

\$2⁵⁰

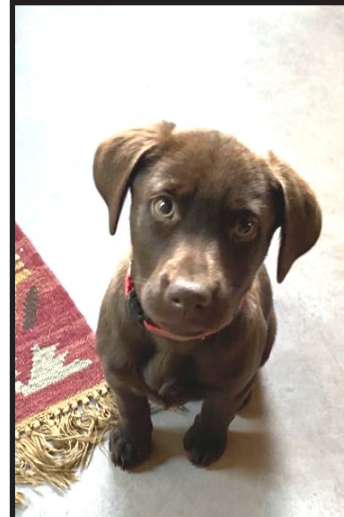
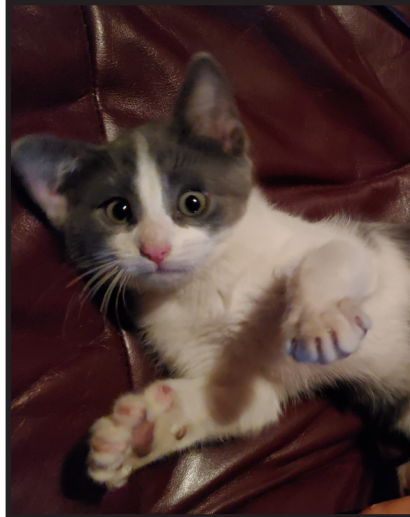
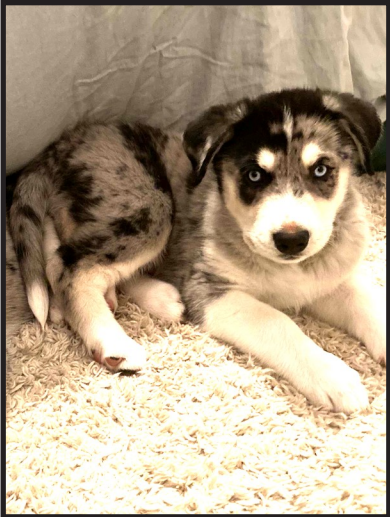
Find us on: facebook



The East Shore Mainstreet

KOOTENAY LAKE BC

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



It's An East Shore Pup-Splasion! (Kit-Splasion?). This past year has certainly encouraged many people to take in a new four-legged friend. Here is just a sample of fur-babies gracing the shore this new year!

Top right: Angus (Vanr/Homer Family) Siberian Husky with Bernese Mountain, Maremma and Australian Shepherd. Top Left Middle: Connor (Mark Perrault) Authentic Ragamuffin. Top Middle: Vando (Medhurst Family). Top Right Middle: Guinness (Hotchkiss Family) Chocolate Lab. Top Right: Karuke (Ehrler/Lawrence-Fry Family), German Shepherd. Bottom Left: Soca (Fukushima/Rael Family) Same mix as Angus. Bottom Mid Left: Jules (George Family) Mini Aussie Shepherd. Bottom Mid: Gravy: (Belcourt/Lewis Family) Labradoodle/Poobrador. Bottom Mid Right: Bando (Newcomen/Powell Family) Boxer, Husky, Border Collie, Black Mouthed Cur. Bottom Right: Lhasa (Sayer Family) Same as Angus and Soca.

Still Tired of doing your **INCOME TAXES?**
Let me do them for you!

Business – Personal – Corporate - Seniors

*30+ Years of Experience *Reasonable Rates *Free Consultation *Pick-up & Delivery

Wynndel, Boswell, Gray Creek,
Crawford Bay, Kootenay/Pilot Bay,
Riondel - all stops in between!

EAST SHORE ACCOUNTING

Randel Ball B.Comm

250-223-8394



16102 HWY 3A, CRAWFORD BAY
250.227.9160

INFO@HUBEATERY.CA HUBEATERY.CA

HOURS: THURS-SUN, 12 NOON - 11PM.

Return Undeliverable Items To:
The East Shore Mainstreet:
Box 140, Crawford Bay, BC V0B 1E0

Agreement#: 40718537



Mainstreet Meanderings

by Editor Ingrid Baetzel

Mom's Story Part 3

Chemo seemed easy-ish at first. We met amazing people. Mom didn't get very sick at all. Her hair loss was moderate (she chose to shave it off pre-emptively and she looked super chic). It was a struggle to manage all the medications for nausea and potential pain, and constipation and diarrhoea, etc, but she figured it out. The nurses at the infusion lab were angels – always available to us, always willing. They work so hard; it made my head spin. They were the truest professionals I've ever met, and all with a laugh or patient ear.

She did one cycle for maybe a month or so. Then they tried another one after a scan showed that the tumour had actually grown. Then they tried a third after another scan showed the same. It started to get hard. Mom developed the worst mouth sores and pain from the final cocktail, and after discussion and getting a handle on the mouth sores with special mouthwashes and medication, the decision was made to stop chemo. It hadn't worked.

After chemo was deemed to be ineffective, a plan was developed with Dr. Malpass and Dr. Kong Khoo from Kelowna that she could try radiation to slow the growth of the tumour and give her the opportunity to eat again. Mom had been eating little bits on and off through her chemo regimen, but there were periods where she relied heavily upon the feeding tube. That tube caused some troubles. Early on, the cap that was supposed to close the feeding tube came off and got lodged in the tube itself, blocking everything. That

had to be dealt with. She also cut the tube a couple of times, and needed emergency trips to replace it with a catheter tube. Also, twice the balloon that held the internal end in place deflated. The first time, they were able to get another tube in and inflate a new balloon. Each time was a learning experience for us and for the medical team in either Nelson or Creston, but they figured it out. The last time it happened, just before Christmas 2019, was the last time she would have the tube in place. We were picking our daughter up in Trail from a flight, coming home for Christmas. Mom called and said that the tube had fallen out and was in a panic. A friend took her into hospital, and, due to a lack of experience and available supplies, she didn't get a new one in. They said that she'd have to come back when a radiologist from Trail was available to look at it and see if he could insert it. We took her in, around 5 days later, but of course by this time, the hole into her stomach had closed and there was no reinserting. It was discussed that she may have to go to Kelowna to have the tube inserted. All this time, we knew that if she didn't have the feeding tube in and she couldn't eat, that we would be looking at the beginning of the quick end. Mom had again been eating up until this point.

When Dr. Dean (the thoracic surgeon) looked at mom's chart and did some analysis, he determined that it was too dangerous to do this reinsertion surgery. She wasn't going to get another feeding tube. The surgery was too invasive and could likely spread the cancer or make it much more aggressive. By this time, scans showed that the tumour was larger, and that the cancer was in her stomach lining. It just wasn't going to happen. So, she kept eating. And then she stopped eating. Around mid-late February 2020, she wasn't able to eat much anymore. She was being hydrated through the PICC line, and she nibbled a little here and there, but her weight started dropping fast, and we knew the end was coming soon.

She held on, with her bright smile and acceptance, for longer than I thought she would. Weeks passed, her strength dropped, her weight plummeted. We ordered

a hospital bed for her and some dear friends helped create a beautiful little curtained space for her in the downstairs living room. Convincing her that climbing those stairs was a bad idea took an army. She was reluctant to give up her freedom and autonomy that way. It was heart-breaking. But, she was dizzy and weak, and she had a fall that helped seal the deal. The hospital bed and nook that was created was lovely and she adored it. She started being sick all the time, spitting up every few minutes eventually. Her bedside was littered with spitting cups and bowls, tea, water, maple syrup concoctions, glycerine mouth swabs, towels and cloths, and eventually, the infamous juice ice chips. Those cranberry ice chips were a new form of heaven for her. I hadn't thought she'd want them because for so long she had rejected anything cold. But, they helped immensely with her dry mouth and gave her joy. At this point, anything went. She could have a sip of warm watered-down wine or brandy if she wanted. She could have as much ice as she wanted (or anything else her heart desired, but mostly those other things were just a daydream). There was a steady flow of hammering ice down into cups and keeping her smiling. We were administering morphine and ondansetron liberally at this point too, as her stomach and back hurt a good bit, and we just hoped that the ondansetron would help her feel less sick. I learned how to use the subcutaneous lines to administer the drugs, and so did my brother and his wife.

My brother and family showed up to say goodbye about a week before she died. It was such a beautiful time. They each had special moments with her. They each had the opportunity to sit and love her. I have few words for this time, as it was so profoundly important and beyond my ability to describe. The hardest part was watching each of them who lived elsewhere say goodbye to her, knowing that was going to be the last time. That night, March 13, we almost lost her...

LETTERS TO THE EDITOR

A KIND OF MEDICINE

Dear Editor,

I am writing to thank you for writing and sharing "Mom's Story" the past few months. It feels like a gift in more ways than one.

It's a gift to me as someone who loved Doreen. It's a way to hold her memory close, and also to learn more about her journey. I miss her, and reading this story - while often sad and hard - feels like a kind of medicine.

I think it's also a gift for all of us. Those of us going through something similar may feel less alone reading your words. Those of us who will one day support a loved one this way may come to it with greater understanding. Still others will gain insight and empathy for people in their lives.

I think it's just the kind of courageous vulnerability each one of us needs right now and in the future. The more we trust one another with our true experiences, and feel cared for when we do, the stronger and more caring our community becomes.

*With love and gratitude,
Nina Fleming, Courtenay, BC*

RIONDEL CAMPGROUND UPDATE

To Members and Friends of the Riondel Community Campground Society,

Season's Greetings and Happy New Year!

The RCCS board has been working hard since summer to develop our vision of enhancing our community park, with the successful operation of the campground financially supporting the long term life of the park. We are preparing to open May 1, 2021 and will start taking reservations then, while keeping in mind the possible continuation of Covid guidelines. Here are some of the projects we are working on:

To enhance the day use of the park we are changing a few of the small campsites into day use parking sites, and day picnic sites that will have tables and firepits. Walking access to the beach will be opened up. We have recently laid a new walking trail along Hendryx

2 Mainstreet January 2021

Creek, and it has many footprints already! The trail gives a new path to the beach, and lines up nicely with the existing Cedar Way trail that is part of the network of Riondel Historic Trails.

We are excited to be engaging with an advisor from Columbia Basin Trust who will work with us on grant opportunities for reopening, board building, and community relationships among other topics.

As we look forward to a fun season with you at the park and campground, we wish you and your families peace and joy.

RCCS Board, Riondel

EAST SHORE FOOD HAMPER PROGRAM

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 60 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, Columbia Basin Trust, Yasodhara Ashram, YRB, Nelson and District Credit Union, Newkey's Pub, Crawford Bay Market, Destiny Bay Store, Lakeview Store, Riondel Market, Nifty Needlers Quilt Guild (Boswell, BC), Kootenay Lake Community Church, Students and teachers at Crawford Bay School, Food Roots (Nicole Schreiber), MLA for Nelson-Creston (Brittany Anderson) and the many individual donations.

We want to thank Malena Draper and all the volunteers for making the 2020 season for the food hampers a success.

The loving-kindness of the East Shore is greatly appreciated.

Richard & Ramona Dannhauer, Coordinators

A SIMPLE THING

Dear Mainstreet,

I'm a senior citizen in my 70's, thus susceptible to this Coronavirus. My business takes me all over this valley and beyond so I wear a mask to protect YOU. Please wear your mask to protect ME.

It's a simple thing. If you must protest, pick a real concern such as attacks on democracy in China, or the USA for instance.

Dave Hough, Crawford Bay



OFFICE DESK

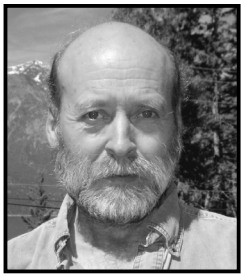
Box 140, Crawford Bay, BC, V0B 1E0
Editor: Ingrid Zaiss Baetzel (since 2002)
 Phone: 250.505.7697
 Email: mainstreet@eshore.ca
Writers: Community

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

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 & acceptance of submissions is 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 Feb 2021 issue items by:
Next Deadline: Jan 27, 2021



RDCK Area "A" Update

by Garry Jackman,
Regional Director

Grants: Several sources of RDCK grants are available, some tied to fixed times of the year and others not. These include Rec 9, with applications invited in the spring and fall, as well as discretionary, community development and community works grants which can be reviewed for approval at any monthly RDCK Board meeting, economic development grants (for which applications are occasionally invited) and the grants under the Columbia Basin Trust Community Initiatives Program (CBT-CIP). Each has its own set of eligibility criteria which I will not go into detail here, but you can find more information if you search the RDCK website for "grants".

The CBT-CIP applications are received over a fixed timeline each year. The details for those applications along with the 2021 time lines are available now at <https://rdck.ca/EN/main/administration/grants/columbia-basin-trust-cip-aap.html> or just go to the "grants" page on the RDCK website where you will see the application forms, guidelines and dates. In 2020 the timing of the application review process was delayed for several weeks as we established a means to allow public input and participation during the grant application review for each of the electoral areas and incorporated municipalities across the RDCK. The process worked reasonably well so the 2021 dates should not be delayed. For 2021 the applications period for the CBT-CIP opens on January 4th and closes 4:30 pm pacific time on Friday, February 26, 2021.

More on the 2021 Budget: This has been an

unusual year for us all with the COVID pandemic impacting our health, our personal comfort levels, our incomes and our general well being. In addition to the impacts on individuals, families and businesses the pandemic has had serious impacts on all orders of government. The federal and provincial deficits will become part of their respective long term debts and each government will make its plans to either carry, increase or reduce their debt levels depending on what growth and economic performance estimates they make. Your local government does not have the option to carry any annual deficit forward to be dealt with over several years. The RDCK must pay off any budget shortfalls, local service by local service, in the next fiscal year. A local government also cannot plan to run an operating deficit in any year. The only mechanism to spread repayments for today's expenditures over multiple years is through capital borrowing which must be authorized under the conditions set out in the Local Government Act.

This means if we had a large portion of fixed expenses within a 2020 budget for a local service but did not raise the expected revenues for 2020, say due to closures required in compliance with health orders, we must use taxation out of the 2021 budget for that service to eliminate the deficit. For some services, this could result in a very large jump in property taxation since the 2021 operating budget could also be relying largely on taxation.

As I have indicated in previous articles, the RDCK recognizes we could be faced with unexpected costs in any year (although we did not plan for a pandemic) so we hold some funds in operating reserves as well as equipment or infrastructure replacement reserves. A few reserves are statutory, meaning they can only be spent on certain expenses, while others are more flexible. We made some mid year budget adjustments, in part using reserves, in order to best plan when or if to

resume certain levels of service.

The Province also recognized that local government would be put in a difficult position this year, being unable to pay down a deficit over many years like the province can, so they have transferred funds to each incorporated municipality as well as to all regional districts based on a province wide population formula to ease the 2021 property tax bump. An unfortunate situation we appear to be in is that the RDCK provides a higher level of regionally managed services, such as recreation and fire services, than many other regional districts where these services are managed by the larger municipalities. This means that since a province wide average was used to compensate local governments for perceived shortfalls our regional district did not receive the appropriate level of funds to compensate for the large increase in personal protective equipment and emergency procedure changes which fire services needed nor the level of compensation for loss of major recreation center revenues which the provincial average model would have assumed should be part of the payment to cities.

One of the first tasks at our January 22nd budget meeting should be to decide how the provincial COVID budget relief funds will be allocated as fairly as possible to cover the extra costs incurred by various services.

At the first major budget review we also need to look at growth and how that will impact taxation across the district and between member municipalities and electoral areas. Each year in January we are provided statistics from the BC Assessment Authority giving us the growth (or reduction) in the property tax base as a result of inflationary pressures (market value change based on supply and demand) as well as real growth from new construction and renovations. The RDCK is seeing another year of healthy investment in new construction, with the value of new construction as of November 2020 matching that as of November 2019. I should note that 2019 was a very good year for new construction, with values coming in at almost 20% higher than 2018. The result of strong 2020 growth in construction values, despite the pandemic, will help ease any tax bumps in the building services budget as the costs are shared across the new tax base.

Connectivity: Beyond the local meeting with our Internet service providers and the Columbia Basin Broadband Corporation (CBBC), I attended the first meeting of the newly restructured Southeast BC Regional Connectivity Committee which encompasses the entire Columbia Basin. The committee will work towards further accelerating increases in local internet speeds by applying for larger amounts of funding for groups of communities. The CBT will continue to commit funds over the next several years to help leverage the federal and provincial funds.

Everyone can help to reinforce our need for improvement by routinely performing the CBBC speed test at testmy.net. The results will automatically feed the CBBC data set. My latest test was 6.6Mbps download and 0.8Mbps upload.

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.



Hidden Taxes

by David George

Where do we go from here?

Will 2021 be a Happy New Year? We have just lived through a year of uncertainty, a year of the pandemic Covid-19 which has claimed thousands of lives in our country. Our neighbours to the south have lost more than three hundred thousand of their citizens.

Is it over yet? No. We have at least two vaccines available now; front-line health workers and first responders are getting the vaccine, along with some elder citizens in long-term care homes. Besides those, elders 80 and older are expected to be in the first group. Then those 75 and older, then 70 and older.

Our minority Liberal government has stated the hope that we will all have vaccine available before the end of September 2021. That is nine months away. We have gone through nine months of 2020 with the shutdowns and limitations and uncertainty this pandemic has caused. Many of us in the East Shore are elderly, at least in our 70s, and wonder if Interior Health will remember we are here when the time comes to roll out vaccinations.

We may hope that our new NDP MLA will not ignore the East Shore the way her predecessor did. Phone her office, and let her know that we are here, and need vaccine. She may be reached by email at Brittany.Anderson.MLA@leg.bc.ca, by phone at 250-354-5944 or toll free: 1-877-388-4498 or by mail at 433 Josephine St. Nelson BC V1L 1W4.

Meanwhile our southern border remains closed to all but essential goods and services. We still have fresh food coming in from the south, and mail, although Canada Post has been quite overwhelmed with parcels this past Christmas. What are small shops going to do to survive the next nine months? Many will go out of

business, despite the handouts from our governments. Those that survive will have done much to sell online, and use the mail or other more expensive shipping options.

I will not get into the whys and wherefores of which businesses, or malls, or churches can or cannot remain open. Just reflect on how you and your loved ones can remain safe until this pandemic is over. Essentially, wear your mask around others or stay home. Don't whinge about your rights. This public health emergency overrides some of them.

I cannot do better than to quote BC's very own Dr. Bonnie Henry: "Be kind, be calm, be safe." Her sister Lynn has co-written a book of that title with her, about the first weeks of the pandemic. *Be Kind, Be Calm, Be Safe* will be published March 9, 2021.

Can we do without Made in China? China is not a good global citizen. For starters, they let Covid-19 loose through their disgusting treatment of animals kept for food. When the US CDC tried to get early information about the disease, the Chinese government hid much which could have helped the US and Canada be better prepared for this pandemic. China is forcibly putting Tibetans into concentration camps for "re-education". This is much worse than the shameful expropriation and gathering into camps of Canadian and US citizens of Japanese ancestry during WWII.

Besides the nonsense of Canada holding a citizen of China at the request of the USA, the tit-for-tat imprisonment of the two Canadian Michaels must end. Send the lady home to China. Demand the return of the two Michaels. End diplomatic relations with China and expel their personnel and spies from Canada if necessary. China is a real threat to world order. Don't buy Chinese goods. Free Tibet! Don't buy into the Chinese 5G internet system; it will likely come complete with built-in spyware. Tell businesses you will stop buying from them if they continue to sell Chinese goods.

It may be difficult to find what you want that is not Made in China, but it is possible. (I was able to find a pair of good house slippers at Mark's which were made in Cambodia.) Keep looking and buy Canadian where possible.

.... (see right for more)

"Hidden Taxes" Cont'd...

Finally, some good news for the new year 2021 is that the East Shore Community Library remains open on Tuesdays and Saturdays from 12 noon to 3pm. Cards are free. Come in, use our hand sanitiser, and wear a mask (we have masks to give you, free). The library has more than 10,000 books, and a couple of thousand DVDs, as well as hundreds of CD audio books. Inter-library loans are not available right now, but one could look online at Creston or Riondel and ask for a book to be held for pickup.

I wish all of us a Happy New Year, 2021. It just has to be better than 2020. Stay safe and well, everyone.

January 2021 Mainstreet 3



2021 Horoscope

by Michael O'Connor

In light of what is destined in 2021, the events of 2020 will pale by comparison. 2021 begins in the context of the Total Solar Eclipse that occurred on

December 14. It reveals a deeply spiritual impulse, yet also law yielding to authority. This will not prove easy for anyone, governments as well. The same basic theme is true of the June 10th Solar Eclipse. Winter Solstice also provides contextual themes for the year. It features the historic conjunction between Jupiter and Saturn launching not just a 20-year cycle, but an era of 220 years!

January 1st, 2021 is the other key event and symbolizes a mass awakening stemming from alternative media. A 'Square Aspect' implies themes at cross purposes and 'hard turns' and there are some major Squares in 2021 between Saturn, Jupiter, and Uranus which is the real shaker theme for 2021 that encompasses the entire year. The key dates are February 17, June 14, and December 24,

Mars ever plays a significant role in astrology regarding major events especially when in hard aspect to the far planets: Uranus, Neptune, and Pluto. Here is the list: 2021 begins with Mars a Conjunction with Uranus, a bullish and revolutionary influence, on January 20th, the day of the U.S. Presidential Inauguration! Mars Square to Jupiter on January 22nd will inflate the expression revolutionary, rights and freedoms-oriented Aquarius. Mars opposing Pluto on June 5th will prove reactive and explosive. Mars in Leo opposing Saturn in Aquarius on July 1st and forming an exact Square to Uranus on July 4th will produce patriotic sentiments colored by high emotions linked to religious/spiritual convictions.

On October 22 Mars forms its final' Upper Square' to Pluto suggestive of unexpected events leading to transformational change. On November 11th, Mars will form a Square to Saturn and then follow-up with an Opposition to Uranus by November 18th. This will activate even more revolutionary attitudes and the resolve of rebels. The year ends with the final Square between Saturn and Uranus on December 24, and carries through within 1-degree of orb until January 1st, 2022.

Destiny is ever at play and we are designed to co-create cooperatively. Stock up, prepare emotionally, try to keep an open mind respecting interpretations and choices that differ from yours, be willing to help your neighbors, adapt without compromising your truth and integrity, pray, laugh, and love. 2021, is destined to be the most powerful year we have experienced collectively, perhaps ever.

Aries (Mar. 21 - Apr. 19): In 2020, the focus was centered on career and power. The emphasis did begin to shift to the rest of your life, your social life specifically, and this will continue. Now, returns for past efforts have already begun to come in, hopefully, your efforts were aligned and integral. Your sights are set on a new future in a whole new way. Making efforts to increase your income or R.O.I. is featured. You will begin to push harder in this regard early in the year. While dreams do play a role, your focus will be much more fully on the here and now. New friendships play a key role.

Taurus (Apr. 20 - May 20): You will charge out of the gates early in 2021. Your pace will be determined yet possibly staggered to outmaneuver any opposition. This will lead you to aspire to power. If you gain authority, you will demand unwavering allegiance from those who follow your lead. In many respects,

this will feel like your time and you fully intend to claim what you deem yours. Your energy levels will remain high. Your energy levels will not only be running high, they will be fueled with emotional resolve. Recovering any lost ground will be your first objective and then you will build.

Gemini (May 21 - June 20): Somehow, you have emerged from 2020, transformed. Positively, you have become more assertive and determined; a momentum that is likely to continue. Now, you see a higher truth and vision. While committed, something else is also dissolving and this may amount to certain dreams and ideals. Yet, you will not yield without a fight. This is especially true if you feel you have something to fight for. Otherwise, you may choose to slip away somehow to meditate upon higher truths. Either way you will direct your energies to activities behind the scenes.

Cancer (June 21 - July 22): Big changes are in store in 2021 and the year begins with these under-way. These changes could manifest as both your personal values and your creative resolve. A revolutionary impulse is strong as 2020 begins leading you to assert yourself to lay claim to earned rights and rewards. You may feel pushed by circumstances to yield, accept, and adapt. Positively, this will lead you even further into a creative focus. You will feel guided and inspired to dig deep to access new levels of originality. Genuine expressions of integrity and power will be the main challenge.

Leo (July 23 - Aug. 22): A whole new level of commitment to building for your future and improving upon existing projects, skills, and talents is featured. This refinement process will likely also be directed to your own personal growth in support of this resolve. You will continue to reach out to meet new friends and perhaps business partners and to expand your overall scope of connection and influence in the world. This process will come with changes in your career and public life. Whatever happens, trust they will be for the better and focus to break through prior limitations.

Virgo (Aug. 23 - Sep. 22): A complex year is in store for us all and for you it will center on preparing to increase your outreach to the world. You will actually get a sneak preview of this in late spring into July. Yet, the preparation process is meant to occur all year. Creativity is a keyword and part of the challenge includes taking authority over unclaimed creative prowess. This will require clarity of focus and inner and outer work. Be ready to face your fears to expand and become more fully you. Technical knowledge will likely be required. Get clear early to dig deep to access your power.

Libra (Sep. 23 - Oct. 22): Establishing a more solid based on your creative power and abilities are highlighted in 2021. The going may not be fast, but it will be sure. You may, however, have to contend with a healing process and you are probably wise to take this quite seriously. This process includes learning as well and not just being told what you need and what to do. Be open to understanding yourself and your needs better and aim for self-honesty to see blind spots and negative attitudes and behavior patterns. Focus on a patient and realistic vision for the longer-term.

Scorpio (Oct. 23 - Nov. 21): Some years push us to dig deeper than others and this will be one of them for you. The biggest challenge may be deciphering which skills and talents to focus on first. Yet, there is also the possibility that given the choice, you will take the lower, easy road, to passively settle for less. Make efforts to avoid this as the higher, if harder road, will bring greater rewards all around. The overall process will bring about changes on relationship fronts. This

could also apply to your career. Face your fears and take risks to lay claim to what you truly want.

Sagittarius (Nov. 22 - Dec. 21): Themes of freedom, truth, and justice will become much more pronounced in 2021. The biggest challenge will be connecting the dots accurately of the multifarious knowledge you will feel excited and determined to learn. This learning curve will extend into 2023 so, you have time. In the short term, it may feel like you were in a dark room and now suddenly all the lights are on. You will likely get to work early in the year, and the learning curve could prove steep at times, which may include unlearning what you previously understood or believed.

Capricorn (Dec. 22 - Jan. 19): 2021 will be a year of both consolidation and expansion for you. The emphasis will be upon making every effort count. Investment is a keyword and applies to both energy output and finances. You will push to break through any existing barriers. Your pace will prove revolutionary guided by a determined resolve. Supported by a vision of service, your goal is to bring your dreams into reality. The challenge will be confronting whether your interpretation of reality is realistic or idealistic. Be open to discussion and make efforts to adjust to being more realistic.

Aquarius (Jan. 20 - Feb. 18): 2021 will prove to be an expansive year for you. Yet, it will also be a busy one that will require patience, discipline, and diligence. Some of the focus will be directed to your home and family as changes roll-in that require your direct attention. Translating challenges into goals and the prospect of realizing dreams will spur you on and sharpen your focus. The only concern is that you could be charging ahead without a clear direction. The time is right to get clear on your dreams and goals and to make extra efforts to outline a realistic plan.

Pisces (Feb. 19 - Mar. 20): You have entered a cycle in your life when it is time to bring many things to completion. Finishing projects, clearing debt following through with any and all initiatives not yet accomplished, will prove empowering. You will venture out and enter uncharted territory. This is probably not the best year to start projects. Make a big list of all the things that you have yet to complete. If you do not have items on such a list, it might prove more worthwhile to direct your energies and focus to work with or help others with their projects, problems, dreams, and goals.



by Al George, Crawford Bay



Hacker's Desk
by Gef Tremblay
Shakuhachi

You gotta love Facebook advertising. The algorithm or the artificial intelligence they are using is really trying to figure me out and it's doing a pretty good job. For the last little while, they have been advertising a sort of meditative flute necklace thingy. Facebook knows that I like music and meditation and that I've gone through burnout, so I'm the ideal candidate. It's as if it was built just for me. There is a problem though - Facebook hasn't figured out that I don't like cheap knock off products of traditional meditation tools!

It's looked like a fun toy they were selling and I clicked through to see what it was all about. It ended up being a kind of a whistle that you wear around your neck and you can use it anywhere to blow in it as a meditation tool. The part that caught my attention though, was their comparison to a Shakuhachi meditation. They were using the 'ancient way of life packaged for the modern busy person' type of marketing. It's always a good marketing trick to link your product to an ancient meditative tool. But it leads me in a different direction.

I discovered the shakuhachi many years ago. I was using that music while I was offering Thai-yoga massages and later on I ended up acquiring one. It's a beautiful and simple instrument, made of thick bamboo, where the root system is still showing. There is no extra elements in the design, you can actually make one yourself. It's sturdy, simple and elegant. The designer in me fell in love with this beautifully simple design and the meditator in me enjoyed the fact that it was a tool that has been used in Zen meditation for many centuries.

The Shakuhachi was introduced to Japan from

China around the seventh century. It was then mainly used by travelling monks during the Edo period. The practice of playing the flute for zen meditation is called suizen (blowing meditation) compared to zazen (sitting meditation). During the Meji Restoration period, this practice of wandering monks playing the Shakuhachi was banned. The monks became musicians playing to accompany Koto music. Masters of the Shakuhachi tradition brought back the ancient method and shared it with the world in the hope to keep the tradition going.

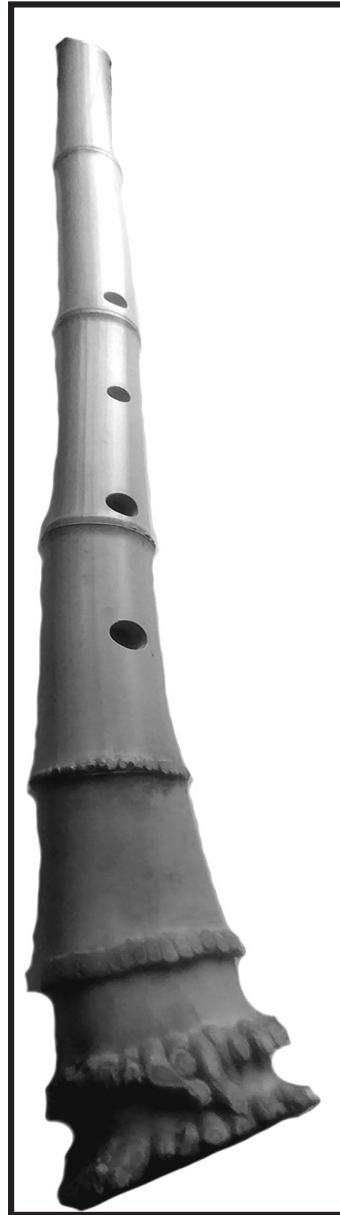
Health and Shakuhachi Meditation:

I've been researching further about the vagus nerve since my burn out. The vagus nerve can go out of sync when there is an overload of your nervous system. The problem is that the vagus nerve is responsible for many regulations in the body. From the heart rate, to breathing, digesting and sexuality, this nerve regulates a lot of your body rhythm, hence the importance of regulating this nerve.

The more I read about how to help regulate the vagus nerve, the more I think it should be called the hippy yogini nerve! To name a few of the technique that helps regulate the vagus nerve:

- Deep slow breathing
- Self-massage the stomach and ears
- Vibrating the vocal chord
- Chanting humming and signing
- Listening deeply to music
- Emptying the mind/meditation
- Connecting with people, socializing... and the list goes on.

I was then thinking of creating a meditation that would help balance the vagus nerve in many ways.



This is when I realized that Shakuachi meditation or suizen could be the way to go.

Sitting in meditation position, using long inhale through the nose, very long exhale through the mouth, here the longer the better as you want to hold the notes and phrase as long as possible. The breathing technique also somehow resonates in my throat, which is yet another action that regulates the vagus nerve.

The last effect and not the least is the music that is created is yet again another aspect that calms and regulates the vagus nerve. In short, Shakuhachi playing is a vagus nerve regulator! It also has the added effect of calming people around you.

For all the bad things that this pandemic brought, one positive aspect was for me to look from more teachers online. After playing the Shakuhachi a few times, I thought why not find a teacher online?

After some research I found a teacher online who not only is a 'master' of shakuhachi, but also a meditation teacher bridging even the chakra system to the notes of the shakuhachi. She has a lot of recordings online if you are interested in listening to some on soundcloud:

<https://soundcloud.com/lnflutes>

I love the idea of bridging music and meditation in such a simple peaceful way. It inspires me to play more music during the day and also

helps me sit for meditation.

You've gotta love Facebook advertising!

Crawford Bay Hall UPDATE



Submitted by Susan Hulland
Crawford Bay Hall Board Director

In November former Crawford Bay School teacher, Bruce Paterson, gave us a wonderful gift - a beautifully drawn depiction of our 82 year old hall. We made the image into 13" x 19" signed colour prints and 5" x 7" blank, black & white cards and have already made \$675 from Bruce's donation. Thanks also to the local business owners who are helping us with this project by selling cards and prints for us. Cards and prints continue to be available at local stores.

We had another donation to the Hall Reno Fund thanks to new Crawford Bay residents, Doug and Kym Blackburn. We are now only \$2,996 short of our Phase Two goal of raising \$41,550.

A quiet month was made quieter still by the recent imposition of even more stringent Covid-19 regulations regarding public buildings and properties and gatherings in or on them. As this situation changes so will

our ability to possibly rent our facilities in the future. For current information call our booking agent, Kathy Donnison at 227-9205.



"Coach' Larry Keraiff was one of a few volunteers that helped with the clean up at the Crawford Bay Hall after some danger trees were cut down.

As for the December 'Thank You's'...

We had three Larch trees taken down on the north side of the community hall in mid-December to prevent damage to the hall roof.

Thanks to James Linn for fitting us into your busy schedule and for your 'in kind' donation to our fund-raising efforts. Thanks also to Larry Keraiff and Doug Blackburn for many hours of work burning the unusable parts of these trees. (Brian Anger of Crawford Bay RV Park bought the saw logs from us which made the clean up go a lot quicker than expected.)

Thanks to Shelby at the Crawford Bay School for help with poster reproduction and to Bob Carter of Cartergraphics who I think of as the association's 'tech-retary' who helps us out when we get in a jam.

JK Excavation Ltd.
250.354.7055
jkeexcavationltd@gmail.com
trucking. excavation. snow removal

NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

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

URGENT PLEA: WE NEED MEMBERS! Are you new to the area, or have you lived here a while and are looking for something to do this winter? Join our team of professional volunteers & help us help our community.

Crawford Bay Hall Memories & Musings from Pastor Jim Reimer

Submitted by Susan Hulland



Former resident Pastor Jim Reimer was quick to respond when I reached out to him for his recollections about the Crawford Bay Hall, saying “Doreen and I are ecstatic that

there are still people on the Eastshore who want to preserve the Crawford Bay Hall. We wish you success”.

“We moved to Crawford Bay from Calgary in September 1980, My relationship with Crawford Bay hall was immediate and lasted even after we moved to Nelson in 1995. During our time in Crawford Bay, I served as the Pastor of Kootenay Lake Community Church. The building itself was small, and so the Hall was a defacto church Hall. Many times we would use it to conduct Church dinners, weddings, funerals, youth activities, and various gatherings. The Hall was a true community centre. Doreen has many fond memories of participating in the Fall Fair, which took over the Hall for as long as the Hall existed.

“Speaking of the Fall Fair, I have a funny recollection. The Hall needed renovations, so we went about securing donations, donated labor, and grant funding. We applied for and received the needed building permit. The renovation went splendidly. The job done, we were waiting for the building inspector to come from Creston to sign off on our good work. The fateful day came during the busiest day of the year for the Hall... I speak of the Crawford Bay and District Fall Fair! The

Hall was packed; full of people, display booths - complete with every type of home baking, garden produce and everything else one could think of.

“My heart sank. We were in immediate violation of occupancy regulations. The building inspector was retiring and he had his replacement with him. The new recruit was zealously measuring door entrances, wheelchair ramps, plumbing fixtures. He identified at least 4 violations of code. My heart sank.

‘At this point, the more senior of the two, looked over his evaluation sheet and said to his understudy, “We have to be flexible with these old community buildings, and the violations are so minor, I do not believe it will impact the safety or the use of the hall. With that he ripped up the evaluation paper and signed off the permit. I have to say, my heart was spilling over with thanks.”

16102 HWY 3A, CRAWFORD BAY
250.227.9160
INFO@HUBEATERY.CA HUBEATERY.CA
HOURS: THURS-SUN, 12 NOON - 11PM.

Riondel Fire and Rescue Blotter

by Fire Chief Cory Medhurst

HAPPY NEW YEAR to everyone near and far. We hope you had a peaceful holiday season and are as excited for a new year as we are. We would like to thank Pam and Gerry of Newkeys Pub for organizing the wish tree, and all those who donated time, money, or gifts to help out. A huge shout out to Tom Wilkinson of Riondel for getting us in touch with Santa Claus this year on Christmas Eve to deliver gifts to children along the East Shore. 2020 ended off with a normal call volume for the time of year with the calls attended as follows:

November 30th – A request for a code 3 (emergency) lift assist came through the radio which saw 2 members attend in Riondel. Our local Paramedics required a helping hand to move a patient from their home to the ambulance.

December 16th- Another medical emergency required 4 members to assist the Paramedics with patient movement at a hard to get to residence in Crawford Bay. The patient’s neighbors had preplanned emergency access to the property and were on scene to assist with getting the ambulance to the home, for which we thank them. Members assisted the Paramedics with loading the patient.

December 24th – A medical emergency in Gray Creek saw 4 members attend with the ambulance. Members arrived on scene prior to BCAS and began patient care, eventually assisting with moving the patient from the home to the ambulance.

December 31st- A motor vehicle incident (MVI) in Gray Creek had 3 members attend to assist. A snowmobile had collided with a parked truck causing the driver serious trauma to the extremities. The first member on scene was able to assess the wound and begin care before the ambulance arrived, and then all members helped with patient movement.

Just a quick reminder about driveways, access, and egress. Our calls this winter so far have been technically okay as far as plowed driveways and our ability to get the ambulance in and out. Moving forward we’d like to remind everyone to have a plan in place in the event that there is a fire or medical emergency at your home. Can we get our vehicles to and from the scene? Are the walkways cleared of snow and ice? Most importantly can we even find your home; do you have a visible number sign identifying your location? As good neighbors, lets watch our senior population a little more during the winter, maybe help shovel a walk or carry in those bags. Notice a neighbor struggling to bring in firewood? Maybe lend a hand, socially distanced of course.

We wish everyone the best that life can offer for an amazing 2021 and would like to remind you that this is the year to join your local Fire Department! We train, we provide the equipment, knowledge, and fun. You show up, get geared up and learn. Simple. Try it this year!

Massage Therapy
Harreson Tanner, RMT
Over 40 years clinical experience

* Knowledgeable * Skilled * Experienced
For appointments, call 227-6877/505-6166



“The way to get started is to quit talking and begin doing.” - Walt Disney

Have you ever thought about turning your passion into a business? Do you think you have what it takes to be an entrepreneur? Contact Community Futures for more information on Programs & Workshops available to you!

Call Amanda Murray at 403-678-7044 or amurray@futures.bc.ca to book a free appointment in Creston.
www.futures.bc.ca

Growing communities one idea at a time.

Job Opportunity ~Campground Attendant(s)~

Riondel Community Campground requires a Campground Attendant, a responsible individual or couple to attend to all operations of the campground for the 2021 season. This is a contract position covering the period from May 1 to mid-October. Previous experience in campground management, hospitality industry and maintenance would be assets.

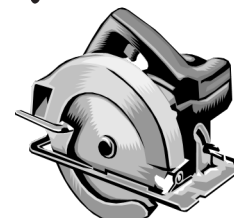
The position requires good customer relations skills, proficiency with computers and the ability to work independently

The successful candidate will be responsible to provide WorkSafe B.C. coverage, comprehensive liability insurance, and a criminal background check.

For further details about job responsibilities and remuneration, contact: RCCSociety@bluebell.ca or mail to Riondel Community Campground Society, Box 115, Riondel BC, V0B 2B0

**Deadline for acceptance of submissions:
February 13, 2020**

Thinking of Renovating?



We can review your house insurance policy with you. Be sure to keep it up-to-date!

Our Hours:

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

Kootenay Insurance Services Ltd.

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



Thoughts from the Frog Pot

by John Rayson
CORONAVIRUS:
Lesson 1

Tales from the Frog Pot as a title for these columns is a reference to a frog placed in a pot of boiling water and not leaving as the temperature rises. Such a phenomena is a metaphor for events occurring slowly resulting in changes of which we are not aware.

The past few months have been consumed by the Covid virus. A second wave is occurring and the majority of deaths during the Spanish Flu of 1918 occurred during the second wave. A vaccine is now available. We may see the light at the end of the tunnel. As the virus is not gone, we must continue social distancing, wear masks and avoid large groups. The vaccines will not be readily available to all immediately and there may be as yet unforeseen difficulties with the vaccines.

As we look to the future, governments and our society will be faced with multiple challenges. The issues must be faced by all levels of government and have not decreased during the pandemic. These challenges are universal and not just Canadian.

First: the pandemic itself and the need to confront the appropriate distribution of vaccines whilst maintaining the present effective methods of control as noted above. In addition, we must prepare for future pandemics and deal with the opioid crisis (BC and Alta. have seen 10,000 deaths since 2016 plus life expectancy in the U.S. had decreased in the last two years due to opioid deaths).

Second: the economy. Governments have spent huge amounts of money in the past short time and the economy has had a significant decrease. Governments at all levels will have to deal with these issues as we move forward.

Third: Climate Change: Climate change has continued but has not been in the news due to Covid. An example; the Canadian government has recently announced a significant increase in the carbon tax. Do we understand the implications??

Fourth: Racial tensions and relations: This problem does not only apply to the U.S. but will come to the fore in Canada as we confront Indigenous land claims, the necessity for clean water on remote reserves plus multiple other issues. We must deal with an Indigenous population that is increasingly well educated and informed.

A recent book by Fareed Zakaria, entitled; *Ten Lessons for a Post-Pandemic World*, outlines a number of the lessons learned from our recent pandemic challenge. These lessons will be applied to the challenges faced as we move to the future.

Lesson #1: Each country is on its own. It has become obvious to Canadians, as we attempt to learn from other countries but when we require supplies,

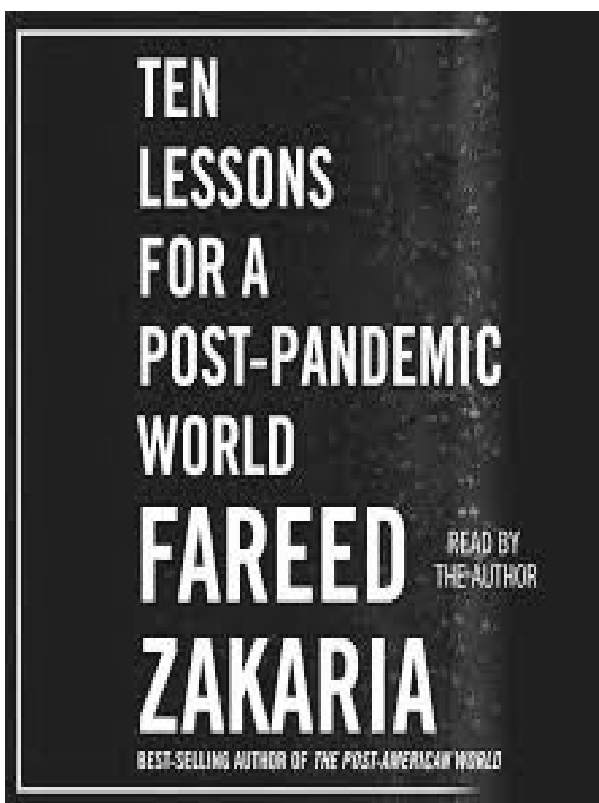
vaccines etc. we are on our own. As healthcare is a provincial responsibility each province in Canada has elected to make its own decisions with regards control of the pandemic: we don't even have a national approach.

Lesson #2: It is the quality of government not the quantity that is important. We all complain about government regulation but it is government that supplies us with healthcare, education, highways and clean water to name only a few services. As we move ahead we will require further government regulation but must demand quality.

Lesson #3: Markets are not enough. Stock markets are at an all time high. The increase is due to an emphasis on "shareholder value" but everyone is not a shareholder. Governments will be required to provide funding for science, technology, education and retraining. Governments will need to work in tandem with markets.

Lesson #4: Experts must lead but must experts must listen to the population. We must remember that we require experts in a number of fields including healthcare, education and the economy. Canada appears to have done a reasonable job in listening to the experts with regards healthcare but we need the others as we move forward; plus, they must listen to the feedback

It is my intention to discuss the remaining lessons as they apply to our future in the next column. In the interim I wish all a healthy and safe new year.



holders within our communities, region, and province they are committed as a team and meet regularly. Our next meeting will be held via Zoom on Monday, January 18th, 2021 at 7 pm, please email us at info@kootenaylake.bc.ca to receive your invitation with the login details. The executive for the coming year is:

President – Ron Mondor, Destiny Bay Resort & Grocers, Vice President – Richard Bertram, Kokanee Springs Golf Resort, Secretary – Karen Arrowsmith, Arrowsmith Gallery, Treasurer – Lois Wakelin, The Lakeview

We would like to take this opportunity to express our gratitude to Janet Wallace (past Treasurer) for her many years of volunteer service to make sure that our Chamber continued to function. We would also like to thank Gauri Taylor-Topp (past Secretary) for her volunteer efforts in maintain excellent record of all our meetings. We are pleased that both will continue as directors to help guide us into the future.

If you are not yet a member or would like to get more information on how you can participate in this vibrant community organization, please talk to any of the Kootenay Lake Chamber of Commerce Directors or visit our website kootenaylake.bc.ca



Chamber News January 2021

submitted by Ron Mondor,
President KLCC

As we take a moment to pause and reflect on the year of 2020, we recognize it has been far from normal and in fact one of the most difficult seasons in our collective history. Despite these extraordinary circumstances, you have stepped up, shown up, and gone above and beyond to show the value of your businesses to your communities and region.

We at the Kootenay Lake Chamber of Commerce are committed to do the same and as you know, 2020 has meant a world of change for every one of us. Throughout the past year we have learnt that collaboration is in our DNA and a commitment to enhanced communications and engagement will make that collaboration abundantly evident to you in the years to come.

We now look with great anticipation at the coming year. We know there will still be massive challenges as you as business leaders continue to drive resiliency throughout your organizations and we will come together to help our economy recover. We also eagerly are pursuing the creation of an Executive Director position, who will have a big job ahead of them, but a job that will be exciting, full of potential, and great promise.

We are setting ourselves up to take on this decade with a renewed energy that will provide strength and stability to our economies. The Kootenay Lake Chamber of Commerce has nine volunteer directors who each play an integral role in sharing the various responsibilities that will lead to our success. As they work behind the scenes, collaborating with various stake-



"The way to get started is to quit talking and begin doing." - Walt Disney

Have you ever thought about turning your passion into a business? Do you think you have what it takes to be an entrepreneur? Contact Community Futures for more information on Programs & Workshops available to you!

Call Amanda Murray at 403-678-7044
or amurray@futures.bc.ca to book a
free appointment in Creston.
www.futures.bc.ca

Growing communities one idea at a time.



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

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

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

Email: mainstreet@eshore.ca

Web: www.eshore.ca

ADVERTISING RATES

\$40 - 3.25 wide X 1.75 tall (inches)

\$45 - 3.25w X 2.5t

\$50 - 3.25w X 3t

\$55 - 3.25w X 4t

\$60 - 3.25w X 4.5t OR 6.75w X 2.25t

\$70 - 3.25 X 6t OR 6.75w X 3t

\$95 - 3.25w X 9t OR 6.75w X 4.5t

\$115 - 3.25w X 10.25t

\$150 - (1/4 page) 5w X 7t

\$175 (1/3 page) - 6.75w X 7t

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

\$250 (1/2 page) - 10.25w X 7t

\$450 (full page) - 10.25w X 14t

Sample Sizes - more sizes available.

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

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

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

THESE RATES ARE FOR B/W ADS ONLY

FOR FULL COLOUR, ADD 30%

Tourism Sustainability and Destination Management

by Farley Cursons

“We have a finite environment—the planet. Anyone who thinks that you can have infinite growth in a finite environment is either a madman or an economist.”

—Sir David Attenborough-

It would be an understatement to say that the COVID 19 pandemic has upended almost every part of our lives. We have all watched with dismay as the global economy took a significant hit with businesses and whole supply chains faltering. In addition, our need for social connectedness has been limited while we’ve self isolated and reduced our contact with our communities, friends and families. Some of the simplest activities that are so much a part of our lives were suddenly unavailable. Things like sitting with friends on the ferry, birthdays, funerals, meetings, hot springs, dinner parties, dances, music festivals etc. Basically anything that required contact with other humans was cancelled or went to Zoom or Skype.

One thing that wasn’t cancelled was nature. Living rurally, we are so incredibly blessed to be able to basically walk out our doors and access the lake, mountains, parks and trails. Connecting with nature has been the saving grace for so many of us. I’m sure everyone, whether we’ve been able to regularly get outside or not, has appreciated our remoteness during this trying time.

While the social and economic fall of the pandemic was felt around the world and tourism screeched to a halt we have seen global air pollution reduced to levels not seen in decades, dolphins swimming in the canals of Venice and whales have been swimming up the Fraser River tributaries, again, where they had not been seen in many years. These are just a few examples of the environment repairing itself and it started happening pretty fast.

Here on the East Shore things were quite troubling last spring as the economic prospects for the year were looking pretty bleak. That did change as summer hit and the tourists came. There was a high demand for campgrounds, nature access, beaches and the lake. Anything where social distancing was possible was in demand. And that of course is something the East Shore has a lot of. There were a couple of significant issues however that need to be addressed. It’s important to study the good and not so good parts of any experience.

Although 2020 was a year like no other and a lot of the destination marketing data we were working with wasn’t of much use anymore, it was possible to observe trends that may inform future endeavors to manage our destination. The primary environmental issue unique to 2020 was the closure of the washrooms on the Kootenay Lake Ferry. This put a significant strain on the public washrooms at Kootenay Bay and local businesses that were open. In addition, BC Parks opted to lock the outhouses in Pilot Bay Provincial Park. The Riondel Community Campground understandably chose to not operate in 2020. Nevertheless the campers came to the East Shore and with reduced options could be found camping along forest service roads, highway pullouts, Powerlines beach, Burden’s Cut etc.

What we could observe there was the fire hazard from campfires and pathogen contamination from human waste. I know I wasn’t the only one horrified to see significant incidents of trailheads, beaches and roadside pullouts being used as toilets. Literally hundreds of piles of “white flags” could be observed at Burden’s Cut, on the path to the lighthouse and several other spots. This was super troubling for me. With long-time locals remarking that they won’t want to live here anymore if that’s what we can expect from visitors.

8 Mainstreet January 2021

The 2021 tourist season will have these washroom amenities operational again but the issues with 2020 gave us an idea of what overtourism could look like. While we can all look forward to new washrooms being built in the Crawford Creek Regional Park we need to evaluate our capacity to manage increased tourism when it happens. We need to ask ourselves if the tourists are responsible for the destination or is the destination responsible for the tourists?

What is Sustainable Tourism?

Sustainable tourism is the tourism that takes full account of its current and future economic, social and environmental impacts, addressing the needs of visitors, the industry, the environment and host communities.

Unsustainable tourism refers to tourism that fails to conserve tourist resources, and/or does not support the lives and culture of local people.

Destination Marketing and Destination Management

There are a number of Destination Marketing Organizations (DMO’s) operating and overlapping through our region. It’s been a privilege to work with most of these groups and I have learned a lot. These are some highly skilled, creative, professional and well connected people who are exceptionally talented at promoting our area. But, it’s important to note that DMO’s for the most part don’t manage the actual destinations they market. It’s important that we discern that there is a difference between Destination “Marketing” and Destination “Management”

Creativity and innovation are often born out of the need for solutions during difficult and challenging times. Every DMO should be using this time to innovate and reinvent their product and every destination management team should devote more resources to evaluating, developing solutions, and responsible management initiatives. A balance must be found between limits and usage so that continuous changing, monitoring and planning ensures tourism will be managed.

Economic, social and environmental aspects of sustainable development must include the interests of all stakeholders including first nations, local communities, visitors, industry and government. This requires thinking long-term (10, 20+ years) and realizing that change is often cumulative, gradual and irreversible.

Will more tourists be visiting the East Shore in the coming years?

An ever-evolving and rapidly growing industry, there seems to be no place in the world that remains untouched as far as tourism is concerned. The advent of social media platforms such as Instagram with Geotagging options have transformed once unknown natural and historic features into “bucket list” or “Instagrammable” locations in just a few short years. Usually these locations aren’t prepared and don’t have infrastructure in place for the rapid increase in visitors. We have examples here in BC where parks and other natural locations have become overcrowded after a couple of viral “selfies”.

In the coming year, part of the Provincial and Regional destination marketing strategy will be to help ease visitor congestion at the area’s primary attractions by promoting lesser known “off the beaten path” locations. Which is good! We can see that the economic benefits can be super positive. Sometimes those travellers even choose to move here, support the tax base, enroll their children in the school and contribute their skills to the community.

The East Shore’s hotel taxes are now paying specifically to be included in Nelson & Kootenay Lake Tourism’s robust promotions, so yes, more tourists are coming.

Positive solutions

We just need the capacity and leadership to manage our destination sustainably. We need to avoid the pitfalls of overtourism by defining and possibly redefin-

ing what success looks like. Is our goal to get as many visitors as possible on the East Shore in the summer no matter what the social or environmental costs are or do we focus on maintaining/improving the authenticity and visitor experience while spreading out visitations into the shoulder seasons? Can having fewer tourists actually generate more economic activity? One scoop of ice cream is great, two is even better, but what about 35 scoops? It will just melt before you can eat it and you’re guaranteed a stomach ache. The data is showing that creating personal experience and value is as lucrative if not more lucrative than bringing the tour busses through for the day. Creating more value for the visitor will have them stay longer and spend more money in the community.

Defining the success of tourism is four things:

- Maximized local economic impact, which takes into consideration costs and leakages such as the cost to clean up a beach after the August long weekend, extra cleaning of public washrooms as well as promoting shop local initiatives. We can also support local nature guides as opposed to outside tour companies.

- Next is, are we protecting key assets? If we are not protecting buildings that are falling down, or the primary natural attractions like the lake – we haven’t future proofed ourselves. When you are saying we are worth visiting, we are special, and then you don’t have management in place, the very things you are calling special can get ruined. Local businesses could consider adopting a ‘sustainability pledge’ and have our visitors sign on when they arrive.

- Third, is it good for locals? If tourism doesn’t work for locals, it doesn’t work at all. The long-term sustainability of tourism depends on ensuring visitors do not negatively affect residents’ way of life. Locals don’t like being crowded out of restaurants and parks. They resent paying inflated prices. Most of all they resent tourists behaving badly. A destination can have tourists, but the tourists shouldn’t have the destination.

- And finally keeping the quality of product high. Sometimes you need refresher courses on getting excited about welcoming tourists. It’s focusing on the customer service and the product offer so the quality remains high. Offering familiarization tours to business owners, staff and management can go a long way to ensuring a better visitor experience.

Job Opportunity ~Campground Attendant(s)~

Riondel Community Campground requires a Campground Attendant, a responsible individual or couple to attend to all operations of the campground for the 2021 season. This is a contract position covering the period from May 1 to mid-October. Previous experience in campground management, hospitality industry and maintenance would be assets.

The position requires good customer relations skills, proficiency with computers and the ability to work independently

The successful candidate will be responsible to provide WorkSafe B.C. coverage, comprehensive liability insurance, and a criminal background check.

For further details about job responsibilities and remuneration, contact: RCCSociety@bluebell.ca or mail to Riondel Community Campground Society, Box 115, Riondel BC, V0B 2B0

**Deadline for acceptance of submissions:
February 13, 2020**

East Shore Youth Network in Christmas Spirit

submitted by Vienna Doenni

This month the East Shore Youth Network hosted a gingerbread house building/decorating competition. Youth received a gingerbread house kit from the Network (thank you Ladybug Coffee for helping with distribution!) and had to build and decorate it, using edible supplies only. The theme was to be: "My Quarantine Christmas".

Building a gingerbread house proved significantly harder than anticipated and led to some wreckage with youth's and coordinator's houses alike. In the end, 16 East Shore youth sent a photograph of a finished work of art to the judges: local artist Garry Sly, Lea from Dog Patch Pottery, Luke from North Woven Brooms and Helene from Fireworks - Copper and Glass.



Local youth patisseur Sophie Bellward made hundreds of gingersnaps for the community Christmas dinners

Our wonderful judges had the daunting job of rating the amazing constructions, but in the end a clear winner emerged; Abi Harris had gone above and beyond, building an entire gingerbread town, complete with chocolate pathways, COVID quarantine and virus particles emerging from the quarantined house. Good job Abi! Gingerbread-Hogwarts, built by Kris Wilkinson came in a close second, Vera Hulland, Mackenzie Brouwer and Colben Hulland scored places three, four and five, respectively.



Abi Harris with her Gingerbread town.

Everyone got a great laugh out of the competition because - I assure you - these little houses are a lot harder to build than you'd think.

Caption: Winner of the Gingerbread House Decoration Competition Abi Harris with her ginger-town design

To complete the Christmas season, the East Shore Youth Network was asked to contribute some baked goods to the Christmas dinners provided by the Ladybug Coffee shop. Luckily one of our youth patisseurs happened to be available! Sophie Bellward baked for countless hours to provide hundreds of gingersnaps as a treat to go with the turkey dinners. We hope the community liked them as much as we did!

Now it's 2021 and we are excited for a wonderful year of outdoor adventures, fun and learning with the local youth! Would you or someone you know like to join? Check out www.eastshoreyn.ca to sign up (youth 12-18) or get in touch to volunteer with the program.

**Next Deadline:
Jan 27, 2021**

**www.eshore.ca
mainstreet@eshore.ca**

250.505.7697

HAPPY NEW YEAR!



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

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

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

Email: mainstreet@eshore.ca

Web: www.eshore.ca

ADVERTISING RATES

\$40 - 3.25 wide X 1.75 tall (inches)

\$45 - 3.25w X 2.5t

\$50 - 3.25w X 3t

\$55 - 3.25w X 4t

\$60 - 3.25w X 4.5t OR 6.75w X 2.25t

\$70 - 3.25 X 6t OR 6.75w X 3t

\$95 - 3.25w X 9t OR 6.75w X 4.5t

\$115 - 3.25w X 10.25t

\$150 - (1/4 page) 5w X 7t

\$175 (1/3 page) - 6.75w X 7t

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

\$250 (1/2 page) - 10.25w X 7t

\$450 (full page) - 10.25w X 14t

Sample Sizes - more sizes available.

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

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

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

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

FOR FULL COLOUR, ADD 30%

SKLCSS/Community Connections Update

submitted by Garry Sly

South Kootenay Lake Community Service Society (SKLCSS), aka Community Connections, is a non-profit organization operating since 2010 on the East Shore of Kootenay Lake supporting communities and businesses between Wynndel and Riondel.

SKLCSS fosters community and economic stability and growth primarily by acting as a resource centre and responsible, transparent umbrella agency administering grants or community funded programs and projects. SKLCSS has worked to establish itself as a "connectivity" point ensuring access to community services for individuals, groups and organizations within and external to the area.

This year we have been involved in many local programs and projects and we would like to thank and acknowledge our sponsors for providing funding so that so many local initiatives can continue to thrive. Columbia Basin Trust and the Regional District of Central Kootenay are our primary funding bodies and we should all be grateful for their ongoing support.

They allow us to sponsor a number of local champions who provide ongoing programs such as the Eastshore Alliance Supporting the Early Years (EASEY) supporting young children and their families coordinated by Ellie Reynolds, the East Shore Youth Network program, Nicole Schreiber's Food Roots program and Laverne Booth's Age-Friendly Moving Forward project.

This year we worked with the East Shore Facilities Society in order to help secure grants for equipment upgrades for the Fitness Center.

We are hoping to sponsor the update of Eastshore. Life.ca website this winter, a comprehensive directory of all local assets and services so it can continue to remain a valuable database.

An extra big thank you to Columbia Basin Trust (CBT), Garry Jackman, our Area A Director and the Regional District of Central Kootenay (RDCK), the Nelson and District Credit Union, (NDCU), Yasodhara Ashram and many community members for supporting the SKLCSS Food Bank project.

CBT helped us initiate the program at the beginning of the Covid-19 crisis in order to help local residents struggling with the economic impacts of the pandemic. We are trying to keep the program ongoing to assist East Shore residents during these difficult times. There is still some funding available so please call SKLCSS, 250-505-2634 if you need assistance.

Our East Shore Elder Care Program has been working towards sponsoring more projects that help our local seniors. This past year we have worked with the East Shore Kootenay Lake Community Health Society as a sponsor for the Focus on Health Workshop as well as sponsoring the Helping Hands days that Rebecca Fuzzen and Susan Dill Coordinate. Many thanks to the United Way and Valley Community Services for providing funding to help Seniors on the East Shore during the pandemic.

SKLCSS has been providing services to seniors who need help dealing with getting garbage and recycling to the local transfer station as well as providing assistance for small jobs in and around their homes. If any seniors need this type of assistance, please call Susan Dill, 250-227-9350, or SKLCSS, 250-505-2634 and we will help.

KALESNIKOFF
TIMBER INSPIRES

**REFERRAL NOTICE:
Kalesnikoff Lumber Co. Ltd. is Advertising
Forest Stewardship Plan 597
Term 2021-2026**

Please be advised that Kalesnikoff Lumber Co. Ltd. is advertising Forest Stewardship Plan (FSP) 597 which covers the entire area of Arrow and Kootenay Lake Timber Supply Areas, excluding all actively managed area-based tenures including Woodlots, Community Forests and Tree Farm Licences.

The Forest Stewardship Plan (FSP) is a landscape level plan, which is focused on establishing objectives, strategies, and results for conserving and protecting timber and non-timber resource values within crown lands slated for future forest management activities. The FSP is the primary referral process for notifying the public, First Nations, and government agencies as to the location of Forest Development Units (FDU's) and the strategies and results that will apply to the respective FDU's.

The objective of this notice is to provide public with an opportunity to identify areas of concern within FDU's, to ensure that concerns are addressed prior to development of an area of crown land allocated for the company's forest development activities. Comments specific to the FDU's will be recorded and kept on record to ensure that comments are considered during forest planning and timber development. Kalesnikoff is committed to communicating with and engaging local stakeholders and residents at the cutblock level of project planning. We will share updates by email with stakeholders and those who provide their contact information. While engagement and referral periods for specific projects may have dates specified in order to receive timely feedback, the public is welcome to contact us at any time with questions, concerns, or comments related to our activities. We will strive to respond to individual queries in a prompt and comprehensive manner.

The FSP is available for public viewing by making request to referrals@kalesnikoff.com.

For concerns to be reflected in the final submission of the FSP, Kalesnikoff encourages written submissions by email to referrals@kalesnikoff.com by Feb 15, 2021.



the MARKET

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

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

**We will be
CLOSED FOR INVENTORY
All day, Monday, Feb 1st/2021
Sorry for the inconvenience...**

Happy New Year!
Phone: (250) 227-9322
Fax: (250) 227-9417
Email: cbm@crawfordbaymarket.ca



**RESOURCE RECOVERY
FACILITIES
HOURS OF OPERATION**

Crawford Bay Transfer Station
November 1, 2020 to March 13, 2021
10:00 am – 4:00 pm
Sunday & Tuesday

Boswell Transfer Station
Year Round
11:00 am – 3:00 pm
Wednesday & Saturday

How to reach us: Toll Free: 1-800-268-7325
Website: www.rdck.ca
Facebook: [@rdcentralkootenay](https://www.facebook.com/rdcentralkootenay)

Barefoot Handweaving



Weaving is about warp (threads on the loom) and weft. (with the shuttle) Colour juxtaposition joy.

OPEN Often Call 250-227-9655



Clouds illuminated with sunlight on Kootenay Lake—photo by Shirleen Smith



Skip the wait and save time!

Book Your Lab Appointment Online

- Sign up in minutes and book yourself
- Or have friends or family book online for you

www.labonlinebooking.ca



Or Book by phone at 1-877-740-7747
Walk-in service also available

Next Deadline: Jan 27, 2021

www.eshore.ca

mainstreet@eshore.ca

Turlock Electrical Contracting Ltd.

Your Local Electricians
Commercial, Residential
Over 20 Years Local Experience

- New Construction
- Service Panel Upgrades
- Money-Saving LED Lighting
- Additions & Renovations
- Electric Heating Systems
- Service Calls

Ph: 250.2279688 Cell: (250) 551-4671
brandon@turlockelectric.ca

GRS CONTRACTING

SINCE 1980

Glenn Strom
Aaron Strom
Box 101, Crawford Bay BC V0B 1E0
Phone/Fax 250-227-9679

- Excavating • Logging
- Road Building • Gravel
- Rock Hammer

grscontracting@gmail.com

Cell: (250) 505-3075 or 505-3117



All specs of gravel & drain rock
Discounts for entire job.

**WE HAVE A MICRO EXCAVATOR
AND AN 8-TON MINI AS WELL!**



CUSTOM HOMEBUILDING
DESIGN SERVICES
REMODELING

**HULLAND & LARSEN
CONSTRUCTION LTD**

www.hullandandlarsenconstruction.com
(250) 551-2915 or (250) 505-3570
contact@hullandandlarsen.com Licensed and Insured

Serving the communities of Kootenay Lake.



EAST SHORE INTERNET SOCIETY

HIGH-SPEED INTERNET

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

Central Kootenay Lake's community non-profit ISP.

Nelson & District

CREDIT UNION **>>** Logically. Locally.

Call for Nominations
Join Your Board of Directors



A position on your board of directors allows you to represent the membership's collective values concerning social, environmental and corporate responsibility while setting strategy and direction for your financial co-operative. This ensures a local, strong and viable credit union and community.

Build Your Credit Union & Your Community

Four opportunities are available for the following positions:

- One Director - Nelson Representative Area 1 year term
- One Director - Nelson Representative Area 3 year term
- One Director - East Shore Representative Area 3 year term
- One Director - Rossland Representative Area 3 year term

The Board is seeking candidates with the following key competencies:

- Legal, Accounting, or IT skills
- Co-operative governance or management experience
- Individuals who bring greater diversity, in all forms

Please direct enquiries to:

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

Eligible applications must be received by Friday, January 29, 2021.

nelsoncu.com

HAPPY NEW YEAR

Nelson & District

CREDIT UNION **>>** Logically. Locally.

Nelson & District Credit Union wants to assure you that the health and safety of our members, employees and the East Shore community is a top priority. Please **be safe**.

Restricted hours and branch access will continue. We apologize for the inconvenience.

Our East Shore Team is available to support all member requests while we keep the doors closed.

Please note that there is no support between 1 to 2 pm Monday to Friday.

Call the **East Shore branch directly at 250.227.9221**, or visit nelsoncu.com.

We wish all of you a safe, healthy and happy 2021!

Next Deadline: Jan 27, 2021

www.eshore.ca

mainstreet@eshore.ca

250.505.7697



Gray Creek Store

Building Community Since 1913

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

Happy New Year!
From Management & Staff -
and thanks to everyone for supporting local
businesses in this most unusual time!

Remember - Gray Creek Store
will be open every day
until next Christmas!!

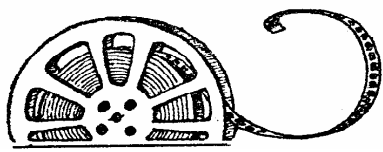
Free Delivery
Monday, Wednesday & Friday
Between Riondel and the Glass House

250-227-9315

orders@graycreekstore.com

www.graycreekstore.com





Seldom Scene
by Gerald Panio



“...people said [Benny Watts] was the best American player since Morphy. Beth stood near him once at the Coke machine, but they did not speak. He was talking to another male player and smiling a lot; they were amiably debating the virtues of the Semi-Slav defense. Beth had made a study of the Semi-Slav a few days before, and she had a good deal to say about it, but she remained silent, got her Coke and walked away. Listening to the two of them, she had felt something unpleasant and familiar: the sense that chess was a thing between men, and she was an outsider. She hated the feeling.”

“She sat staring at the board with everything in her present life obliterated from her attention while combinations played themselves out in her head. Every now and then a sound from Mrs. Wheatley or a tension in the air of the room brought her out if it for a moment, and she looked around dazedly, feeling the pained tightness of her muscles and the thin, intrusive edge of fear in her stomach.

There had been a few times over the past year when she felt like this, with her mind not only dizzied but nearly terrified by the endlessness of chess....Beth sat in the green armchair for hours...feeling somehow that she might fall from a precipice, that sitting over the chessboard she had bought at Purcell's in Kentucky, she was actually poised over an abyss, sustained there only by the bizarre mental equipment that had fitted her for this elegant and deadly game. On the board there was danger everywhere. A person could not rest.

She did not go to bed until after four and, asleep, she dreamed of drowning.”

--from *The Queen's Gambit*, by Walter Tevis

Anyone who has followed this column for a while will know that I don't make a habit of jumping on movie bandwagons. You're as likely to find a film from 1931 or 1951 featured here as you will one from 2021. This month, however, I'm making an exception. *The Queen's Gambit* (2020) holds the current record as Netflix's most-watched scripted limited TV series. It deserves to be in that position. Let me count the ways.

First of all, it's based on a terrific novel. I read *The Queen's Gambit* shortly after it came out in 1983; I was curious to see if Walter Tevis could do for chess what he'd done for pool with *The Hustler* way back in 1959. I needn't have worried. Unlikely as it might have seemed, *The Queen's Gambit's* 350 pages went by like lightning. Chess has always provided an extraordinarily dramatic arena for those spellbound by its endless possibilities, and Tevis managed to capture every bit of that drama in his story of a gifted young woman whose goal is to become the world's first female chess champion.

Walter Tevis would have been impressed by how faithfully the TV serialization followed his novel, and proud of the impact the series has had on the real world of amateur chess. It's an uncanny replay of the

way *The Hustler*, and its sequel *The Color of Money*, caused two separate spectacular revivals of interest in pool after their release as films in 1961 and 1986. When I checked the House of Staunton website a couple of days ago (this Alabama-based company has been making some of the market's most beautiful chess sets since 1990), every set under \$650 had been sold out. Other retailers have reported similar runs on merchandise, and membership in online chess clubs has soared.

Sadly, Walter Tevis died of cancer in 1984. He was only 56, and was just getting his second wind as a writer.

Others have considered bringing *The Queen's Gambit* to the screen over the years, but now is a great time for that translation to happen. Thanks in part to the demand from streaming services such as Netflix and HBO, there is currently a tremendous pool of production talent out there—directors, cinematographers, costume designers, composers, art designers, editors, etc. TV shows can now look the way we expected the work of Francis Ford Coppola or Terence Malick to look.

For the Netflix production of *The Queen's Gambit*, the director of all seven episodes was Scott Frank, who also co-wrote the screenplay with Allan Scott. Cinematographer Steven Meizler, Production Designer Uli Hanisch, Art Director Kai Koch, Set Decorator Sabine Schaaf, and Costume Designer Gabriele Binder worked together to create a beautiful, atmospheric, self-contained 1960s world within which Beth Harmon, the story's protagonist, could grow from bereft orphan to metaphorical White Queen—a low-born Elizabeth Rex who reigns over the chess board the way her namesake ruled England.

Editor Michelle Tesoro had the formidable task of ensuring that the series's chess matches had both the dynamic tension of battlefields and the elegance of cerebral ballets. Just as Tevis had met the challenge of writing in a way that made chess dramatic even for readers who didn't give Beuben Fine's *The Middle Game in Chess* pride of place on their bookshelves, Tesoro took the superb work of her colleagues and made sure that the audience was drawn irresistibly into their cinematic world.

Of course, all of this would have been for naught without an actress in the central role who could convince us that her character was simultaneously vulnerable, confused, lonely, ambitious, brilliant, and unstoppable. It's a star-making role for British/Argentine actress Anya Taylor-Joy. Prior to stepping into Beth Harmon's shoes, Ms Taylor-Joy already had an impressive resume for someone in her early 20s. For *The Queen's Gambit* to work, we have to be convinced that the Beth Harmon, who is haunted by the death of her mother, is adopted out of the not-so-tender mercies of a Catholic orphans' home into a failing marriage, and comes to realize that chess will be her salvation, is a fully-fleshed personality and a kind of carnival freak who could inspire pity or fear, but never admiration or love.

Walter Tevis's characters struggled, but they also triumphed. That's another reason both *The Hustler* and *The Queen's Gambit* are personal favorites. I need some happy endings in my life. I've nothing against

tragedies—some of my favorite stories are tragedies—it's just that I need to feel good about the world from time to time. Given Tevis's own demons (like Beth, he was drugged on phenobarbital when placed by his parents in a convalescent home as a young man, and later struggled with alcoholism), he could have easily chosen to end his stories tragically. The chess world has plenty of stories that end badly, from Paul Morphy to Bobby Fisher. Instead, Tevis ended his books with his protagonists stronger through having fallen from grace and been helped to redemption.



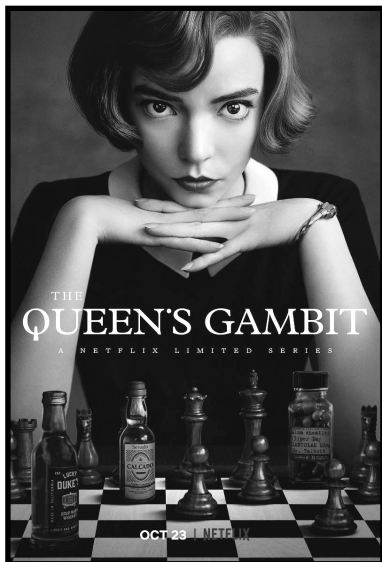
All of the casting for *The Queen's Gambit* sets

a high standard. Isla Johnston shines as the young Beth Harmon. Thomas Brodie-Sangster, Harry Melling, and Jacob Fortune-Llyod play young men who help Beth grow both socially and professionally. Marcin Dorocinsky is Vasily Borgov, the incarnation of Russian chess invincibility. Marielle Heller is Alma Wheatley who, despite her own demons, learns to be the mother Beth needs to help her to a new life. Moses Ingram plays Jolene, a “lifer” at the Methuen Home who is both a childhood friend and a bridge over troubled water when Beth is drowning in alcohol and self-doubt.

In a recent issue of *Maclean's* magazine, Elisabeth de Mariaffi had a fine article that focused on *The Queen's Gambit's* complete lack of sexual violence. That violence has been a trope of a lot of recent drama, and there are openings for it in Beth's story, but for once those openings aren't pursued. The janitor in the dark school basement just wants to play chess. If the young men Beth encounters have both chess and sex on their minds, they're more passionate about the chess than the sex, and force nothing on her. In the end, the strongest message is that we're all better when we're not alone. Other people, flawed as they may be, are there for us. De Mariaffi describes how *The Queen's Gambit* got her back into writing utopian fiction instead of the grim dystopias that are currently flooding the market.

Back in the mid-1980s, my wife came back from her trip to England with beautiful set of the ancient Lewis chessmen for me. They've shared my library with my Brunswick snooker table for the past 35 years. I've never played as often as I should, because for some unknown reason the game makes me more nervous than anything else I've done in my life. It doesn't matter if I'm playing a total rookie or someone who I know will destroy me in a dozen moves—my stress level instantly goes through the roof. Yet I love the feel of moving perfectly weighted pieces on the board. Every time I travel away from home, I keep an eye out for a classic chess set in thrift shops and antique stores. I've yet to find one. Every now and then I'll go back to my paperback copy of *Bobby Fischer Teaches Chess* and, stress-free, work through some of the programmed problems. It's next to James Eade's *Chess for Dummies*. No pride here. I'm drooling over the House of Staunton website, and rereading Tevis's kickass chess short story, “The King is Dead” and Playboy's November 1989 interview with Gary Kasparov (proof that you can be the world's greatest player and still be sane).. *The Queen's Gambit* DVDs will be joining my other favorites.

Although there's been some talk of a second season, I'm hoping the temptation will pass. *Game of Thrones* was a good object lesson in what can happen when well-meaning storytellers take over from a truly outstanding one.



BOOK REVIEWS

by Tom Lymbery

STAGECOACH NORTH – a History of Barnard's Express, by Ken Mather, Heritage Publishing, \$22.95, 292 pages.

This is a most important book on BC history as the author's research show how important Sir James Douglas was in helping create the province we know to day, not only that but because of his racial origin he supported both coloured and indigenous newcomers. Douglas had a difficult job because those with connections from England looked down on him as well as the Canadians from eastern Canada.

F.J. Barnard not only ran the most important stagecoach line in BC for many years but he was very important in pushing for Confederation with eastern Canada. The options were to remain as a colony of England, join the United States, or form a country from sea to sea. Ken Mather makes a very important case for including Frank Barnard as a Father of Confederation, as he had so much influence with important people all over BC and became a Member of Parliament. However Barnard's connections were all the people he worked for supplying them with regular mail and passenger services, so his connections were verbal, not much printed or published.

Carrying the mail was a most important part of the express business, and even more amazing is the fact that they brought almost all the gold produced in the north safely to the coast. They insured against loss or holdup and the story lists those that did get away with bullion. The stage business started with being back packed by one man, then on horseback. Governor Douglas convinced England of the necessity of roads and this brought the Royal Engineers here to design the cribbing and bridges up the Fraser Canyon.

As the road progressed so did the stage line and eventually reached all the way to Barkerville. Six horses pulled coaches day and night up that dangerous route and this book describes how the drivers developed a connection with the way horses can work. There is also a most interesting diagram of the way six horses were harnessed and attached to the coach, also showing the ribbons, or lines that gave the drivers control of the animals.

The author has printed many letters from Frank Barnard which are extremely well written. Steve Tingley, a veteran driver took over the operation which grew to become very large, including two sternwheelers that operated on the Fraser River from Soda Creek to Prince George, a large number of stagecoaches and horses, as well as the stopping places where horses were changed and travellers fed.

GEORGE GARRETT, Intrepid Reporter, Harbour Publishing, \$26.95, 285 pages.

This is written by George Garrett himself so puts him in glowing terms – but not without good reason as Garrett was a reporter for 40 years for Radio Station CKMO New Westminster. It was listed as NW because there were already too many Vancouver stations for another to be licensed. Some how George managed to build a contingent of contacts that made him FIRST with the breaking news. Getting on the air minutes or hours ahead of other radio stations was part of the competitive spirit of every newsperson.

He developed a strong body of informants who trusted him not to release their names, even when pressed by police who needed to know in order to pursue investigations.

Garrett managed to infiltrate even the legislative assembly in Victoria because of friends who would pass on inside information. Another of his searches for news got him posing as an accident victim to expose a shady lawyer, and other ploys of this nature.

While he was most of all a Radio announcer and reporter he also did some TV work for BCTV, now global TV.

East Shore Reading Centre

by Cathy Poch

We have been so fortunate to have the volunteers to keep our Reading Center open through these difficult times and hope that 2021 allows us to open with our regular hours. Yes, we see them as they check out our borrowed items, but they also work behind the scenes getting those items ready for use, they donate their time, good, gently used items, books, CD,s and DVD,s for the borrowing public.

Recently we received a huge donation of gently used DVD,s that necessitated a massive shuffling of Non-Fiction items to shelf these items. Thanks to the donor and those involved in shelving them. This necessary weeding was followed by starting on our fiction items; this has left us with a surplus of books. For a donation you have the chance to fill out your collection of authors ranging from Dan Brown, Lee Child, David Baldacci, Johnathan Kellerman and Stephen Kingmore will be forthcoming as the shelves are weeded.

New items have been received as well and awaiting readers Tuesday and Saturday from 12:00 – 3:00. New for 2021 is Taryn Stokes who has been working with me for the past while developing a feel for the Library as she prepares to take-up the duties that I have been grateful to perform for the past years. Wishing all a Happy, Healthy New Year... stay safe, stay healthy.

New Librarian for East Shore Community Reading Centre

Submitted by Dave Hough

Allow me to introduce the Eastshore Community Reading Centre's new Librarian, Taryn Stokes. Long serving Librarian Cathy Poch has given up her position and with the board's approval Taryn is replacing her. Taryn has been a steady volunteer at the reading center along with her husband Cameron. Cathy has been training Taryn for some time now and she is well prepared for this role. So, please welcome Taryn and suggest good reads you might wish to add to the stacks.



Taryn Stokes, new librarian

**Next Deadline:
Jan 27, 2021**

**www.eshore.ca
mainstreet@eshore.ca**

250.505.7697

HAPPY NEW YEAR!

**The East Shore
Mainstreet:
Community, Conscience,
Creativity.
Happy New Year!**



**SUNNY
WOODS**

HOURS: 9AM TO 5PM
Wed-Mon (closed Tuesdays)
Open year-long!

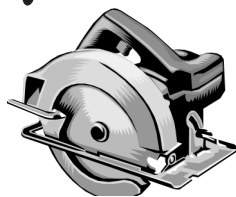
Come in for your Kootenay River Beef
(fish, chicken, pork, lamb, bison)
We carry Farm Fresh Eggs!

Also, we are continually expanding our:
Pet Food and Care, Giftware, Body & Personal Care,
Zen Candles... Great gifts for Christmas!

* * * * *
Now Carrying Otter Animal Feed.
**We invite you to let us know your
feed needs so we can serve you
the best way we can!**

* * * * *
Want to special order trees, etc for spring 2021?
Let us know and we'll order for you!
CALL (250) 505-0847

Thinking of Renovating?



**We can review your house
insurance policy with you.
Be sure to keep it up-to-date!**

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

**Kootenay Insurance
Services Ltd.**

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



pebbles
by Wendy Scott
MEMORIES OF
ANOTHER SMALL
TOWN

Blustry – as I write, the end of 2020 is in sight. I don't know whether I should be joyful or apprehensive.

Once upon a time there was a house. The house was on Vancouver Island, in the town of Ladysmith. The house was one hundred years old. But one hundred years ago this house was not in Ladysmith. It was several miles north of here in a mining town that made up a small part of the assets of coal baron James Dunsmuir. Mr. Dunsmuir tended to move his mining locations and, quite frequently, the houses came along for the ride. So, we had a house with a history, but upon only a cursory tour of the place, it is quite evident that it would never make it into the realm of "Heritage". It is simply an old house built with square nails.

I think maybe the cherry tree in the front yard was part of the attraction – the wonderful, twisted, gnarled old trunk split into two directions at shoulder level offering an irresistible "seat". That tree and the back yard rising to a private corner under a tall, bushy fir and, if that were not enough, take a look at the high ceilings and the many coloured kitchen light fixture – almost tiffany! See the six inch molded baseboards and old globes in the living room. Feel the smooth white marble doorknobs and the heavy paneled doors.

Now, can you just begin to appreciate the absolute absurdity (and perhaps insanity) involved in the purchase of a house that not only sloped sharply from a centre "seam" but sat in a puddle of water which seemed to ooze in one side and gush out the other. That lovely sloping garden had, over time, knocked the footings out of one basement wall and allowed the outdoors to slip slowly in.

Blast from the Stacks

Riondel Library News

by Muriel Crowe & Shirleen Smith

Read to MeBy Jane Yolen [bookkidsblog]
Read to me riddles and read to me rhymes
Read to me stories of magical times
Read to me tales about castles and kings
Read to me stories of fabulous things
Read to me pirates and read to me knights
Read to me dragons and dragon-book fights
Read to me spaceships and cowboys and then
When you are finished- please read them again.

Here we are at the end of another lap of the earth around the sun. We'll refrain from commenting on the current debacles in human affairs, except to say that very soon, hindsight will truly be 2020.

Riondel Library is not exactly celebrating the new year, given there's nothing that wrings the last drops of pleasure out of a Librarian's heart like a closed library. It turns out Librarians become rudderless and itch to send more and more books out for fortnightly visits to other people's houses. So, gentle readers, this is a clarion call: read more!

But perhaps you don't fancy a read. You feel it's always dark, the light by your favourite chair isn't great, your wrists are tired from flinging wood into the stove. We have the solution: audio books! Be honest: who among you doesn't love being read to? Check out the audio book collection in the Riondel Library - or request one you'd love to hear and we'll try to add it to our collection. Then you'll have the satisfaction of being on the cutting edge of the trend toward listening to books. can join the growing trend to listening to books. "It's definitely a moment for audiobooks ...," said Ann Jansen of Penguin Random House Canada in a 2019 CBC interview.

All these things and more! But we bought the place and arrived on the first of June, intending to pull our little trailer into place beside the back door. But, even this simple first step is unexpectedly complicated. The house was tucked into the side of a bank at the dead end of a street. Heavy shrubbery and a huge Western Maple screen half the property from the road leaving only about two car lengths for access. And that is precisely what we discover – two old cars – a Caddy and a Camaro – with owner, ironically, out of town helping a friend move. Someone produces keys for the Caddy but we are on our own with the Camaro. It is possible, with this vintage, to release parking brake, put car into neutral and let it roll – so we do. Incidentally, all these proceedings are – much to our surprise – applauded by neighbours.

Ours turns out to be a friendly block with neighbours quite ready to offer help – and arrive – with tools and the energy to assist in what will turn into a long, interesting, frustrating, surprising renovation. A previous owner had, at some point in the life of this house, removed a wood burning stove and installed an oil furnace. Apparently the unit was a bit too tall to fit. So, he jacked up the basement ceiling – hence a kitchen floor that slopes in two directions. The furnace sits on a concrete pad but the rest of the floor – under large, loose planks – is dirt!

Bizarre first thought: jack up the rest of the house. Logical plan: build footings and pour concrete floor. Discovery: dirt floor very wet. Cause: stream running under house. Problem: floor swallows concrete like quicksand. Solution: pour footings then build wooden floor. Bizarre final thought: jack up the rest of the house.

The house continues to defy logic. Stove, frig and automatic washer have been left 'for our convenience' and they work – just long enough to lull us into assuming they will continue to function. Why do appliances die in the middle of a wash load or at the half-done point of roast, pie or cake? Pipes leak at mid-night. Toilets flood on a holiday and faucet handles break when you turn on the tap – not when it is safely off.

Listening to audiobooks is easier than it ever has been, given the popularity of listening on mobile devices. You can take in a dollop of Anthony Trollope while you cook, a dash of John Le Carré as you drive, a little Alice Walker when you're out for a stroll. "Never forget you can also knit while listening to an audiobook, if that's what you'd like to do, or garden or walk the dog," Ann Jansen noted. Or drift off to sleep, we'd like to add. (You may not need an entire audiobook for that, a single chapter repeated over and over might suffice.)

As well as audiobooks, Riondel Librarians draw your attention to the local/regional history section at the library. As well as treasures like *Bluebell Memories* (Terry Turner), *A Recollection of Moments* (Wendy Scott) and the fairly recent novel *Big Ledge* (Brian d'Eon), all featuring Riondel, there are regional and thematic offerings. One new publication is *Grocery Story* (Jon Steinman) which discusses the food co-op movement in North America, with special attention to Kootenay Co-op (Canada's largest) in Nelson and the local producers it supports. What better place to learn about our quirky, wonderful home than your local library?

In short, there's much to explore at Riondel Library and we've made it as simple and user-friendly as possible:

To take out books and DVDs: just phone or email us. (contact info below) We'll help you get the book you want, or introduce you to something new if you like. We'll even call you when it's ready to pick up.

To return books and DVDs: drop them off in the book return slot or in person (with masking and social distancing!) during hours when a Librarian is there. Hey, there's still no overdue fines!

To see some books and DVDs: visit the website where you'll find images of new acquisitions and a catalogue of all our holdings.

Inch by inch I wash walls, floors and ceilings of this recalcitrant house. It seems reluctant to belong. This is my way of introduction, my request for acceptance. If I can touch every part of this place, it might get to know me. Each bedroom has a window that starts a foot from the floor and stops just short of the high ceiling. We are, at this point, still sleeping in our little trailer outside the back door. Every night, before retiring, I walk through all the rooms turning out lights and saying good night to this elderly place that has, I think, been mistreated a bit over the years. Slowly, ever so carefully, walls and doorways relax; windows become friendly letting in moonlight and the glitter of stars and the soft air of summer night.

Perhaps it just appreciates dry feet. After much digging, trenching and pouring, the footings are constructed and the basement floor built. The house is as level as it ever will be and it is time for a staircase to replace the steep cellar steps. Now we can think of new paint, carpets and an addition.

A long reno job – as this one certainly was – tends to cripple kitchen facilities and send a person off into town in search of lunch. We find a small restaurant run by an energetic little woman who rises at four every morning to bake bread, pies and the special meat dish for the day. She serves the biggest sandwiches I have ever seen. She is seventy years old.

Down the hill, on the highway, a couple from Malaysia serve hamburgers, soup and homemade noodles in their 'ice cream shop' – along with more ice cream flavours than I have ever come across. Further along the highway at a Chinese Restaurant with the unlikely name of Wigwam, a group of Japanese tourists come in to discover the North American tradition of Chinese Food. Then, of course, there is the privately owned Dairy Queen that opens very early and serves real bacon and eggs. When summer is in full swing, we discover Transfer Beach and Willie with his homemade fries and Buffalo Burgers.

We are within easy reach of Super Market, Hardware Store and – very convenient – a wonderful Hospital Thrift Shop. At this time plans are being drawn up for an elegant new library.

At the other end of town, Uncle Walter has been running his Emporium since the town was big enough to need carpets and lino, paint, nails and wood and he will build you a window of any shape or size.

Gradually these people become individuals. Life stories are discovered and our own renovation job is approved, criticized or simply acknowledged. It is a relief when we finish the veranda railing and apply the final touch of outside paint. She looks great now, this old lady of ours. The addition has added a quirky elegance. The window boxes are full of flowers and her new face job compliments her style. I think perhaps her history will continue for a while and we can take some time to harvest that wonderful crop of blackberries on the back fence.

Ah...It seems I can wait a few years and harvest some from my Riondel crop! Who knew they would follow me from Ladysmith to the Kootenay!



"Blast" Continued...

Lastly, we'd like to hold out a little optimism for the future. Our fingers, toes and nose-hairs are crossed in hopes that we'll be able to host our famous "annual" gigantic book sale in August.

On that note, we'd like to thank you for your patronage over this challenging year and your patience while we figured out all the protocols that were tossed our way. We couldn't have managed without your support and understanding. You are truly wise, brave and kind.

Library info:

Hours: Monday/Wednesday/Saturday 10-12 am

Location: Riondel Comm Centre, south-east door

Contact the Library: the_librarian@bluebell.ca or 250-225-3242

Website: www.library.riondel.ca

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.

The Mother Tree Web

Dr. Suzanne Simard has spent most of her life among trees. She has the same passion for them as her grandfather did, though he cut down select cedar poles as a horse logger, and she instead studies the trees as they grow. Originally from Kamloops, B.C., she has grown up among forests, and now maintains that forests are “much more” than what you see aboveground. Her PhD dissertation demonstrates how different species of trees “communicate” with each other. This enables a group of them to function as one organism. In fact, they share important nutrients when there is a need for them, and they will do so with trees not of their own species. They will also spread important information to other, younger trees.

In a previous column, I talked about the mycorrhizal network: the fungal root network that joins with the roots of trees as well as other plants, and spreads around the planet in a network--or web--of “infinite pathways.” This web connects trees underground and gives them the means of communicating with other trees throughout the forest. Dr. Simard describes it as a “sort of intelligence” not unlike the pathways in brains. While studying she learned that in the laboratory, “one pine seedling root can transmit carbon to another pine seedling root.” Simard took this principle and tested it on trees in actual forests. Using radioactive isotopes, in particular carbon 13 and 14 carbon dioxide gas, Simard set up an experiment that would trace these substances in trees, and see if they were passed from one tree to another. With a smile, she states that she was “legally permitted” to carry the isotopes, and that

she was usually smart enough to include bug spray and bear spray when she went into the forest. She later adds that researchers “must be really good at running from bears.” (The first day she went out, she didn't have the bear spray.)

Once in the forest, she separately placed different plastic bags over several small trees, some fir and some birch. She took the syringe of one radioactive carbon dioxide gas and first injected it into the bag covering the birch trees. She then took a syringe of the other radioactive carbon gas and injected it into the plastic bag covering the small fir trees. An hour later, she returned--in spite of the grizzly eating huckleberries nearby. She hoped by then the trees would have taken in the radioactive gas, and perhaps transmitted it to one or more of the other small trees. She'd covered those with shade plastic, so they could no longer receive sunlight. She removed the plastic from one of the birch trees, and ran her Geiger counter over it. The counter hissed satisfyingly. The tree had indeed taken in the radioactive gas. She then went to one of the shade covered fir trees, took the plastic off and ran her Geiger counter over those leaves. She was delighted with the counter's immediate hiss: the carbon 13 radioactive gas had passed into this tree. The first trees had transmitted the ionized carbon gas on to the other trees. Trees cooperate with each other. They will pass on nutrients to trees that are in need. They are actually “interdependent.”

Later research showed her that when the birch trees lost their leaves in the winter, the isotopes from the fir trees became measurable in the birch trees. Further, when the birch trees sported leaves in the summer, their isotopes became more present in the fir trees. The trees were sharing their nutrients back and forth through that underground network. In later studies, the trees showed that they shared other necessities as well: nitrogen as well as carbon, phosphorous, water, chemicals and hormones, all of it amounting to an exchange of information between trees. This exchange isn't limited to trees of one species; they share with other spe-

cies as well.

In tracing these networks, they discovered that there were “hub” trees, or as they later fondly called them, “mother” trees. She and her team studied a group of 67 Douglas fir trees. In the process they discovered that these trees were connected within the soil by “ectomycorrhiza from the Rhizopogon genus” the mycorrhizal network. The team eventually mapped the complicated mycorrhizal connections between these trees (you can see this map on my Facebook timeline), showing which were the mother trees, as well as other mature growth and seedlings.

These trees actively nurture young seedlings that are growing nearby. Through the mycorrhizal network, mother trees will send excess carbon to the seedlings, thus ensuring their survival. Though mother trees will send this to many of the seedlings, somehow they manage to send more to their own seedlings. Mother trees even reduce their own root systems in order to give the seedlings more growing room in the soil. Also, when a mother tree is injured or dying, this transmission of nutrients increases, passing on the mother trees' energy and information to their seedlings. They send defense signals as well as carbon, enabling the seedlings to become stronger, and more resistant to injury. The behaviour “overall makes the forest resilient,” according to Dr. Simard. Also, by keeping some of these trees within a “cut-block” might help to support the survival of future trees. Old “hub” trees are important nurturers in the forest.

In this research, Dr. Simard has found that mother trees are necessary. They communicate through the mycorrhizal network, creating a kind of intelligence. Through this they teach defense signals, and supply nutrients throughout the forest undergrowth to all seedlings. The network thus creates a forest that is resilient and healthy.

In their own ecological niche, trees have developed their intelligence, enhancing their growth and existence. They pass this knowledge on and spread it throughout the standing trees. They are the spirit of cooperation within the forests.

For the Love of Genre

by Sharman Horwood

Darkness in Dust

In 1995, Sir Philip Pullman published *The Golden Compass*, a novel that is on the surface classified as Young Adult. This was soon followed by *The Subtle Knife* (1997) and *The Amber Spyglass* (2000). At the same time, *The Golden Compass* was made into a movie, though the movies based on the subsequent books were never completed. In 2017, *The Book of Dust*, a prequel to the above trilogy, was published. Frankly, it is just as good and an interesting addition to the series.

The milieu for these novels is a world in which people's souls exist separate from their bodies. They are called daemons and they take animal form. Daemons exist next to their humans, but only for a short distance. Further separation tortures them. They have to stay within four feet of each other, or the daemon dies. In *The Golden Compass*, the predominant organized religion--the Magisterium--attempts to separate these daemons from their humans, killing the daemons and keeping the humans subject to the church's domination.

Basically, this isn't an easily understood--or tolerated--subject, particularly in Pullman's depiction of organized religion. He has come under hard criticism for his position. He maintains, though, that he is “technically an agnostic” (Wikipedia). He does use his novels to criticize most organized religions, including both Protestant and Catholic religions. One book is a fictionalized biography of Christ, titled *The Good Man Jesus and the Scoundrel Christ*. Sir Philip instead supports humanism in the actual world. Despite the controversy surrounding his views, he was knighted in 2019 for his services to English literature. According to Wikipedia, *The Times*, a British newspaper, named him one of the “50 greatest British writers since 1945.”

In *The Book of Dust*, an eleven-year old boy, Malcolm Polstead is the protagonist. His parents own a pub and inn, called *The Trout*, and he helps out in the pub. During the day, he attends school, and sometimes helps out at the priory near his parents' pub. He is a nice boy and willing to help others, if he can. One day when he is out watching for some grebes in the nearby river, he spots a man waiting near a tree. Malcolm has seen him there before. This time, however, he is taken by a small group of other men. They don't notice at the time, but he accidentally drops something and it rolls under the bushes as they drag him away. Malcolm retrieves it after they've gone. It is a small wooden acorn, and the top twists off in an alternate way, a counter clockwise direction, that reveals a small piece of paper folded inside it. Malcolm, of course, reads the short piece but doesn't understand it. It speaks of “the existence of a Rusakov field,” and how that field “implies a related particle.” Malcolm is concerned for the captured man, and keeps the acorn with its hidden secret safe, hoping that he will soon be able to return it to the man. Unfortunately, he reads in the newspaper the next day that the man's body has been recovered from the Thames. A boy he goes to school with is the son of the coroner, and he brags about what his father found. The man wasn't drowned. He was strangled first.

When Malcolm next goes to the priory for some work, he learns the nuns are looking after a baby girl, named Lyra. (In *The Golden Compass*, Lyra is the girl who tries to find the kidnapped children who are the victims of the Magisterium's experiments with daemons.) Malcolm is immediately intrigued with the baby and her daemon. As children, their daemons aren't fixed in one shape; that doesn't happen until they are adults. Lord Asriel's daemon is a snow leopard, for instance. Lyra's daemon changes shape frequently, sometimes a moth, sometimes a ferret, or sparrow. It plays with Malcolm's daemon.

Unfortunately, because of who she is--the daughter of Lord Asriel, a prominent explorer and critic of the Magisterium--a group of people are trying to find and capture Lyra in order to hold her and make her father

do as they wish. Her mother, Mrs. Coulter, is a staunch supporter of the Magisterium, but has no interest in raising her daughter.

At the same time, Malcolm is befriended by a female scholar, Dr. Relf. *The Trout* is close to Oxford and she is part of a research group at the university. She also belongs to a group of spies called “Oakley Street,” who oppose the Magisterium. They are trying to locate a missing alethiometer. This device is the golden compass of the novel with that title. It is a round compass-like object with a series of icons around its edge. There are three knobs that can turn the device's hands to different icons. From these icons, pieces of knowledge about the past or the future, or what is currently happening, can be inferred. A precognitive person can use the mechanism to gain answers to specific questions. It takes a lot of training and knowledge to be able to use it. Her study group at Oxford has the use of one of these at the university's library. There are only six in existence, and one has gone missing. She begins to tutor Malcolm because he is a bright boy and wishes to aid her. At the same time, strangers begin to turn up in the neighbourhood of *The Trout*, the priory, and Oxford University.

This novel has an involved story, and a very unusual world. One problem, though, is that this book, and the sequels, are all classified as Young Adult novels. All of the Harry Potter novels are Young Adult as well. Alan Bradley's novels about the Flavia de Luce mysteries are also labeled Young Adult, yet they are read more by adults than teenagers.

In theory, publishers place these stories in this category because of the age of the protagonist. However, people of many ages have enjoyed them, despite that rather wobbly classification. They are not simple. Their characters are interesting, and the worlds that they describe are complicated with some very real implications. In other words, don't let the classification put you off. They are good books for adults, and very good reads.



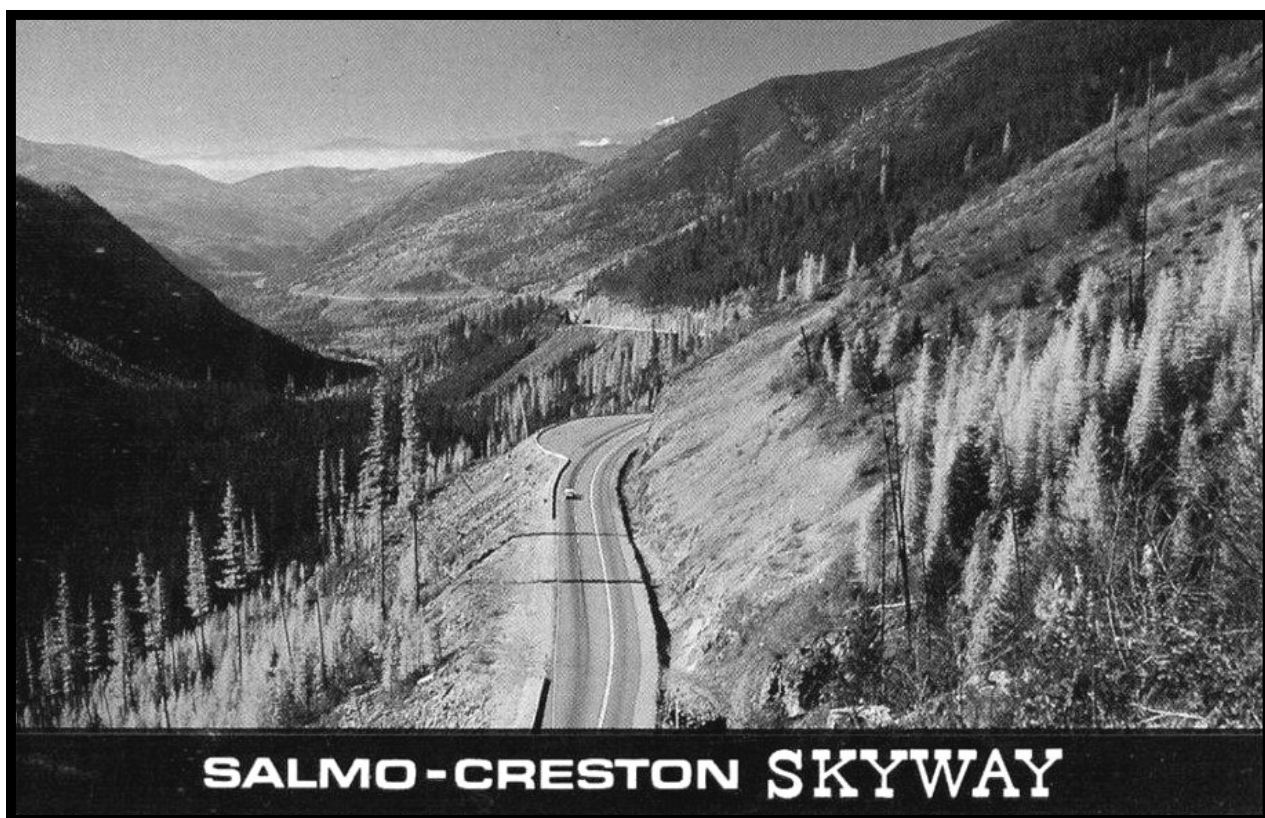
Tom's Corner

by Tom Lymbery

Haunted Shack

Who remembers the Haunted Shack at Twin Bays where you could see water run uphill?

Walter Lane and his family came up from California in the 1950s, and in 1956 they purchased over 200 acres from Dick O'Neil. Dick had lived there with his wife Mabel and their eight children since 1942. As Mabel tells it in *Boswell Beginnings* (pgs 164-5), Dick had dreamed for years of finding gold behind a waterfall. No gold was found behind the waterfall on their Twin Bays place, but it did have its uses – the O'Neils hung their meat behind it and used it as a cooler.



Postcard promoting the new Salmo-Creston Skyway, 1960s.

The Lanes rediscovered the waterfall when they cleared some brush away, revealing the neat waterfall on Twin Bays Creek which had not been visible to them before. They named their place Lane Falls Resort.

The Lanes had two small bays on the lakefront, but they were too far away to be an attraction for campers for swimming. So Walter came up with the Haunted Shack (also known as Pete's Mystery Shack), which he set up on a steep slope overlooking their new house. The shack's framing was way off kilter, not upright at all. This transformed your sense of the vertical but made it appear that what you were seeing was correct. You walked up a steep path and immediately you were seeing the impossible, while being told a story to go along with a marble rolling uphill and the like. This became a featured attraction to get tourists to stop and see something very different. It soon became something important to say, "I couldn't believe what I saw."

Trevor Kiriaka's family owned Lane Falls Resort in the 1980s. In his 2020 post on Michael Kluckner's *Vanishing BC* website, Trevor recalled they used to do Pete's Mystery Shack tours "... where water ran uphill and gravity played all sorts of tricks on your eyes." <https://www.michaelkluckner.com>.

Walter built a shower house to serve the campsites

he tucked below the highway, and set up a badminton court and other games to keep the guests happy.

At that time our Kootenay Lake Resorts Association was serving as a Chamber of Commerce. We had regular meetings at the Hellmans' Rainbow Park (later renamed Mountain Shores) with Hazel Hellman as our very active secretary. The Lanes attended every meeting and we all worked on the project of getting the BC government to end their "free camping" policy at provincial campgrounds which our tax money was used to build. We said, "Why not free ice cream as well?"

In order to divert American tourists to the East Shore who might otherwise go to Cranbrook and Banff, we funded a large billboard 8' high and 16' wide at the Idaho highway junction just south of the border where one road leads to Porthill / Rykerts, Creston, and the East Shore, and the other to Kingsgate/Eastport. Our sign, "Visit the Kootenay Lake Resort Area", was designed and made by Walter Lane and his family. They cut the letters out of plywood and screwed them

on from the back so that the screws wouldn't discolour the letters. We were able to rent space for the billboard from a homeowner before the junction.

Since I was insuring the Lanes' home and business I visited fairly often and got to know them well. Can I share some insurance stories? One son who was at UBC had a theft from his Volkswagen. I processed the claim and then the police found some of the stolen items stashed down the street. At another time a car stopped outside the Lane house and one man came up their driveway, perhaps looking to steal gas. After they drove away, one of the Lanes managed to pass them on the way to Creston and got the police to rake them in. In the car the police found a brand new set of silverware that the crooks had stolen from a car on a street in Trail - the car owner had gone back into the store where he had just purchased the silverware set.

Once the Salmo-Creston road opened over the Kootenay Pass in October 1963, tourist traffic seriously diminished up the lake. Creston people were recommending people take the new road, not realizing that they would lose the revenue that our East Shore resorts returned to Creston.

We set up an information booth in Creston to attract holidayers to the lake, as the one operated by Creston didn't seem to be directing anyone up the East Shore. Our Creston information booth was located about

where Home Hardware is now - we arranged for the space with the property owner. We got Mary Pelle in Sirdar to run this and were able to get a small grant from Tourism BC. Arnold Cummings also suggested holding a contest in Creston schools so that there would not be another generation growing up with no knowledge of the importance of our East Shore resort area.

Our information booth had certainly led a nomadic life. It began as Conrade Feenie's brooder house on Wilmot Road in Gray Creek. It then became the Lakeview store for Wilf Kocher after his earlier store burned down. The Wirsig's Gray Creek Forest Products later acquired the building in trade from Lakeview store owner Fred Wachek, in exchange for lumber to build Fred's new store. The former brooder house was hauled to the Wirsig's sawmill site to be temporary accommodation for new workers.

When we needed an information booth for Creston, the Wirsig's offered to donate the building. We got the mail carrier, who was experienced in trucking buildings, to move it to Creston. Mary Pelle needed a sign so we painted a big INFORMATION sign - I remember setting it up on the roof one evening. A year later Mary opened a small curios store and we arranged for a \$50 monthly grant from Tourism BC for an ALL YEAR information booth especially for the lake. We no longer had use for the old brooder house and we were able to get \$100 for it when the Creston swimming pool people needed an office. I have no idea where this well-travelled little building was headed to from there.

The Lanes built another big sign for our Resorts Association at the junction of Highways 3 and 3A in Creston. We had it approved by the Highways department in Nelson, but somehow hadn't advised Creston of this. After someone cut it down with a swede saw one Hallowe'en, I carefully wrapped fence wire around the posts and stapled it there when we put the sign back up. Eventually, after further changes to the Highways Dept., we were able to get West Kootenay Power to hang a big sign on two power poles. In those years tourist traffic generated a greater proportion to local revenue than it does today.

The Lane family lost a son in a car accident in Wynndel and they sold the property. Today it is known as Holbrook Falls Motel. Every trace of the Haunted Shack is now gone, and the acreage between the highway and the lake has been subdivided and sold.

Kootenay Lake Ferry Schedule

Winter Schedule

All Times listed in East Shore time.

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

Super Senior Wins the Best Shore Bus Trip

submitted by Laverne Booth

The recent seniors/elders/55plus survey had a bonus question asking "If you could take your family or your bubble on a bus trip within 100km, where would you go?" There were many fun ideas such as a wine tour to Creston, visit Kaslo, sculpture walk in Castlegar, Ainsworth and more.

When Peggy Tugwell did the survey, she didn't have to think twice - pick up some of her "super senior" friends in Nelson, bring them to the East Shore for a visit and be driven home at the end of the day. Peggy won the draw and the Best Shore Bus will be bringing Peggy and friends for a visit in the spring. "I look forward to coming in the spring," says Peggy, "So I can see the Artisans and friends from the East Shore who I miss so much. I had to move to Nelson for health reasons, but my spirit is in Crawford Bay and the East Shore".

Super Seniors is one of the names that Peggy sug-



gests for elders over 80. "The time is not exact, but somewhere around 80 years of age, life changes. It is different for everyone, but you likely start needing some help although most are reluctant to ask. I keep busy, but I can't walk any distance. I tell people I'm almost 95, there are some things I can't do, but please keep asking me to be involved. Until you reach this age yourself there is no way to know what life is like for aging people. I think we should call those over 80 something like "sages" or maybe "Super Seniors". I wish people would ask the sages what they need, instead of presuming you know what we need.

Peggy Tugwell has been a super person all her life. Peggy has many friends on the East Shore, and she is clear about the kind of people she likes as friends. Rebecca, for example, when they are talking, will say, "For God's sake, Peggy, put in your hearing aids". Peggy doesn't like gossip and will tell you she learned empathy young while working in housing and welfare in Lancaster and

London, England. "My supervisor trained me up, I learned a lot about respecting other people working on slum clearance; you have to develop empathy or you can't do some jobs."

After moving permanently to Crawford Bay in 1977, Peggy became very involved in environmental work and community organizations. Peggy was

involved in the Forest Council; she baked for the high teas being held at the Wedgwood Manor; she was on the executive for the Riondel Historical Society from 2000 to 2004. Peggy helped get the East Shore library going, was on the Save the Wetlands committee, and is really pleased about the new Crawford Creek park.

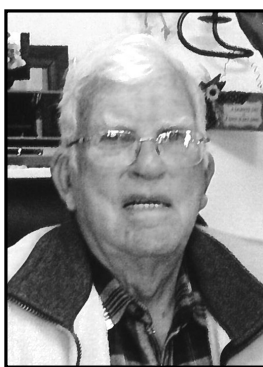
Peggy was on the initial board of KLEECA (Kootenay Lake Eastshore Eldercare Cooperative Association) and was the inspiration, and at one point became the poster child of the organization which worked to set up housing on the East Shore. Susan Hulland remembers that Peter Duryea would turn to Peggy and ask, "Are we getting any closer? We all wanted to create supportive housing so Peggy could stay on the East Shore: we were doing it for her and for other elders. It was a sad day when Peggy had to let us know that she had to move into Nelson and could not continue on the KLEECA board".

Where does Peggy get all this energy? She quotes her dad saying, "Use your gumption, girl. God gave you a brain, use it". Peggy's brain is certainly in good shape. "The only thing I worry about is how people rely on the computer. I don't trust it and it is never a good idea to put all your eggs in one basket. Having everything online scares me. One solar flare could take it out. I care what happens to people. I suggest people take at least one day a week to hide the computer and do other things. It is just a tool. Use the computer, yes, for what the brain can not do. Our brains took millions of years to develop - we must not throw that away. Use a globe to see where a place is, the computer image is flat, we need to see and feel the world in the round. We need to use the brain or we lose it, if you have mental problems, give it a change."

Congratulations to Peggy Tugwell, dearly loved by the East Shore community. We look forward to your

Notice of Passing

John "Jack" Robert Todd
Jan 8, 1930 - December 7, 2020



Introduction from Tom Lymbery: Gladys and Jack had their wedding at Gray Creek Auto Camp with all the campers attending. Gladys and Jack continued managing the campground with also Gladys's Gift Shop until they moved to Fruitvale

John 'Jack' Robert Todd was born in Medicine Hat, Alberta on January 8, 1930. Jack moved to Nelson when he was seven. During his teenage years he enjoyed his life and met Gladys Potter in Lakeside Park. The two of them separately went on to enjoy forty years of raising their respective families and creating many great memories. But, in 1990 Gladys and Jack both lost their spouses and lo and behold they became a couple in 1992. The rest is history. Jack and Gladys married in 1993 and enjoyed years of fishing on Kootenay Lake and travel in their motorhome.

I will miss him. He was there when I needed him most. We had a wonderful journey together. Wherever you are I am very lonely. Catch some more fish and be happy.

You are invited to leave a personal message of condolence.

"Those we love don't go away, they walk beside us everyday".

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.

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

Contact: Ingrid Baetzel, Editor
Phone: 250.505.7697
Box 140, Crawford Bay, B.C. V0B 1E0
Email: mainstreet@eshore.ca
Web: www.eshore.ca

ADVERTISING RATES

\$40 - 3.25 wide X 1.75 tall (inches)
\$45 - 3.25w X 2.5t
\$50 - 3.25w X 3t
\$55 - 3.25w X 4t

\$60 - 3.25w X 4.5t OR 6.75w X 2.25t
\$70 - 3.25 X 6t OR 6.75w X 3t
\$95 - 3.25w X 9t OR 6.75w X 4.5t
\$115 - 3.25w X 10.25t
\$150 - (1/4 page) 5w X 7t
\$175 (1/3 page) - 6.75w X 7t
OR 3.25 w X 14.5t OR 10.25w X 4.5t
\$250 (1/2 page) - 10.25w X 7t
\$450 (full page) - 10.25w X 14t

Sample Sizes - more sizes available.
Column Width: 3.25 inches - double width: 6.75 inches - full width: 10.25 inches
Services Directory: \$5/month, up to 3 lines.
Classified Ads: \$5/first 30 words, 10¢/word additional

****THESE RATES ARE FOR B/W ADS ONLY****
FOR FULL COLOUR, ADD 30%

SERVICES DIRECTORY/CLASSIFIEDS

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

AUTOMOTIVE/MARINE

EASTSHORE AUTOMOTIVE - Service & Repair 250-227-9370

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

BUS SERVICES/ANNOUNCEMENT

EASTSHORE CIRCLE OF FRIENDS ART SHOPPE: Open 11am-3pm, Friday, Saturday, and Sunday in August.

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

CONSTRUCTION/CONTRACTORS/TRADES

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

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

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

PERSONAL CARE/HEALTH

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

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

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

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

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

REGISTERED ACUPUNCTURIST, LISA SKOREYKO R.AC. Treatment for pain, emotional disturbances, gastrointestinal issues and much more. 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 PRACTITIO-
18 *Mainstreet* January 2021

NER (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 CAFE - 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



JK Excavation Ltd.
250.354.7055
jkexcavationltd@gmail.com
trucking. excavation. snow removal

Next Deadline:
Jan 27, 2021
www.eshore.ca

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.

Next Deadline:
Jan 27, 2021

- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL MEMORIAL HALL
Booking/info: Karen Lee at 250.223.8686

The Fitness Place

Open to members
7 days per week
5:30am-10:30pm

Reduced supervisor hours may occur with reopening, so please contact Julia Kinder at eastshorefacilities@gmail.com or 250.777.2497 (email is preferred)

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.

HEALTH CLINIC MESSAGE

We are doing phone appointments right now, unless the patient absolutely has to be seen, or they can go to emerg in Creston or Nelson. If someone is having symptoms of Covid-19 they are asked to stay home and call 250-551-7500 or 811.

Lab and Doctor apts.

Our doctors are doing telephone appointments when possible.

If you are experiencing any symptoms such as fever, cough, shortness of breath,

**“Please do Not Come INTO CLINIC “
Call 811 or Nelson Testing Site Phone
250-551-7500. We do not have the test-
ing kits here at the clinic.**

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)

**DOCTOR DAYS IN JANUARY
(SEE ABOVE RE COVID PROTOCOL)**

**JAN 5TH TUESDAY: DR PIVER
JAN 6TH WEDNESDAY: DR MOULSON
JAN 7TH THURSDAY: DR BARBOUR**

**JAN 12TH TUESDAY: DR PIVER
JAN 13TH WEDNESDAY: DR MOULSON
JAN 14TH THURSDAY: DR BARBOUR**

**JAN 19TH TUESDAY: DR PIVER
JAN 20TH WEDNESDAY: DR MOULSON
JAN 21ST THURSDAY: DR BARBOUR**

**JAN 26TH TUESDAY: DR PIVER
JAN 27TH WEDNESDAY: DR MOULSON
JAN 28TH THURSDAY: DR BARBOUR**

**We have a Nurse Practitioner in
our clinic from Monday to Friday
(Appointments are required -
No Walk In's)**

ES TRANSPORTATION BUS

Happy New Year from the East Shore Transportation Society! We are happy to start 2021 fully operational and ready to receive passenger transportation requests. Please email us at estsbus@gmail.com or call our administrator Dee at 403-999-4222. Best wishes and may the new year bring health and happiness.

Next Deadline:

Jan 27, 2021

www.eshore.ca

KALESNIKOFF
TIMBER INSPIRES

REFERRAL NOTICE:

**Kalesnikoff Lumber Co. Ltd. is Advertising
Forest Stewardship Plan 597
Term 2021-2026**

Please be advised that Kalesnikoff Lumber Co. Ltd. is advertising Forest Stewardship Plan (FSP) 597 which covers the entire area of Arrow and Kootenay Lake Timber Supply Areas, excluding all actively managed area-based tenures including Woodlots, Community Forests and Tree Farm Licences.

The Forest Stewardship Plan (FSP) is a landscape level plan, which is focused on establishing objectives, strategies, and results for conserving and protecting timber and non-timber resource values within crown lands slated for future forest management activities. The FSP is the primary referral process for notifying the public, First Nations, and government agencies as to the location of Forest Development Units (FDU's) and the strategies and results that will apply to the respective FDU's.

The objective of this notice is to provide public with an opportunity to identify areas of concern within FDU's, to ensure that concerns are addressed prior to development of an area of crown land allocated for the company's forest development activities. Comments specific to the FDU's will be recorded and kept on record to ensure that comments are considered during forest planning and timber development. Kalesnikoff is committed to communicating with and engaging local stakeholders and residents at the cutblock level of project planning. We will share updates by email with stakeholders and those who provide their contact information. While engagement and referral periods for specific projects may have dates specified in order to receive timely feedback, the public is welcome to contact us at any time with questions, concerns, or comments related to our activities. We will strive to respond to individual queries in a prompt and comprehensive manner.

The FSP is available for public viewing by making request to referrals@kalesnikoff.com.

For concerns to be reflected in the final submission of the FSP, Kalesnikoff encourages written submissions by email to referrals@kalesnikoff.com by Feb 15, 2021.

**CHURCH/MEETING
CALENDAR**

RIONDEL COMMUNITY CHURCH

Everyone welcome.

**CHRIST CHURCH & EAST SHORE
CONGREGATIONS ST. ANSELM'S CHURCH BO-
SWELL (Anglican)**

No services at the present time. Contact Christ Church Creston for info - 250.402.3225

HARRISON MEM CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay
No services at this time.

For info, please contact Rev. Leon Rogers: 250.402.3225

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Come & join us Sundays at 10 am.
Coffee fellowship after the service.
Pastors Richard and Ramona Dannhauer
16190 Hwy 3A, Crawford Bay: 250 505 8286

YASODHARA ASHRAM

Satsangs available anytime for inspiration - Online at our website (yasodhara.org/about-yasodhara/satsang/) or YouTube (youtube.com/user/yasodharaashram/).

**MOST HOLY REDEEMER
CATHOLIC CHURCH, RIONDEL**

Fr. Lawrence Phone: 428-2300
Sun Mass at 2pm.

CHRISTIAN SCIENCE CHURCH SERVICES

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

MEETING PLACES

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

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

PARENT ADVISORY COMMITTEE

(PAC) Meetings held at 4:30 pm at the Crawford Bay School on the first Wednesday of the month.
Email cbess.pac@gmail.com for info.

ALCOHOLICS ANONYMOUS:

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

Kootenay Lake

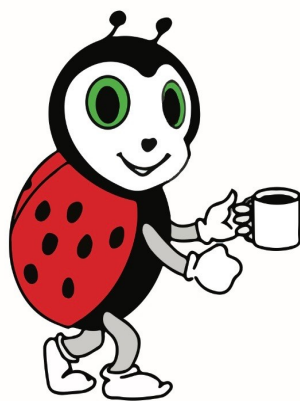
Ferry Schedule

Winter Schedule

All Times listed in East Shore time.

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

LADYBUG COFFEE



OPEN EVERY DAY, 7:30-3PM, ALL YEAR

DAILY BAKING, SOUPS, LUNCH SPECIALS AND OUR HEART, OSO NEGRO COFFEE AND ESPRESSO.

AND, OF COURSE, OUR WORLD FAMOUS BREAKFAST SANDWICH IS ALWAYS ON THE MENU!

OUR FREEZER IS STOCKED WITH HOME-COOKED MEALS AND SOUPS TO TAKE HOME AND WARM YOUR BELLY!

Ladybug Coffee would like to thank all the Honorary Ladybugs who helped make our 1st Annual Ladybug Community Christmas Dinner by Donation a success. More than 200 Turkey Dinners were distributed on the East Shore. Virtual Ladybug Hugs go to you all!

The Ladybugs: Levea, Lorrie, Julia, Kat, Rose and Brie!

The Sleigh Drivers: Richard, Loren and Lynn

The Bakers: Sophie, Issy, Brenda, Levea, the Hub and my mom, Anne.

The Business Elves: Gray Creek Store and Save-On Foods, Nelson

And to all on the East Shore who helped us, either by donating or delivering a meal to a neighbour, or with your encouraging words, we are grateful to you all and couldn't have done it without you.

We are already planning the 1st Annual Ladybug Community Easter Ham Dinner!

Thank you, East Shore, all of you. The Ladybugs are so happy to be a part of this community!

Ladybug on Wheels: Best way to order is email – meganrt@live.com, message us on Facebook or stop by the Ladybug. Phone number coming soon!

HIGH-SPEED INTERNET
1 (844) 776-3747
www.eastshoreinternet.ca
Central Kootenay Lake's community non-profit ISP.

The East Shore Mainstreet
KOOTENAY LAKE BC

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

Contact: Ingrid Baetzel, Editor
Phone: 250.505.7697
Box 140, Crawford Bay, B.C. VOB 1E0
Email: mainstreet@eshore.ca
Web: www.eshore.ca

ADVERTISING RATES

\$40 - 3.25 wide X 1.75 tall (inches)
\$45 - 3.25w X 2.5t
\$50 - 3.25w X 3t
\$55 - 3.25w X 4t

\$60 - 3.25w X 4.5t OR 6.75w X 2.25t
\$70 - 3.25 X 6t OR 6.75w X 3t
\$95 - 3.25w X 9t OR 6.75w X 4.5t
\$115- 3.25w X 10.25t
\$150- (1/4 page) 5w X 7t
\$175 (1/3 page) - 6.75w X 7t
OR 3.25 w X 14.5t OR 10.25w X 4.5t
\$250 (1/2 page) - 10.25w X 7t
\$450 (full page) - 10.25w X 14t

Sample Sizes - more sizes available.
Column Width: 3.25 inches - double width: 6.75 inches - full width: 10.25 inches
Services Directory: \$5/month, up to 3 lines.
Classified Ads: \$5/first 30 words, 10¢/word additional

****THESE RATES ARE FOR B/W ADS ONLY****
FOR FULL COLOUR, ADD 30%

Nelson & District
CREDIT UNION Logically. Locally.

HAPPY NEW YEAR

Nelson & District Credit Union wants to assure you that the health and safety of our members, employees and the East Shore community is a top priority. Please be safe. Restricted hours and branch access will continue. We apologize for the inconvenience. Our East Shore Team is available to support all member requests while we keep the doors closed. Please note that there is no support between 1 to 2 pm Monday to Friday.

Call the East Shore branch directly at 250.227.9221, or visit nelsoncu.com.
We wish all of you a safe, healthy and happy 2021!

THANK YOU! You can STILL...

Donate on the website: www.eshore.ca or...

Donate any amount, or subscribe to pay monthly without having to remember to do it yourself! Pay via:

- ⇒ Paypal
- ⇒ Credit Card
- ⇒ Etransfer (to mainstreet@eshore.ca)
- ⇒ Direct Deposit (at the Credit Union)
- ⇒ Cash or cheque (Box 140, Crawford Bay, VOB 1E0)

Go to www.eshore.ca for more information.

Thank you, Mainstreet supporters & community.