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The East Shore Mainstreet

KOOTENAY LAKE BC

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

Happy New Year - 2022!



Frankie Mae Fannin of Gray Creek
Photo by Victoria Haywood

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Mainstreet Meanderings

by Editor Ingrid Baetzel

Hey Dad,
I didn't send you a Christmas card. I even failed to call you. So, I'm taking the most direct and self-serving route and publishing my Christmas/New Years 2022 letter to you in

the Mainstreet. How's that for nepotistic entitlement? Now everyone can read the letter and I save a stamp! (Actually, that's untrue, as I do still need to mail you the paper, but I think you'll see the method in this madness.)

I wanted to tell you that I think about you... likely more than you know, and somewhat less than I should, especially given the role you've played – a starring one – in this life of mine. How busy our brains get! How full of the stuff 'n' nonsense that means next to nothing and clutters intention. I think about you and some nights I lie awake, trying to pull back memories that are so old they creak up the stairs of my hippo-campus, behaving like tardy teenagers not wanting to wake me. But, I want them to. I want them to come into the room and say sorry and present themselves, whole and healthy. They are edges of forms, the outlines of experiences...

Knuckles twisting wires for goat pens, blood from a chainsaw wound, organic peanut butter that you

have to stir for six minutes before you can enjoy it, broad-sinewy shoulders that, when I sit atop them, make me feel like I'm in the sky, a recorder playing "O Holy Night" on Christmas morning, a toque piled high with snow atop a face piled high with silver bear hair, strange meals made from what was scavenged from the garden, often starring peanuts or tamari or apple cider vinegar in some odd but tantalizing sauce, a swing set/trapeze made of wood from the surrounding forest, crazy women friends looking at me like a foreign insect and at you with profound trust and love, that weird yellow/spiderweb Christmas tree you had at Joann's place, your Mexican Spoon Bread, the rarity of seeing you and your skinny hippy strong body, hot enough from the garden work or the chicken shit shovelling or the goat wrangling or the house building, to choose to enter the lake, the whoops and hollers and huge grin when you did...



Sometimes it's just the noises that enter as memories. The thunk of a shovel, the puncture pop of an awl, the clink of darning needles repairing your socks, the drunken hoots and hollers of teacher colleagues partying at the house, the laughter at my not knowing, the slow voice of explanation, the tightness of throat when I pushed too hard, the call of your beloved goats, the chains on their necks, the evil white rooster caw-caw-kadoodle and scratch of flesh, the snap of electricity when we tested the fencing, your laugh again. The game that we played for decades... It's daddy, it's mommy, but it's not daughter. It's tomorrow, it's soon, but it's not yesterday. It's rooster, it's goose, but it's not chicken. (Sorry to readers who likely won't get this,

but if you do, please tell me!)

I remember it being hard. I remember it being safe. I remember you stood in as both parents when mom got her teaching certificate. I remember thinking you were my secret best friend and that you wrote poems with the words in my head. I wish I had movies from that time because the world has continued to push those rascally memories out of my sleeping room, out of my mind, but I know they are still in my heart.

So, Pops, know this: I am grateful for the lessons, for the time, for your pain and your grace. I know who you were, and I continue to learn who you are always becoming. You are an enigma, David Arthur Zaiss, and I wouldn't have it any other way... because you wouldn't let me. Continue with your microbes, your (nearly) 82-year-old on a bike thing, your wood hauling, your words and your weird ways, my dude. I love you. We all do.

Who is your Community Hero?

a Mainstreet Feature

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

I want to name **John Smith** as my community hero. I so admire his gentle humour and kind soul. Over time, he and his partner Lorna have contributed to much to our community, being founding members of the Artisans of Crawford Bay. In recent years, turning personal misfortune to community good, they started a Parkinsons support group and the 55plus group. **John and Lorna are my community heroes.**

-Laverne Booth

Letters to the Editor

LOST HOME, NOT PARADISE

Dear Editor:

I have lived up at the edge of Crawford Bay and the forest, building my little paradise, caught up in my ideas and views of people and the greater world while maintaining a luxurious arrogance of "knowing" about humans and the world.

Then came the flames. I have to admit, in the last couple of years I became a bit grumpy, as humans sometimes do when they live alone, grumbling about the injustices of society and the selfishness of people.

All of you taught me differently. I am really overwhelmed at the number of people who stood up in this moment to help me out. I'm shocked how much money community members, people I don't even know, and friends raised to help me with a new start, and I'm blown away by the donations of clothes, food and promised labour and resources when we start to build a new home for me.

I didn't know that I was viewed as such a good man until I read the write up on the GoFundMe site. I always maintained the "strong men don't cry" philosophy, but you folks made me shed tears.

To all of you... no matter what you've donated or given - blessings, time, food, clothes, money, labour, or a shot of good malt whiskey - thank you so much for standing up and being with me. You touched my heart and soul, and taught me to be more humble.

I won't forget your help and generous giving. The house is lost, but not the paradise.

Mautz Kroker, Crawford Bay

URGING CAUTION, CONSIDERING CONSENT

Dear Editor

Recently, I made a post on facebook sharing an interview with Dr. Peter A. McCullough which I thought was very thought-provoking and clear. At the

very beginning of the interview, Dr. McCullough gives his credentials as a Cardiologist, Academic and Medical Practitioner, as well as Author and Editor of US and International medical journals with 650 publications in the National Library of Medicine. I would say that Dr. Peter McCullough is a medical expert, with extensive experience treating Covid patients as well.

In this interview, another topic of discussion was the fact that many of his recent talks on the subject of treating Covid-19 patients were taken down by YouTube, and what it means for our society when global media corporations now feel it's their role to censor medical experts (more recently facebook has also been censoring papers from the British Journal of Medicine).

In response to my posting of the McCullough interview, a recent facebook friend asked me what process I use to evaluate evidence and choose to post and recommend this interview, rather than the Covid recommendations from our public health? He also asked how we perceive who is lying and stated "...if you have an agenda you can publish propaganda to great effect."

As an example, let's review the most recent letter to parents from Interior Health's Office of the Medical Health Officers, distributed to all parents of SD8 students. Here is an excerpt:

Vaccine effectiveness and safety

The COVID-19 vaccine for children is effective and safe. Clinical trials show the COVID-19 vaccine is 91% effective against preventing COVID-19 infections, and even better for preventing severe illness and hospitalization.

As with any other vaccine in Canada, the COVID-19 vaccine for children aged 5 to 11 has gone through a rigorous review and approval process, and no severe reactions were detected during clinical trials.

Are these statements true? Does it seem like Inte-

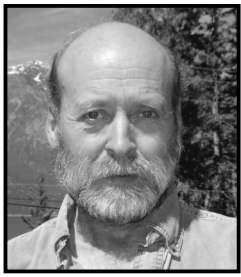
rior Health is providing complete information so that parents can make an informed choice? I have seen a lot of evidence to the contrary, including statements from Canada's National Advisory Committee on Immunization (NACI) such as: "given the short-term uncertainties surrounding pediatric vaccination at this time, children and their parents or guardians should be supported and respected in their decisions, whatever decisions they make, and are not stigmatized for accepting, or not accepting, the vaccination offer."

One of the uncertainties they're referring to is potential hospitalizations for vaccine-related myocarditis (heart inflammation), one of many possible known vaccine side-effects including anaphylaxis, Bell's Palsy, heart attack, Guillain-Barre Syndrome, not to mention potential long-term auto-immune disruptions, such as cancer. These are considered rare at this point but the dataset is very young indeed. I would encourage all parents considering vaccinating their children to read the report from the NACI - a Canadian panel of experts - here: <https://www.canada.ca/content/dam/phacaspc/documents/services/immunization/national-advisory-committee-on-immunization-naci/recommendations-use-covid-19-vaccines/pfizer-biontech-10-mcg-children-5-11-years-age/pfizer-biontech-10-mcg-children-5-11-years-age.pdf>.

For a lot more detailed information on the clinical trials run by Pfizer to arrive at their "91% effective" and "no severe reactions" claims, this article by pharmaceutical industry researcher Toby Rogers is of particular interest: <https://tobyrogers.substack.com/p/ten-red-flags-in-the-fdas-risk-benefit>

The main question I would like readers of this letter to consider is: If Interior Health makes no mention of any risk or uncertainty around the effectiveness of vaccinating children, does that mean they are lying? Does this letter constitute propaganda, is it pushing an agenda? In my opinion, the answer is clearly Yes.

When I listen to experts like Dr. Peter McCullough speak about their experiences treating Covid, and then



RDCK Area "A" Update

by Garry Jackman,
Regional Director

Thoughts at the landscape level:

Local government does not have direct influence over much of what occurs on crown land, but we do receive referrals of applications from the province and the public at large are asked to provide input on various issues.

One example of an invitation to provide input is the current public referral put out by Kalesnikoff Lumber for Cutting Permit K080 – McFarlane Creek Area Harvest Plan. Forest companies generally provide the documents for current and recent harvest plans online. At the time I submitted this article I did not see the McFarlane Creek plan posted yet. If you are interested in reviewing the plan and/or submitting comments look for it at <https://kalesnikoff.com/sustainable-for-est-stewardship/>. Once it is posted, you will see the outlines of the three proposed cut blocks and the proposed McFarlane Creek crossing. Note that one of the cut blocks includes an area with Douglas Fir bark beetle infestation. Forestry companies work with the province to eliminate beetles during harvest operations. This was the case for some of the cut blocks in recent years along Akokli Creek and above Hephher Road. I personally suspect the rapid spread of the fire in 2021 may have been in areas where the bark beetle kill trees had not been identified to be removed, creating a pocket of highly volatile fuel. You can do more reading on the bark beetle either at the Kalesnikoff website or at provincial websites.

The potential impact of harvesting on water is always a concern. In the past, prior to COVID restrictions, I have been able to arrange community meetings for locals who want more information and who want to point out specifically where their water boxes are located to the crew chief who will be on site during road building and harvesting. As the months progress I will keep track of when work may begin to see if there will be an opportunity for meetings. *As a minimum, concerned residents should have cell phone numbers for supervisors while work proceeds so they can quickly report any changes to water flow or quality.*

Along with the work to reduce beetle kill areas, which improves forest resilience to wildfire, harvesting can also provide wildfire risk reduction by creating fuel breaks along which fires can be held plus by creating relatively stable access roads. The fire in Boswell this past summer was not readily accessible so the Ministry had to create connections between existing roads to establish a fire defence line. Between the quickly constructed road(s) and the fire itself we may not know the full impact on our water systems for a few years and we are still waiting for the assessment report from the province. There has not been a great deal of specific work to look at how harvesting patterns can benefit us along the East Shore since the initial projects to look at risk reductions have been in much higher population areas such as along the west arm of Kootenay Lake.

I would like to speak with any community members who would be interested in engaging on the topic. The first phase of a community wildfire protection plan for Area A was completed in 2019. The document can be found on the RDCK website if you look under the "Emergency Management" tab. If you go to page 50 of 116 in the document you will see a map of historical fires in our area. Although some of the

largest fires date back to the first half of the twentieth century, prior to the province having a fire suppression capacity, there have been some very large areas burned in recent decades, the Kuskonook fire being one example.

One further consideration of having a new access across McFarlane Creek is the possibility for a trail connecting from the trans Canada trail in Gray Creek to Crown Creek Forest Service Road. Once you climb to a few hundred feet above the lake the Crown Creek FSR is relatively easy to travel and provides great views of the lake and the Selkirk Mountains.

Volunteers:

As I noted the past few months, each year your local government benefits from advice and expertise provided by volunteers who sit on committees and commissions. At any time over the coming weeks residents can contact me if they are interested in joining the Area A Economic Development Commission (EDC) or the Rec 9 Commission. We also do not currently have an active land use Advisory Planning Committee which has provided some great insight over the years on development applications.

If you have questions or comments on any topic, please drop a note to gjackman@rdck.bc.ca or call me at 250-223-8463.

*Next Deadline:
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www.eshore.ca*

Letters to the Editor

witness the media pushback against people like him speaking out, it's clear to me that the agenda - to vaccinate absolutely everyone - being passed along by our governments, as well as by Bio/tech corporations operating well beyond the purview of any single government - using means such as propaganda, censorship, and coercion; this agenda does not seem based in sound science nor from a deep caring for people's health and the well-being of our children.

In Canada, the age of consent to receive this medical treatment is 12 years old. As parents, we know that our 12-year-old cannot consent to a lot of things that could affect their future. Since we are not big risk-takers when it comes to our child, we counsel caution.. We don't yet know the full long-term effects this decision may have. For that, and despite the fact that rates of illness in our area have been very low throughout this pandemic, our child is now not permitted to eat in a restaurant, nor permitted into the lodge at the local ski hill, nor permitted to swim in the municipal pools (paid for by our tax dollars). That seems like stigmatization (of a healthy young person) to me, and is therefore going against the recommendations of Canada's NACI, and is, in my opinion, highly unethical medical coercion.

It's with this in mind that I urge the utmost caution to individuals, and in particular to parents of children who are considering consent. There is also a question of who is responsible if any children are injured, suffer permanent damage, or in the worst case, die as a result of receiving medical treatment which our public health authority assured us is effective and safe. It should be a warning sign that Pfizer includes in their lucrative contracts with governments and healthcare providers that they bear no responsibility whatsoever for any damage caused by their products.

Ben Johnson, Riondel

FIRE DEPARTMENT EXPANSION?

Dear Editor:

The recent total loss house fire suffered by Mautz Kruker in Crawford Bay spurs the question: isn't it time we again pushed for a Fire Department for the area from Kootenay Bay to Kuskanook?

Funding should be possible with the tax on all the new houses. Also with new younger residents there should be enough volunteers. This would reduce the existing high house insurance rates that many can't afford.

I understand that Mautz couldn't get insurance because his home was under construction. Under construction insurance has to be placed as soon as the cement footings are completed and also may be canceled if your house isn't completed in a set number of years.

Please contribute to the GoFundMe (<https://gofund.me/151dd0f9>) or at the Gray Creek Store account for Mautz who is a 20 year community member, cutting the hay where the airstrip was, appearing in the Hexagon Players, helping kids and more.

Tom Lymbery, Gray Creek

THE GREAT RESET AND COVID

Dear Editor:

I am not a supporter of the politics of Alberta's premier Jason Kenney, but I love the guy for speaking up about the shenanigans of the super rich and the politicians who attend the World Economic Forum (WEF) in Davos Switzerland.

In a speech he gave, he lambasted those who support the policies of Klaus Schwab as outlined in his book *The Great Reset*. Kenney stated that Schwab sent him the book with the expectation that he follow the dictates of the WEF. According to Kenney, the Great Reset says that governments should seize the oppor-

tunity of a public health crisis or economic crisis to "reimagine the world and radically change policies." Exploiting crises in order to advance a political agenda clearly does not agree with Kenney. Neither does taking policy dictates from Schwab or Trudeau, a WEF follower. He calls WEF supporters global hypocrites and finds their actions offensive.

Klaus Schwab is the founder and CEO of the World Economic Forum. He was born in Germany in 1938 and was professor of business policy at the University of Geneva until 2003. He also has 17 honorary doctorates to his name and he has received all kinds of awards from various countries. He has the ear of numerous world leaders, the super rich, and various royal families. The Windsor family are enthusiastic supporters.

Schwab's theory is that a globalized world is best managed by a coalition of self-selected multinational corporations, governments and select civil society organizations (CSO's). His plan is to replace the recognized democratic model with one in which a group of self-selected "stakeholders" make decisions on behalf of the people. In short, the Great Reset is a silent coup d'etat to capture governance of the world's population.

When I was in high school more than 70 years ago, I learned that governments are supposed to look after the well-being of a country and its citizens. Notions like the "greater good", the "public interest" played an important role in politics. Unfortunately, the enthusiastic adoption of the notion of "privatization" in the 1960's, reduced the importance of politicians and the role of government in governing. As business moved into the vacuum left by the government, the profit motive became dominant. So to-day, nothing happens in our culture until someone begins selling something. In other words, nothing is of value unless it can be



Hidden Taxes by David George Budget Thoughts

Did our province get a new budget this past year of 2021? Some of us may have missed it, through concern with surviving the ongoing pandemic, or just being too fed up with things our provincial and/or federal governments did in 2021.

Yes, there was a provincial budget in 2021. Some of the spending will include \$7.8 billion in new health infrastructure, and \$4 billion in healthcare funding over the next three years. It is still available online: here are some of the main items.

The BC Recovery Benefit was available until the end of June, and on application gave each individual \$500, or \$1,000 to single parents with children. Two and a half million residents of BC took advantage of this.

There is a B.C. Child Opportunity Benefit which is combined with the federal Canada Child Benefit into a single monthly payment. It helps parents whose income is less than \$80,000. Look this one up online if you need more information.

In potentially good news for seniors, the province will hire 3,000 more health care workers and spend \$585 million on this initiative. In addition, \$68 million will go to increasing care aides and community care providers for home care for seniors daily living, and \$12 million will help seniors with complex care needs from the comfort of their home.

All this spending will result in a deficit, but of only \$1.7 billion instead of the original estimate of \$9.7 billion. This lower deficit is the result of increased economic activity here in BC despite the continuing pandemic.

If you wondered how much the provincial debt is, the present figure is about \$87 billion. That almost staggering figure works out to about \$17,000 per person. Some of us are old enough to remember when W.A.C. Bennett retired the provincial debt of only \$50 million by burning the bonds in Okanagan Lake in 1959. Population of BC was only 1.5 million then, so the per capita debt was only about \$33.

Health care is an ongoing concern for many of our local seniors. When will we get a five-day a week doctor here on the East Shore? When will we get a new and larger health clinic, maybe on part of the site of the old Crawford Bay school? For that matter, when will we have fire protection for Kootenay Bay, Crawford Bay, and Gray Creek?

British Columbia has a very good medical services plan, which is now provided without direct cost to residents. After cutting the MSP premiums in half in 2018, they were eliminated in January 2020, being replaced by an increased payroll tax paid by employers. That is, MSP rates were eliminated for people who have resided in BC for three months.

If you move to BC, you will have to provide your own medical insurance from the date of arrival, to the end of that month and then two more months. Covid related treatment is presently exempt from that waiting period.

But why is there a waiting period at all? We are told that it is there to prevent medical tourism. Surely some test could be applied to ensure that a new arrival intends to stay in BC. New Brunswick eliminated the waiting period in 2010. Alberta has no waiting period.

Quebec and Ontario will treat pregnancy and newborn care as exempt from a waiting period. So why is BC, with its otherwise excellent medical plan still insisting on a waiting period? It discriminates

against poor people and new immigrants to Canada, and has been called racist.

Besides the good news that BC intends to increase medical care availability, the province should eliminate the waiting period for medical insurance.

Hoping this New Year 2022 will see the end of the pandemic and a happy, healthy, and safe new year for everyone.



OFFICE DESK

Box 140, Crawford Bay, BC, V0B 1E0

Editor: Ingrid Zaiss Baetzel (since 2002)

Phone: 250.505.7697

Email: mainstreet@eshore.ca

Web: www.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

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The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake.

Letters to the Editor

sold. We have become a culture of salesmen, and we must accept the reality that salesmen only present us with the positive aspects of whatever they are selling. Some call this toxic positivity.

My problem with the Schwab agenda is that I don't want my country and my world to be ruled by businessmen. There are too many important aspects of life that require attention and do not involve making money. I also know that an unspoken strategy of business is to encourage indebtedness. To go into debt is to give our independence away, our power. To-day many individuals and entire nations are deeply in debt. This means that many national leaders now take their orders from the moneyed elite which includes multinational corporate conglomerates.

I suspect that the present pandemic may have a lot to do with the profit motive of a cartel of multinational pharmaceutical giants.

Doctor Reiner Fuellmich who practices as an attorney in both Germany and the US seems to share my suspicion. His firm has taken on multinational giants such as Volkswagen and Deutsche Bank, and is now aiming to take on the people behind this pandemic. He has consulted 150 scientists in order to obtain answers to three questions: "How dangerous is the Covid 19 virus?", "Is the PCR test used to identify the virus valid?", and "What is the extent of the damage resulting from the pandemic measures?"

The answers he has received are most interesting. It appears that the Covid virus is no more dangerous than the common flu virus (something that already seems to have been acknowledged by the World Health Organization). The PCR test is not valid, it doesn't tell us anything. And the damage from the pandemic measures that have been taken is enormous both economically and healthwise.

It appears that some Polish parliamentarians are the first politicians to have taken on the task of for-
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mally investigating the pandemic situation, and that Dr. Fuellmich is preparing to make a case against the people behind the pandemic. Bless his heart.

Jon Wyngaard, Riondel.

ACCEPTANCE OF REALITY

Dear Editor:

We humans tend to block out undesirable things for as long as possible, to look for an explanation to assure us that it's not really that bad after all, and we can somehow remain in a state of denial. But sooner or later the point comes when reality is knocking hard at the door and we have no choice but to accept what is happening as it has long been observed around us.

What needs to be accepted today is first: Life, as it was until February 2020, will never exist again.

And secondly: Our society is fundamentally divided, there is no way in the near future to resolve this division.

The first point is now accepted by many, but the second point is likely to generate resistance. This split is seen by many as an urgent problem to be resolved, along the lines of "we must overcome the split". But realistically, this is a fatal misconception.

The split cannot and will not be overcome. It is completely out of the question. Instead of senseless attempts at persuasion, which usually ends in complete incomprehension, the breaking of friendships and hostility, the earlier an acceptance of the inevitable, the faster energies and forces can be directed in creative and productive directions.

There is a fact-resistance of those who still believe in politics and the big media, which has now been observed for long enough. There is now countless evidence on the table that shows that the statements made by politicians, government experts and the media in this information catastrophe, known as the 'pandemic', were false and often maliciously false. Nevertheless,

the majority of the population sticks to this construct. This resulted in two completely separate versions of reality, of worldviews. The most striking characteristic of which is, that they hardly have any common overlap.

How could it come to this? By asking the question WHY? It's surprisingly easy to explain. There are primarily two reasons that ensure that the people at this fork in history do not all turn in the same direction. The first reason is fear. The second too. But not the fear of the virus. They are two separate fears that most are not even aware of.

First of all, the desire for security turns into the fear of being vulnerable and defenseless in a threatening situation. Under these circumstances, anyone who credibly promises protection is accepted as a savior: virologists, ministers "authorities", "experts". It is not their qualification that is the measure of trust, but the importance given to them by the media. Anyone who trusts their usual newspaper or the TV to this day will not stop doing so in such a crisis, because who else should they trust? Independent thinkers, conspiracy theorists, you, themselves, common sense? In such a threatening situation? Never! That is why the fear of being unprotected leads reliably to an upgrading of the government and the established media.

The second fear concerns those who have more to lose than their lives: their reputation. It is the professionally successful, those who have achieved office and dignity, including the 'educated citizens' quite intelligent and often pleasant people. They have a reputation to lose, at work or within their planned career move.

The fear of being excluded from one's own group is one of the deepest fears in humans. It dates back to ancient days, millions of years before our time, when exclusion from the "herd" was still fatal. Therefore the



Hacker's Desk

by Geoffroy Tremblay
On Colours

Last month I participated in a family constellation with Blanche Tanner. It was a potent healing practice, and I was stunned by how simple yet profound that technique was. Whenever I sit in group meditation or practice, I draw symbols and illustrations of what I sense. It brings focus and presence to my participation. This time around, a powerful symbol of a human with deer antlers came to me.

The antlers were actually branches of the family tree that would enter through the head and spin around the kundalini system. From that sketch, I went back home and drew many more iterations of that symbol. Unfortunately, when it came to colouring these images, I ruined my illustration, ended up blaming myself for my lack of skill with colours.

The study of colour has always been elusive to me. Coming from a technical background, I always want to figure out what colours are about and how to use them. But colour is hard, at least for me. I studied it in my design training, read many books about it, took some online classes on the psychology of colour, and still don't fully grasp the concept. I even wrote a few articles on my adventure with colour, which ended up being a tad confusing.

Although my primary medium is black ink and pen, I always wanted to add colours to these illustrations. A few years back, I took a class with Karen Arrowsmith on watercolour. It was yet another way to learn about colour. It was an excellent class, and I learned a lot about the practical application of paint. I continued to use watercolour in my drawing in the last few years,

but I wasn't delighted with the end product every time I used colours. The reds were too red, the yellow was too strong, and I felt I didn't get why or how to colour my illustrations.

I often had to mix colours to get to a particular shade, which I couldn't reproduce. It took time, and I was always worried I would ruin an illustration that I'd already put many hours on. I started to wonder what I was doing wrong. The colour palette that I had was a great one, but it was Karen's colour palette; it wasn't the colour I chose. For some reason, I thought that I was the problem. I couldn't get the colours to do what I wanted, and it stemmed probably from my lack of understanding of colours.

I then bought a kit of gouache, which had the basic colour scheme, but again, I couldn't get to the colour I wanted. I tried and tried to mix to a certain feel to no avail. I thought that so much time was needed to learn about colour. But each drawing didn't come out as I wanted, and I felt a little discouraged about the amount of energy was involved in the process.

Then it hit me; let's create my own colour palette from paints already in the right shade. There is always hundreds of different colours offered for each paint brand, so there might be a reason why!

Then I used the most scientific approach to colour that I've learned through the years: I picked up all the colours that I liked at first sight. No plan of creating a palette, no colour wheel, no theory. Just pure law of attraction to the different colours. I went to Nelson to pick up my paint and then realized that I had two shades of yellow, two shades of red, two shades of green and two shades of blue. A somewhat perfect colour wheel!

The second thing I did was to create a physical palette of my colours on the page of my sketchbook. This is helping to reference back to my paints and see how they come out in my sketchbook. Now that I have chosen my palette, I like adding colour to my illus-

trations. The vibration created from the colours used in my illustration feels really mine, although for some reason, I do feel like a cheat!

It showed me how something can't be wholly comprehended. There is a colour science; we can calculate how colour affects us. There is a theory of colours on selecting some base colours from which you can create all the colours. But colours are entirely subjective.

This creation of my personal palette feels like I'm stepping into a new reality of colouring my illustration. I am not sure if it has anything to do with my study of music, and it might sound far-fetched at first. Still, music is vibration, and colours are also vibrations. In music, I can study the science of sound and the mathematics of vibration, but I have to rely on my ears and feelings. When I play, I don't create a construct of what sounds good; I do it until it sounds good to me. Choosing my own palette was actually just this, using my own perception and feeling to create something I like.

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www.eshore.ca
mainstreet@eshore.ca
250.505.7697

Letters to the Editor

fear of it is ingrained in the deepest and oldest structures of our brain. This fear will prevent almost everyone from expressing themselves deviating from the given corridor of opinion. The more you have to lose, the greater the risk.

Today there are clearly defined corridors of opinion of good and bad, right and wrong, on socially relevant topics, which can simply be adopted. By adopting the outlined assignment, each of these complex topics can be discussed risk-free to demonstrate belonging to the "right" group. This applies to the virus as well as to the issues of climate change, the refugee issue or the "new rights". These 'truths' also have the decisive advantage that they offer the greatest possible security and moral invulnerability in every discussion.

Curiosity and finding meaning

Back to the fork in the road we are all at, whether we want to be or not. The exciting question is, why do millions of people still run the risk of being excluded from their friends, work, colleagues - even partners and family? Where did this courage come from, this desire for knowledge against all pressure and all risks? Why do they expose themselves to hostility, to not take the path of least resistance and accept a high personal price for their convictions? These are people for whom the weighing of the fundamental needs of security versus curiosity and finding meaning is more strongly shifted in the latter direction.

Today's split also leads to a selection: into the group of those who prefer security and those who strive for self-responsibility and knowledge. For this group of propaganda-resistant people there is no turning back. The probability that these people could trust offers from TV and other mass media again, tends towards zero.

These media are getting just consumed in order to find out what the "official" narratives are.

Departure into a new society

And that's just OK. First of all, the propaganda is losing its urgently needed reach. And secondly, it is a good thing because all the energy used for the anger and bewilderment, the desperate inability to understand are required for the new to arise.

The new thing that has not yet taken shape, which makes the whole thing so difficult. One would like to be able to see the vision on the horizon, a prominent point in the future that is worth fighting for. But it's not that easy this time. There is no leader, no ideology, no written religion to show the way. But there is something else: People are being brought together by the forces of social division. And for the first time in human history there are technical possibilities to find one another at all levels, to exchange ideas, to network and to share successes. Above all: to enable real getting to know new comrades-in-arms.

As always, there will be around 10 to 20 percent active and 80 to 90 percent benevolent supporters. Which is completely sufficient to create something new: new trust, new forms of encounter, new media, new schools, new business, new health culture, new culture in general. And none of this will be shaped by the defensive fight against bad viruses, deadly CO2 or against incompetent and corrupt politicians and the media. No, it will be shaped by creativity, connection and creativity. Let's call these people 'Possibilistas'. Those who see the possibilities!

And who knows, if at some point the pseudo-reality collapses, then there can be a common reality again. Maybe even within a very short time. Just like two times in the history of Germany when, at the hour of surrender, suddenly there seemed to be no more supporters of a certain ideology. Then the time of forgiveness can begin.

Sylke Plaumann (Gray Creek) inspired by Thomas Eisinger

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 55 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
- The East Shore Mainstreet
- CMAW Local 2300
- Yasodhara Ashram
- Nelson and District Credit Union (Crawford Bay)
- Newkey's Pub
- Crawford Bay Market
- Destiny Bay Store
- Lakeview Store
- Riondel Market
- Kootenay Lake Community Church
- Students and teachers at Crawford Bay School
- Bevy of Angels
- South Kootenay Lake Community Service Society
- The many individual donations

We want to thank Malena Draper and all the volunteers for making the 2021 season for the food hampers a success. The loving-kindness of the East Shore is greatly appreciated.

Richard & Ramona Dannhauer, Coordinators

HOW WE LOOK AT ONE ANOTHER

Dear Editor;

I have been waiting for a long time, deciding what to say and when to say it given the current state of affairs in our world. I have a lot of experience around all that is happening now, and have been very cautious with what I say and how I say it.

Hall Board News

by Susan Hulland

Time flies! Back in November Crawford Bay's community hall had its 83rd birthday. We were too busy with the online Silent Auction to celebrate this milestone at that time but I have been thinking about my personal attachment to the building. If I had to come up with just a few words they would be, "Our hall is special to me because it has stories to tell." And what stories they are! If you have been reading Memories & Musings in this newspaper written and collected by Leona Keraiff you will know the kinds of stories local residents are adding to our collection, reflecting the hall's important place in our community's 118 year history.

If someone in your family would like to share information for another Memories & Musings, please contact Leona lkeraiiff@cbhall.ca or 250 227 9361. Your submission could be as simple as a photograph of the hall, when it was built, when it was attached to the school, when the old school was torn off it or photos from events in the building. And if you should be so lucky as to have any original photographs of Crawford Bay's original hall and school our association would like to amass history about that building too. Also, do any of you know the origin of the piano that resides in our hall or the blue stage curtains?

We participated in the 2021 Bevy of Angels Christmas Faire and raised another \$165 from our Bruce Paterson cards and prints. Hats off to Jacqueline Wedge for making that event happen for the community. Reminder: Signed, coloured, limited edition Prints of the hall are now ON SALE for \$25 at the CB Market.

Special thanks to Paul Hindson of Kokanee Chalets who gave all of us the gift of holiday decorations and lights in the community park this winter. You are a great neighbour.

TOM SEZ

by Tom Lymbery

The largest snowflake ever recorded was 15' across and 8" thick, measured in 1897 in Keogh in Montana. Large snowflakes are actually thousands of flakes that cling together when they are falling.

The reason that so many airports are served by 19 passenger planes is that 20 passengers or more requires a flight attendant.

It's hard to believe but it took a full month for a shipment of *Lost Kootenays* books to arrive from the publishers in Lunenburg, Nova Scotia. We asked if perchance they had shipped them on the sailing schooner Bluenose, which years ago had defeated the US in the world sailing championship.

The recently released movie Trophy Town about the amateur Trail Smoke Eaters hockey team defeating the professional Russians for the World Cup of Hockey in 1939 and 1960 is now available on DVD at The Trail Museum for \$25 a copy. One of the stars is Don Fletcher of Gray Creek / Nelson who played on the 1960 team.

Pacific Coastal Air has applied for permission to fly from Spokane to Calgary and Vancouver with their planes painted as West Jet, there are currently no flights from Spokane to Canada. Perhaps if flights start to Trail from Spokane, will this make YZZ Trail an international airport?

Ed McNiven of Wynndel died recently at 82. He was the Canada Post contractor bringing the mail bags daily from Creston to Eastshore post offices. He also moved buildings and when Kokanee Springs donated a small structure that had been an office at Kootenay Cottages, he moved it to Creston to be used by our Resorts Association as an information booth. We badly needed that (operated by Mary Pelle) as the Creston info booth was sending all tourists over the newly opened Kootenay Pass.

Rayban is developing a pair of eyeglasses that when focussed on someones face, with a combination of lip reading and facial expressions transmit that persons speech clearly to your hearing aids, with out the distortion of other noises.

A 25 year old woman has been jailed for seducing three 15 year old boys, apparently made illegal because of the age gap. Where was such a person when we were 15 and desperate for tail?

I read a book on Pier 21 in Halifax where almost all immigrants arriving by ship to Canada were processed from 1928 to the 1970s when air travel took over. The book interviewed many of those people but none had a story like Joe Gnylka who arrived with his brother from Germany on December 24, 1951 on an Italian liner, whose captain had no intention of feeding his passengers another day. When Joe and Walter got to the processing desk they found that the uniformed staff had already got into their Holiday spirits. Joe gave me a great take off of the inspector staggering to stamp Joe's passport.

Letters to the Editor

First let me say that I fully understand why people have decided to get the Covid 19 injections and that they believe they were making the best decision for themselves and their families and situations. I must also say the same thing about those who have chosen not to receive the injections. I celebrate the fact that we are all able to make that decision for ourselves.

I graduated from nursing school in 1998. but studied biology in University many years before I went through a 3 year nursing program. I went to the US after graduation from St. Clair College in Windsor, Ontario, with a Diploma of Health Sciences in Nursing.

Nursing school gave us a really good education in the basics of nursing practice, but there were many things that needed to be learned in the field. We were not specifically trained to give immunizations or do intravenous medications. The hospital we trained in had the lab techs do the IV's for anyone needing that type of medication.

I started nursing practice in Ronan, Montana, after passing the NCLEX RN exam. My first nursing job was as a prn nurse (as needed) for 3 medical clinics with 8 different doctors and visiting specialists. I was trained very quickly in the areas that I was unfamiliar with. One of these was the administration of immunizations.

I remember my trainer, Pam, who had been at St. Luke's forever. She helped me give my first immunizations to a baby. The first of many immunizations. I was very uncomfortable giving them, but soon became proficient at it. As well as the administration, I was responsible for health teaching around immunizations and the scheduled boosters. I gave many of these shots at St. Luke's, but years later I got to give many more.

I ended up working at Western Montana Medical Clinic and being the Pediatric nurse there. Along with being the "go-to" immunization nurse, the schools would call me and get my input on what shots were

needed to keep students up to date. I reported to the State all immunizations given at our clinics (we had 2 locations) as well as ordered and maintained quality control for the immunizations we received. I was involved with the health teaching for all immunizations given to people of all ages. I have personally administered thousands of immunizations in doctor's offices and flu clinics.

Many people chose to send their children to school without being immunized. They were in the minority. These people had to sign legal waivers to acknowledge that their children were at risk because they were not immunized. They had to accept responsibility should they become ill with any of the vaccine preventable illnesses.

A few years ago, I was appalled to hear that people who did not get a measles immunization were a danger to those who were immunized against measles. I was shocked, especially because this is absolutely the reverse of what is true. Those not immunized are at risk, not those who have been immunized. If that were the case, why bother being immunized? We are lucky to live in a place where we can make a choice.

My biggest concern was that people were being taught to look at those choosing not to be immunized as dangerous. Nothing could be further from the truth. I don't believe that we should be looking at each other that way at all. Those who chose to get the injections for Covid should be satisfied that they were able to do that, and that they are protected by their shots, as advertised. They should respect the ability of others to choose differently. It is distressing to me that we are being encouraged to fear each other, when there is no need for this.

Ultimately, I would like to see everyone spending more time together, more hugging, smiling and singing. We need to celebrate each other, not be afraid of each other. The hormone pitocin (oxytocin) is produced by eye contact and socialization, and it is the

most healing balm. I believe it is stronger than any version of Covid.

Thank you for letting me have my say.

Sincerely, Barbara Kuhn, RN
(Idaho and Montana, USA)

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Thoughts from the Frog Pot

by John Rayson

COVID VARIANTS, MUTANTS ETC

The covid pandemic continues to be uppermost in all our minds. We just think life is improving when new challenges are presented. After Alpha and Delta, we now have the Omicron variant. We are all becoming fatigued with the process, as we wish to return to our normal lives. The New Normal now appears to be a predictable unpredictability. In other words, we can look forward too many unpredictable events in our future whether we like it or not, including more pandemics.

In the past year we have learned much as to how to cope with the virus: vaccination, masking, social distancing and the avoidance of large crowds, both personal and public. Such coping mechanisms will allow us to deal with the next wave of the virus in a better fashion.

All virus' have a genome made up of RNA and DNA. A genome is a set of instructions which identify the virus and control its' replication. All viruses multiply [replicate] after entering a cell. It is this replication, resulting in increasing amounts of the virus present in the human body that make us ill. It is during this process of multiplying that the genome may make a mistake, resulting in a variant of the virus. These

variants are imperfect copies of the original virus and may be weaker or stronger than the original virus. Thus, the mutations, known as variants, may manifest themselves differently in the population; eg. Omicron is much more transmissible and spreads much more rapidly but does not appear to cause serious illness or death.

The more a virus circulates in the population, the greater the risk of mutation. Our greatest defense against circulation of the virus in the population is vaccination. Even if one is opposed to vaccination for personal reasons, being vaccinated is in a given individuals' best interest ["enlightened self-interest"].

Variants will continue to present themselves on a regular basis. Scientists and politicians scramble to advise the population as to the best methods of dealing with the new variants. Any recommendations spread instantly, as now 50% of the world has a "smart phone". As a consequence, we often appear to receive conflicting and rapidly changing advice. Remember, those making the recommendations are doing their best, in spite of information changing on a daily basis. As noted above, we are all fatigued and people do not wish their lives further disrupted. Omicron has resulted in major changes for individuals with holiday plans. As an example; many airline flights were cancelled. Many of the cancellations were due to the effects of the virus on flight crews and their inability to report for work.

A third [or booster dose] of an mRNA vaccine has demonstrated significant protection against Omicron. In spite of the appearance of Omicron as a less serious illness, more children under 12 are now hospitalized with covid-19. In fact, the Delta variant is likely the cause of this increase in hospitalization.

The Omicron variant spreads much easier, appears to peak earlier and demonstrate a rapid decline in the number of cases. At least that has been the experience in South Africa. The course of the disease in North

America is being tracked closely but it is still early days and we have just experienced the holiday period with the potential for large family gatherings. The effect of the holiday season will become more evident in the next few weeks.

In the meantime, as stated above, we must continue to follow the methods that have been seen to be effective: full vaccination, including third "booster doses" for vulnerable individuals [now being made available to all] , masks [N95 if available], social distancing and the avoidance of large crowds where one does not know the vaccination status of those attending. The avoidance of large gatherings includes large private gatherings as well as public, such as sporting events,

The measure of intelligence is the ability to change.
- Albert Einstein

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Yarns From the Back Alley Shepherdess

by Barb Kuhn



I ended my Back Alley Shepherdess articles for 2021 saying that we all need to forgive our ancestors and each other.

I am suggesting that we all start this New Year by forgiving ourselves.

By doing that, we can start with a clean slate. I don't know how many of us indulge in the old tradition of "New Year's Resolutions", but they always seem to come with some sort of legacy of guilt attached to them. The background of the behaviour that needs to be negated is always present in these statements. Perhaps we need to reframe how we talk to ourselves.

My favourite one is we all have to be "good" and "eat healthy". I sometimes think that eating things that people deem "bad" means that they indulge when they are feeling rebellious. One of my favourites is when people are looking at "treats" as rewards. I don't feel good when I eat that stuff, so I am wondering if that "treat" is a punishment. Kind of like a hangover from too much wine. Totally self inflicted. No one pours it down my throat. I wonder if we need to change our relationship to the things we enjoy.

We all know what makes us feel our best. Whatever it takes to feel that way can last all year long, if we understand that it is our choice. All the previous choices don't matter: all that matters is the next one as it presents itself.

How many times have we started on a slippery slope of "well, I ate 3 cookies, a 4th won't matter". Every cookie is a choice. Not having the 2nd after the 1st, not having the 3rd after the second. I had a really hard time with sugar metabolism when I was

younger. Having the 1st cookie meant I would be sick because I would have 5 or 6 cookies. It was hard to stop. Eventually, I got to the point where I would smell the cookies and didn't have to eat them. It worked; I felt great not only because I didn't eat them but I didn't get physically sick, either. I had a really good doctor who had tested me for glucose intolerance at a young age. He had told me I would be diabetic because my pancreas was producing too much insulin in response to eating anything sweet (hence the sick feeling). I had to decide to change my diet or face this health challenge for the rest of my life. It took some time to develop the cookie smelling strategy, but it worked. I was 12.

My exposure to thalidomide in the womb was one factor that contributed to this illness. The other factor was a sweet tooth that was never satisfied. It was hard knowing that I could have done something different than eat as many sweets as I could when they were available. I had to forgive myself for that. The difference between feeling crappy and feeling good was nothing but my own decision.

I sometimes think that experiencing the highs and lows of hypoglycemia set me up for a life of understanding how to listen to my body and how it responds to my environment. This is available to everyone.

I don't make New Year's Resolutions. I live the best way I can every day. I hope that means I enjoy good health for many years to come. I hope you do, too.

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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.

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SKLCSS (Community Connections) 2021 Review

submitted by Gary Sly

2021 has been a busy year for South Kootenay Lake Community Services Society (aka Community Connections).

As a local non-profit society, we continue to try to serve the community by sponsoring grants and projects that support and enhance the health and well-being of residents of Area A. We are also continually trying to initiate new programs that can benefit our communities, particularly programs that can benefit seniors and youth.

Our East Shore Elder Care Program has been operating for a number of years, offering services to seniors in our area. We recently completed a project that focused on helping seniors, who are experiencing challenges with transportation, with assisting with garbage removal, recycling and small household maintenance jobs. Special thanks to Ken and Angela Doggart and Susan Dill for all their hard work on this project. Thank you to Columbia Basin Trust (CBT), Valley Community Services and the United Way for the grants that allowed us to do this project for the community.

Our new Therapeutic Activation Program for Seniors (TAPS) will begin this January with our new TAPS Coordinator, Christian McStravick. The program will offer support to seniors that have been experiencing transportation, health and support challenges that have limited their ability to participate in other programming. This program is funded by Columbia Basin Trust, Valley Community Services of Creston, BC Gaming Community Gaming Grants, the Regional District of Central Kootenay and by private community donation and we are very grateful for their support.

Vienna Doenni and Matt Carss, the East Shore Youth Network Coordinators, have continued to adapt to the ever-changing Provincial Health Orders during Covid by focusing on outdoor programming. They have been expanding the program with new grants and initiated a new project this year that focussed on women's sports. This program allows girls to explore sports that are seldom available to them in our area. We would like to thank Columbia Basin Trust for continuing to fund the Youth Network and a thank you to Walmart Canada who have contributed to the ongoing Youth Network hiking program.

In connection with both programs, we have received a Columbia Basin Trust grant for a new hybrid AWD electric van. The funding will provide 70 % of the cost of this new vehicle. The East Shore Youth Network has been in need of a new vehicle upgrade since our 1996 Chevrolet Suburban is starting to show signs of deterioration. The program uses this vehicle to access hiking trails, skiing and various other activities throughout the region. The East Shore Elder Care program intends to help provide transportation for seniors that want to attend our programming. A new, shared, AWD van would allow us to provide safe transportation for both youth and seniors in our community. Other grant funds will provide another \$7000 towards the cost of the van. We are continuing to search for funding for the remaining \$8000.00. We are more than happy to accept any donations towards the new vehicle. All donated funds will go directly towards the vehicle.

In regards to donations for our programs, SKLCSS policy is that all donated funds go directly to programming with no administration fees being taken from them.

Many thanks to Garry Jackman and the RDCK for supporting many events and projects throughout Area A. They have supported new equipment for the East

Shore Fitness Center, the Fitness Center website, the Riondel Halloween Party, the East Shore Youth Network Haunted Halloween Hall, the Eastshore.Life website update, and they have funded new Historical interviews that are being added to the Eastshore.Life YouTube channel. Many thanks to the RDCK and CBT for its continued support for Ellie Reynold's Eastshore Alliance Supporting the Early Years Program (EASEY), which offers programming and support for young children and families on the East Shore.

Thank you also to Columbia Basin Trust for funding the new additions to the Crawford Bay Playground and big thanks to Ellie and Charles Reynolds for all their hard work installing the new equipment and continuing to enhance our wonderful playground.

Thank you to the Union of BC Municipalities and the RDCK for funding the Age-Friendly Project that was led by Laverne Booth. The project was initiated to assess the challenges that seniors may be facing in our communities and to find ways to improve and strengthen elements of our communities in order to make it possible for our seniors to remain in their homes for as long as possible.

This fall, Gord MacMahon, with the funding support of the RDCK, initiated the first phase of a community geo-thermal project to assess geo-thermal energy potential in the region. SKLCSS was able to partner with Selkirk College to hire a GIS student for 3 months to aggregate all available data from the region. We are grateful for the support from hire Jackman and the RDCK as well as funding support from Colleges and Institutes Canada (CICan)

We are planning our virtual AGM in February which will be on Zoom. We hope many of our members can join us for the meeting and we would like to invite anyone in the community to join us to hear about all of the local initiatives in the area. We will have an ad in the February Mainstreet to announce the date, time and zoom link for the meeting. We look forward to serving the Eastshore communities.

RDCK Fitness Centres Closed Until January 18

Private bookings and some events also affected by new restrictions

View on the RDCK website: <https://www.rdck.ca/EN/meta/news/news-archives/2021-news-archive-1/rdck-fitness-centres-to-be-closed-until-january-18.html>

Nelson, BC: By order of the British Columbia Provincial Health Officer (PHO), fitness centres at Regional District of Central Kootenay (RDCK) recreation facilities will be closed as of Wednesday, December 22, 2021, at 11:59pm until January 18, 2022. The PHO ordered these and other new restrictions today in response to the escalating COVID-19 situation; specifically the surging cases of the Omicron variant across the province.

In addition, private bookings of meetings rooms, banquet halls, ice, pools and other facilities will not be accepted for this time period. Some events will be cancelled, including free community skates during the holidays. Some recreation programs offered during this time may be rescheduled. Regular programming provided by groups like minor hockey, skate clubs and swim clubs can continue.

Indoor events at RDCK venues, such as scheduled minor hockey or junior hockey games, can only have spectators to 50% seated capacity, with proof of full vaccination required.

At this time, registered RDCK programs, aquatics programs and regular public swimming and skating

will proceed as scheduled. Guests will be informed if there are any changes.

Time-based memberships (RDCK Active Passes) will be put on hold until the restrictions are lifted, and memberships may also be refunded on a pro-rated basis to December 23. Pass-holders can request a refund or a hold by calling the local recreation facility during regular operating hours. Please allow 3-4 weeks for refunds to be completed.

Other public health measures remain in effect, including: the requirement for everyone 5 years and older to wear a mask in all indoor public spaces; the requirement for proof of full vaccination for many programs; and the recommendation to keep personal gatherings small.

Previous measures announced on Friday, December 17 are also in effect. To view all current restrictions, visit the COVID-19 information page on the BC government website: <https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions>.

If there are any changes to restrictions or any new restrictions announced, information will be shared at www.rdck.ca/recreation and on RDCK Facebook pages.

Incorporated in 1965, the Regional District of Central Kootenay (RDCK) is a local government that serves 60,000 residents in 11 electoral areas and nine member municipalities. The RDCK provides more than 160 services, including community facilities, fire protection and emergency services, grants, planning and land use, regional parks, resource recovery and handling, transit, water services and much more. For more information about the RDCK, visit www.rdck.ca.

East Shore Welcomes T.A.P.S.

by Christian McStravick

It is with great pleasure that I introduce myself as the new T.A.P.S. coordinator for the East Shore community. My background includes long term and private health care as a registered Health Care Aid, Personal Support Worker, and adult recreational therapy. I am also the sole proprietor of Mary-Ann's Way; offering customized care to promote aging in place.

Therapeutic Activation Programming for Seniors (T.A.P.S.) provides seniors with an opportunity to come together, participate in community activities, connect, support each other, and take pleasure in life. T.A.P.S. is vital for supporting emotional, spiritual, and social health. By promoting meaningful connections, and activity within a group setting; individuals can have these needs met.

Through the generous support of grant funding, South Kootenay Lake Community Service Society (aka Community Connections) has been able to commence the facilitation of the T.A.P.S. program in our area. Many thanks to Columbia Basin Trust, Valley Community Services of Creston, the United Way, BC Community Gaming Grants, and the R.D.C.K. for funding our program. Originally started 20 years ago in Creston, the program was designed to serve isolated seniors who faced depression and mental health issues. Funding, at that time, came through the healthcare system.

Day programming will offer elements of physical exercise, arts & crafts, music therapy, wholesome meals, and a chance to connect with their community members. Transportation will be made available for those facing issues of isolation to a lack thereof. Programming will happen at various locations within the East Shore communities, providing the opportunity for access for all seniors. If this is of interest I can be contacted for program registration at eastshoretaps@gmail.com or call 1 800-278-8716

Please stay tuned in the New Year for programming days, times, and locations. From everyone at the T.A.P.S. program, we look forward to making meaningful connections in 2022!

Yasodhara Ashram - A Year in Review

by Nicole Plouffe for Yasodhara Ashram Society

We took a moment of pause over the Christmas holidays to reflect and relax and look back on another year that brought about more uncertainty but within it, expansion, opportunity and a deeper connection to community and our teachings.

In 2020, we learned that we had the resiliency to adapt and change, listening to what was needed and in 2021, we flowed once again around obstacles. We focused on what was important to us and continued to seek how to serve others in a meaningful way during these times.

The significant change this year was to open our doors to the public in a new way. The Yoga Development Course in January brought 18 participants and we navigated how to hold each person through two weeks of quarantine. Through power outages, balancing a new system of food delivery and creating online support, we managed to transition them into the transformative three-month course. Many stayed on throughout the year with us and we valued their presence and contribution to the Ashram.

After hearing from people about how isolating and challenging the pandemic had been (and still is), we created a one to three week Restorative Retreat program which allows people to create their own experience while being held in community and supported. We had many guests come and renew and nurture themselves - 75% of them new to the Ashram.

In our continued online programming, we introduced longer 10-week courses: one for professionals needing to experience more balance in their work and lives and the other for Yasodhara aspirants wanting

to deepen their study. We were pleased that people responded so well to more in-depth courses and we will continue them in 2022.

Another significant change was the passing of Swami Radhananda, our beloved president and spiritual director of the Ashram from 1993-2014. Hers was a life dedicated to teaching, learning and community. On September 8, we celebrated her life and our lineage and gave thanks for all she offered us. Her energy is still very much with us and with all those whose lives she touched.

Swami Lalitananda carries on the lineage with gratitude and innovation.

In keeping with our dedication to continual learning, we have been putting into action initiatives on climate change, sustainability and Indigenous reconciliation. We have connected to leaders in their field and culture which has enabled us to renew our appreciation of the land.

Here are a few highlights for us:

- The forestry work with Ian Kerr, a sustainable logger from Creston, who has helped us to create a healthier forest and mitigate wildfire.

- We acknowledge that we are on the unceded territory of the Ktunaxa and Sinixt Nations and we had the privilege of learning from a member of the Yaqaan Nukiy band by foraging materials from the land and beginning to construct together a traditional sturgeon nose canoe.

- Our treasured meeting and hosting of Shelly Boyd, cultural representative of the Sinixt nation.

- The opportunity to interview Suzanne Simard, professor of Forest Ecology at UBC and bestselling author of Finding the Mother Tree. An enlightening conversation about climate change forestry and mother trees.

- The honor of hosting Pahan Pte San Win, Leader of the Sundance of Women, in an online work-

shop where she reflected on the finding of the graves of children at the residential schools and what it meant for her community. The proceeds of this workshop were donated to the Sundance of Women.

So our learning and teaching continue to grow here on the land that we recognize as our spiritual home.

This year of upheaval makes us grateful for a supportive community. And we extend empathy and Light to those who have been adversely affected by the pandemic, climate events and all of the other challenges we faced this year.

Thank you to the East Shore community in all that you offer and are. May our hearts be open as we enter 2022, knowing that we are all in this together – simply walking each other home.

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Artconnect's Monthly Coffee House Music Nights

Beginning Jan 22

by Paul Winfield, Mary Livingstone

Happy New Year, One and All! May 2022 bring light, laughter, health, hope and much music.

Check out this exciting new musical adventure in our community: ArtConnect's Coffee House Music Nights! kicking off January 22 2022.

These gatherings will take place in Harrison Memorial Church, a beautiful heritage building that's being repurposed by the local non-profit group ArtConnect, dedicated to bringing the Arts to communities on the East Shore. You'll find it at 16004 Crawford Creek Road, in Crawford Bay.

These monthly Coffee Houses will be organized and hosted by Paul Winfield and Mary Livingstone, your East Shore neighbours (and a musical duo you might know as Wherpeter).

As new residents, the couple was drawn to Crawford Bay's motto, "Artistic by Nature". They immediately fell in love with their new community and the amazing creative vibe of the East Shore. They were thrilled to find audiences for Wherpeter's



music on both sides of the lake. When the pandemic struck and live gigs evaporated, the pair created and hosted TUNE INN - a virtual stage to share with their fellow music makers. For eighteen episodes, the live-streamed show was warmly welcomed by musical artists and their fans alike.

Paul and Mary are honoured to introduce and host these Coffee House Music Nights. The events will be held on the fourth Saturday of every month, with an admission charge of \$15.00 to \$25.00 per person, on a sliding scale*. Doors will open at 6:30 pm. The Open Stage will begin at 7:00 pm, as a showcase for local musicians (who have signed in and spoken to the hosts) to take the stage for about 15 minutes each. An intermission will follow, with self-served coffee and tea and a little socializing (sticking to Covid protocol, please). A Feature Performance will wrap up the evening.

* ArtConnect is open to arrangements to cover the admission fee for Coffee House volunteers.

Opening Night's Feature Performance will be the highly accomplished guitarist and celebrated BC musician, Riondel's Sam Hurrie. A contributor to the Vancouver Island Music Festival for many years, Sam also played the 2021

Starbelly Jam Stream, live-streamed from the Cabin at Kootenay Bay.

These are the guidelines for Open Stage Performers at the Coffee House Music Nights:

1. Local or visiting musicians playing the Open

Stage, please sign in and speak to the hosts (first come, first served) by 6:45 pm, thanks.

2. After registering with hosts, please take a seat and be ready to play when introduced.

3. Please plan to remain present for all performances.

4. Open stage Performers are invited to feature three songs, for a total stage time of 15 minutes. This may be adjusted in view of attendance, at the discretion of the hosts.

5. Priority will be given to out-of-town visitors and first-time performers, which should be indicated on the Open Stage sign-in sheet, please. Priority will also go to those who did not play the Open Stage in the month previous.

6. This is a live music venue – with sound amplification equipment provided by ArtConnect. Performers bring and use their own instruments and microphones. No digital soundtracks are supported at the venue.

7. If you would like to be considered as a feature performer, please indicate this on the Open Stage sign-in sheet. Related decisions are made by ArtConnect in cooperation with the hosts.

8. Enjoy some great music, have fun, meet new people, laugh, play and become a regular!

As an indoor public event, the Coffee House is required to adhere to the current BC Health regulations. Masks will be required. Sanitizing stations will be available. Audience members must remain seated during performances. Thanks for helping to keep our community safe.

Next Deadline:

Jan 26, 2022

South Kootenay Lake Art-Connect Society Christmas Open House at Harrison Memorial Church – A Magical Event!

by Zora Doval

We held our first event at the Harrison Memorial Church on December 18. What a day it was and what an evening! As the snow was piling in the yard we were preparing for the event with some trepidation. It was uncertain if people could even make it due to weather conditions. A thought of cancellation crossed my mind....

When the doors opened in the early evening the church looked very magical and festive. It right away awoke all the memories of past Christmas concerts I was part of. Even with the restrictions (Covid mandates) and challenging weather there was no shortage of performers to contribute music to the occasion. It was especially heartwarming to hear a small ensemble of the very young performers sing the carols. Their sweet voices sounded like what I picture angels would sound like! And it sounded good also outside by the firepit where the fire added an extra dimension of winter magic.

Personally I like to thank **Jacqueline Wedge, our local piano teacher who kindly agreed to accompany me on piano for my classical songs**, without much rehearsing. What a honor to perform with such a talented classical pianist! Knowing her dislike for public show and performance, I doubly appreciate her willingness to play with me and also accompany everyone for sing along. My hope is that she will chose to perform more often in the future!

Thank you to **Ken Wilson whose saxophone and flute playing** was a nice accent to the evening!

Thanks to **Paul & Mary (Wherpeter)** whose performance brought the magic of the Season to the foreground!

A big thank you to **Eastshore Singers under the guidance of Ellie Reynolds** who created the big crescendo of love and joy to complete the evening. Although singing a capella their voices wove beautiful harmonies without ever lacking instrumentation!

Also, thank you to **Miroslav Doval for tending to our sound and Ben Johnson for recording the**

whole event!

• More thanks go to **Susan Snead and the young singers.**

• Deep appreciation to the **board members who helped preparing the building** for the evening.

• Thanks **Nicole Plouffe for donating teas and coffee** for the event!

• Thank you **Susan Snead and Darla for helping with clean up and decorations!**

• Thanks to **Eddy Draper for doing our snow....we appreciate you!**

• Thank you to **new members and financial donations!**

• A special thank you to the group **Applesauce Fiddlers who kindly donated their sound system** to the venue! This was an especially welcome and needed gift. We have used it during the event and it works well for the space... thank you so much Applesauce fiddlers for donating and Lorna Smith for delivering!

• **Thank you also to the brave audience** who attended in the face of adverse weather conditions. As a board we appreciate you coming and celebrating Christmas with us. We hope to enjoy many more Christmasses in this beautiful building which will now serve the community. You are cordially invited to attend our first coffeehouse on January 22.

Meanwhile, stay warm and healthy. If you have innovative ideas for the use of Harrison Memorial or think of a band/performer to play a concert, give me a call at Zora 250 777 1856.

If you would like to support our vision please consider becoming a member. Your membership fee will help us with covering the costs of programming. Please send \$25 to esartconnect@gmail.com.

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Eligible applications must be received by Monday, January 31, 2022.

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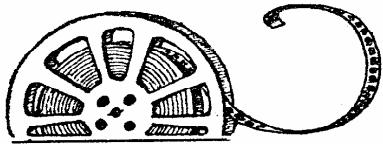
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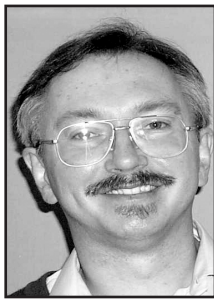
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Seldom Scene

by Gerald Panio



For some Canadians who may still have had a hard time understanding the anger of First Nations peoples over the injustices of the past, this last year's revelations of mass graves at the site of some residential schools likely tipped the scales. A horrifying legacy was brought fully into the light of day. To the silent voices of dead children has been added the eloquent voices of contemporary First Nations writers such as Richard Wagamese, Lee Maracle, Thomas King, Thomson Highway, Tanya Talaga, and so many others. Now, with Mohawk filmmaker Tracey Deer's *Beans* (2020), we have a reminder of another not-too-distant moment in Canadian history that teetered on the edge of a bloodbath and opened wounds between communities that have yet to fully heal.

What came to be known as the Oka Crisis or the Kahnésatake Resistance was triggered in 1989 when the mayor of Oka, Jean Ouellette, announced that the town was going to build condominiums and a golf course extension on land containing a Mohawk cemetery and claimed as part of Mohawk territory. In the face of indifference to Native protests, tensions quickly escalated. Eventually, in 1990, Mohawk warriors barricaded roads and the Quebec government responded by calling in hundreds of police from the Sûreté du Québec. On July 11, 1990, the SQ moved in force against the barricades. There was a brief firefight, and an SQ corporal, Marcel Lemay was killed. The SQ retreated. No one knows who fired the first shot or the bullet that killed Lemay. Barricades were reinforced, and Mohawk warriors blockaded the Mercier Bridge connecting Montreal to its southern suburbs.

The siege of the Kahnésatake Reserve would last 78 days and ultimately involve over a thousand SQ agents and four thousand Canadian troops (almost twice the number serving in the Persian Gulf War at its peak) facing off against 40 Mohawk warriors and the residents of Kahnésatake. As many as 1500 journalists provided news coverage. With the exception of the death of an elderly resident who suffered a heart attack during the evacuation of non-combatants, there was no further loss of life by the time the siege ended on September 26. Despite injuries on both sides during the course of confrontations, credit must be given to all those who ultimately kept the powder keg from exploding into full-on warfare. It was a very, very close call.

The first, and still most powerful, attempt to capture the Oka Crisis on film was Native American-Canadian Alanis Obomsawin's documentary *Kahnésatake: 270 Years of Resistance* (1993). Ms. Obomsawin's subsequent films have gone deeper into the events of 1990 (*Spudwrench*, 1998; *Rocks at Whiskey Trench*, 2000) and have shed light on the historical relations between Canadian institutions and indigenous people

(*Trick or Treaty?* 2014; *We Can't Make the Same Mistake Twice*, 2017). With a resume of some 30 films, Alanis Obomsawin is now acknowledged as one of the finest indigenous filmmakers of her generation. (Much of her work is available for free at the National Film Board of Canada website, and for purchase and rental through streaming services such as iTunes.) Two other worthwhile Kahnésatake-themed NFB films are Alec MacCloud's *Acts of Defiance* (1992) and Reaghan Tarbell's *Little Caughnawaga: To Brooklyn and Back* (2008).

Tracey Deer's *Beans* is a fictional account of some of the most harrowing moments of the Oka siege, told from the point of view of a 12-year-old Mohawk girl and her family. As Tekehentakhwa, nicknamed "Beans," Akwesasne-born Kiawentiio easily carries the film on her endearingly awkward adolescent shoulders. It's not a performance you're likely to forget any time soon. As if the challenges of adolescence weren't enough, imagine suddenly finding yourself in a war zone in a Canadian suburb, and discovering that your onetime peaceful French-Canadian neighbors can turn into effigy-burning, rock throwing, lynch-minded mobs.

At first as naïve as they come, in the Oka pressure cooker it doesn't take *Beans* long to pick up some serious attitude from older, tougher community teens. Taken under the reluctant wing of bad girl April (Paulina Alexis), Beans gets lessons in bullying,

provocative dress, and crude language that don't come as pleasant surprises to her pregnant mother, Lily (Rainbow Dickerson). April dismisses Beans's dreams of going to Grade 7 in a private school as elitist claptrap, and warns her to "cut out the sweet shit." April's philosophy of life is that as long as you're hitting someone else, they can't hit you. Fight dirty. Go crazy.

Timing-wise, of course, it's not the best idea to start learning to carry a big chip on your shoulder when you're 12 and surrounded by thousands of armed troops, police, and hate-fueled townspeople. In the film's saddest moment, Beans lashes out at a young French-Canadian girl in a channeling of all of April's rage. Lily's terse, devastating reaction: "Tonight, you made more people hate us."

A centerpiece of the film is an incident that happened late in the siege (and is documented in *Rocks at Whiskey Trench*). About 75 cars containing women, children, and the elderly were allowed to leave Kahnésatake to get them out of harm's way should the situation explode. As the convoy passed slowly through one narrow section of highway outside of the reserve, called "Whiskey Trench" because of the breweries on both sides of the road, hundreds of residents from nearby Châteauguay lined the roadside, screaming at the cars and throwing rocks that smashed windshields and sprayed the occupants with broken glass. Of the dozens (hundreds?) of police posted on both sides of the highway, only one made any effort to intervene. This incident, along with nights of mob violence in Châteauguay and aggressions against Kahnésatake residents trying to get food supplies to the reserve, cut a deep divide between neighbors who had previously gotten along well. Although I remember

being shocked at film footage of hate-filled crowds jeering black students entering previously segregated schools in Arkansas in 1957, it's doubly shocking to see ordinary Canadians in the same, ugly light. And it's suddenly easier to understand how the abuses at residential schools could have gone on for so long with so little accountability.

To add to the surreality of barricaded bridges, armed sieges and racist riots, on September 18, 1990, SQ officers and army soldiers tried to mount a full-on incursion into the reserve. While attempting to lay down razor wire, they were challenged by hundreds of Mohawk residents. After several hours of sporadic violence, the soldiers were airlifted out by eight Chinook helicopters.

Quite the heady scene for a young old Mohawk girl trying to create an identity for herself. But the kid's going to be all right. With any luck, she'll be stepping into Alanis Obomsawin's shoes, joining her pen to Eden Robinson's, joining her voice to Tanya Tagaq's, learning lessons from Tanya Talaga, or scripting episodes for Hulu's *Reservation Dogs*. She'll be making us laugh, or cry, or both.

In case you were wondering, the golf course never happened. The federal government purchased the land. Five Mohawk warriors were eventually convicted of crimes, with only one serving time in jail. Police and military personnel clocked in two million hours of overtime. And in 1991, Jean Ouellette was re-elected mayor of Oka by acclamation.



Next Deadline:

Jan 26, 2022

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Creativity,

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The Riondel Arts Club

by Sharman Horwood

The Riondel Arts Club is still active, despite the cold and the threat of the Omicron variant. (We do now have to wear masks at all times in the Community Centre.) However, we still have a display of some of our best work in the centre's hallway. Please stop by and look at it. We would love to hear what you think.

In January, Gerald Panio is continuing his lectures on art. He plans to give a presentation on Wassily Kandinsky on Jan. 4th. On Jan. 11th, Gerald will show a video on Renoir's famous *Dance at the Moulin de la Galette*. The following week, Jan. 18th, Gerald will give a presentation on Leonora Carrington. She was a British-born Mexican artist who was also a surrealist painter. Carrington was one of the last surviving members from the 1930s surrealist movement.

If your fingers are twitching every time you see someone working with a paint brush, or doing mosaics, please come by to join us. Tuesday morning is painting and drawing, and Wednesday morning is mosaics. We charge a \$10 a drop in fee, but we're always happy to see people who might be as interested in art as we are.



Tom's Corner

by Tom Lymbery

BCHF Conference in Prince George

In 2003 Terry Turner and Susan Hulland's East Shore history, *Impressions of the Past*, placed second for the BC Lieutenant Governor's Medal for Historical Writing in the BC Historical Federation (BCHF) competition. I went with them to the BCHF conference in Prince George where the award would be presented.

We were accommodated at the student residences at the new University of Northern BC. It was some distance from the city, so we were fortunate to be able to access other events and

meals. We met a woman from Nanaimo, the site of the next year's conference, and took her to breakfast at Tim Hortons - which was a first for Susan.

Terry and Susan's award was presented at the banquet by The Honourable Iona Campagnolo, BC Lieutenant Governor, to which they gave a very good response.

As the conference always runs for three days, we settled in on the first day. The next day we were taken by chartered Greyhound bus to see the historic St. Pius X Catholic Church in the Lheidli T'enneh community of Shelley, northeast of Prince George. The church was built in 1913, likely by the Oblates, a missionary order originally from France. A First Nations man met us there and explained the problems they were having to maintain the church and protect it from vandals. The church was built with beautiful stained glass windows from the French region of Alsace Lorraine. A few years after our visit the windows were removed to Exploration Place in Prince George for safekeeping until the church could be restored.

The afternoon Greyhound trip went up the north side of the Fraser River where many sawmills once operated but were now closed and consolidated in Prince George. Our young charter driver had ingeniously put "New York City" on the bus destination sign, and stopped at a restaurant named "Paradise". Terry took a photo of the amusing scene. This community might soon be gone - we saw sawmill buildings in the background, but they were no longer in use.

We drove further on, intending to cross the last remaining combination rail-and-highway bridge in BC to take us to Penny, another sawmill place now barely hanging on. But as there was a work crew on the bridge, our driver turned the bus around on the highway (quite a feat) and returned us to Prince George.

On the next day, Sunday, we had an option of driving to Fort St James, and this we were eager to do. One of the advantages of BCHF conferences is the opportunity to visit places you might never get to oth-

erwise. We were taken by a different company's charter bus, and stopped for a break at Vanderhoof, which claims the distinction of being the geographical centre of BC.

Fort St James National Historic Site on the shore of Stuart Lake is the earliest HBC trading post this far west. It was built back in 1806 by Simon Fraser of the North West Company to trade with the local Carrier (Lheidli T'enneh) First Nation. For much of the post's 150 year lifespan it was the Hudson's Bay Company's headquarters for what is now mainland BC.

The fort was opened especially for our group, and served us the traditional beans and bannock fare for lunch.

The great-granddaughter of Chief HBC Factor Sir James Douglas spoke to our group, and explained how she traced her Black ancestry back to Sir James Douglas' mother who was Creole, and her Metis ancestry to his wife Amelia. As Governor of the Colony of Vancouver Island, Sir James enabled hundreds of Black Americans to settle in the colony, and publically denounced the practice of slavery. He signed treaties and established reserves for some of the First Nations on Vancouver Island, but his successors such as Trutch didn't carry through on these.

After visiting another church with stained glass windows from France, I suggested to our bus driver that some of us would like to see the Russ Baker Memorial at Fort St James, named for Frank Russell Baker, one of the first bush pilots in the region.

After World War II, Baker's small local airline helped to give Pacific Western Airlines its start. Other fabled bush pilots included Sheldon Luck, who Millie and Geoff Noden in Riondel rated as their favourite pilot. (Geoff, a long time Cominco employee, had been flown in to many isolated mines.)

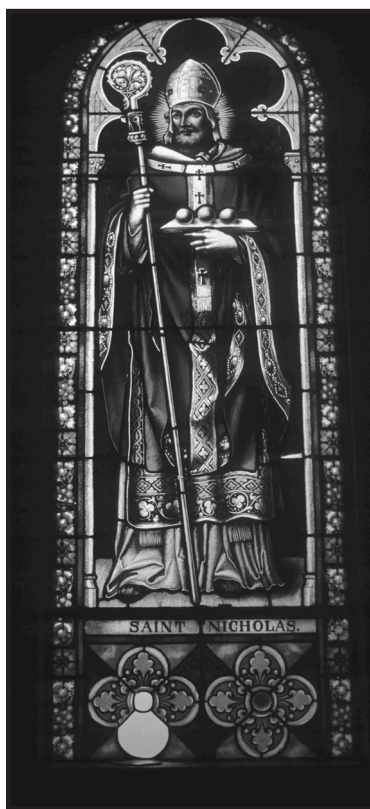
I had inadvertently mentioned to our driver that our Greyhound driver had turned his bus around on the highway. So he drove us toward where he thought

the memorial was, but not being as skilled a driver, he somehow got the coach stuck on some rocks when he attempted to turn the bus around. However he managed to get the bus free and returned us safely to Prince George.

Driving home we took Highway 16 through McBride, past the spectacular Mount Robson, then down the Icefields Parkway to end a super trip.



Terry Turner and Susan Hulland with their 2003 awards from the BC Historical Federation historical writing contest for their book *Impressions of the Past*. Photo courtesy John Spittle via Susan Hulland



"St Nicholas" is one of several exquisite stained glass windows from the historic St Pius Catholic Church, Shelley reserve, Lheidli T'enneh First Nation, NE of Prince George, BC. Photo: Kent Sedgwick, Northern BC Archives, UNBC Accn. 2012.13

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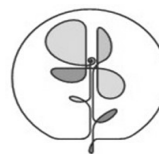


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Smarter Than Jack or Jill

by Sharman Horwood

Animals are smart, amazing creatures. If you have an animal story you'd like to share, please contact me at shhorwood@gmail.com.

Of the African Big Five

In Africa, hunters say there are five animals that you need to fear the most. They are the lion, the leopard, the black rhinoceros, the African bush elephant, and the African buffalo. The buffalo in particular is known to be intelligent and vengeful. They recognize their hunters and will pursue them. In 2018, a South African big game hunter was gored to death. He had killed one of the members of the herd; another had retaliated (National Geographic, Kylie Mohr). Cape buffalo, a subspecies of the African buffalo, killed two other professional hunters in Zimbabwe in 2012. However, it is the other side of the buffalo's nature that interests me.

There are two types of water buffalo: the water buffalo of India and South East Asia which is often domesticated, and the African buffalo, that looks similar but with larger horns and boss across its head. The Asian water buffalo can be placid and raised as a domestic animal. The African buffalo cannot. It is often aggressive towards humans, and cannot be tamed. However, this animal is intelligent, with has a social hierarchy. They protect each other and they also take care of the sick and elderly members of the herd (Live Science, Alina Bradford, July 31, 2014). They shield the weak and the young in the centre of the herd, away from predators. Young males and the injured or ill are positioned at the back of the herd.

African buffalo live in both small and very large herds. Their diet is entirely made up of grasses that

it grazes upon. In general they follow "pathfinders." These are older, experienced females who are trusted. They search out the best area for grasses, their eyes out for lions or leopards, or hunters. When the grass has been eaten away from an area, the herd decides where they want to go. They will stand and turn their noses in a particular direction. The majority wins, just as it does in most democracies, and the lead female will take them in that direction.

These animals have poor eyesight and hearing, but they have an excellent sense of smell and are known for their exceptional memory. They ambush and attack hunters who have wounded them, sometimes even years later. "They kill more hunters in Africa than any other animal" (Wild Wings Safaris, Alison, April 18, 2016). They have also been known to kill the cubs of lions that have attacked and killed members of their own herd in the past.

However, I know of two rather surprising acts of kindness by African buffalo, one of which particularly endears them to me. One short video of this is on my Facebook page for Dec. 21st. In it, a tortoise is lying on its back in an enclosure. It cannot right itself. A group of zebra are under a building's shelter at the back of the compound. A young buffalo approaches the tortoise, digs one horn under it and flips it over so that it's right side up. The buffalo looks particularly pleased with itself as it struts away.

The other act of kindness is less obvious. On Easter Sunday, 2006, a group of people went fishing on the Zambezi River between Zambia and Zimbabwe. The two men were professional hunters. It was a beautiful day and they were enjoying the views more than the fishing. However, part way down the river a solitary male hippopotamus took offense at their intrusion. It head butted their boat and turned it over, dropping everyone into what they knew was a crocodile infested river. One of the men, Alistair Gellatly, swam for shore to get help. He was middle aged, single, and willing to

put himself at risk because he had no family or children. The others climbed onto a sandbank in the centre of the river where they could see any crocodiles coming near. Together they could drive them off.

Gellatly reached the shore, and as he tried to climb out onto the safety of the bank, a crocodile attacked him. It bit down on his arm and tried to drag him under. Alistair was able to fight the crocodile off (if you want more of the details, this experience was televised in an episode of *I Shouldn't be Alive*, and also written up in *Outdoor Life* on Sept. 18, 2007), and thankfully crawled out of the river. However, his arm and hand were severely injured. They were bleeding and he lost consciousness. He came to as night fell, and he heard lions in the distance. Lions and leopards can smell blood for miles, and he didn't have bandages, water, or food with him. He did have a visitor, however.

After nightfall, as he lay there, propped against a tree, he heard the sound of a large animal cropping grass nearby. He could just make it out in the darkness. It was an African buffalo and it approached him. When it got to within a couple of yards, it laid down. It stayed there throughout the night. The lions would have smelled his blood, but they would have stayed away because of the buffalo. In the morning people canoeing on the river rescued Gellatly, and his friends.

Why the buffalo decided to remain with Gellatly isn't known. By dawn, it had moved on. With African buffalo, sometimes the herd rejects older, bad tempered males. Locally, they are known as "dagga boys." Perhaps this was an older male that didn't want to be alone, and was willing to tolerate an injured human for a short time. Perhaps it too heard the lions and didn't want to be alone for that reason. A full pride of lions can kill a 1,000-pound African buffalo, but not easily, and maybe this one wasn't willing to take the chance.

With their exceptional memory, and their social culture, African buffalo are remarkably intelligent animals. Maybe that's why they're not domesticated.

For the Love of Genre

by Sharman Horwood

The Peoples of Osten Ard

In a previous column, I reviewed Tad Williams' *The Dragonbone Chair* (1988), the first novel in the *Memory, Sorrow, and Thorn* trilogy that takes place in the fictional world of Osten Ard. The series is excellent fantasy, praised even by George R.R. Martin. Afterwards Williams went on to write other successful novels, some urban fantasy as well as venturing into a more cyberpunk world with the *Otherland* series. Then, in 2017, Williams began a second trilogy that returns to Osten Ard, with *The Heart of What Was Lost*. However, Osten Ard is like one of the greater trees from its Aldheorte Forest, and branched into another series, titled *Brothers of the Wind*. This, too, is an excellent novel and begins with the stories of the Sithi, a lesser known people in *Memory, Sorrow, and Thorn*.

The world of Osten Ard has been settled by several waves of people, first with the Sithi, then the human Rimmersmen--similar to Vikings--as well as the Hernystir; other humans with their own cultures and ways of living have also settled in this old world. In fact, throughout the series, Osten Ard is seen as the old world, as opposed to the way we see North America as a new one to be colonized.

The Sithi are elf-like, yet with a very Japanese sensibility. They are smaller than humans, and with pointed ears, but have angular faces. They are virtually immortal, and very proud. Simon, in the first trilogy, saves the life of one of the Sithi, and thus is befriended by this magical being. This is rare since the Sithi look down on humankind. However, because of Simon's friendship with this one Sithi, he is able to pass from their world into his own, and back again.

The Sithi are artistically sensitive, and they built nine magnificent cities in and around Aldheorte Forest.

By the time Simon comes to know the Sithi, however, their cities are in ruins, and their race diminishing.

Simon is an orphaned scullion who, but associated with a scholar in the Hayholt--the castle that was built on the ruins of the Sithi's Asu'a. The Hayholt is thus haunted by the ancient Sithi. Many believe the fall of Asu'a was due to the mad Ineluki--the Storm King--and that he is trying to return to life again with the help of his kindred, the Norns.

Brothers of the Wind takes place a thousand years before Simon encounters the Sithi in *The Dragonbone Chair*. It is the story of Ineluki and his brother Hakatri. They are the sons of the Sithi's guiding couple, Amerasu and her husband. This story begins the tale of Ineluki's growing madness and the resulting fall of Asu'a, and it is narrated by Pamon Kes, Hakatri's Tinukeda'ya servant.

In their time in Osten Ard, the Sithi have become three distinct races: the golden-skinned Zidaya, the "bone-pale" Hidedaya, sometimes called the Norns, and the Tinukeda'ya, whose skins are a paler gold. The last are known as the Changelings because they have changed their shape and customs over the years. They have also become enslaved to the first two races. All of the Sithi races are long lived, and able to perform a certain magic that works in tune with an underlying plane of spirituality encompassing the world.

In *Brothers of the Wind*, the story of Ineluki and Hakatri takes shape. Their parents are visited by a group of Hernystir humans, led by Prince Cormach, who have come to plead for the Sithi's help. A dragon has taken residence in a valley near them. It is killing the livestock and the people of the area, but it is so large that the Hernystir cannot hope to slaughter it. They hope the Sithi can, with their magic and knowledge of the great creatures. This one is Hidohebbi, and it is as powerful as it is large.

Amerasu and her husband hesitate. Destroying this creature might cost them the lives of many of their own people, and with the long-lived, they feel that would be too great a cost. They would lose much more than the mortals would. Ineluki, however, sees the possible glory that would come from killing this dragon. Rashly Ineluki vows *he* will kill the dragon. Ineluki has to compete with Hakatri, to gain a better reputation and glory. Hakatri, the more sensible brother, decides to go with him to ensure the least damage will be done by this misadventure.

According to Marlene Harris on *Reading Reality*, *Brothers of the Wind* "is a story about overweening pride going before a very big fall" (October 25, 2021). That fall, however, changes history.

Publisher's Weekly describes this novel as a continuation of the exploration of Osten Ard, "illuminating a tragedy born of honor and pride which sets the characters on their paths towards destiny and destruction." That description suggests the novel is an epic but empty fantasy. However, since the story is narrated by Pamon Kes, the servant, the tragic essence of the brothers' relationship is a little more profound. Why does Hakatri feel that he must abandon his own family to protect his brother, and why does the brother resent that help so much? Is this a story about what can happen to brothers as they vie for their parents' approval, that desperate competitiveness that does so much harm? The reasons behind the brothers' success and failure are evident in this tale.

If you enjoy good fantasy, this is a novel for you. The first third of the novel is a little drawn out because it introduces you to the characters, their culture, and their relationships, but the entire novel is well worth reading.

Tales From ShprieLand



Something in the Air

by Heath Carra

In case you don't know, ShprieLand is the elaborate little art home I share with my partner Victoria in

Boswell. It's here that we spend most of our time making fancy-schmancy pottery. While our livelihood consists mainly of metamorphosing mud into money, we do consider ourselves citizen scientists - spending our free time measuring and recording the effects of the atmospheric anthropomorphism that circulates above Kootenay Lake.

Now, we've only lived here for 20 years, so we only have the two decades of our own observations to fall back on, but more and more, we're noticing a rise in localized anthropomorphism (non-humans behaving like humans). When we shared our findings with our cat Nisha, she just scowled up over her newspaper at us and said she hadn't noticed any such thing. Then she snapped the paper straight again and went haughtily back to her horoscope.

We just looked at each other.

Our late dog Kuboosz would have laughed good-naturedly and said something profound about how, as we learn to let go of our attachments, the reality around us clarifies. Kuboosz was part Lhasa Apso, and he claimed to be a Buddhist. He was always full of wisdom and insights like this.

And then there are our chickens. They're like a parliament of 13 hens with one cocksure but mostly ineffectual rooster as the figurehead monarch. When presented with our findings, they bickered about it for weeks and then finally returned to us to ask how, if this was true, we could be sure we ourselves weren't animals that had already been transformed by this effect, which is a really good point. Since then, we have spent a lot more time in front of the bathroom mirror scrutinizing our faces for any zoological clues.

Despite our cat's insistence, anthropomorphism does appear to be occurring at an ever-increasing rate. We're just not sure what's causing it. Perhaps it's related to the magical realism that percolates up through the bedrock around here. Or maybe its origins are cosmic, morphic-rays from the Gamma Cygni Nebula. Or perhaps it's just a distortion caused by the warped lenses of artists' eyes.

No matter what is causing it, we're keen to observe it and report on it for you. If anthropomorphism is on the rise, we all need to be aware of it. No one wants to get mugged on a lonely logging road by a gang of miscreant cedars, or to suffer salesman skunks at their door, or to get up in the morning and be startled by the coffee pot wearing your robe and slippers and making ITSELF a coffee.

Know the signs of anthropomorphism. Keep an eye on your pets. Monitor your home appliances and record any changes in their character or any suspicious new limbs. Scrutinize your loved ones and revisit old photo albums. Perhaps you've forgotten that your grandparents were ladybugs, or lupines, or lawn tractors, or something. But mostly, tune in to this section of the paper. When we're not prestidigitating pottery, we'll be writing monthly missives about this and other curious phenomena.

ShprieLand: the potentially real people that you can trust.

East Shore Reading Centre

by Taryn Stokes, Librarian

Happy New Year to all. I hope everyone found some good books under the tree - no internet required! Thank you very much to the Nelson and District Credit Union for the recent Community Investment Program donation. The funding pays for the internet service at the library. Our library management system, LibraryWorld, is completely web-based. We are pleased to now offer guest access to our wi-fi upon request. A public computer is also available for use.

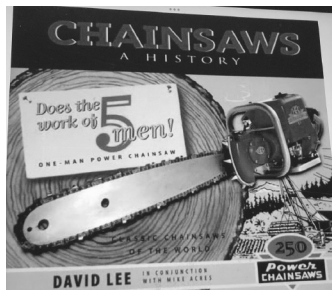
New books were slowed by shipping delays but mid-month our order arrived. Twenty-four additions to our shelves were cataloged in December including books by Petra Durst-Benning, Patricia Cornwell, James Patterson, Jordan Tannahill, Jeffery Deaver and Jodi Piccolt. We had 232 items checked out in December and served 41 patrons.

Last month I mentioned the Goodreads Choice Award opening round of voting; the winners were announced on December 9. At the East Shore Community Reading Centre we have four of the winners representing the Historical Fiction, Romance, Science Fiction and Young Adult Fiction categories. I was surprised that *Malibu Rising* by Taylor Jenkins Reid won for Historical Fiction as it mostly takes places in 1983 but I quite liked the story. The winner for Romance is *The People We Meet on Vacation* by Emily Henry. It is a good vacation read even if you are not traveling. I was pleased to see *Project Hail Mary* by Andy Weir win for Science Fiction. I could see this book being adapted to film like the author's earlier novel *The Martian*. And finally, the winner for Young Adult Fiction is *Firekeeper's Daughter* by Angeline Boulley. The author was inspired by childhood Nancy Drew stories as the main character witnesses a murder and finds herself involved in the related FBI investigation.

The East Shore Community Reading Centre is open Tuesdays and Saturdays between noon and 3PM. We can be reached at 250-777-1492 or via email at escomlib@gmail.com. Our address is 16234 King Road, just across from the Crawford Bay Hall. Take care and happy reading to all.

BOOK REVIEW

by Tom Lymbery



Chainsaws, A History, Classic Chainsaws Of The World, By David Lee, Harbour Publishing, \$34.95 softcover, 215 pages.

This not a new publication but a re-issue of a surprisingly successful book that continues to bring worldwide orders, with the hardcover first edition selling over 20,000 copies. I reviewed this one when it was first issued but it deserves a second write-up.

Lifetime chainsaw collector, Mike Acres was the inspiration for this book with his online listing and details of the origins and advancement of the machine that has changed woodcutting with a crosscut to a fast and easy use.

Early efforts to fall timber included trying to adapt electric wires to burn through the wood but nothing was effective until 1928 when two separate German companies, Dolmar and Stihl produced units driven by gasoline engines. These basic two man machines made their way to the west coast of Canada. When the war started in 1939 no more saws or parts were available so Industrial Engineering Ltd and Power Machinery started making parts, and by 1942 were producing complete saws in Vancouver.

Both IEL and PM had innovative engineers and by 1947 were able to produce the first one man saws, IEL named the Beaver and PM's was the Universal. We have a Universal on display in Gray Creek Store, with its original scratcher chain as this unit was used less than 20 hours. Henry Pennington bought this in Ogden, north of Salt Lake City and brought it north to his seasonal home in Crawford Bay, but was no mechanic so used it very little.

IEL produced the first ever direct drive chainsaw in 1953 and this revolutionized the logging world. The earlier gear drive units used a large chain that cut slowly and had to be levered into the log. IEL had to design a new chain as turning so much faster this fed itself into the wood, allowing angle cutting, underbucking, boring and cutting branches - which gear drives wouldn't do. No longer did a faller need one or two swamper to do these jobs - this radical design allowed fallers to operate on their own.

By 1956 the price of a chainsaw had dropped from \$1,500 to \$250 so was affordable to homeowners for firewood cutting so I started stocking IEL Pioneers in our store. I knew that I had little experience repairing two cycle gas engines so asked about a service course. This took me to Vancouver for a week at IEL's new 650 worker operation in Lake City, Burnaby, close to Vancouver. I was first given a tour of the operation which was an eye opener. I saw sample parts carefully packed in special casting sand, removed and then liquid aluminum poured into the cavity. Then this went slowly along a conveyor to cool and when opened - hey Presto - a shining silver part complete with part numbers. These then went to the assembly area where two workers put them together.

The competed machines went to a soundproofed area where two men put a measured amount of mixed gas in, started the saw and made any adjustments needed, then ran the unit until the gas ran out. This effectively prevented any warranty claims. When IEL was sold to Outboard Marine Corp in Peterborough Ontario and saws were assembled there, OMC said "we don't do that for outboard motors - we wont do it for chainsaws". This cost them about a million in warranty claims.

I spent the rest of my week in Quality Control where they were testing crankshafts with a step to see if they could be used in the model RA. They ran these under load for five hours, then dismantled and carefully checked all tolerances before reassembling so I got some good practice.

The saws designed in Vancouver were fine when made in Ontario, but they soon produced a was more powerful model 700 Pioneer which cut well - until the snow came. Silvio Soucy was falling for Gray Creek Forest Products and just couldn't keep his saw running all day. The air filter was on the side, so when you cut sideways the filter plugged up with a mixture of sawdust and snow. There was no immediate solution so I had to look for another make. This was the model 275 Canadien made by Power Machinery in Vancouver with the air filter on top and ran fine in the snow. PM was a company owned by Lawrence Killam and he sold it to the Bristol Airplane Co of Winnipeg as both saws and planes are weight critical. We sold many Canadiens with the help of Wayne McDougall the salesperson from Woodland Supplies, until Bristol sold to Skil who moved manufacture to the US. (we still buy saw supplies from Woodland)

Swedish Electrolux started buying up chainsaw manufacturers and the Swedish safety factors made a big improvement - Jonsered with the first chainbrake, followed by combinations of springs and rubber to reduce vibration. If better muffs had been available earlier, would I not need hearing aids?

Two cycle (mixed gas) continue to be necessary in chainsaws as the high revolutions per minute of up to 14,000 are necessary to produce the power needed. Plastic parts and bodies are lighter, but the most important asset is that screws into plastic do not shake loose - a great problem with aluminum.

Since virtually everyone has grown up and continues to use chainsaws, this book is a most absorbing reference. Mike Acres large collection of some 90 years of chainsaws is now on display at the Son Ranch, west of Grand Forks. The Son Ranch will also give you a tour of their selective logging operation. If this could replace clearcuts Canada's supply of timber would be assured.

East Shore Health Practitioners Series

A Mainstreet Series

Submitted and formatted by
Christina de Pape

The intention for this submission is to be a series of short articles by alternative health care practitioners who wish to concisely describe why they do what they do in a way that might bring about inspiration for folks to up the anty of self care.

January 2022 Practitioner: Susan Snead Massage Therapy, Reflexology, Astrology, Sound Healing

I'm honoured to write this article on the subject of the Health Care and how it has influenced my life.

It all began in the early 1980's when I was offered a polarity session. Years of "stuck" energy, I didn't know I was carrying, suddenly lifted. This clearing catapulted me to learn everything I could about energy work and Polarity. After studying and practicing Polarity Therapy it occurred to me that the muscles also wanted to be kneaded and massaged.

I began the study of massage. Massage relieves stress which is the number one reason people get sick.

One day while in a library I happened upon Mildred Carter's book *Body Reflexology*. What a wonderful resource. A reflex point can be the size of a quarter or a dime. When pressed it feels sore. Mrs Carter says "if it's sore press it." This sends a signal to the organ it relates to to relax. Suddenly I had another modality to study and incorporate into my practice. Brilliant!

The healing arts was my second major love and study though. It followed in tandem with my first love; that being the study of Astrology.

While in university I wanted to be a psychologist but after second year it became very clear that that modality was not for me.

After attaining a degree in History with a minor in Religious Studies I moved to Ontario where I met two astrologers living beside me on the north shore of lake Ontario. Each day after work we would meet, construct personal astrology charts and decipher their meaning.

For years I dedicated myself to the analysis of Astrology charts which turned out to be exactly the medium I needed to understand not only myself but others as well.

Astrology is not only the science of calculating the movements of the planets in our solar system, it is a confirmation of a Divine energy at work within the fabric of our very being. A consultation with the chart often shows medical issues that could have been prevented through natural healing methods like, breath integration therapy, herbal tonics and body work.

Now over 40 years later and along with an additional study of Ayurveda massages, my healing practice continues to integrate all these modalities along with one other.

The introduction of Sound healing by good friend Theresa Lee of Kootenay Sound Healing Center here on the east shore segued me into becoming a practitioner of Acutonics or tuning fork therapy.

These days I offer a variety of healing possibilities all related to these different modalities. Some people book an Astrology chart reading. It's a wonderful way to confirm what people are feeling and affirm that they are on the right track with their inner knowing or intuition.

Others will come for foot reflexology to experience the relief of tired sore feet along with an over-all organ tune-up.

16 Mainstreet January 2022

Others still will arrive for a tuning fork/sound bath session that uses the forks and sound to move and shift stuck energy.

But most of my clients come for what I call a healing Tune-up. This includes a full body massage, pressing reflex buttons, opening meridians and using forks on specific acupressure points. Along with foot reflexology this treatment supports a letting go of the old in order to start fresh again.

Most clients feel a lightness of being and a shift in their feelings and thinking. This later choice can also include a mini Astrology reading.

Since the topic of self care is so important now in the world, I would like to share a few insights into my own self care. I have learned that in most cases the body will heal if given what it needs or is lacking. To do that body/mind awareness is important. I've been a mediator for most of my adult life. It's a great way to get in touch with that still inner place of truth. It is also a great way to watch my thoughts.

I have learned that "thought creates" so I am careful with what is focused upon as our thoughts can manifest whether we want them to or not.

I have a huge respect for the natural world. Nature has a pharmacy right at our door step so I educated myself on the properties of certain herbs and learned to gather roots and herbs for use as a way to support the physical self.

Luckily for us on the East Shore we have a wonderful herbalist who can diagnose and create herbal concoctions to bring the body back into balance. We also have a gifted Chinese Medicine doctor who can diagnose and prescribe Chinese herbs.

I also eat lots of unprocessed natural foods along with supplementing with vitamins like Zinc, C, D and B for stress. This is how I support the immune system and take health into my own hands.

This also includes eating healthy oils and having natural antibiotics like echinacea or myrrh gum on hand if and when an infection may arise. This has greatly supported my teeth and gum health along with an Ayurvedic toothpaste, water pic and sonic tooth brush. Drinking clean water and breathing fresh air is paramount for my self care. Both release toxins from and nourish the body. Life force (or prana) is in the air we breath so I've learned deep breathing techniques for healing experience.

In addition to going for walks in nature, dancing and doing Hatha yoga for stretching, I like to sing as a way to bring vibration into the mix. Singing and toning have huge health benefits. A long hot bath is another way I treat myself. Water hasn't been called the "universal solvent" for nothing. Almost everything except oil will dissolve in water including tight muscles. I like to pull, knead and massage the muscles on my arms, legs and shoulders and press the reflex points on my own body and feet while in the tub.

Since we have the freedom to choose what we want in this life experience, self care is the best way to bring health and wellness into our own hands.

It's really quite simple. In closing I wish everyone radiant good health and a joie de vivre!



by Maya Skalinska M.H., R.H.T. Master Herbalist, Registered Herbal Therapist

In my October article on the health benefits of pumpkin seeds, I mentioned the importance of soaking or roasting all raw seeds for proper digestion, and promised that I would discuss this topic further.

Quite a few years ago I had an "AHA" moment regarding "anti nutrients". After practicing Iridology for many years, I noticed that almost 80% of my clients have what Iridologists call an "assimilation ring" - a thin, red ring around the pupil that shows up when the body suffers from poor mineral absorption. I have suggested a gut healing diet and herbs for some, a high trace mineral diet for others, as well mineral supplements. All of this helped, but I still wasn't getting the results I wanted. One day, at a nutrition workshop, a discussion on the "anti-nutrients" of grains came up, and my "AHA" moment came. Let me explain...

All of our ancestors soaked, fermented and sprouted grains before making them into breads, porridges etc. Ever since the industrial revolution, traditional practices of properly preparing foods have been slowly replaced by convenience, especially here in North America. In most European countries, you will not find bread that isn't sourdough, or in India, a lentil dish that hasn't been pre soaked. These traditional practices correspond to what modern science has discovered about all seeds and legumes (grains are technically seeds). All grains and legumes contain phytic acid. This acid binds with minerals such as calcium, magnesium, copper, iron and zinc, and therefore blocks their absorption. Grains, nuts and seeds also contain enzyme inhibitors that interfere with digestion. By soaking or sprouting before cooking, the phytic acid and the enzyme inhibitors get neutralized, which results in more available nutrients to be absorbed in your small intestine. The very hard to digest grain proteins such as gluten get partially broken down, which saves the digestive system from an enormous strain. That kind of repeated strain leads to depletion, and in turn to allergies, celiac disease, chronic indigestion, gas, bloating, fatigue due to poor iron absorption and microbiome issues such as Candida Albicans overgrowth. I started recommending soaking grains, legumes, nuts and seeds to my clients with the assimilation ring. Within two to three months, 100% of my clients' assimilation rings showed improvement, along with their digestion. Proper mineral assimilation is crucial to our health.

Methods: For one cup of grain or legumes, mix one to two cups of lukewarm, filtered water (enough to cover the grain) and 2 Tbsp. of either whey, yogurt, kefir or 3-4 squeezes of fresh lemon juice. Mix the grain with the mixture, cover and leave it in a warm place (75-80°F/25-27°C) for 12-24 hrs. Fermentation starts after 24hrs of soaking. If you want to take it a step further, you can sprout your grains by transferring them into a jar, and rinsing them twice a day for an additional 2-3 days.

For nuts and seeds, dissolve sea salt in filtered water and soak for 12-24 hours. Use 1Tbsp. salt per one cup for nuts, or 1tsp. for seeds. Then roast them at low temperature, no more than 170°F (75°C) for 15-20 minutes in your oven, or dehydrator at 110-120°F (43-49°C). Dry roasting nuts and seeds alone will also neutralize some of the enzyme inhibitors, but not as well as soaking them first. Our ancestors knew what they were doing. Let's not loose this wisdom. Proper food preparation leads the way to better health.

Maya Skalinska is a Master Herbalist, and a Registered Herbal Therapist (BCHA), offering Herbal Medicine, Nutrition consultations and Iridology in Crawford Bay and Nelson. For more information email mayaskalinska@yahoo.com

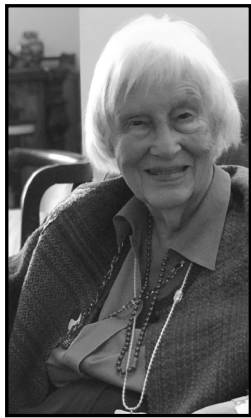
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Notice of Passing

Gwendolyn Jean (Cowan) Hurst
February 15, 1930 – December 12/21



Gwen's life was about vibrant colour; she was a weaver/knitter who blended rainbow hues into blankets, jackets and mitts that she created and sold with husband John's active support, helping with display, winders, and he was so proud of her magnificent work.

Her nurse's training was used volunteering and raising her five children. She was immensely appreciative for

her wonderful life and often said how lucky she was to have so many kind men in her life. First and foremost, John of course. Married for 68 and a half years, they were affectionate to the end.

There were five children: Janet (Ted), Bruce, Cathy, (Jamie), Doug (Sophia) and Gord (Gina) as well as nine grandchildren: Cameron, Johanna, Caillie, Nissa, Harrison, Alex, Graham, Amelia and Ella AND five great-grand children: Alice, Nola, Riley, Margot and Zayla (who was born on her 90th birthday).

John organized trips to BC every year as well as Mexico, Britain, Norway, Europe and even Syria. They spent a month every summer on Kootenay Lake until recently, visiting Janet as well as sons Doug and Gord and families in Nelson.

They helped Janet and Ted build their house, babysat and contributed enormously to Barefoot Handweaving with weaving, yarn and fixing. Check out the amazing model of the Moyie paddle wheeler there that John built.

Gwen had feisty humour to the end. No regrets.

Notice of Passing

Robert Alexander Meredith
April 23, 1936 – December 18, 2021

Intro by Tom Lymbery - Bob Meredith was the Principal of the Riondel school for some years.



In loving memory ~ Robert Alexander Meredith (Bob) was born to Mae and Ray Meredith in Vancouver on April 23, 1936. He passed away suddenly of a cardiac arrest, on Dec. 18th, 2021 in Creston B.C.

Bob, had many moves in his younger days throughout BC and Alberta. Eventually the Meredith's settled in Cranbrook where Bob finished High School. In his school days he was fairly athletic. He was a curler, fastball player, golfer and badminton player.

After high school, Bob did a short stint in the Canadian Navy but discovered this was not the life for him. Rather, he set his sights on a career in teaching.

Over the next 35 years, he taught school in Cranbrook, Riondel and Creston. For many of those years he was the principal in many different schools. He really loved teaching and his students.

After 35 years, Bob retired from teaching and got involved in the Insurance industry, working for Sunlife for many years.

Bob believed in volunteerism which culminated with his being named Creston's Citizen of the Year in 2016. He held many executive positions in the Creston Valley Teachers' Association and Creston Principals' Association. Until recently, Bob was president of the Creston Retired Teachers. As well, he spent many years working with the Rotary and with the Creston and District Society for Community Living. At one time he was even a bingo caller where he suffered a nearly career ending finger injury. As a sports enthusiast, he played and umped fastball, curled and golfed. As well, he was an ardent fan of the Detroit Tigers, the Vancouver Canucks and of course the Creston Valley Thunder Cats.

Bob met the love of his life, Marion, in the late 50s and they married on Sep. 20th, 1958. Their union produced five children, ten grandchildren and nine great grandchildren and one on the way. Bob took great joy in his family and loved regaling anyone who would listen with tales of his kids and Grandkids. Marion passed away in May of 2019.

Subsequently Bob moved to Crestview Village in November, 2020. He thoroughly enjoyed his time there reconnecting with old friends and meeting new ones, including Barb Martin. The two shared a love of golf and became good friends up to his passing.

Bob was predeceased by his parents, Mae and Ray Meredith, his only sibling, Garth, his beautiful daughter Carol and his beloved wife Marion. Bob left behind four children and their families. Debbie and Gary Page, Bob and Sharon Meredith, Terri and Gordon Little, and Gordon and Farley Meredith. As well, he left Debbie's children, Meredith, Jacqui and Meghan; Bob's children Barry, Brittany and Jordan; Terri's children, Brack, Joshua, and Jaime, and Gordie's child Hannah and great grandchildren, August, Jonas, Vaughan, Rowan, Kade, Clara, Bobby, Sullivan and Brooks. Bob also left several nephews, nieces and cousins.

Bob had many friends and acquaintances, including a close group of friends from his school days in Cranbrook. He was loved by many and will be missed by all his many friends and family members.

Given the current situation Bob's family is looking forward to having a Memorial Service when circumstances allow. Bob's family requests that in lieu of flowers, donations be made to womens' shelters in your respective areas.

Notice of Passing

Ronald Joseph Adrian Welwood
1940 - November 21 2021



Ronald Joseph Adrian Welwood was born in Penticton in 1940, raised in Port Alberni, but leaves his heart and legacy in his adopted Home of Nelson, BC.

Ron was the eldest child of Roy and Alice (Bonthoux) Welwood of Port Alberni and Chilliwack. He is survived and deeply

missed by his 105-year-old mother (that's right, 105 years!), brother Kenneth (Pamela), and two Nelson-born sons, Gregory (Tracy Mah), and Michael "Ed" (Karen), and his precious granddaughter, Meela.

Ron shared his enormous interest and knowledge of Kootenaiana (a term he created) with his wife of 55 years, Frances (nee Clay). Together they "discovered" Nelson in August of 1969 when Ron left the National Library of Canada in Ottawa to become the Librarian of Notre Dame University of Nelson. Despite the demise of NDU, Ron remained on Campus as Librarian at David Thompson University Centre, then as Librarian at Selkirk College Castlegar until his retirement in 2000.

His enthusiasm for Kootenay life and culture soon identified Ron as a Kootenay voice within the 100-year-old B. C. Historical Federation (of which he served two terms as Chairman). Ron assembled the Kootenaiana Collection of volumes and documents that is the basis of West Kootenay research and history.

He received many awards for his historical writing and was co-founder of an eclectic band of history buffs – Kootenay History Interest Group. 'The Friends of B.C. Archives', 'Communities in Bloom', 'Heritage Walking, Motoring and Cemetery Tour' Brochures, Archivist for the Roman Catholic Archives of Nelson, singing basso with the 'Heritage Harmonies Chorus', skiing at Whitewater, and digging in his mountain-side garden further occupied his "Kootenay Time".

In January 2019, Ron and Frances were granted a Special Citation by the City of Nelson in recognition of their outstanding contributions to the preservation and promotion of the City's cultural heritage.

Donations in Ron's memory might be given to the Nelson Osprey Foundation or Touchstones Nelson.

"A young man's dreams fulfilled with skill, love, loyalty, and hope."

A funeral and celebration of Ron's life and legacy will be held at a future time.

Barefoot Handweaving



Thank you mom
& dad for all the
support.

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227-9655

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Harreson Tanner, RMT
Over 40 years clinical experience



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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 Fitness Place

TEMPORARILY CLOSED

**Watch for
Updates...**

**Email eastshorefacilities@gmail.com
for more info.**

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/ORG SERVICES/ANNOUNCEMENT

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

ALCOHOLICS ANONYMOUS: If you drink, and don't want to stop, that's your business. If you drink & find you can't stay stopped, that's ours. 1.250.800.4125

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)

NEW BUILD & RENOVATION - Design Consulting Services Westwood Cabinetry - Kitchen, Bath & Custom Closets. Furnish, refresh and update your home or rental property. Book an appointment - jennifer@socialroominteriors.ca. Visit SRI Design - www.socialroominteriors.ca

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

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

ELISA ROSE SHAW, QHHT PRACTITIONER: Certified Level 2 in Quantum Healing Hypnosis Technique. Healing and answers through past life regression and connecting with your higher self. Email elisaroseforever@gmail.com, call 250-505-0128.

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

PROVINCIALY REGISTERED HEALTH CARE AID - Christian McStravick of Mary Anns Way, providing confidential, home based support for individuals, and their family members. Specializing in personalised home health care, respite care, and hospice care. Servicing Boswell to Riondel. Please contact Christian via phone: 1 (800) 278-8716 or email: christianmcstravick@gmail.com

REGISTERED ACUPUNCTURIST, LISA SKOREYKO R.A.C. Treatment for pain, emotional disturbances, gastrointestinal issues and much more. 250.777.2855. http://lisaskoreykoacupuncture.ca/

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 doctor referral required. 250.505-6166.

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

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

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

RENTALS/ACCOMMODATION

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. bookings@cbhall.ca

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

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

YARD/LANDSCAPING/SITE PREP

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

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 26, 2022*

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- Holding a meeting?

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Booking/info: Karen Lee at 250.223.8686

*Next Deadline:
Jan 26, 2022*

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mainstreet@eshore.ca



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

Next Deadline: January 26, 2022

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 AND ADULT IMMUNIZATIONS, CRESTON PUBLIC HEALTH UNIT
250-428-3873.

EAST SHORE HEALTH CENTRE
Call 227-9006

See BELOW for doctor and nurse practitioner days

Doctor hours are from 9:30am to 4:30 pm.
Please call 227-9006.
Appointments are required.

For emergency care, call 911
We are not an emergency facility.

HEALTH PHONE NUMBERS

ES Health Centre: 227-9006

Community Nursing:
1.800.707.8550 Ext: 2 then Ext 3

Mammography:
1.800.663.9203

Mental Health & Substance Use Clinician, Jen Diosy - Appointments only:
250.505.6829

Laboratory Services:
1.877.740.7747 or www.labonlinebooking.ca
for Lab Appointments

PRIMARY CARE PROVIDER


DAYS: JANUARY 2022

Jan 3, Mon: No Coverage
Jan 4, Tues: No Coverage
Jan 5, Weds: Jayme Ingram, NP
Jan 6, Thurs: Dr Moulson
Jan 7, Fri: Jayme Ingram, NP
Jan 10, Mon: Jayme Ingram, NP
Jan 11, Tues: Jayme Ingram, NP
Jan 12, Weds: Dr Moulson/Jayme Ingram
Jan 13, Thurs: No Coverage
Jan 14, Fri: Jayme Ingram, NP
Jan 17, Mon: Jayme Ingram, NP
Jan 18, Tues: Jayme Ingram, NP
Jan 19, Weds: Dr Moulson/Jayme Ingram
Jan 20, Thurs: No Coverage
Jan 21, Fri: Jayme Ingram, NP
Jan 24, Mon: Jayme Ingram, NP
Jan 25, Tues: Jayme Ingram, NP
Jan 26, Weds: Dr Moulson/Jayme Ingram
Jan 27, Thurs: No Coverage
Jan 28, Fri: Jayme Ingram, NP
Jan 31, Mon: Jayme Ingram, NP

NO WALK-IN SERVICES
APPOINTMENTS ARE REQUIRED

Hours of Operation
Resource Recovery Facilities

Crawford Bay Transfer Station November 7, 2021 to March 12, 2022 10:00 am — 4:00 pm Sunday & Tuesday	Boswell Transfer Station Year Round 11:00 am — 3:00 pm Wednesday & Saturday
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 rdck.ca
250.352.8161 | wastedept@rdck.bc.ca

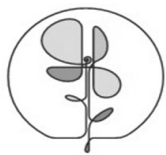
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Join us. Be a volunteer responder. | **RIONDEL FIRE/RESCUE SERVICES**
Call 250.551.1352

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.

Next Deadline:
Jan 26, 2022

Green Bubble Co



(SUNNY WOODS)

WINTER HOURS:
Weds-Sun: 10AM TO 5PM
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Pet Supplies, Farm Feed, Giftware, Garden Décor & Supplies, Fresh Eggs, Wildly Delicious Condiments, and Kootenay River Beef/Chicken/Fish.

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CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH

Everyone welcome.

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/](https://www.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:

Every Wednesday Night.
7 pm at Crawford Bay Corner Building
15990 Hwy 3A (1 hour mtg.)
Closed, Big Book Discussion

THANKS TO EVAN SALMON FOR THIS EASY TO USE, EAST/WEST TIME ZONE WINTER FERRY SCHEDULE:

Leaving	Balfour	Leaving	Kootenay Bay
Nelson Time	Our Time	Nelson Time	Our Time
6:30 AM	7:30 AM	7:10 AM	8:10 AM
8:10 AM	9:10 AM	9:00 AM	10:00 AM
9:50 AM	10:50 AM	10:40 AM	11:40 AM
11:30 AM	12:30 AM	12:20 PM	1:20 PM
1:10 PM	2:10 PM	2:00 PM	3:00 PM
2:50 PM	3:50 PM	3:40 PM	4:40 PM
4:30 PM	5:30 PM	5:20 PM	6:20 PM
6:10 PM	7:10 PM	7:00 PM	8:00 PM
7:50 PM	8:50 PM	8:40 PM	9:40 PM
9:40 PM	10:40 PM	10:20 PM	11:20 PM



Gray Creek Store

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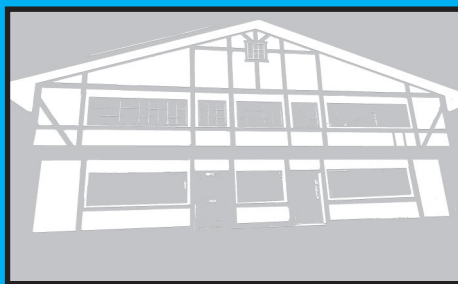
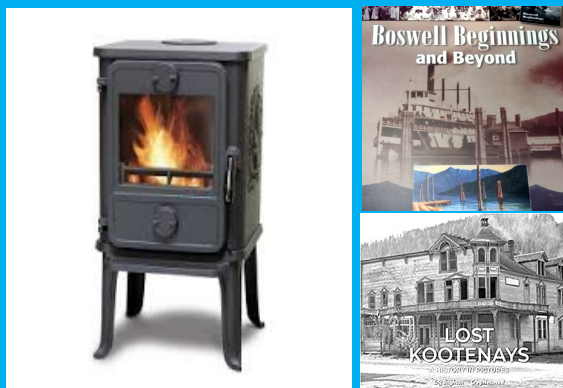
Mon-Sat, 9 to 5:30 Sun, 10 to 5

HAPPY NEW YEAR TO ALL!

Now is the time to snuggle up by the fire with a good book.

We look forward to seeing you!

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DARRELL JOHNSON:

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(djc1997k@gmail.com)



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Riondel - all stops in between!

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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. V0B 1E0

Email: mainstreet@eshore.ca

Web: www.eshore.ca

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

\$115- 3.25w X 10.25t

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

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

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

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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.

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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