am able to view almost all the programs that I enjoy ad-free, so this was a unique opportunity for me. I was curious to see what advertisers were choosing to sell to an older, and smaller audience than years before. The results were surreal. Diapers for women that are designed to look sleek and fashionable, pills that stop you from feeling heartburn and acid-reflux. These products are attempting to normalize minor health health problems that are an indicator of a far greater threat. I understand that having fairly consistent heartburn is an added struggle in life that most would rather do without, and having involuntary bladder discharge can be quite embarrassing in a culture that wants to ignore any and all the physical effects of aging. But these are a byproduct of larger problems, not the whole problem.

If you have terrible heartburn when you eat a specific food, there is a simple solution, eat something else. People complain about heartburn while eating a hamburger, drinking a beer, and smoking a cigarette. Heartburn is a warning that your body is sending to

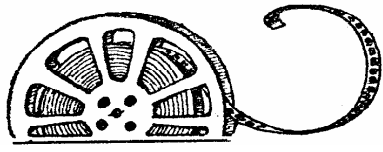
you, and taking a pill that only temporarily neutralizes stomach acid, is not a long-term viable solution. You are essentially ignoring your body in order to continue bad habits. In fact, most of the standard cures for heartburn are lifestyle changes, improving posture and adjusting your diet can work wonders for your health and quality of life. Only in rare cases should you have to get prescribed medicine from a doctor. To quote my former Karate teacher and lifelong fitness enthusiast Mike Panian “If a food I’m eating gives me heartburn, that’s a sign from my body that I shouldn’t be eating it”.

The same issue arises with urinary incontinence. There is a very simple solution to to effective bladder control; exercise. By strengthening your core and your pelvic floor muscles you can reduce and hopefully eliminate unwanted urinary discharge. These exercises are easy to do, and can be done by anyone, anywhere. A simple flexing of “the pee muscles” throughout the day can fix this problem, and this can be done while watching TV, driving, or perhaps listening to your favourite podcast. But instead people are sold sleek, thin, made to look sexy diapers, modeled on beautiful young women in an attempt to normalize, and romanticize incontinence.

Now I understand that heartburn in its intense cases can be quite a severe condition, and in intense cases may require prescribed medication or surgery. Gastroesophageal Reflux Disease (GERD) is a disturbingly common disease, affecting roughly 1 in 5 men and women in the U.S, and leading to over 1500 deaths a year annually, although this may be a product of more severe health disorders, such as obesity and smoking. Regardless, advertisers are using the commonality of this disease in order to sell antacids, a temporary treatment at best, and possibly a danger to the user if taken too often. Urinary discharge is a far less common ail-

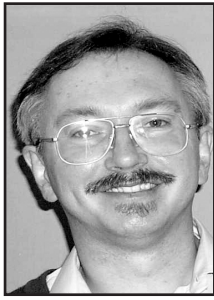
ment from a medical point-of-view, the main causes medically being sexually transmitted infections, such as urethritis, which affects both men and women. Urinary incontinence is much more prevalent in women than it is in men and affects 10% of women between 19 and 30. This is not a small percentage of women, and I agree that there should be a solution, but fashionable diapers are not the cure, the cure is, not so surprisingly, lifestyle changes. In an article from Women’s Health Magazine in 2016, they outlined the four leading causes of urinary incontinence, diet, weak pelvic muscles, low bladder capacity, and body weight. The article also outlined highly effective, simple solutions. Kegels (a fitness exercise) to strengthen pelvic muscles and your bladder capacity, weight loss can greatly decrease your chances of incontinence, and by removing certain foods from your diet, such as chocolate, coffee, and carbonated soft-drinks. Most of the medications that are recommended to people who suffer from urinary incontinence seem to only work as well as what someone can do if they properly exercise and follow a proper dietary regimen.

I know that exercise and proper diet does not come easy to many people, some people never learn the distinction between healthy and unhealthy foods, or what constitutes appropriate physical training, and in these cases turning to a pill may seem to be an easier, quicker choice. But if these signs from your body are ignored, they will come back in the future to haunt you. Heartburn and urinary incontinence may seem trivial and inconsequential, but they are merely indicators of a larger, existing problem. Do not rely on an appealing advertisement to help you when you have the strength to help yourself. To quote an old saying among the nurses of old folks’ homes, and the parents of young children “Don’t do for others what they can do for themselves”.



## Seldom Scene

by Gerald Panio



*"Please welcome to the stage the greatest human being who ever lived....Jack Malik!!"*

Not often enough, at least as far as I'm concerned, a filmmaker will take a light-hearted run at history, playing with historical events and characters with no object in mind beyond giving the audience a good time. One of the most successful examples was John Madden's multiple-Oscar-winning *Shakespeare in Love*, released in 1998. Earlier forays included Woody Allen's *Love and Death* (1975) and Monty Python's irreverent *Life of Brian* (1979). It's not really a long list. VideoHound's Golden Movie Retriever has fewer entries in its "Historical Comedies" category than in its "Mermaids" category. But there's good news. Our long wait is over. With *Yesterday* (2019), director Danny Boyle and lead actors Himesh Patel and Lily James show us that alternate histories don't all have to be grim, dystopic visions.

The basic premise of *Yesterday* is simplicity itself. It begins with ex-school teacher, current failing musician, and part-time warehouse worker Jack Malik being hit by a bus during the course of an unexplained 12-second blackout that causes the entire planet to go dark. As he's recovering from his injuries, Jack discovers that he's now living in a world that's not quite the same as the one he knew prior to the blackout. He can order a Pepsi, but no one's heard of Coca-Cola. Cigarettes haven't been invented. Jane Austen's masterpiece is now *Prejudice and Pride*. All of this is disconcerting enough, but not life-changing...until Jack realizes that the world he's woken up to has also never heard of the Beatles or their songs. Take a moment to imagine the possibilities...

Although Jack had previously announced to his friends, his parents, and his manager that he was giving up on music, he's suddenly got a few "new" songs to try out on them. At first, it's still slow going. His friends tell him that "Yesterday" is a very nice song, but "It's not Coldplay. It's not Fix You." Jack's outrage is priceless. His attempt to debut "Let it Be" for his parents is interrupted by call-outs for beer and a visiting neighbor who can't lay off his cell phone. More hilarious outrage ("You're the first people in the world to hear this song! It's like watching Leonardo da Vinci painting the Mona Lisa!!). His version of "I Wanna Hold Your Hand" premieres during a pathetic

gig at a raucous kids' birthday party.

For a while, Jack fears that even with some of the world's greatest songs in his repertoire, he may still be a nowhere man. The only person who never loses faith in him is part-time manager (and full-time high school math teacher), Ellie (Lily James). Ellie's also been waiting since about seventh grade for Jack to see her as more than just a friend and roadie. Ellie hooks him up with a naïve young producer, Gavin (Alexander Arnold), who's got a tiny recording studio next to the railroad tracks. In between trains, they record some early songs like "I Wanna Hold Your Hand" and "She Was Just Seventeen," and start handing out free copies of Jack's CD to customers at his warehouse.

Word of "The Singing Wholesaler" finally gets out to the right person. Ed Sheeran—who does exist in this reality—catches the songs on the warehouse website and drops by Jack's house to invite him on tour as his opening act. And so the madness begins. Overnight, Jack becomes the Shakespeare of rock and roll. Ed Sheeran is humbled, now Salieri to Jack's Mozart. Like a shark sensing blood in the water, Sheeran's predatory manager, the aptly named Debra Hammer (Kate McKinnon) zeroes in on her new meal ticket.



Goodbye, Ellie. Hello, Superstardom. You know the story.

Except you don't. Quite.

And even if you did, it wouldn't matter. Let me tell you why.

First of all, there's Himesh Patel's performance. Patel does all of his own singing & playing for this film, covering 17 classic Beatles tunes. Wonder of wonders, he makes us believe Jake's got what it takes to reawaken the world to a song catalogue that's second to none. The songs sound fresh, no mean feat considering how omnipresent they are in our lives and our culture. Had there been a musical false note anywhere in the film, in a range that extends from the youthful shoutout of "She Loves You" to the mature & sobered reflection of "The Long and Winding Road," *Yesterday's* magic would have evaporated in an instant. It never happens. Even if Jack allows Ed Sheeran to convince him "Hey, Dude" is a better song title than

his original choice, and Jack can never quite remember the lyrics to "Eleanor Rigby," the freshness and passion are always there. Patel's is the second stand-out musical performance by an actor that I've seen this year, matching that of Taron Egerton's portrayal of Elton John in *Rocketman*.

The second thing that carries *Yesterday* blissfully along is the romantic chemistry between its stars. Lily James's Ellie could easily have been the muse for "Ob-la-di, Ob-la-da," "Penny Lane," or "Here Comes the Sun." Her unassuming incarnation of love, joy, and faith makes it inevitable that Jack (with a little help from his friends, including one very, very special one) will see the light.

*Yesterday* also benefits from fine supporting performances from Joel Fry as Jack's stoner friend & roadie, Rocky; Sanjeev Bhaskar & Meera Syal as Jack's bemused parents; Kate McKinnon as the music biz velociraptor, and Ed Sheeran as himself.

There are a couple of scenes near the end of the film that are among my favorites, but I'm trying to stay away from spoilers and will only say that one involves Something-Else-Very-Big that Jack's re-booted world has never heard of, and another is a life-altering meeting on a lonely seashore with a character whose own story deserved an alternate ending.

One final reason that *Yesterday* works as well as it does despite its simple "what if?" premise lies in the nature of the Beatles' songs themselves. They're truly universal in a way that transcends biography. With great songwriters like Bob Dylan, Leonard Cohen, Joni Mitchell, and Bruce Springsteen, one is always looking for connections between their lives and their art. Yet I've never felt that need for biography in regards to the creators of "Hey, Jude," "Eleanor Rigby," "In the Life," or "Yellow Submarine." Beatles songs are their own complete, self-sufficient worlds, drawing us into them unquestioningly. A Jack Malik could successfully resurrect any of them, because they speak for themselves through the singer. Whereas that would hardly be the case with "Desolation Row," "So Long, Marianne," "Marcie," or "Thunder Road." The world can honor an artist like Bob Dylan with a Nobel Prize, but with the Beatles' catalogue it's almost as if the world has been given a gift that transcends individual honors, however thankful we are to the genius of John Lennon, Paul McCartney, George Harrison, and Ringo Starr.

What the world needs now is more sweet movies that wear their hearts on their sleeves. Watching (and re-watching) *Yesterday* and *Toy Story 4* in the weeks before Christmas, I could feel a few dark clouds lifting. Here comes the sun. I say it's all right.



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## Local Artist Profile The World of Marilyn Holman's Nature

by Sharman Horwood

Among the number of artists in the Riondel/Crawford Bay area, there are several very talented artists who are remarkably shy. Marilyn Holman is one of these. She has been a valued guest artist at the Riondel Arts Club art show in Riondel Days, a participant in 2019's Art Connection on the East-shore, as well as other small shows in the area. She has led drawing workshops in Riondel, and though she is not a prolific artist, her work is always well received, with good reason. It is exquisite.

One of her favourite paintings is large and shows what she sees when she stands beneath a large tree. The viewpoint is up, looking through the spreading branches above. Between the branches spreading across the canvas, you catch glimpses of the brilliant clear sky, and a distant osprey, its wings wide as it glides across the gleaming blue. The painting has realistic details, but presents an unusual perspective that is both natural and vivid.

Marilyn started painting when she was ten. Like many other artists she was fascinated with the natural world. At the age of three, her mother discovered that she could place her daughter outside on an old washtub and leave her alone for some time. Marilyn was fascinated by the shapes, such as an ant climb-



ing a stalk of grass, or the details of weeds that might be thriving, unnoticed, in a corner of her parents' garden. Many of her paintings reflect this childhood fascination. I haven't seen another artist able to render the complicated colour gradations of plants with such accuracy, often using watercolour and colored pencil to enhance the brilliant colours.

Marilyn majored in art and music in Burnaby South Senior Secondary, with a minor in science, her other love. After that, the Vancouver School of Art willingly accepted her detailed portfolio, and she studied with them until 1970. Finishing her courses, she pursued print-making and department store design without success, and consequently enrolled in the Kootenay School of Art, finishing in 1976. Finding work in her field, however, eluded her. Instead for many years she worked as a home health aid in Vancouver. Like many other women, she had to support herself, and this didn't leave her with the time or energy to paint.

In 1989 she moved to the Kootenays, and with relief found she once more she had time to paint. At that time, she painted landscapes, and occasionally portraits. She also enjoyed abstracts and hopes to pursue these again. She also put her love of nature to good use by painting glasses. The process is difficult, as well as time consuming, and takes a careful hand and eye. However, the grasses, the stems of flowers and plants on these glasses are beautiful: the colours are brilliant and finely painted, turning them

into art as opposed to illustration. In fact, in one of Marilyn's courses in commercial art, the instructor told her that she would never be a commercial artist. He told her she would always be a "fine" artist. Her glasses are exquisite art.

She says she paints because it "soothes her soul." She says it is very meditative for her, and she always feels "peaceful while painting." She also says it centers her, and defines her, showing her who she is, "the space she's in." When she doesn't paint, she becomes bored and frustrated. (Even paint-by-number kits bored her when she was young; she knew she could do better.)

She has a short window of opportunity for painting, mainly because in her house, the light is best from 1:00 to about 3:30, depending on the time of year. She likes to paint every day, if she can, and like other artists, enjoys music—preferably classical music—while she works on her botanical paintings.

Her advice to other artists as they start out is to not give up. She says, "it takes a long time to do well. It is not easy—you have to persevere," as she has throughout her life, and "you will get better." She is very definite about that. She recommends that even if you're not succeeding at one kind of painting, try another. Eventually, she says, "you will succeed." She also advises beginners not to be afraid of colour. One of the main skills she learned in her early classes in art school was how to mix colour accurately.

She has plans to try other types of painting as well. She would like to pursue wood cuts and lino cuts, her two other favourite styles of art. This winter, along with abstracts in general, she would like to include her interest in science, by creating paintings of what she calls molecular abstracts: images that phase between molecular depictions to abstract colours and shapes.

Marilyn's botanical painting is expressive, with clean shapes, and brilliant colour, wonderful to see. Hopefully, you will be able to see them in art shows in 2020.

## Riondel Arts Club

by Sharman Horwood



December was a quiet month as usual for the club, as is January. However, it's a time of the year when I would encourage everyone to venture into their creative interests: we have a beautiful landscape full of amazing

wildlife about us.

Gerald Panio will continue his Tuesday afternoon art lectures at 1pm. On January 7, he plans to show an episode from *The Private Life of a Masterpiece* on Jo-hannes Vermeer: *The Art of Painting*. On January 14, it will be *Fun with Fresco*, focusing on Bill Reid. Then on January 28, Gerald will show another episode of the *Masterpiece* series on Diego Velazquez: *The Rokeby Venus*. Everyone is welcome. You don't have to be a member to attend these fascinating talks.

The art club is continuing once everyone has returned from their holidays. On Mondays, there is an active mosaic group, and on Tuesdays, painting or drawing. Beginners are always welcome. All of us began just by going to the club and working on whatever piqued our interests.

I hope your New Year is creative and full of joy.

## Nelson Civic Theatre Society Receives \$288K Grant

press release

Vancouver Foundation has approved a Field of Interest Systems Change Test Grant of \$288,600 to Nelson Civic Theatre Society (The Civic Theatre) to partner with Ymir's Tiny Lights Festival on a three-year project seeks to address the systemic lack of diversity and inclusion in rural arts organizations, performance opportunities, and audiences.

This issue is complex and touches on many sectors and systems including resource flows in our funding models, poverty, social justice, and racism. This problem is amplified in rural settings, which face unique challenges that largely go unnoticed to urban audiences.

The project will begin with the creation of the Rural Arts Inclusion Lab (RAIL). Social innovation labs provide a way to allow many voices and sectors to explore complex problems and test novel solutions.

Existing policies for inclusion have often been developed outside of affected marginalized communities then imposed on organizations serving them. This project will be built on principles of participatory collaboration engaging voices from all sectors and areas of our communities to first address issues of inclusion then create possible solutions together where all voices are heard.

As many sectors that reach beyond the arts are also facing these challenges, the project's work will be documented and shared as part of the Creative Commons. The partnering organizations are highly complementary: Tiny Lights is small and agile, with a history of implementing changes in policy quickly and experimenting on the edges; The Civic Theatre

is a large and established charitable arts organization with professional space and broad reach, able to host gatherings and amplify the stories and experiments that develop.

Tiny Lights Festival Executive Director Carla Stephenson will lead this project. On the importance and opportunity of this initiative, she said:

"As arts presenters in rural BC we have not done enough work to make our venues, festivals, and events accessible and welcoming to all people, regardless of race, gender, age, or ability. The majority of established rural arts organizations are not engaging younger, diverse voices. This is leading to an aging audience and a culture of art that is not vibrant in many of our venues."

"Arts have always provided an opportunity to critique existing systems and push for change within them. By finding ways to make our spaces more inclusive and providing more opportunities for marginalized voices, we can change systemic behaviours."

The Civic Theatre's Executive Director Eleanor Stacey is excited about the potential of this project:

"Neighbourhoods are built around arts events and venues. When we create spaces and programming that only appeals to a specific segment of the population, we are only reflecting our own views back to ourselves and excluding marginalized voices.

"Inclusion means ensuring equitable space for everyone. In our community, voices are marginalized for many reasons, from gender to income to age to ethnicity, and in other ways. Finding avenues to ensure accessibility is key, and we know that it is not enough to just go through the motions.

"This project seeks to have concrete outcomes for real people in our community, and success will require authentic engagement with people surrounding their lived experiences. We know that this is challenging and complex work, and we are honoured to have the opportunity to support it in our community."

This project will begin in January 2020.

# Coldest Night of the Year

## Press Release

Dec 20, 2019: It's cold out there and Nelson CARES wants to help warm things up for people who need it most.

On Saturday, February 22, 2020 Nelson CARES Society will host the 6th annual Coldest Night of the Year (CNOY). The Coldest Night of the Year is a fantastically fun, family-friendly walking fundraiser that raises money for the hungry, homeless and hurting in over 130 communities across Canada. This will be their sixth annual here in Nelson.

Nelson CARES Society works to support the most vulnerable people in our community. They do this through the preservation, maintenance and development of safe affordable housing. Sometimes a place to live is not enough and people need some support to maintain their housing. The funds raised through Coldest Night of the Year help to fund our Ready For Home program which does just that.

Ready For Home provides support to people who have experienced, or are at risk of, homelessness. At the core of Ready For Home is a paid staff member who works one-on-one with individuals to maintain their health and housing and prevent homelessness. This program assists Nelson CARES tenants with life skills development; connection to health services, employment and income supports ... anything that will help these residences stay in the affordable housing units and off the streets.

Nelson CARES wishes to thank their returning sponsors from last year's event. Valhalla Pure Nelson has signed on once again as our one

and only Lead Sponsor and we couldn't be more honored. Also returning from last year are Shambhala Music Festival in our Supporting Sponsor role. New this year are Cover Architecture, Studio 9 Architecture and Planning Ltd., and Ellenwood Homes all signed on as Event Sponsors.

"As a local business, we at Valhalla Pure Outfitters in Nelson have a social responsibility to our community.

Being the Lead Sponsor for the 2nd year in a row shows our commitment to exactly that... Our Community. As an outdoor clothing and gear outfitter, we know what it takes to be warm and comfortable in our harsh Canadian climate....On behalf of our customers and team at VPO Nelson, we are proud to stand beside Coldest Night of the Year, and give back to our community." Sam Baio (owner of Valhalla Pure Outfitters in Nelson).

Nelson CARES would like to invite everyone to join them for this fun family friendly event. They are looking for volunteers, team captains, walkers, and donors. Come out and help make Nelson a warmer place everyone.

Please contact the Coldest Night of the Year Coordinator Stephanie Myers at cnoy@nelson-cares.ca. Cell 250.505.7410 (primary number). Office 250.352.6011 ext 5362.

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# Gratitude to the East Shore Community

by Swami Lalitananda, president  
Yasodhara Ashram Society



real fact that without our transportation links we are isolated. Many thanks to this team for your inspiring dedication and calls to action.

The ferry interruption also made me aware of all the links in this particular chain—the ferry workers, the succession and training questions, the company, the privatization of essential services, the responsibility of the government. The disturbance created awareness, as disturbances often do, and that is awakening. So, gratitude for the wake-up call and for the follow-up to ensure a Community Advisory Board is formed so East Shore voices will always be heard in the ferry's future.

I feel gratitude, too, for the community volunteers (at the Ashram we call them karma yogis) who give selflessly of their time for the greater good. This includes the Riondel Fire Department that was there for us five years ago when the Temple burned, and to all those committed firefighters and first responders who keep expanding their training, so they are ready to help at a moment's notice. Thank you.

I also feel so much love toward the alternative healthcare practitioners who help us with massage, acupuncture, herbal medicine. Such treatments would

be hard to come by in an urban centre, and yet here you are! And for our medical clinic and staff who keep on trying to fill the gaps and serve the needs of a diverse population. For our beautiful school and those dedicated to keeping education alive on the East Shore. To our Regional District and our dedicated director who helps to realize dreams like the Crawford Bay Regional Park. Thank you!

I feel grateful for the cafes and restaurants that give us respite and delight—so nice to go somewhere cozy for that special coffee or treat and so glad you make the East Shore home! And for those working tirelessly for culture here on the East Shore, including the playwrights and actors, the writers and poets, the painters and artisans and musicians and builders - how diverse and creative a community you make it. Thank you!

Special gratitude to the Ktunaxa and Sinixt nations—whose unceded territory we live upon. May we honour and give back to the land with respect. May we learn from you and open to the wisdom of your traditions.

And to each person who calls the East Shore home, thank you for being part of this unique community.

Blessings for a wonderful New Year!

As solstice passes and the light promises to stretch out slowly to shine on 2020—a new year filled with promise and vision—I look back on 2019 and feel a glow of gratitude for living here on the East Shore. Gratitude for the beauty of the land, the lake and the community, especially when during challenging times we can come together and recognize our interdependence.

The outstanding example still lingering in my mind is the ferry strike, and how the Our Ferry Matters team came together to bring attention to the very

## Call for Nominations

### Join your Board of Directors

Your application deadline is Friday, January 31, 2020.

Learn more about this position @ [nelsoncu.com/CallForNominations](http://nelsoncu.com/CallForNominations)

Lucas Jmief | Monica Meadows

**Nelson & District**  
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# Horoscope for the Year – 2020

by Michael O'Conner

2020 begins with a bang and ends with one too. This is a turning point year for a variety of reasons. Among these is the fact that it is the beginning of a new decade. 2020 added equals 4 - symbolic of foundations, stability, momentum, and speed, as with the principle of 4 legged animals or 4 wheels on a vehicle. Yet, there is much more in store that makes it a powerful year.

In 2019 both Jupiter and Saturn were in their own ruling signs, respectively. In 2020, Jupiter is also in Capricorn which is ruled by Saturn thus serving to boost the Capricorn factor. Jupiter expands while Saturn contracts. It is like bodybuilding with an emphasis on Mr. Universe-like BIG and powerful!

Yet, due to other factors, there are also some curveballs to contend with for us all. When the clocks ticks down to New Year indicates a lot of gravity from shaker planet Uranus 'stationary' in the early degree of Taurus which means it will have a lot of gravity and, therefore, potency at the launch which means it will leave its mark on the year.

On Christmas Day there was a Solar Eclipse at 4 Capricorn 06 which will culminate two weeks later on January 10 as a Lunar Eclipse at 20 Cancer 00. So, the year begins with yet another shaker factor which is actually closely connected to stationary Uranus.

On January 12 there will be a major and quite rare conjunction between Saturn and Pluto at 22 Capricorn 46. This powerful aspect occurs only once every 34-40 years, or so. The last time was Nov. 8, 1982. This is a very powerful and potentially destructive and upsetting conjunction marking a new power cycle which will last until Feb. 2, 2054... Yet, it can also give birth to new forms and approaches that are very positive. As ever, it depends on how it like any planet or planetary configuration aspects one's Birth Chart.

Until May 5, 2020, the Lunar South Node remains in Capricorn. This implies the loosening grip of power linked to established authority. As well, as we approach this date, The Lunar South Node will close-in on a Trine with Uranus

in Taurus. This will have the creative effect of a bulldozer clearing land to build a skyscraper.

Probably what constituted the most significant event in 2020 occurred at the end of the year on Winter Solstice, December 21, 2020, When Jupiter and Saturn form an exact conjunction at 0 degrees Aquarius marking the beginning of a new 20-year economic cycle. Since Aquarius rules the internet, the indication that humanity will enter its next major phase of the World Wide Web establishing a truly fluid global economy is very likely indeed. Are you ready for this powerful, generational cycle? I can help you to be.

### Aries (Mar. 21 - Apr. 19)

The most significant feature of 2020 for you, includes pushing harder on public and professional fronts than you have in some time. Attending to finishing touches close to home will be featured in your priority list throughout the first third of the year. Then your focus will be directed towards bringing your lofty visions and plans down to earth to make them actual and viable. Generating ideas and directing your energies to this end has probably already begun. By year's end, you will have entered and will be pushing hard through new territory. Faith in and patience with the process is extra important throughout the year.

### Taurus (Apr. 20 - May 20)

Your drive and ambition are already in high gear as 2020 begins. Although you had to work for it, returns did come in during 2019. This year you will have to remain diligent and persistent. By mid-spring, you will begin to diversify. This includes generating new streams of income. Circumstances will not allow you to lean too heavily on the past, if at all. Very much a foundation-building year, it does include some measure of expansion. Yet, 2021 will prove to be the bigger turning point and your returns will be much more measurable then. So, focus to establish a solid and integral foundation that supports multiple streams.

### Gemini (May 21 - June 20)

By the end of 2020, you will have completed the metamorphic cycle of Saturn transiting your solar 8th house. Thus, it constitutes the 3rd and final period, as it were. Jupiter there has come along to lend a supportive boost throughout the year. As well, you could experience a resurgence of your energy levels along with a fresh wave of creative inspiration before summer begins. This will manifest as an assertive

impulse. Increasing your social outreach is also featured. Dealings with fiery exchanges with significant others will frame the year on either end activating an especially energetic and perhaps revolutionary push late in the game.

### Cancer (June 21 - July 22)

Some major changes on relationship fronts are indicated for you as 2020 gets underway. These could leave you feeling reactive, but perhaps also transcended, as though you have been touched by an angel. The result of these changes could manifest as professional expansion or even the start of a new job or position at work, perhaps even a promotion. The flip side of this implies endings that could come about unexpectedly. An invitation to engage your energies with others in a spirit of unity, cooperation, and team effort is a likely outcome. Commitment and a willingness to function as an equal within a greater whole will prove important.

### Leo (July 23 - Aug. 22)

Health is a keyword for you in 2020. It could emphasize that of your career and/or social status at least as much as personal health. A central theme centers on finances and stimulating a healthier flow. Learning and training are indicated. Your ability to focus and take-in new knowledge will increase as the year progresses. Accept familiarization and understanding of the basics as your first major phase of achievement. Fresh inspirations will arrive early in the year and will support you to feel energized, confident and creative. Strengthen your foundation with patient persistence and focus to increase your earning potential.

### Virgo (Aug. 23 - Sep. 22)

Are you ready to take your career to the next level? This is what is indicated for you in 2020. It will require strategic measures and a well-designed plan. The first boost will arrive even prior to the year starting, thanks to the Solar Eclipse in Capricorn. Jupiter there as well stands to prove especially helpful for you. Overcoming a tendency to scatter your focus will be among your bigger challenges. Activities with friends could diminish, at least for a while, as you direct more time and energy to your career. Expect to dig deep at the get go and get ready to work harder to advance to the next level.

*Continued on next page...*

*Horoscopes continued from previous page:*

energies is not finished yet. Positively, you have begun to feel more confident about certain things, like having passed through a dark night. However, there could be yet another visitation even prior to the start of 2020 or early into it. The destiny purpose behind it is to push you to lay claim to your hidden power. Yet, it lays buried beneath fears you may not even be aware of yet. As 2020 progresses, you will reach for clarity, truth and perhaps justice as you aspire to balance the scales.

**Scorpio (Oct. 23 - Nov. 21)**

Knowing better who you truly are and what you genuinely need and want will be clearer in 2020. This impulse will be activated early on and then about mid-way. Initially, the push will be to gain a stronger grasp of your creative potential backed by imagination power. The biggest challenge will be discerning between what you feel you want and what you truly need. You possibly be able to fulfill both, yet neither fully. So, you will be challenged to decide. This will lead to changes perhaps especially regarding your priorities. Yet they will also have a play on how you perceive yourself and the world and your best role in it.

**Sagittarius (Nov. 22 - Dec. 21)**

2019 was a year filled with deep changes. Some of these may have caught you by surprise and have had an indelible impact on your lifestyle. This trend will continue well into spring. Your financials may well have been impacted and there may be more changes yet to come. If so, you will know about it early on. It could even feel like a death of sorts. Yet positively, it could also manifest as a spiritual initiation of some kind. As the year progresses, especially during the second half, you will meet new people and friendships and group involvements will begin to take root. These too will have a measurable impact on your lifestyle.

**Capricorn (Dec. 22 - Jan. 19)**

A powerful series of events will activate a whole new level of power in you. Whether you take the reins of this

power or it overpowers you is something you will be contending with right at the get-go. It could activate a whole new level of discipline, perhaps centered on health. It will also likely have a powerful effect on how you feel about your closest family relationships. Positively, this flow of destiny will serve to bring you closer to the ones you love, reminding you just how important they truly are. As the year progresses, you will learn to see the world as with new eyes, through the lenses of your soul.

**Aquarius (Jan. 20 - Feb. 18)**

Powerful events occurring behind the scenes or at sub-conscious levels will bring about changes linked to your power potential in the world. These may prove subtle and virtually imperceptible at first. Yet, they will contribute to some major new beginnings. These will emphasize your creative power and what makes you unique and special. Early on you will feel the urge to push through outer blocks and/or confront anyone who you feel is undermining your power potential or hindering progress. Expect a revolutionary series of shifts and moves throughout the year that may even find you changed and moved, literally and figuratively

**Pisces (Feb. 19 - Mar. 20)**

You will focus to secure and fortify your base. This could well include your actual home yet could also refer more figuratively to your health, business, mental and emotional center, or all of the above. You will begin the year by pushing harder than you perhaps have for some time. Already your perceptions and interpretations and your priorities are changing. This turn began in the spring of 2018 and then entered a more accelerated pace a year later. This year it will accelerate to full speed. You will learn the value of extending your reach to a wider audience or network that supports more and bigger opportunities.

***Deadline: Jan 22/20***

**Opinion  
Community Forests**

**by Anthony Arnold**

There are over 50 ‘Community Forests’ in BC. They represent a tiny percentage of the tenured forest land in our province where most of the cutting rights belong to corporations, some of them international in scope.

There are three such community forest tenures in our local area, in Harrop-Proctor, which also operates a sawmill, Creston and Kaslo. Arrangements such as these came about late in the last century and make it possible for local residents to have input into the management of local forests.

Government, in response to frequent opposition to logging over watersheds, aesthetics, wildlife impacts, logging traffic--the list goes on--offloaded forest management to the concerned citizens. They formed societies and co-ops and took over the job.

A critical mass of determined local folks is key to the success of community forestry. For one thing, a higher level of planning has to go into forest management when the values on which it will be based include such ecosystem services as water protection, old growth retention, preservation of wildlife habitat and carbon sequestration. This requires time and energy that may not always result in financial compensation. As well, often there is a need for dialogue within the community in order to resolve differences and competing values. The Ministry of Lands, Water, and Forests has requirements which must be met.

There are some great success stories out there. Just across the lake in Harrop/Proctor the community forest has been able to create a number of local jobs, both in the woods and at their small mill, and

maintain a healthy, functioning ecosystem on the more than 11,000 hectares which they manage. They have worked hard, and they have active community participation. Members of the forest society buy lumber at a discount, get priority for employment, and everybody benefits from the proximity of the mill for lumber purchases.

In my view a community forest is the only way to assure long-term forest vitality, which in a community surrounded by forest, means long-term community health too.

The alternative is industrial forestry, which has trouble measuring value except in dollar terms. We are entering an era where ecosystem services, from carbon capture to water production to habitat protection, are taking on ever greater value as the demands for them increase. These values are as essential as dollars.

Once upon a time, really a scant 150 years ago, our region’s forests managed themselves. Fire dominated, and the landscape was a patchwork of uneven-aged stands, trimmed, pruned, sometimes levelled and renewed by fire. Years of fire suppression, population growth, industrialization now mean we cannot just leave the forest to manage itself. We are faced with a dilemma where catastrophic fire threatens on the one hand, and carbon must be trapped and stored on the other.

We need to create a new version of that earlier patchwork, a version which recognizes a new set of values. It requires more intense management, and more attention to non-timber values. There may still be place for industrial forestry in this new era of climate emergency, and surely there is a need for community forests.

Check out [bcruralcentre.org](http://bcruralcentre.org) for some great video and more information about community forests.

**Opinion  
Fifty-Five Thousand Dollars**

**by Mautz Kroker**

This is what the East Shore Youth Network gets every year. We got it the last three years, we got it for this year and we’ll get for the next two years as well. Impressive, right?

**\$55000 means:**

- 1100 paid hours that our youth coordinators spent preparing and doing program work
- 150 hours volunteer time provided by the members of the oversight committee
- At least 100 hours volunteer time gifted by chaperones driving kids and youth to events
- \$3000 and more for transportation and fuel
- A few thousand dollars in equipment and maintenance
- 100 pizzas
- 500 pop
- 40 Thursday drop ins with entertainment and even more food
- 15 adventures like: movie theatre, pool/skating trips, Ainsworth visits, fishing trips, horseback riding, overnight events in the mountains or in partner communities, ski lessons and ski days, ziplining and much more
- Educational workshops and events such as driver’s education, food safety, baby sitting course, participation at the leadership journey workshops, lifeguarding, courses for job readiness etc.
- For each event or drop, in the opportunity for a ride home
- And more, and more, and more...

This is a lot of sweet stuff that ends up served right onto our table. Everybody who works on the oversight committee or offers help in driving, being a chaperone, providing education or support in any matter for the youth program loves to do so. This program gifts youth and parents a lot of additional opportunities in the (sometimes) tough job of raising kids.

Last month, when I read the youth coordinator’s and Rebecca Fuzzen’s report about the fall “Helping Hands” event, I felt ashamed. Only four kids showed up for this event. Really? Only four youth out of a potential 25 or more could make it to provide some help to our elders? The youth participation to the “Helping Hands” day was part of the youth program in November.

I think this is the point where we have to change something. I think our youth and ourselves have to move our butts a little bit more. We are in the lucky position to have this full table. Our elders had to fight and struggle way harder to acquire what they and their families needed and often they didn’t find success with that struggle. We are actually harvesting the fruits of their struggles and efforts. They built the foundation of our wealth and happiness.

So, parents, please take some time to consider these thoughts. Please take some time to talk with your kids and youth about this matter. Please take the energy to build up with them an awareness about helping others. We will take more action in the East Shore Youth Network as well.

I know there are people and youth out there who do this already – who, far more often than twice a year, provide their helping hands to the community. Our community would be less shiny without them. And we are thankful for their engagement.

But I am speaking to them who CAN do more. The next “Helping Hands” event will come. Please, let’s move and bring some help and smiles to those with the aching bones who have done so much to create the blessings we enjoy today. I will be there as well. As a last reminder: one day we will be those with the aching bones.



## Tom's Corner

by Tom Lymbery

### Crawford Bay Hall

I wish I had a copy of Bill Fraser's address on the opening of the stage addition to the Crawford Bay Hall. Bill spoke for 45 minutes without using notes. He described in detail the earlier hall which was built about 1912 on Crawford Creek Road where it is joined by Purcell Road. About 1938 the community decided it would be much better to have the hall next to the Crawford Bay School, where the hall stands today.

This was in the depths of the 1930s Great Depression, so innovative funding was necessary. Bill Fraser helped with negotiations with the Relief Board, as virtually everyone was on government Relief at that time. To qualify for this assistance they had to work on the proposed road project between Gray Creek and Crawford Bay. Negotiations allowed some locals to use construction on the hall as their work project, instead of the road.

Volunteers dismantled some of the former hall and took mostly timbers and lumber to the new site, which was on land owned by the Crawford Bay School Board. (Individual communities had their own school boards before schools were amalgamated.)

Lumber was also contributed by the Burden & Watson sawmill in Crawford Bay, again with assistance from volunteers. Most of the lumber was moved to the new site by horse and wagon. Lloyd Johnson contributed the cedar poles necessary for the roof, and volunteers supplied the cedar shakes. This was long before chainsaws so all material was cut using cross-cut saws.

After the brick chimneys were built, a wood furnace was set up in the basement and Commander Matthew Harrison of Wedgwood Manor contributed a heavy round Oak Chief cookstove to the large hall kitchen. I don't know where the flooring came from but it made a substantial dance floor. There were alcoves in the corners at the east end and one of these was used by a Creston orchestra to play for dances

Since the hall was adjacent to the school, it was used for school activities, the principal sport being badminton. I can remember both Rose and Percy McGregor had the skill to send a shuttlecock up and over the visible rafters in the ceiling. Herb Draper supplied a generator to put on occasional movie events, setting the projector up in the upstairs room.

Once the stage was completed, the Crawford Bay Women's Institute were able to put on plays. One memorable ad-libbed play featured Mrs Francis knitting, and she was asked by Mrs. Hawkins, "What are you knitting?" She replied, "Long underwear – for you!" This brought the house down, as Mrs. Hawkins was not wearing a slip – an essential garment in those days. At one of these events, Teddy Piete, age 5, beautifully sang "How Much is That Doggie in the Window."

The Fall Fair was the biggest annual event at the hall. The fair was assisted by a small grant from the BC government, on condition that the District Horticulturist from Creston was the judge of the fruit, vegetables and livestock entries which included chickens. We had a very active Fall Fair committee which worked much of the year to plan what would be added or subtracted from the entry list. Mary Karpowich entered both Creston and Crawford Bay fall fairs and remarked that competition was stiffer in Crawford Bay. Tony Kunst, the Boswell postmaster, entered his elderberry wine and also served on the committee. Some years we had a prize for the most entries and the Alex Mackies of Boswell won with 75 or more.

Einar Strom worked hard to alleviate the acoustic problem created by the many windows and the lack of insulation. He found that it was most important to lower the sound level of the drums. The Western Kings orchestra from Wynndel / Creston played for dances every two weeks except in the busy summers, and Sharon and I never missed these. Community dances seem to have disappeared.

I have heard some suggest that the Crawford Bay Hall should be replaced by a new hall, but they possibly haven't seen that the interior as well as the structure itself are in good condition.. Once the exterior is refinished it will look so much better – most important for so valuable a community asset.



Photo: View of the Crawford Bay Fall Fair, showing a vast array of entries from garden produce to quilts. Photo: Mike and Ivy Jeffrey

## TOM SEZ 2020

by Tom Lymbery

An ongoing study is looking at the affects of allowing more aspen growing in wildfire areas slowing down aggressive fires, as broad leaved trees don't candle like evergreens

Three Kimberley RCMP have received an Alexa reward for their efforts to get drinking drivers off the road. Alexa was a child who was killed by an intoxicated driver as she was feeding horses on the roadside.

Harrop Procter and Nakusp Community Forests are receiving grants of \$40,000 and \$20,000 to enable them to ship more wood waste to Zelstoff Celgar at Castlegar to be made into pulp, instead of having to burn this residue from logging, The pulp mill is now accepting much smaller logs than previously, down to 2 1/2 inch tops.

There is a strong movement to build a weir on Lake Kooconusa to retain sufficient water for recreation and tourism on the lake. The Libby Dam in Montana lowers the lake too much and building a weir would allow Canadian control of the water levels.

We need Community Forests on the Eastshore to protect watersheds and provide local employment. While these operations have to abide by the Annual Allowable Cut (actually compulsory) they can do some selective harvesting that produces a crop in 15 years instead of 80 for clearcuts.

Flash Forest is a new company using an innovative tree planting system – a drone fires tree seeds into the ground. This may be effective on many sites but I am sure there are others which need traditional planting of seedlings. The drones would certainly be effective on land where winter cold is necessary to cross soggy areas for logging.

January or February sometimes brings a cold spell after heavy rain to form a hard CRUST on the snow. This can allow you to walk easily over top of brush and debris into areas that are hard to access. It also makes you feel superior to be walking over top of everything. In 1952 we had a solid enough crust that I could skid firewood on the crust with a horse – but having to be careful that the horse didn't put a leg through the hard frozen snow.

Peachland BC has apparently no peach trees left – the fruit land has been eaten up by housing. They are appealing to people to plant peach trees – even a few. Perhaps visitors at the information centre ask "Where are the peaches?"

On the other hand in Sumberland BC we are sure its easy find those who nickname this town as "Slumberland".

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## Smarter Than Jack or Jill

by Sharman Horwood

*Animals are smart, amazing creatures. If you have an animal story you'd like to share, please contact me at [shhorwood@gmail.com](mailto:shhorwood@gmail.com).*

### Deceptive Appearances

Sometimes I wonder at the human-ness of animals. Or is it the other way around, not that they resemble us, but that our behavior sometimes resembles them.

At the moment, I'm trying to re-train my cat's eating habits, and I get the feeling that my grasp on the situation is slipping, whilst his is not. Some of the hard cat food that he was eating seemed to be making him sick. He was vomiting frequently, and I was worried. I tried a different hard cat food, and his stomach became a little more stable. He also seemed healthier when he had less canned cat food made from fish. For some reason, though he likes it, after eating a can of tuna the next morning he would wake up and be sick.

Unfortunately, he's not happy with the new food. He would much prefer what he was eating before. He didn't tell me that, of course, but his behavior was speaking volumes. A full bowl, left to go stale, wasn't normal for him.

Most animals will hide the fact that they are sick. In the wild, a sick animal is likely to become a victim, killed by predators who recognize it. Wolves, for example, will try to single out a weak, sick or ageing animal because it's easier prey. As a result, hiding illness or injury is a survival instinct.

My cat, Sky, is a gentle grey, an older animal. He's always behaved well, done whatever he was supposed to do, always cooperated, unusually so for a cat (they tend to expect humans to cooperate with them). A month ago, when his stomach problem was at its

worst, I became rather worried. He'd eat some of his food, then leave it, as if it had gone bad. It hadn't, of course, but I believed him, and often replaced it with fresh. He'd nibble at that, then turn away, leaving that as well. He acted like he just couldn't eat, like there was something very wrong. He'd sit in the other room, back towards me, for hours at a time. He had to be hungry. I started to update my list of veterinarians' phone numbers.

Then one night, I put down some table scraps for him. He loves chicken and he loves turkey. He gobbled both lots down. He didn't get sick and he didn't sulk. The day after, however, he wouldn't eat what I put down for him. Again I believed he was nauseous. He wouldn't eat the commercial cat food, and he had to have been very hungry.

I admit I was a little slow. I should have recognized the problem immediately after he gobbled down the chicken and turkey. However, he'd never been a fussy eater. However, I think happened once the nausea problem had been resolved, he'd realized he might be able to get just the food he wanted, fresh from my plate: real turkey and real chicken, not processed and ground up in the can.

Yesterday, we had a healthy, firm chat, about what is good and what is bad—he now knows that he isn't always going to get what he wants. At least I hope he believed me. However, sometimes the animal isn't the one being trained. Sometimes it's the human.

At one time George Grimstaad worked at Kokanee Springs, repairing golf carts. While he was there, he befriended a squirrel. It was a young one, and seemed very friendly. It would stop by while George was eating, and so he put down a bit of bread for it, well away from where he sat. The squirrel nabbed it, and took off with it. When it returned, George put a bit more bread down, and this time the squirrel ate it. George kept putting bread down, placing it closer and closer, until the squirrel was eating right at George's feet.

One day his friend Issy stopped by. She had some peanuts and gave those to George for the squirrel. (George's co-worker Randy had named it Elvis.) Elvis

rather liked the peanuts. In fact, it started climbing up George's leg, across his shoulder, to get at them. Elvis soon learned they were always in the pocket of George's coveralls. George eventually started telling it, "right in there" as Elvis went for his pocket. Elvis began to recognize the sounds of the words, without knowing the meaning. He would dig out the peanuts, and take them a little way away, particularly the unshelled nuts, to eat.

One day a group of tourists visited the golf course. They were fascinated by George and Elvis. George called Elvis, and told him "right in there." Elvis immediately knew this meant there were peanuts in George's pocket. Elvis climbed up George, dug out a peanut, and hurried off to stash it. The tourists thought that Elvis understood the words. George decided he would have a little fun.

When Elvis returned, George told him, "there's one in there." The squirrel climbed up again and scrambled in George's pocket for the peanut. George then told him, "go over there and eat it." Elvis seemingly obliged. "Now you might want to nap," George added, and Elvis apparently nodded off for a bit before darting off and away on other business.

Elvis didn't understand the words at all, though he was a smart little animal. George just added the sounds to encourage the squirrel. He also knew what Elvis would do since the squirrel did the same thing every day. But to the Asian tourists, Elvis obeyed George's commands, like a trained animal. Squirrels often can other animals. If they think another squirrel or animal is watching, they pretend to cache a nut or other treat by holding it under their arm, dig a spot, and then cover it, only stash it somewhere else secretly.

However, I'm not entirely sure who trained who in either of these cases. My cat is happily back to normal feeding behavior, minus the stomach upset, and after a month Elvis stopped turning up to visit George for peanuts. To an outsider, though—an observer who didn't know the animals—their behavior was entirely deceptive and smart.



### pebbles by Wendy Scott Natasha et al

Ethel was leaving. She glanced our way, hesitated, then came to our table, sat down and apologized for not recognizing us right away. She kept forgetting things, she said, but, she thought this was happening to a lot of people – perhaps it was a sickness. She laughed then and her wide set slate blue eyes showed a wisdom that can only come with time and the acceptance of life. By now she realized my husband was not the electrician who had helped her and we knew that her crop of white hair and her slight stoop reminded us, for a moment, of an aunt in Victoria.

A sunny morning near the end of June several years ago, that was when we discovered Ethel. We were finishing breakfast at Taters – that restaurant with big plate glass windows that sits in a curve at the north approach to the Orange Bridge – the one that has gone through several name changes since that time. It was then, and probably still is, a gathering place for a group of regular customers.

By three thirty in the afternoon we were drinking Root Beer with Ethel at her home in Krestova in the Crescent Valley. Ethel was born here, in this Valley, but her speech is coloured with the cadence of a country she has never seen, touched with the hesitation of English learned, and spoken, away from home.

"In olden times," Ethel said, "the families lived together." Her parents, her sisters, their children, "my nieces," she said, "we were all a family." In 1949 she moved away with her husband to Vancouver to find work. He was a carpenter. But her parents were old by then and alone. So Ethel and her husband came back to Krestova. They have lived in this tidy house for thirty years. But now he is not here. He had a stroke and

then, a hip fracture. The nurse told her that he might not come home. There are three acres of grass and wild flowers and gardens around her house and friends and relatives nearby. "But," she said, "I am alone. My house is for sale but, there are too many buyers," she laughed, "too many relatives."

Sadness touched her smile again as she spoke of her husband. She will take him this picture, she says, a black and white photo of a young man and woman – the man wearing a Bogart trademark felt hat, the woman's dark hair rolled neatly at the nape of her neck. They are serious. Ethel said she could not understand why these men had to take their picture on the street in Vancouver. Now the photograph, enlarged, is an artifact of another time spent walking a strange street in a city that has remained strange.

Ethel is a Doukhobor. In 1899 her grandparents and several thousand other Doukhobors, came from Russia to that part of the Northwest Territories that became Saskatchewan. They were seeking a country that would accept them and acknowledge their own brand of Christian religion. In a few years time, when Saskatchewan became a province, many of them moved to BC where they found it easier to maintain their traditional lifestyle and to teach their children the Doukhobor way of life. Doukhobors are Pacifists and it worries Ethel that the small Sons of Freedom sect gave them all a bad name with their activities in the 1960's. There are still Eastshore residents who remember very well the bombing of the hydro transmission tower that knocked out power from

Gray Creek to Riondel for twenty eight days, although, in this case, specific blame has never been proven.

"My name used to be Natasha," she told us. "The children at my school didn't know how to say that, so they called me Ethel." To us, the name, Natasha, was much more interesting and appropriate. We have a niece, Tasha, whose name reflects a heritage handed down from great grandparents who survived a hazardous trip by sea from Russia to Hawaii at about the same time as Ethel's grandparents made their trek to Canada.

Escape from repression is never easy. The number of men, women and children who claim refugee status every year in Canada is significant. These people, along with the immigrants who come by choice, enrich our appreciation of the world outside our borders.

The Eastshore is a microcosm of our nation. Our mix of mother countries includes Egypt, Germany, Holland, Italy, Scotland, England, Ireland, New Zealand, China, Hong Kong, Czechoslovakia, USA, France, Israel, Hungary, the Caribbean – name a country – there is a good chance we can come up

with a former resident. From within our own borders we have collected a strong French Canadian presence from Manitoba and Quebec, an almost overwhelming Alberta contingent and probably a sampling from every other province and Canadian Territory.

People like Ethel and Tasha, second and third generation Canadians, reflect and maintain a proud heritage, make great Borsch and add to the many reasons why this country of ours is the chosen home for so many – including those of us who were born here. We too have a choice. That also is part of being Canadian.

Thank you Natasha, for your gentle reminder.

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## For the Love of Genre

by Sharman Horwood

Two remarkably different novels are *March Violets*, by Philip Kerr, and *Foreigner*, by C.J. Cherryh, yet they are both exciting stories and in each case start a long series of connected tales.

*March Violets* is Kerr's first novel, the first in his Bernie Gunther series of historical detective thrillers. They are set in pre-war Europe of the 1930s, and are outstanding examples of this popular noire motif. Kerr wrote fourteen novels in the series, the last published posthumously in 2019 (Metropolis). I have never enjoyed noire films or novels, but I do recommend *March Violets*. It has the reluctant anti-hero of the noire genre, along with a large cast of dubious characters, placed in 1936 Berlin, as Hitler is gaining power and fostering anti-Jewish sentiment among Germans, as the Olympic Games are about to start in Berlin. At this point in history, professionals are calling themselves "German" lawyers, doctors, or accountants, in order to demonstrate their "racial respectability." Bernhard Gunther isn't fooled.

Bernie Gunther is not a March Violet. These are the men and women who have climbed onto the Hitler bandwagon in order to gain power and wealth as politics changes Germany. Instead he is a Sam Spade character, with many flaws, including a very cynical world view. He is 38 and an ex-police officer who is working as a private detective. He is approached by one of these "German" lawyers, to be interviewed by the rich Ruhr industrialist Herr Doktor Hermann Six. Six's daughter, Grete, and her husband, have recently been murdered. He isn't asking for Bernie to investigate their murder. They were apparently shot and killed in bed, the house burned down afterwards. Six instead wants Gunther to recover a valuable diamond necklace that went missing from a safe in their bedroom.

For this type of investigation, Gunther has to rely on informants, particularly pawn brokers, along with a disreputable diamond dealer, Kurt Jeschonneck. Gunther also discovers that Grete's husband, Paul Pfarr, was an SS officer and not popular with her father. At the time of his death, Pfarr was working to eradicate corruption at the direction of Gestapo leader, Heinrich Himmler. Gunther's investigation then leads him to an aristocrat, Von Gries. This man is collecting blackmail material for Hermann Goring. Goring then uses the information for political manipulation.

Because of Six's involvement, though, Bernie has to find the burglar who broke into the safe in Grete's house. It was opened just before the fire that destroyed the building, and the necklace stolen then.

Gunther isn't what I would call an engaging character. He is a survivalist, and will use his knowledge of the Berlin underworld to investigate this case. In the process, his own life is threatened, not just violently, but politically as well. His journey isn't a safe one.

The historical background in the novel is informative, and though the characters aren't likeable, they are certainly interesting.

The other novel I would like to talk about is *Foreigner*, by C.J. Cherryh. It is space opera at its best, in my opinion. It's also the start of what is now a twenty book series, so if you enjoy it, there are a lot of interesting sequels ahead.

Cherryh has won many science fiction awards, including the Hugo and the Locus award. The *Foreigner* series begins with the failure of a starship, the Phoenix. It has to stop in a solar system occupied by the atevi, a race that lives at a steam age level of technology. The human passengers onboard build a space station above the planet. The Phoenix then leaves them there and sets off to explore local space, and to perhaps establish another space station further away from the atevi home world.

When the Phoenix doesn't return, the colonists have to abandon the station. They take "parachuting

landers" and flee to the surface of the planet, leaving the station uninhabited. On the planet, they encounter the atevi, who are black skinned and humanoid, though much bigger than humans. In their culture, there is no word for "like" and instead they form alliances based on man'chi, a system of loyalty that is more than social. It is a drive within them to form these associations. As a result, though they appear human, they are emotionally and culturally quite different.

After a brief war—"the War of the Landing," which humans lose quickly, despite their technological superiority—the colonists are relegated to an island, Mospheira, where they can settle and live as they wish. However, as part of the treaty settling the conflict, the humans must provide a paidhi, an interpreter, to live among the atevi and learn their language.

After approximately two hundred years, the two races are living comfortably but separately. Some of the human technology has been acquired by the atevi, all of it carefully mediated and controlled by the paidhi. Bren Cameron is the most recent of the paidhi when the Phoenix suddenly returns to orbit.

*Foreigner* and its sequels focus on the relationships between Bren Cameron, Tabini (the aiji, which is the head of the most powerful atevi clan supporting the western association of clans), the human group of colonists thriving on Mospheira, and the humans aboard the Phoenix, which has discovered an alien presence among the closer stars.

Cherryh is a master at weaving tension through her novels. She underlines the tensions of the inexperienced, the aggression of the ambitious, and creates some very good stories as a result. They don't rely on violent action, as in most space opera. Instead they have the subtle touch of intercultural and political conflict to lead the story forward. I do recommend the series.

## Blast from the Stacks Riondel Library

by Muriel Crowe & Shirleen Smith

Let's cut to the chase: in the near future, you may want to re/visit the Riondel Community Library for the first time all over again. Your Library is poised to evolve in some exciting new directions. Stay tuned!

Here's a trick question, multiple choice for everyone with exam anxiety:

What is a Library?

- a) a room full of books
- b) also DVDs
- c) a bunch of books and DVDs you can borrow
- d) a word where the first 'r' isn't silent
- e) a place with free internet and computers
- f) a lot more
- g) all the above
- h) just the ones you like

Good for you, you got it right! (all the answers are correct). In the case of Riondel Library, it's also a place to recycle your batteries and buy garbage tags, which puts our library smack in the middle of the current trend of libraries to provide an array of services for their community.

That brings us to item 'e', above: libraries are a lot more than books. Libraries across Canada and abroad have morphed into Sharing Centres. They have reached out to their communities and provided not only books (yes, books are still very popular) and access to information on the internet, but Media Labs for creating audio and video, Maker-spaces with resources like 3D printers, 'Expresso' book publishing machines, and robotics technology. Not only that, libraries such as the Edmonton Public Library have won international awards for incorporating social services into the library, answering the need of

the subset of their patrons who frequented the library mainly as a warm and welcoming place, but who really needed assistance accessing services and shelter.

Here in Riondel, the big news this month is the Library is embarking on a brave new future of services and amenities for our community (which extends further than Riondel, as out of town patrons are aware) thanks to the Columbia Basin Trust. The CBT is supporting ten or more libraries from Castlegar to Revelstoke to the tune of over \$1.5 million over two years to acquire delights such as new computers/laptops/tablets, digital projectors, 3D printers, software such as Adobe Creative Cloud and Microsoft Office, programming such as digital literacy and coding, audio/video recording, editing and production equipment - and much more - and renovations to the libraries to accommodate these wonders and train people to use them. CBT is footing the bill for 70% of these resources and the libraries are providing the remaining 30%. In the words of Aimee Ambrosone of Columbia Basin Trust, "In this digital world, technological resources are important, but obtaining them individually can be beyond the means of many. By installing sophisticated equipment like this in public facilities and offering digital literacy programming, people of all ages and abilities will be able to use and benefit from these tech-enabled spaces."

So what exactly is in store for Riondel Community Library? Here's the list:

- up to 6 new computers with screens etc. and headphones
- a high-quality scanner
- colour laser printer
- Microsoft Office and Photoshop Elements
- site improvements to make this equipment useful: renovating the Library computer-area, including new chairs.

Not only that, the new technological resources will require expanding to a brand new space in the former

Historical Society room (across from the Senior's room) which will become the home of the Video Editing station and Virtual Reality Labs. The new digs will be renovated and outfitted with:

- the Video Editing Lab will have dedicated computer, monitor, video camera, tripod, green screen, lights, digital audio recorder, and video production software
- the Virtual Reality Lab will feature two computers, large screens, headphones, light stand, speakers and software
- room improvements to accommodate the Labs will include new tables, chairs, outlets, cabinets with locks, anti-fatigue mats, cubicle dividers, electrical outlets and blackout screens.

The Video Editing/Virtual Reality Labs will be operated by a club who will keep things running tickety-boo and assist aspiring filmmakers and folks eager to don sci-fi VR headsets to expand their horizons and take a trip without ever leaving the town.

Importantly, the newly renovated Library computer space plus the Video Editing/Virtual Reality Labs will be open to all local residents and visitors. So if you think you know what the Riondel Community Library is all about, maybe you'd better take another look once all these changes take place.

Now here we are at the bottom line. The Riondel Community Library and the new AV/VR club are looking at around \$37,000 in upgrades. Yes, cue the applause!

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## BOOK REVIEW

By Tom Lymbery

*CHOP SUEY NATION THE LEGION CAFÉ AND OTHER STORIES FROM CANADA'S CHINESE RESTAURANTS* BY Ann Hui, Douglas & McIntyre publishers, 288 pages, \$24.95

Ann Hui writes for *The Globe and Mail* as a food columnist and travels across Canada stopping at small Chinese restaurants to find out more about the Chinese Canadian food that we eat. Her father worked as a chef and always called this “fake Chinese” as opposed to what is traditionally served in China.

In the book, Ann and her husband rent a car and stop at small-town Chinese restaurants and soon find out that these are all family operations that serve variations of chop suey, spring rolls and more. She also finds out that “Ginger Beef” originated in Calgary and that Canadian modifications have produced the menus that we are familiar with.

She has another story to investigate. Why did her father have to wait until he was in his twenties before he could join his father and mother in Canada? She is also asking all the Chinese people she meets in her trek why they left China for Canada, so her questioning has two sides.

With her husband driving they make it all the way to Newfoundland specifically to check out a one-person operation on the island of Fogo. The woman behind the operation is both the cook and server, so this is a 365 days a year job and it happens to be the her birthday so they buy her some chocolates.

When her article is printed in the *Globe and Mail* she sends copies to many of those she has talked to. But she still has more to find out from her father, including about the Legion Café he ran in Abbotsford. Eventually she finds that he was a “Paper Son” - his father having to do some complex paperwork to get Ann’s father admitted to Canada.

I had expected to see Fred Wah’s book *The Diamond Grill* listed as a reference for this book as it covers much Chinese restaurant history, but it’s different as the Wah family didn’t have quite the same problems in coming to Canada.

## New Regional Fire Chief Announced

RDCK Press Release

Nelson, BC: The Regional District of Central Kootenay (RDCK) is pleased to welcome and introduce Nora Hannon as the new Regional Fire Chief.



New Regional Fire Chief for RDCK, Nora Hannon.

Photo: Dan Seguin

Chief Hannon has been the acting Deputy Regional Fire Chief since June and previously served in the RDCK Fire Service as a District Fire Chief and as the Balfour Harrop Fire Chief. She has also played key roles in the Emergency Program and Wildfire Mitigation with the RDCK.

“I am honoured to serve the people and communities of the RDCK as Regional Fire Chief, and I am excited to support and work with an exceptional team of firefighters,” said Chief Hannon. “I’d like to recognize all RDCK Fire Chiefs and volunteer firefighters for their dedication and commitment. Together, we provide a service that communities can rely on and be proud of.”

A Kootenay resident for the past 12 years, Chief Hannon originally hails from Salt Spring Island. She currently resides with her family near Balfour.

Among Chief Hannon’s priorities as she steps into this role is supporting Fire Chiefs and Training Officers with fulfilling their fire department’s compliance with the BC Office of the Fire Commissioner Structure Competency Playbook.

“I am very pleased that Chief Hannon has taken on the role as our new Regional Fire Chief,” said Stuart Horn, Chief Administrative Officer for the RDCK. “I look forward to working with her as she leads our firefighters in continuing to serve our communities with professionalism.”

The RDCK Fire Service includes 17 Fire Departments, and responds to an average of 1,450 incidents annually.

For inquiries about volunteering as a firefighter or the RDCK Fire Service please visit [www.rdck.ca/join-us](http://www.rdck.ca/join-us) or call 250-352-1570.

## 2019-2030 Long-Range Facilities Plan Adopted, Nelson Family of School Configuration Changes for 2021-2022

At a meeting of the Board of Education of School District No. 8 (Kootenay Lake) held on December 10, 2019, the Board adopted a new Long-Range Facilities Plan and resolved that for the 2021-2022 school year, commencing September 2021, the grade configurations for the Nelson Family of schools will change as follows:

LV Rogers will be a Grade 10 to 12 Grad Program school;

Trafalgar will be a Grade 6 to 9 Middle School;

Elementary Schools in the Nelson Family of schools, where capacity exists, will be K-6, with Parent/Student choice to remain at their Elementary schools for Grade 6 or go to Trafalgar Middle School.

The configuration changes in the Nelson Family of School are designed to create the best possible Learning Environments for all students within the District’s existing inventory of facilities, over the 10- year planning horizon for which the Board has enrolment projections. The decision was driven by evolving educational considerations, including the New Curriculum’s K-9 Elementary curriculum and Grades 10-12 Grad Program.

The updated Long-Range Facilities Plan also includes plans for major expansion projects at Blewett Elementary and at Salmo Secondary. For more details please visit the District’s Long-range Facilities Planning page.

For more information;

Dr. Christine Perkins

[christine.perkins@sd8.bc.ca](mailto:christine.perkins@sd8.bc.ca)

### About The Board of Education of School District No. 8 (Kootenay Lake):

The Board of Education of School District No. 8 provides educational services to numerous diverse communities in the East & West Kootenays, including Crawford Bay, Creston, Kaslo, Meadow Creek, Nelson, Salmo, Slocan, South Slocan, Winlaw, Wynndel and Yahk. Its dedicated team focuses on providing the best possible educational opportunities for over 5,400 students and their families. Its mission is to focus on excellence for all learners in a nurturing environment.

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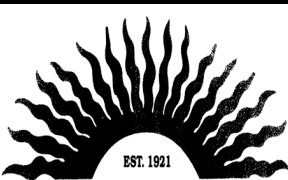
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Please be sure to visit during supervised hours if you don’t have a key card or are just dropping in.

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Questions? Call, text or email Julia Kinder at [eastshorefacilities@gmail.com](mailto:eastshorefacilities@gmail.com) or 250.777.2497

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Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

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**Holistic Health Tips**  
by Kim Young  
**How to Stick to Your Health Goals in the New Year**

*“What the New Year brings to you will depend a great deal on what you bring to the New Year”*  
– Vern McLellan

Is your New Years’ Resolution to become the healthiest person you can be this year?! Setting health goals is the easy part. The challenge is to stick to the process to achieve your goals.

No matter what your health goals are this New Year, from losing weight to drinking more water, these tips will help you stay consistent so you can achieve your health goals.

**Be Realistic with Your Goals**

Any health goal needs to be realistic. This includes the type of goal you want to achieve, the details of what the goal is, and how much time you are giving yourself to reach your goal.

For example, if you want to lose weight, make it a realistic goal of losing no more than 1 to 2 pounds per week.

**Make a Commitment**

Once you have set your health goal, make a commitment to yourself. Write out your specific goal and the steps you are going to take to get there in a journal. Continue to write about your progress daily.

**Set Deadlines and Schedules**

Deadlines are very important when it comes to

reaching your health goals! Instead of losing steam after a few weeks into the New Year, schedules and deadlines give you something to keep working towards.

For example, if you have a fitness goal of running 5 miles a week, start with mini goals, like running a mile by the end of week one, running 2 miles by the end of week two, and so on.

Think about your health goal and how you can split it up into smaller goals, then set a schedule for each of those goals that is realistic and attainable. Write them down in your journal.

**Find a Way to Stay Accountable**

Motivation is often a struggle when trying to reach health goals. I find the best way to stay motivated is to be accountable in some way.

You can:

- Tell a friend or loved one about your health goal.
- Talk about your goal/progress on social media.
- Start a blog to keep track of your health goal.

**Focus on Lifestyle Changes**

The best health goals are not short-term or temporary. Goals like exercising more, spending more time outdoors, drinking more water, improving your nutrition and losing weight aren’t just about the short-term results, but long-term lifestyle changes.

Focusing on your health this New Year is something that, I believe, all of us should strive for.

Create your own health goal today and let’s make 2020 our best year yet!

*Kim Young is a Director with the East Shore Kootenay Lake Community Health Society, a Precision Nutrition certified Holistic Health and Wellness Coach, Functional Aging Specialist and Reiki Master who lives in Kootenay Bay with her husband Jim and their dog Jax. Check out my website at: www.kimy-oung.ca*

**East Shore Hospice In The Moment**

by Maggie Kavanagh

Happy New Year! Some of you may celebrate with others and some will celebrate quietly, but celebrate. Your being touches many. May your inner light continue to shine bright!

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

If you or someone you know is in need of Hospice Care or you would like more information, please contact Susan Dill East Shore Hospice Coordinator at the

East Shore Community Health Center Hospice Office at 250 227-9006. In addition there is a free Library with hospice related books and some DVD’s on care, grief and mourning. The Library is best accessed at the Hospice Office on Tuesdays between 10am-2pm.

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

**Deadline:**  
**Jan 22/2020**  
[www.eshore.ca](http://www.eshore.ca)  
[mainstreet@eshore.ca](mailto:mainstreet@eshore.ca)  
**250.505.7697**

**Notice of Passing**

**Bob Fichten**  
**Mar 5, 1942 – Dec 3, 2019**

*If my parting has left a void  
Then fill it with remembered joy.  
A friendship shared, a laugh, a kiss,  
As yes, these things I too will miss.  
Be not burdened with time of sorrow,  
My life’s been full, I savoured much.  
Good friends, good times, a loved one’s touch.  
Perhaps my time seemed all too brief.  
Don’t lengthen it with under grief,  
Lift up your heart and share with me.  
God wanted me now, he set me free.*

Bob, we miss you dearly and will cherish our memories together forever. Love, your family. By Bob’s request a private service will be held at a later date.

**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.

**Happy New Year!**

**the MARKET**

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

**Store Hours:**  
**Mon-Sat: 9-6:30 & Sun: 9-5**  
Bottle Depot: Sundays only, 10-3

**We will be CLOSED FOR INVENTORY All day, Weds Jan 29, 2020 Sorry for the inconvenience...**

**Happy New Year!**  
Phone: (250) 227-9322  
Fax: (250) 227-9417  
Email: [cbstorebc@gmail.com](mailto:cbstorebc@gmail.com)

**The East Shore Mainstreet**  
KOOTENAY LAKE BC

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

Contact: Ingrid Baetzel, Editor  
Phone: 250.505.7697  
Box 140, Crawford Bay, B.C. V0B 1E0  
Email: [mainstreet@eshore.ca](mailto:mainstreet@eshore.ca)  
Web: [www.eshore.ca](http://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%**

**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/GENERAL HELP/SERVICES**

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

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

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

**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: alexandraianephillips@gmail.com

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

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

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

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

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

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

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

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

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

**RENTALS/ACCOMODATION**

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

**RESTAURANTS**

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

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

**ROCKWOOD 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

**Did you colour outside the lines as a child? Do people call you stubborn? Did you drop out of school?**

Congratulations! These are common traits found among successful entrepreneurs. If you want to find out if you have what it takes to be an entrepreneur call Community Futures for more information. **Unemployed? Ask about the self-employment program.**

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

Community Futures Central Kootenay  
Growing communities one idea at a time.

**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

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



\* Knowledgeable \* Skilled \* Experienced

For appointments, call 227-6877/505-6166

**CLASSIFIED ADS**

**BUSINESS ANNOUNCEMENTS**

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

**BUSINESS SERVICES**

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

*The Fitness Place*

Fitness Place Supervised Hours:

**Mon-Fri, 8-10am**

&

**Mon-Thurs, 6-8pm**

Please be sure to visit during supervised hours if you don't have a key card or are just dropping in.

Valid membership with a key card hours are 7 days/week from 5:30am to 10:30pm.

Questions? Call, text or email Julia Kinder at eastshorefacilities@gmail.com or 250.777.2497

**YOUR HALL IS AVAILABLE!**


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

**CRAWFORD BAY HALL**

*Your community hall*

**A non-smoking facility**

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



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

# BULLETIN BOARD

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

**\* BULLETIN BOARD \* BULLETIN BOARD \***

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

Will be at the East Shore Health Centre monthly. For information, call Creston Health Unit at 250-428-3873.  
**EAST SHORE HEALTH CENTRE Call 227-9006**  
**\*See calendar for doctor days\*** - Doctor hours are from 9:30am to 4:30 pm. Please call 227-9006.  
 Interior Health Authority, Community Care Nursing and Home Support Services - 250-352-1433.

## 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.**

## PLEASE CHECK BACK PAGE CALENDAR FOR DOCTOR DAYS

**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)

## SENIORS GROUP - 55+ CLUB

55+ CLUB Meets Mondays, except holidays, 2-4 PM at the Community Corner building in Crawford Bay Park. All Seniors welcome!

Jan 6: 12:30pm - potluck lunch

Jan 13: 2pm - Mexican Train

Jan 20: 2pm - Chair Yoga

Jan 27: 2pm - Social, games

Call or text 250.551.4443 for info.

## CHRISTMAS POTLUCK GRATITUDE

Big thank you to all the community members you helped to make this years event possible. Special Thanks to: The Crawford Bay hall committee for the use of the hall, Russ Anderson for the tree, Farley Cursons for emceeing, Jen Newcomen for helping with Santa's gifts, Melina Cinq Mars for organizing the turkey raffle, Matt Winger for being Santa security, Allan Hughes for photographing the kids with Santa, Ben Johnston for the music and sound system, Beth MacLellan, Ellie Reynolds, Ben Johnson, Jacqueline Wedge for helping with the carols, Gina Merhurst for lending a chair and lamp for Santa, James Linn for doing the dishes all night, Carol Blackwell and Cathy White for serving food Avery, Keenan, Oakley, Carol VanR, Michelle, Olivia, Katelin, Nicole Schreiber and Rebecca Fuzzen for cleaning the hall on Sunday, Cathy White for organizing meal train. Erin Cristofoli, Lindee Jukes and Amanda Hulland for all your help in the kitchen. Thanks to the decorating crew: Ali and Grace and Gus George, Nicole Plouffe and Sedona, Gary Sly and Elijah, Petra Borhaven, Cathy White. Shannon Mulhall, Kathy Rave, Sharon Zelinski, Carol Blackwell for cooking turkeys. The organizing committee: Barb Kuhn, Cathy White, Rebecca Fuzzen and Lisa Skoreyko. Special thanks to Rebecca for spear-heading the event for the last two years and making sure that it continues. Big Thank you to Santa for coming to Crawford Bay As well as the RDCK for their financial contribution And everyone else who helped to clean or helped in some other way. This event takes a lot of organizing and we are always in need of some more hands to organize the event. Please let our organizers know if you can help out next year.

## MARQUEE MONDAYS

Jan 6: The Lion King (2019)

Jan 13: The Strange Love of Martha Ivers (1946)

Jan 20: Booksmart (2019)

Jan. 27: Spider-Man: Far From Home (2019)

Feb 3: The Farewell (2019)

Feb 10: A Quiet Passion (2016)

Feb 17: Midsommar (2019)

Everyone Welcome (membership not required)  
 Admission by Donation

## Riondel Seniors Goings On

### ONGOING EVENTS:

- **Walk-a-Mile/Strength Training** - M/W/F, 10am (free to members, non-members - \$5 drop in)
- **Whist** - 1st Fri at 7pm. (Entry fee: bring a treat to share & \$3/members, \$4/non-members.
- **Movie Night** (and Popcorn!) - Mon at 7pm ... by donation.
- **Bingo** - Wed at 6:30pm (open to all, must be 18)
- **Seniors Executive Meetings** - (2nd Tues at 2:30—Jan 14)
- **Potluck Lunches** - (3rd Tues, 12:30pm - Jan 21 followed by AGM at 1:15pm)
- **Yoga** - Thurs at 10am. (Free to members, non-members drop in fee: \$5)
- **Pool** - Thurs at 1pm
- **Knitting Group**: Sat at 10am
- **Dancercize (Ballet/Jazz)** - Sat at 10am.
- **Bridge** - 1st and 3rd Weds at 1:30pm (we are looking for new players, beginners welcome!)
- **Games Night** - 2nd and 4th Fri at 7pm
- **Art History** - Tues at 1pm except for 3rd Tues

*All activities take place in the Seniors Room, Riondel Community Centre (except for knitting, which takes place in the art room).*

Membership Fees for 2019: \$50/year & are due now. Questions? Email Sherrie at <sfulton@sfu.ca>.

## CHURCH/MEETING CALENDAR

### RIONDEL COMMUNITY CHURCH

Everyone welcome.

### 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. Lawrence 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

### ALCOHOLICS ANONYMOUS:

Meets every Sunday at the Community Corner in Crawford Bay at 7:15. (1 hour meeting)

**LIONS CLUB** - meets at the Kootenay Lake Community Church - 16190 Highway 3A, Crawford Bay. Meeting Times: 7 pm. 2nd and 4th Tuesday of the Month. For More info call Lion Mike Jeffery - 250-227-6807 or Lion David George at 250-227-9550 or Lion Fraser Robb at 250-227-9636.

**TOPS** - Take Off Pounds Sensibly: meets Thursdays at 8:30am, Kootenay Lake Community Church basement. Info: Myrna at 227-9420

### PARENT ADVISORY COMMITTEE

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

## KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

*Winter Schedule in effect - Subtract one hour until Nov 3  
 All times listed in "East Shore Time"*

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

## Boswell Hall Happenings

- **Book Club**: Second Thursday of the month, 2pm
- **Carpet Bowling**: Every Tuesday at 7pm.
- **Nifty Needlers**: Third Tuesday of the month, 1:30pm
- **Farmers Institute**: Meetings held on needs basis. Jan 23 at 7pm. Contact is Bob Arms: armsrl44@gmail.com
- **Tone and Trim Fitness**: Every Mon/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. Contact is Margaret Crossley: margaret.crossley@usask.ca
- **Focus on Health Meetings**: Last Monday of the month, 10:30. Contact is Margaret Crossley: margaret.crossley@usask.ca
- **Yoga**: Every Weds from 1:30-3pm - Contact is Marilyn Arms: armsmh46@gmail.com
- **Vinters**: 3rd Sunday of each month, 2pm

January 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>DUMP DAY, CB</i> <i>BOTTLE DEPOT DAY</i></p> <p>EVERY SUNDAY: Alcoholics Anonymous, Community Corner, 7:15pm</p>		<p><i>DUMP DAY, CB</i></p> <p>EVERY TUESDAY: Tara Shanti Yoga, 9:30am</p>	<p><i>DUMP DAY, BOSWELL</i> 1</p> <p>EVERY WEDNESDAY: Yoga w/ Melina, Bos Hall</p>	<p>2</p> <p>EVERY THURSDAY: Tara Shanti Yoga, 9:30am</p>	<p>3</p>	<p><i>DUMP DAY, BOSWELL</i> 4</p>
5	6	7	8	9	10	11
	Seniors Group, Comm Corner, 2-4pm	Art Lecture with Gerald Creston Vt, CB Motel Dr. Piver	Dr. Moulson	Dr. Barbour	Full Moon	
12	13	14	15	16	17	18
	Seniors Group, Comm Corner, 2-4pm	Art Lecture with Gerald Lions Meeting 7pm Dr. Piver	Dr. Moulson	Dr. Barbour		
19	20	21	22	23	24	25
	Seniors Group, Comm Corner, 2-4pm	Dr. Piver	MAINSTREET DEADLINE Dr. Moulson	Dr. Barbour		
26	27	28	29	30	31	
	Seniors Group, Comm Corner, 2-4pm	Lions Meeting 7pm Art Lecture with Gerald Dr. Piver	CB Market closed for inventory Dr. Moulson	Dr. Barbour		

**DID YOU KNOW...**

If you have any questions, comments or suggestions about health services on the east shore, you can email them to the

East Shore Kootenay Lake Community Health Society at:

[ESHealthSociety@gmail.com](mailto:ESHealthSociety@gmail.com)



**HIGH-SPEED INTERNET**

1 (844) 776-3747  
www.eastshoreinternet.ca

Central Kootenay Lake's community non-profit ISP.

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

250-227-9315  
graycreekstore.com



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

**Celebrate the New Year With:**

- a. New Long Johns
- b. New Wool Pants
- c. New Socks, and a
- d. New Bag of Ice Melter!



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



**Michael O'Connor**  
Astrologer & Life Coach

[sunstarastronomy@gmail.com](mailto:sunstarastronomy@gmail.com)

1.800.836-0648

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