

**\$2.38**  
 + GST =  
**\$2.50**

YEAR 28, NUMBER 7

JULY 2018

# The East Shore Mainstreet

**KOOTENAY LAKE BC**

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

**July 20-22  
 2018**

## StarBellyJam

**Crawford Bay, BC**



AFTER FUNK



ISKWE



MY SON THE HURRICANE



STEPHEN FEARING



BEGONIA



DECLAN O'DONOVAN



SARAH JANE SCOUTEN



MNGWA



LEMON BUCKET ORKESTRA



TRI-CONTINENTAL

TRI CONTINENTAL



REMBETIKA HIPSTERS



PETIINIA & THE VIPERS



GABO GONZALEZ



PROSAD



HEAVY AIRSHIP



NEW GRAMOPHONES



RICK SCOTT



THE OOT N'OOTS



THE DUVETS

**And so much more... food & craft vendors, kids crafts/games, parade, wandering entertainers... See you there!**

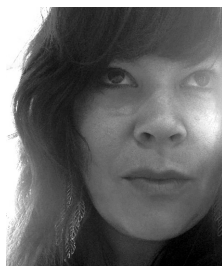
### Retallack Back Country Proposal

### Feedback Deadline is July 13, 2018

See inside for much more info regarding this hugely important story affecting all lives on the East Shore. Contact [infofortheeastshore@gmail.com](mailto:infofortheeastshore@gmail.com) for more details, letter writing points, contact info and details about proposal.

### RETURN UNDELIVERABLE ITEMS TO:

The East Shore Mainstreet  
 Box 140, Crawford Bay, BC V0B 1E0  
 Agreement#: 40718537



*Mainstreet*  
*Meanderings*  
by Editor Ingrid Baetzel  
*The Voice of Community*

Nearly 70 people attended the Citizens Information Ad-Hoc Group (Retallack Proposal) meeting on Friday, June 22, 2018. The group set up maps, photos, printed out packages of information, the petition against and statements of support for the project, examples of wildlife impact, examples of helicopter fuel and size options, and much more. They also had Retallack's management plan available for all to read on a computer. There were guest speakers, and the panel answered as many questions as they could.

All who entered the Crawford Bay Hall signed up at the door and settled in for a discussion regarding the Retallack/Lower Kootenay Band proposal for tenure to use nearly 71,000 hectares in the Purcell mountain range for an adventure tourism outfit.

Since early June, this group has had volunteers at an information booth at the Crawford Bay Store disseminating as much detailed information out to the community as possible. According to Carolyn Vanr, one of the group's founders, "It had become apparent that many people in the community had not read the proposal and were largely unaware of the details. In that this tenure application is for 45 years and encompasses such a broad area, while very likely impacting the East Shore region in multiple ways, making sure people were well-informed and had the opportunity to give feedback before the July 13 deadline seemed important."

Retallack, members of the Lower Kootenay Band, Wildsight and the Ministry of Forests, Lands and Nat-

ural Resources were all invited to attend the meeting but none of them were present. There were, however, other panel members who were able to attend, including Terry Turner (retired geologist, avid outdoorsman, photographer and member of the Kootenay Mountaineering Club), Luanne Armstrong (resident of 69 years, historian and author), Garry Jackman (RDCK Area A Director) and Carolyn Vanr (meeting organizer and Ad-Hoc Group Co-founder). The meeting was chaired by Galadriel Rael.

Rael welcomed people and stated the agenda for the room and was followed by Vanr who gave the room a synopsis of the proposal, showing the area of the tenure, the proposed sites for helicopters and access points and described some of the issues including vagueness in the information within the management plan. She spoke about the questions that have been put forward by the group to Retallack and the LKB and how none have yet been answered. She also addressed questions put to the Ministry of Forests, Lands and Natural Resources and read the responses provided by Christine Lohr of that office.

Terry Turner spoke about his many ventures into the back country, the drainage areas and their sensitivity, the wildlife in the alpine, the existing back-country ventures and lodges and gave more clarity regarding the zones of the Purcell region and how the tenure impacts those zones.

Then Luanne Armstrong stood up and took no middle ground in a rousing speech about protection of species, the impact of helicopters on humans and wildlife (siting material from organizations like Wildsight), the permanent effects of that kind of air traffic and the desire to remember why we live here – peacefulness, quiet, sanctuary. She asked the room to imagine how that could look with multiple helicopters, trucks and fuel caches over such a length of time. Armstrong

*Continued on page 4*



**OFFICE DESK**

Box 140, Crawford Bay, BC, V0B 1E0

**Editor: Ingrid Zaiss Baetzel (since 2002)**

**Retail Distribution, Subscriptions, Advertising, Layout:**

Ingrid Zaiss Baetzel

(Subscriptions: \$40/year within Canada, \$50 to the US, and \$75 Internationally)

Phone: 250.505.7697

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

**Proof Editor:** Doreen Zaiss

**Writers:** Community

**Article? Letter? Etc?** Drop off at Gray Creek Store drop box, mail to Box 140, Crawford Bay, V0B 1E0

**or Best Yet, Email to:** [mainstreet@eshore.ca](mailto:mainstreet@eshore.ca)

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

**Copies every issue: 700-1000**

The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake, written by community volunteers. Send in August 2018 issue items by:

**Next Deadline: July 25, 2018**

**SUBSCRIBERS: DID YOU KNOW?**

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

**LETTERS TO THE EDITOR**

**A WONDERFUL SPACE**

*Dear Editor,*

I recently visited the East Shore Fitness Place. As I had not been there for 4 years, I discovered all sorts of impressive changes. I want to express my sincere gratitude to all those responsible for these changes and for taking such great care of this valuable community facility. Fourteen years ago, this wonderful space only existed in the hearts of those of us who formed the East Shore Community Facilities Committee. The grand experiment seems to be working...

Sincerely,

*Leona Keraiff, Crawford Bay*

**WHO'S AFRAID OF ELECTORAL REFORM**

*Dear Editor:*

I just read through the 7 page Executive Summary and Recommendations from the Attorney General's Report on the electoral reform referendum. The 4 guiding principles seem easy to accept: local representation, proportionality, simplicity and no significant change in the size of the Legislature.

What I found interesting is that all 3 PR systems offer local representation and proportionality. Even more interesting is that some features of our current system are used to achieve local representation; but cannot deal with proportionality.

If accepted, I understand that an all-party committee of the Legislative Assembly, election administrators and the public will work out specific system details.

With the addition of those now eligible to vote, it will still be you, me and our neighbors casting our votes – I'm not sure where the extremist groups will come from?

So where is the fear factor?

*Ron Robinson, Nelson, BC*

**2 Mainstreet July 2018**

**OUR GLORIOUS AMPHITHEATRE**

*Dear Editor:*

Sitting at the Retallack proposal information booth, I question if I'm going out of my ever loving mind. The chorus from the song "The Heat is On" keeps looping in my head.

Some of you in the community may have seen me and other women sitting in front of the store offering factual information with maps regarding this proposal. Our goal has been to inform the community with the facts in an unbiased manner and give them the opportunity to voice their input. We offer a statement of approval and also a petition against the proposal combined with written feedback for both. We have been collecting this data and will deliver it to Christine Lohr, a land authorizations officer at the Ministry of Forests, Lands and Natural Resources in Castlegar.

I feel like I am near a brain implosion because the countdown is on. Every passing day brings us nearer to July 13, which is the deadline for public input. The more information I gather, the more stressed I become. This isn't the only adventure tourism proposal using helicopters sitting in the hands of the government for review and we can bet that there will be more in the future.

What has become obvious to me is that this proposal is vague, and the government's management of these large and long tenures is inadequate. There are no impact studies that we can refer to, and there is no requirement for impact studies after these tenures are in operation. There are approximately 59,010 tenures in operation within B.C. at present. How can the government possibly manage the huge scope of work for follow-up accountability of these commercial businesses? Unaccountability leads to irresponsibility which is dangerous.

Once approved, these tenures can be sold immedi-

ately and they do become a valuable commodity. Why should our community, back country and wildlife be subjected to corporate businesses using helicopters to make profits for themselves? Even some trickle-down money in our communities' economy is not worth it, in my opinion. I don't know anyone in this community who is homeless and starving and the approval of these proposals would save their lives.

Is the sound of helicopters amplifying our valleys something that will enhance our lives or negatively affect them? The answer lies in using common sense. If we ask ourselves why we live here and what we value, I am positive the majority would say because of the peace and quiet, majestic mountains, forests, opportunity to see wildlife, pristine lake and our caring community. If you care about these things it is your duty to read the proposal, acquire information about it and voice your opinion.

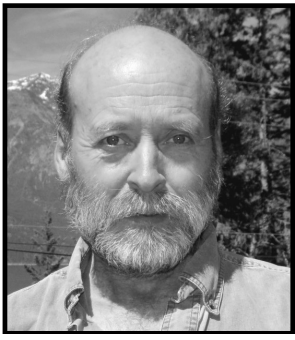
Links to view the proposal and further information about this proposal can be found at [www.eshore.ca](http://www.eshore.ca), or on Facebook under **2018 East Shore Retallack Proposal Community Information**.

Your feedback to these proposals can be sent to [Christine.Lohr@gov.bc.ca](mailto:Christine.Lohr@gov.bc.ca), [FLNR.Minister@gov.bc.ca](mailto:FLNR.Minister@gov.bc.ca) and [Michelle.mungall.mla@leg.bc.ca](mailto:Michelle.mungall.mla@leg.bc.ca).

We will continue to set up and man the info booth prior to deadline. There's no set schedule but we will try to be there most afternoons. If anybody is wanting to help at the info booth you can text at this number: 250 505-3760.

Please give some thought, consideration and input to this important issue. Our voices can make a difference. It will, in fact, forever change this area as we know it, if approved. As the adage states, "Speak now or forever hold your peace." Only, if this proposal and similar ones are approved, peace is out the window. The heat is on!

*Carol VanR, Crawford Bay*



## RDCK Area "A" Update

by Garry Jackman,  
Regional Director  
- Area "A"

**PARKS/RECREATION MASTER PLANING:** Last year (July, August, October and December) I provided information on our outdoor recreation services. In my December 2017 article I also gave a heads up on the Parks and Recreation Master Planning process, which is now underway, and more recently there have been RDCK press releases and announcements. For more information go to <http://www.rdck.ca/EN/main/services/rdck-recreation-master-plans.html>.

The process began with a series of stakeholder meetings for Electoral Areas A, B, and C plus the Town of Creston. Now you can participate through a survey which you should have received in the mail by June 25. If you did not receive a survey in the mail, contact Ryan Schwartz at [schwartz@rcstrategies.ca](mailto:schwartz@rcstrategies.ca) to get a copy.

The last master planning cycle was 12 years ago, so if you do not participate now do not expect to see another process on the same scale for many years. The current plan is intended to assess the current state of recreational amenities, identify priorities and make recommendations regarding the provision of parks and recreation, active lifestyle opportunities, and services to meet the needs of residents and visitors over the next 25 years.

**LAKE LEVELS:** As I mentioned last month, the Columbia River Treaty renegotiations are underway now. The BC team has begun their outreach to citizens across the basin, although it seemed to be a rather

small group attending the meeting held in Creston on June 13th. Attendees were given a brief recap of what the treaty was intended to accomplish when it was first established and then provided some insight as to what additional concerns may be addressed this round, the largest being environmental impact.

One issue which was not addressed (or even understood) back in the 60's was economic impacts arising over time from the ability to manipulate water levels. The BC government managed to work a provision for profit sharing based on the additional power revenues produced by being able to coordinate and control the water runoff through the new dams, and for decades this has been received by the province as a payment directly to their coffers. After years of debate and protests the Columbia Basin Trust was eventually established with a large endowment fund and first rights to certain power expansion projects which has resulted in a benefits stream to be divided among residents. Yet as the management of the "system" has become more sophisticated we see trade offs being made from year to year which balance the water flows to benefit some more than others. Each time I raise any points around how high and low water levels impact residents and businesses in our area I generally hear the standard comment that "things could be worse".

But statements such as that have little meaning, since "things" have changed dramatically with the construction of the treaty dams and subsequent manipulations of water levels at various points along the Kootenay and Columbia Rivers. You could say that "things could be worse" for many aspects of our lives. It is time to stop living in the past and dwelling on what would have, could have or should have been and to recognize the point we are at and work to gain whatever benefits we see as reasonable to either mitigate the fluctuations (in today's context) in lake levels or to build greater resilience (for today's infrastructure) to the fluctuations. A prime example is the need for a major reinvestment in the Kuskonook Harbour and to a lesser degree many other marine structures, both

public and private. Over recent years we have seen changes to the spring runoff patterns. This year we have seen extended periods of low water followed by high water at levels which required our marinas to be cleared of boats again. The economic impacts of our transportation corridor being challenged once again (with ferry delays) followed by extended reductions in marina revenues need to be measured and put on the table when negotiations are being held around how to share the wealth and benefits which the flood control "system" offers.

Go back to the turn of the millennium when the US Corps of Engineers proposed the original VarQ formula to enhance the sturgeon population. The Canadian response to the proposal was that there would be no adverse economic impact. That was apparently based on a complete lack of understanding of our economy. That was also the point where I began to track the issues around flood control more closely, but that is a story for another day.

I encourage you to look for information on the Columbia River Treaty negotiations at <http://engage.gov.bc.ca/columbiarivertreaty/>. Think about how you are impacted, for better and for worse, about lake level fluctuations and write your thoughts down. The RDCK GIS team is preparing very detailed maps (using emergency response grants from the federal government) to indicate the physical extent of flooding around Kootenay Lake at various water levels. Your information on the social and economic consequences should also be collected and tabulated, as it will mean nothing for negotiators to see that the water level in a marina is very high without also understanding there are no boats paying moorage charges, or that the ferry delays continue to impact our lives, and so on. I will be happy to receive your input at this time as I work with my colleagues to make it a priority to have the data tabulated and mapped.

**If you have questions or comments on any topic please drop a note to [gjackman@rdck.bc.ca](mailto:gjackman@rdck.bc.ca) or call me at 250-223-8463.**

## LETTERS TO THE EDITOR

### SUPPORT FOR NWME PROPOSAL

#### Letter to the Editor

I would like to voice my support for the smaller back country tenure proposal - Armour Mountain Lodge and owners Daniel Morton and wife Mary of North West Mountain Experiences. Completely self-propelled, the activities will be mainly ski touring with some hiking approximately 24 km NE of Crawford Bay from a lodge and satellite hut. These will be accessed by helicopter one day a week.

Employing and keeping working families here is critical to our ability to thrive as a small rural community into the future. Too many are forced to work elsewhere. Declining enrolment at our school, an aging population and lower census figures are not healthy. It is always a dance to find/create reasonable work without ruining our precious nest. Appreciating visitors without becoming overrun. At the moment, many businesses are seasonal and depend on our main resource, an exceptionally beautiful, healthy environment. There is increasing demand to experience where we have the privilege to live. Back country lodges are now booked 2-3 years in advance. I have come to believe that Dan and Mary (an experienced chef) have the experience (16 years of guiding) and desire to do this with least impact possible. They have outlined a strict "leave no trace policy."

Personally, I have found Dan engaging, thorough and responsive to local concerns. He is keen to connect with what is established here already, offers information freely and talks about training/hiring guides and trades for building.

As a business owner, (Barefoot Handweaving) I hear visitors from around the world tell us how rare our lovely, clean landscape is. Currently there is a small but important influx of high end customers who are brought to hike our wilderness trails here once or

twice a week from spring to late fall. They are introduced to our Artisan products and the area in person and some go on to become repeat customers. Dan and Mary plan to bring that same type of clientele once a week in our quiet season, lodge and feed them locally and even encourage them to stay an extra day or two. The positive economic impact of having even some income in the winter could extend to the Artisans, local catering, accommodation and food purchasing.

There are concerns of course as Garry Jackman pointed out in his excellent article. There is the potential to sell a tenure attached to a business. My understanding is that this proposal is self-limiting. 'Non-mechanized' cannot be changed without further extensive applications. Government monitoring of activities and impact is important.

Most critically, wildlife/bird habitat. I believe/hope that wildlife could benefit from 'boots on the ground'. Having minimal impact folks on foot consistently observing the fluctuations in species first hand might assist in monitoring important habitat. I picture invitations to scientists as a data collection/educational component and interest has been expressed.

It is becoming increasingly clear however that the larger Retallack proposal is far too big and too mechanized for our area. It could too easily have a negative rather than positive local impact.

*Janet Wallace, Riondel Road*

### RE: NORTHWEST MOUNTAIN EXPERIENCE PROPOSAL

*Dear Editor and Members of the East Shore Community,*

Thank you for your interest and efforts to understand the application from Northwest Mountain Experience (NWME) for a License of Occupation-Adventure Tourism (ski touring and hiking) in the Purcell Moun-

tains. I would like to continue to communicate with the community and provide clarity for some of the discussion that has come up over the past several months in regards to the NWME proposal.

As many of you know, and for clarity, we are not at all affiliated with the large mechanized heli-skiing and heli-biking tenure applications that are also currently being reviewed in our area. Our proposal is requesting permission to build a small 1500sq ft eco-friendly lodge and satellite cabin in the Purcell Mountains to base our self-propelled activities from. Our application is considered non-mechanized since the activities that we offer to our guests do not involve motorized vehicles on a daily basis. We offer ski touring (cross-country skiing) and alpine hiking.

Our planned winter schedule involves guests visiting for 7 day periods coming and going on Saturdays. Although we are non-mechanized in our daily operation we would use a Nelson based helicopter once a week to get the guests in and out of the mountains. This is a direct flight path with a fixed schedule from Kokanee Springs to the lodge site. The time to transfer the guests in and out of the mountains usually takes about 1-2 hours, with the helicopter in Crawford Bay for very short periods picking up the guests and dropping them off. These flights would happen even less often in the summer since guests would then have the option to hike into the mountains from the St.Mary FSR. No activity is planned for the spring and fall seasons. We are not in operation year round.

I would like to address some recent comments and questions that I have been hearing from the East Shore Community.

1. How will building supplies get flown in? *Please know that we do not plan to fly building materials in from Crawford Bay or East Shore with a large helicopter. If we are approved all materials will be flown in from a remote location on the St.Mary FSR to elimi-*

**July 2018 Mainstreet 3**

Continued from page 2

spoke about the dire need for a land management strategy like the one in the Cranbrook area. Her closing words were, "I am not neutral on this. We can't stay on the fence. We have to say no to this proposal, or at least demand a moratorium on it!"

Finally, Garry Jackman spoke about the policies around creating land management strategies and brought in some more broad thinking aspects regarding economics. Jackman stated, regarding the potential influx into the economy, "They likely won't spend their money here," said Jackman. "They'll fly over us." He suggested challenging the province to show evidence of benefits to the area. "If this is an economic decision, where's the math? Giving away a marketable commodity with no real levers to pull if things go south is fundamentally wrong," continued Jackman. He spoke about alternate options for holding the tenure in something of a stewardship capacity (such as the Ktunaxa Nation holding it alone and meeting, over an extended time, the provincial requirements for stewardship and protection). "Show first that you know what you're doing in terms of compliance and go from there," he suggested. As the meeting disbanded, several people signed on to sub-groups and agreed to meet again to take further steps doing research to present to the Ministry.

A second community meeting was held on June 29, and approximately 25 people attended to begin the process of creating a formal response to the proposal. The group is asking for a Project Review Team to deal with issues the community has identified in the proposal and meetings will reportedly continue regularly until the deadline time and beyond as the community assesses the need to implement some land management strategies and more of an official plan to guide communities in protection of assets and lifestyle.

## BC Greens Honor Nelson Resident

By Kim Charlesworth, Nelson  
Creston Greens Riding Association

At the beginning of June the BC Greens held their annual convention in Kamloops. After a year of watching our three Green MLA's weather disappointments and joys, it was inspirational to hear them talk about their work. And wow, do they work. The three Green MLA's and their meagre staff cover the same number of portfolios and committees as 23 Ministers and seven Parliamentary Secretaries, as well as represent their constituencies with astounding attention and passion.

The party is growing, both in membership and in capacity to support more local Riding Associations. To honor the many volunteers working for a sustainable, prosperous future, they have created a set of three awards: one for a dedicated young member, one for lifetime achievement, and one for a new "rising star" of any age.

The Rising Star this year was an amazing volunteer from right here in the Kootenays. Rik Logtenberg captured the award for his work in helping to develop a new data management system to be used by both the Provincial and Federal Green parties. Rik says his young daughter was his motivation for getting involved during the election last year. Congratulations Rik! It is the future that we are leaving to our children that inspires many who decide it's time to "get involved".

Meanwhile, in the legislature, the battle around Kinder Morgan highlights some of the arguments that divide us. The Green perspective is that we are not arguing about the environment *versus* the economy, but rather shifting the economy to take advantage of emerging opportunities in the green sector - while

getting out of industries that have no future. Andrew Weaver characterizes the purchase of Kinder Morgan as "purchasing a Horse and Buggy company at the dawn of the automobile age". Yes, we need to stop investing in new oil and gas infrastructure for environmental reasons, but it also happens to be the best economic strategy.

I am delighted to be able to announce that Sonia Furstenuau (Green MLA for the Cowichan Valley) will be coming to the Kootenays August 27-29<sup>th</sup>. She will be speaking on the East Shore, Kaslo, Ymir and Nelson, and meeting with a delegation of youth, as well as those involved with watershed protection. She will be engaging in discussion on proportional representation and community organizing - two topics that cross the political spectrum, so I hope that no matter what your political views you can take advantage of her visit to join these discussions.

I'd like to end by highlighting a quote by Paul Hawken, an author and activist: "If you look at the science about what is happening on earth and aren't pessimistic, you don't understand data. But if you meet the people who are working to restore this earth and the lives of the poor, and you aren't optimistic, you haven't got a pulse." It reminds me that while we are facing challenges in every direction, the world is still a beautiful place, and we each have the opportunity to be one of the people helping to restore some semblance of balance and justice. Join the discussion; make your voice heard.

**Contact Mainstreet**

**250.505.7697**

**mainstreet@eshore.ca**

## LETTERS TO THE EDITOR

nate sound disturbance to residents.

2. Can we become a mechanized heli-ski/ bike operation once approved? *No, we can not. To make a change to our activities from non-mechanized to mechanized involves a major amendment to our License of Occupation. We would have to go through the full application process once again for this to happen. This would not happen.*

3. Can locals use the proposed cabins? *Certainly! We plan to offer the lodge at very affordable costs to locals. Residents will have the options of booking with a locals discount or joining trips at the last minute. Also shoulder season local rates and work-trade opportunities will be offered.*

4. Who will benefit? *Since we only offer accommodations and service to our guests once they are in the mountains all of our guests will be looking for lodging, meals, and activities to do while they are in Crawford Bay and the East Shore. We plan to showcase the East Shore on our website and connect our guests to the services that you provide.*

5. What other benefits can be expected? *There will be jobs for local cooks, hut keepers, staging area personnel and guides. Training will be provided for those interested as well as opportunities for youth to get involved. Trades people will be hired in the construction of the buildings and with maintenance through the years. Also, as much food as possible will be sourced locally from the East Shore farmers and markets. The*

*economic trickle-down effect on the local community is significant from such a low-impact, small adventure tourism business.*

6. Public concern with possible impact on wildlife. *To minimize the impact on wildlife NWME is making a commitment to stay as a non-mechanized adventure tourism operator. The once a week flight to transfer guests in and out of the mountains is designed to avoid areas that goats inhabit. Also, the aircraft will be flying at upper elevations to minimize sound disturbance. NWME will be recording all wildlife sightings, and with the help from wildlife biologists, we will be monitoring trends in activity. From information collected, we will be able to adjust our operating procedures to minimize our impact. As non-mechanized guides working with biologists we feel that we will be able to truly assess the wildlife values in the proposed area. By us following the Wildlife Guidelines for Backcountry Tourism Operators, the low-impact, self-propelled activities and constant monitoring of wildlife activity we truly feel that the impact on wildlife values will be minimal at best.*


In the past several months I have attended and hosted several meetings on the East Shore to communicate with the local community and make myself available to answer any questions that people may have. We are grateful for the positive response that we have received from numerous residents of the East Shore. These positive responses have also been well

voiced in the East Kootenays as well, with 5 of the 13 elected RDEK Board Members voting in support of our application with the RDEK referral.

We would like to continue an open dialogue with residents of the East Shore. Please feel free to contact me directly if you ever have any questions, comments or suggestions to help make our proposal compliment the East Shore Community. You can reach us by email at [info@nwmexperience.com](mailto:info@nwmexperience.com) or by phone at 250-355-2701.

Thank you!

Sincerely,  
Daniel Morton,  
Northwest Mountain Experience



Brooms, Pottery,  
Jewelry, Ironwork, Weaving,  
Culinary Art and more...

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

lunch-dinner-espresso

250-227-9596

BLACK · SALT · CAFÉ

[blacksaltcafe.net](http://blacksaltcafe.net)

your eastshore bistro in Crawford Bay

# Grads of 2018

## Congratulations Graduates!



### Jeremy LaRose

I started with Crawford Bay School in Grade 8, moved away, then came back for my last years of high school. My plans for the future are to gain experience in metal fabrication.

I love to work on vehicles in my spare time.

*"Just send it."*



### Nick Middlebrook

I moved to Riondel in the summer of 2013 from the Slocan Valley. I started Crawford Bay School in Grade 8. My plans for the future are to enjoy life to the fullest.

*I can and I will. Watch me.*



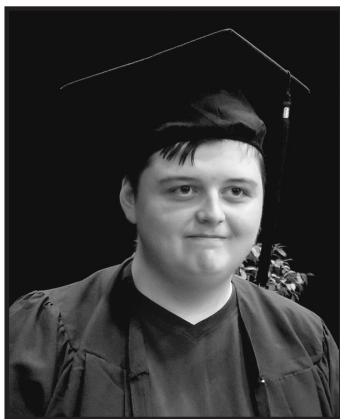
### Dan Wensink

I moved from Calgary 8 years ago and have been going to Crawford School since grade 7.

My plans for the next couple years is to get training in advanced first aid, as well as training and experience in specialized Search and Rescue.

I am also aiming to get on the BC Wildfire Crew.

*Kan vi ikke bare være?*



### Jordan Conrad Beamish

While living in Boswell, I attended Kindergarten at CBESS, returning to Calgary for Grades 1-3. I returned to CBESS to do Grade 4 and ended up staying through to Grade 12.

I have been attending Selkirk College in Nelson doing the "Youth Train in Trades" program (formerly known as Ace-It) since February 2018 doing my Level One Millwright/Machinist course which is part of my Grade 12 course plan.

*Thank you to everyone who got me here. Goodbye!*

## Guidebook for the Crawford Bay Wetlands Created by Grade 4, 5 & 6 class at CBESS

by Megan Jamison of CBESS

The grade 4, 5 & 6 students have been immersed in a project this school year involving visiting the wetlands in all seasons and observing its diversity of living things. Students have learned animal tracking skills from Lorna Robins, and birding skills from Joanne Siderius.

Ms. Jamison wanted her students to learn more about the wonders of their own backyard. "The wetlands are such a special place and it is so important for kids to be spending time outdoors connecting with nature." Each student chose at least one animal and one bird species that lives in the wetlands, ranging from beavers to garter snakes to bald eagles, to become experts on. Students were immersed in researching their chosen species and compiling the information to produce an educational field guide to the wild animals and birds of the Crawford Bay Wetlands.



Ms. Lanaway, their visual arts teacher, focused on teaching students how to create tone, value, dimension, texture and highlighting, as students created drawings of their chosen species. Students were also responsible for including the Ktunaxa names of the animals and birds in their work. There has been discussion and support from Garry Jackman regarding the possibility of using some of these students' drawings for unique and educational signage in the park, as a continuation of this project.

A grant from the school district was awarded to Ms. Jamison to support the project, which helped pay for the cost of printing. The guidebooks are available to view and purchase for \$20, at various artisan shops and businesses in Crawford Bay, as well as at CBESS. Money from the sale of the guidebooks is a fundraiser for the school. It will most likely be used for another project in the wetlands, such as making some educational signs.

It is our hope that the guidebooks will inspire visitors and locals alike to learn more about the diversity of life at the Crawford Bay Wetlands.



## July Horoscope

by Michael O'Connor

**Tip of the Month:** Mars retrograde in Aquarius is among the top stories this month. It shares this status with Saturn, Chiron, Neptune, and Pluto.

Mars will form a conjunction with the Moon's South Node on July 20. Mercury turns retrograde on July 27. This reveals a complex and revolutionary summer.

### Aries (Mar 21- Apr 19)

You yearn to break free. Yet, doing so costs money. Reconsidering how you generate income is on your mind. Creative thoughts about how you can devise a better strategy are on your mind. How can you use your power to generate more?

### Taurus (Apr 20-May 20)

A busy time is underway as July begins. This is true in your mind as much as in terms of tasks. Positively, a creative cycle is indicated. The focus is largely on the homefront, both inside and out.

### Gemini (May 21-Jun 20)

Changes are brewing about which you would like to feel more confident. They are a natural process of change, with a bit of a hairpin turn. Focus to adapt deliberately. Share your concerns with someone whose wisdom is a match.

### Cancer (Jun 21 - Jul 22)

A new momentum is underway and will build steadily into August. You feel a growing determination to breakthrough to break free. This may include clearing or purging. If you can have all you need with less, you win.

### Leo (Jul 23 - Aug 22)

You are back to the future in term of your focus and drive. This includes shaking things-up, perhaps especially on relationship fronts. Clearing subconscious baggage and blocks are likely. To do so they must be acknowledged and identified first.

### Virgo (Aug 23 - Sep 22)

As July progresses, your focus will shift from career specifically to friends and social events. Yet, you may also want to weave both and may have to. Either way, expect a busy time. In the bigger picture, your power potential is rising.

### Libra (Sep 23 - Oct 22)

You are steadily building upon a new foundation of power. This may be causing a stir close to home, even an uproar. Recognize this as simply the effects of the shift process: from order to chaos to a new order.

### Scorpio (Oct 23 - Nov 21)

Laying claim to a fuller expression of your individuality is underway. This may be shaking your world at its core. Significant others are also dealing with the repercussions. It is all part of a process of expansion and increases.

### Sagittarius (Nov 22 - Dec 21)

Fresh starts on relationship fronts continue to ripple through your world. These are a source of inspiration and energy. Yet, they are also causing you to make adjustments in your lifestyle. Fortunately, you have faith in the flow more than ever.

### Capricorn (Dec 22 - Jan 19)

Is the revolutionary or the rebel within, or both guiding your choices? The former is visionary and proactive while the latter is reactive and perhaps reckless. New friendships and alliances are featured. Do they hold promise or are they a mirage?

### Aquarius (Jan 20 - Feb 18)

A big shift is underway. It is shaking your world literally and figuratively. If you are in-tune with this, then all will be well. If you are resistant, then trouble is brewing. Be willing to take risks and trust the dynamic of change that they imply.

### Pisces (Feb 19 - Mar 20)

Changes close to home are a mix of disruption and joy. Fortunately, the joy side of the deal is coming to the fore. Yet, the disruption is important and will continue. In fact, you are wise to be the deliberate disruptor... of your own comfort zone.

**JK Excavation Ltd.**  
**250.354.7055**  
**[jkeexcavationltd@gmail.com](mailto:jkeexcavationltd@gmail.com)**  
 trucking. excavation. snow removal

**FOR IMMEDIATE RELEASE**

# Community Says, “No. Hel-No!” to Major Heli-Ski Operation Proposal in Delicate Purcell Mountain Range

**(Press Release by Citizens Information Ad-Hoc Group)**

**C**rawford Bay, BC - June 30, 2018 - The small, quiet communities along the East Shore of Kootenay Lake in South-eastern BC are asking the Ministry of Forests, Lands and Natural Resources to **impose a moratorium on a backcountry adventure tour proposal that has applied to start a major heli-ski operation** in the pristine wilderness in their backyard. Retallack, a nearby cat-skiing business, has partnered with some members of the Lower Kootenay Band (Yaqaan Nukiy) and submitted a proposal to the Ministry of Forests, Lands and Natural Resources to start a **45-year term for a backcountry adventure tourism operation using nearly 71,000 hectares of wilderness in the South Purcell’s above the shores of the majestic Kootenay Lake.**

The Citizens Information Ad-Hoc Group has set up an information booth and can now report that the local community has indicated overwhelming opposition to the proposal. **At the time of release, only one person has signed a statements of support in favour of**

**the proposal, but hundreds have signed the paper petition against the proposal and well over 600 have signed the online petition.**

Retallack and the Lower Kootenay Band have been invited to attend follow up meetings in the community and were also asked via email to answer specific questions to help clarify their proposal but, at the time of release, have not attended nor responded (beyond a press release stating that they are waiting until after the feedback deadline to present their amendments).

A substantial portion of the tenure area is under the Cranbrook West Recreation Management Strategy which was approved April 15, 2005 by the Government of British Columbia (Strategic Land and Resource Planning). This management strategy restricts helicopter-based recreation in much of the proposal area due to its extreme ecological sensitivity. The government initiated this management plan and consulted with many stakeholders to finalize.

**Reasons for the community’s dissatisfaction with the proposal include:**

**-Real threat on existing wildlife** due to helicopter activity and human presence <https://wildsight.ca/wildsights-comments-on-retallack-proposal/> <https://wildsight.ca/blog/2018/04/24/retallack/>

*Although many animals will be affected (see discussion at Wildsight links), two species of note are:*

- **Caribou:** Much of the proposed area is potential caribou habitat. Caribou populations are gravely endangered and habitat destruction is the leading cause of their decline. The Mountain Caribou Technical Advisory Committee (2002) concluded that disturbance from heli-skiing and backcountry activity a major factor in the decline of mountain caribou in BC.
- **Grizzly Bears:** The proposal as it stands will result in displacement of grizzly bears (particularly females) from suitable habitat and substantially reduce

habitat availability for the South Purcell grizzly bear population. It will threaten connectivity and high value habitat for grizzly bears in the Purcell region.

**-Wildfire risk and real threat of hazardous environmental impact** due to helicopters and fuel caches (spills, transport issues, leaks, fires, contamination, etc)

**-Vague language in management plan** regarding numbers of users, lack of clear identifiable locations for helipads/staging areas, lack of information regarding locations of huts and lodges, lack of clarity regarding long-term impact report, nature of on-going assessment and maintenance of proposed area, etc

**-Noise impact and disturbance** due to regular, potentially year-round helicopter activity, causing residents to abandon area and visitors to stop coming to the area - economic strain

**-Extreme length and scope** of the proposed tenure period

On behalf of the communities affected by this proposal, and in consideration of the overwhelming community opposition (including opposition from beyond the affected area) the Citizens Information Ad-Hoc Group asks that the Ministry of Forests, Lands and Natural Resources of the Government of British Columbia **impose a moratorium on the Retallack application #1155768 B.C Ltd, AS WELL AS ANY SUBSEQUENT FORMS OF THE PROPOSAL OR OTHERS OF SIMILAR NATURE.**

East Shore residents welcome people to visit the area to take in the natural beauty and explore the backcountry on their own via non-commercial means, but it is clear that most commercial adventure tourism operations – especially those employing mechanized means of transportation into such areas – are not welcome. Residents and current recreational visitors strongly believe that the natural landscape of the Kootenay Lake region and adjacent Purcell Mountain range should be kept intact with minimal future disturbance to wildlife or residents.

**DEADLINE FOR FEEDBACK TO THE GOVERNMENT IS JULY 13 – ACT NOW!**

**Any organization (Kootenay Lake, or further afield, registered, formal, or otherwise) willing to write a formal letter describing the impacts and ramifications of this proposal are invited to jump on board – please forward a copy of your letter to [infofortheeastshore@gmail.com](mailto:infofortheeastshore@gmail.com) as well as sending it to the government.**

For further information about this proposal and to read more stories, press releases and perspectives on it, please go to [www.eshore.ca](http://www.eshore.ca) or email [infofortheeastshore@gmail.com](mailto:infofortheeastshore@gmail.com)

*For those writing letters, please send them to the following addresses:*

**Christine Lohr** (FLNR Land Authorizations, Kootenay Boundary): 1.250.365.8627

[Christine.Lohr@gov.bc.ca](mailto:Christine.Lohr@gov.bc.ca)

**Doug Donaldson** (Min. of Forests, Lands & Natural Resource Operations) 1.250.387.6240

[FLNR.Minister@gov.bc.ca](mailto:FLNR.Minister@gov.bc.ca)

**Rob McCrory** (FLNR Tenures Officer) 1.250.825.1106

[Rob.McRory@gov.bc.ca](mailto:Rob.McRory@gov.bc.ca)

**Michelle Mungall**, MLA Nelson/Creston – 250.354.5944

[michelle.mungall.mla@leg.bc.ca](mailto:michelle.mungall.mla@leg.bc.ca)

*Applicant (Retallack) ID: 1155768 BC Ltd*



## Hidden Taxes

by David George

### A Second Digression: From Hospital to Home

Imagine a quiet night at home on the East Shore. The last ferry has run, so there is little traffic noise. Maybe the dog wants to go out, or perhaps the cats are campaigning for a late night snack. Maybe you are listening to some music, but otherwise it is quiet. Nights in hospital are not quiet. Call bells keep up an almost constant bing, bing sound, or bing-bing-bing-bing if someone has pulled the cord in their own toilet and basin cubicle.

Some patients are talkative until after midnight. Some of them have various degrees of dementia, and should not even be in an acute care hospital. There are just not enough long-term beds available elsewhere yet, as BCs yearling minority government struggles with the results of insufficient spending on healthcare by the previous government. Moving up from 2nd floor, surgical patients, to 3rd floor, medical, because beds on 2nd were desperately needed gave me a view of two quite different sorts of patient. Surgical patients are generally quite devoted to their own recovery and follow directions well. Not always so on the medical floor.

One night a female patient, in denial about her own dementia, and apparently believing all the patients in hospital are being kept imprisoned there and need to be released, around midnight lifted a protective cover on one of the boxes on the wall in her room and set off a Code Blue.

There are probably 35 or so staff at night there in Cranbrook, and possibly 125 patients. Well, anyone who did not know what a Code Blue alert sounds like, certainly knows now. Basically the alert sets off a whole lot of well-rehearsed acts on the parts of a large number of hospital doctors, nurses, and other staff because somewhere in the hospital a patient has stopped breathing, has no pulse, or otherwise has need of immediate emergency lifesaving treatment.

People come running from many directions. This time, 3rd floor staff managed to get the false alarm cancelled after less than a minute. One of my night nurses told me later that it took her two hours to damp down the adrenaline rush. Thank goodness the patient did not pull a fire alarm box, which is Code Red. That brings almost all of the Cranbrook fire department even if they are told it is false. That has happened a few times.

Lesser incidents such as Code White, aggressive patient, happen every few days. On 3rd floor there were at least half a dozen rooms with a big purple card on the door with black print OAGGÓ. The only injury I heard about to a nurse, was a broken arm when an old hospital bed side-rail broke. Despite having only just enough nurses, Cranbrook hospital has, as I said in my last column, a good atmosphere. Nurses have heavy workloads but are almost always cheerful and really caring of their patients.

Are nurses paid enough? I would say no, they are not. They have many front-line responsibilities and have to take night shifts as well. Cranbrook runs 12-hour shifts, changing at 7am and 7pm. Looking into pay scales for doctors and nurses, one must take into account the differing expenses they have. Doctors must pay for their offices and pay into their own medical plan. They must also put money aside for retirement. Therefore, when the generality is mentioned that a GP in BC earns an average of \$300,000 a year, that is before expenses. When a nurse in BC earns \$60,000 to \$70,000 a year, there are benefits such as medical/dental, and pension. Is that enough?

My belief is that because of their front-line job, they really should be paid more. How much more, I will leave to others to debate. Suffice it to say that I find nurses do a difficult job and do it well. Many thanks to all of them.

After 15 nights in East Kootenay Regional Hospital, Cranbrook, this last time, I arrived home on June 15, and have been enjoying the quiet nights here on the East Shore with Lea and the cats. I am still in recovery mode, but look for me at various events as I take my replacement knee for walks around and about.

**Contact Mainstreet**  
**250.505.7697**  
**[mainstreet@eshore.ca](mailto:mainstreet@eshore.ca)**

# Starbelly Jam 2018!

by Starbelly Jam Music Society

The Starbelly Jam Music Society is thrilled to announce the 19th Starbelly Jam Music Festival will take place July 20-22 at Crawford Bay Park, in Crawford Bay, BC, on the East Shore of Kootenay Lake.

Starbelly Jam is a non-profit charitable society that has adopted a culture of sustainable awareness. We work closely with our partners to plan a festival reflecting “green event” best practices. We have successfully minimized our environmental impact through a number of innovations. As a music festival we assist in educating suppliers, artists and thousands of festival goers about the importance of sustainability.

We are also committed to being a socially responsible event. We are in an excellent position to make a lasting and meaningful contribution to the local community as well as surrounding region. Starbelly Jam’s audience is as eclectic as the music. The festival thrives on providing an environment where individuals can safely be themselves while simultaneously surrounding themselves with other diverse personalities and cultures. Our goal is to assist in building a diverse, tolerant, and positive community.

## Our 2018 lineup:

**Stephen Fearing:** Fearing’s music embodies a fierce intelligence, a haunting candour, and a steady-handed pursuit of fleeting beauty. He exudes an abiding love for his craft and a respect for his audience that is reflected in two Juno awards and a touring circuit that includes festival stages and concert halls across Canada, Europe and The United States. A beguiling teller of tales and a singularly intense instrumentalist, Fearing is an alluring entertainer – heart-breaking, expansive and full of mirth – with a clear, honourable voice that lifts you out into his wide world and “brings you back home to yourself”.

**Tri-Continental:** A collaborative evolution that fuses the talents of 3 wonderful guitar players, singers and songwriters. There are no musical boundaries present in this one-of-a-kind blues/folk/world music mélange. Bill Bourne, Lester Quitzau and Madagascar Slim present a truly unique and critically acclaimed sound that is a great success in terms of soulfulness and presence, intensity and atmosphere. Bourne, Quitzau and Slim are well-recognized and respected artists with successful solo careers. They are indeed major players in the Canadian roots music scene who have individually and collectively received 4 Juno awards and 10 nominations. Together as Tri-Continental, something very special and magical happens with the grand improviser, the kidnapper of the blues, and the inventor and promoter of the new universal sound.

**My Son The Hurricane:** A brass-infused Funk Beast! Hailing from Niagara/Toronto, the perennial festival closers and dance floor inciters mix New Orleans style grooves with funk, jazz and hip hop. Bolstered by a giant horn section and the well-oiled rhythm players, charismatic emcee Jacob Bergsma and charmingly sassy vocalist Sylvie Kindree drive the show, creating a spectacle of sound, and challenging the crowd to keep up to their collective energy.

**Begonia:** On one end of the spectrum there are varieties of the Begonia which can be a dark, grievous, rough around the edges. And on the other end, a petite, elegant flower. In between, the plant attempts to harmonize its two poles, forming an array of varieties that each borrow from the delicate and the unseemly. It is in this same vein that Winnipeg based Begonia (Alexa Dirks) finds herself, trying to find a balance.

**Lemon Bucket Orkestra:** a guerrilla-punk-Balkan-folk-brass band massive like no other. Tracing their genesis back to the streets of Toronto, the original quartet of busking troubadours quickly amassed a battalion of like-minded musical souls and the full-blown, dozen-plus strong Orkestra was born.

**After Funk:** a fun-filled, soul driven, funk-rock explosion. Hailed as “The grooviest band north of the border” (Live for Live Music), the Toronto-based funk family have been blazing a trail through the North American music scene leaving only happy hearts and dancing feet in their wake.

**Iskwé:** Named one of the ‘Top 10 Artists to Watch’ by CBC Music, Iskwé (which means ‘woman’ in her native language) is fostering an unmistakable sound that weaves together her Irish and Cree/Dené roots with poignant politically charged lyrics, dark soulful R&B rhythms, electronic flourishes, and trip hop breakbeats.

**Petunia & the Vipers:** Vancouver’s hillbilly-flavoured, swing-inflected, ragtime-goodtime, thunderously rolling, one-of-a-kind band does not sit comfortably in one certain genre. It has been described as Hank Williams on acid... Tom Waits meets Elvis at Woody Guthrie’s Hobo junction... Avant-Country night club scene music... Something in between 1920’s and Steampunk.

**Declan O’Donovan:** A masterful songwriter collects life’s experiences and artfully turns them into songs that capture the imagination of a listener. Declan O’Donovan is that songwriter, that contemporary troubadour who utilizes a broad palate of voice and piano to tell intriguing stories through the music he creates.

**Sarah Jane Scouten:** A traditionalist at heart, Sarah Jane Scouten shows her signature flair for the roots of roots music. With respect for these roots, she writes from her own perspective, and rather than copying a style, only writes about what she knows profoundly. This songwriter hits hard and close to home, then laughs it off.

**Rembetika Hipsters:** Canada’s premier Greek rembetika ensemble. Rembetika is one of the pillars of modern Greek music which made the bouzouki the standard, and what many have called the “Greek blues” for its songs of heartache & hashish. Since 1996 the Hipsters have expanded the boundaries of Greek music, from Calgary, across Canada and all the way back to Greece.



**MNGWA:** Rooted in the Afro-Latin soul of cumbia music, MNGWA (pronounced Ming-wah) blends elements of psych rock, surf, reggae, salsa, and hip hop into the polyrhythmic pot. With 8 members from across North America and Europe, the Vancouver ensemble invites all earthlings to join in the sonic frenzy!

**Gabo Gonzalez y El Groove Capital:** “... When you think about a bass player with expressive power, with exemplary rhythmic sense and creative imagination, you think Gabo Gonzalez.” El Groove Capital is a unique sound from Mexico City, mixing rhythms of Mexico, Brazil, Spain, USA, and Cuba. It fuses styles like Funk, Jazz, Son, Rumba Flamenca, House and Samba, with the special signature of the bass as the leading instrument.

**Prosad:** A multi-instrumentalist and singer who has travelled the world sharing his unique blend of sitar, guitar, reggae and world music. Inspired by legends like George Harrison, Prosad seeks to create a spiritual vibration in the mainstream music of his generation by blending Indian instruments with the western influences of rock, reggae, folk and blues. On stage, Prosad is far outnumbered by his musical instruments but he brings them all together with looping: recording guitar, bass, sitar, flute, didgeridoo and more while soloing and singing over his spontaneous creations. He has performed in New Zealand, Australia, India, Holland, Paris, Portugal, Italy, Hawaii and many other countries. During his travels, Prosad has collaborated with great artists like Grammy Award winner Chris Berry, Australian legend Xavier Rudd (on his album Spirit Bird) and many others.

**Heavy Airship:** With a thunderous sound, Heavy Airship descends on the Kootenay region of British Columbia like a storm coming in from the Misty Mountain. In just a brief time the Nelson-based Led Zeppelin tribute has gained a faithful following in the area and has shared the stage with the likes of Dr. Hook and the legendary BC/DC.

**The New Gramophones:** Old-school flair, new-school flavour. The New Gramophones are a 5-piece classic soul, retro-pop and swing-era jazz band based out of beautiful British Columbia, Canada. Playing re-imaginings of hits from the golden era of vinyl and honouring artists such as The Beatles, Nina Simone, Bill Withers, Stevie Wonder, Aretha Franklin, Otis Redding and Jimi Hendrix, the New Gramophones’ fresh take on classics brings a new twist to familiar favourites, delighting audiences of all generations.

**The Duvets (a cover band):** Born in 2014, The Duvets (A Cover Band) have opened a new genre on the East Shore, one that might be called, “Wannabe Rock Stars, Meeting Their Dreams.” The band does this by providing an arena for “never-befores” (and, over the years, a few part time singers) to pick up the mic and rock out to their favourite music. A rotating ensemble of singers has nervously graced the stage over the past four years at three different concert events, backed by an impressive group of local musicians, the regular heartbeat of which is the Fukushima-Rael family. This family of musicians and their friends encourage the hatchling singers and give them an opportunity many have never had before.

**The Oot n’ Oots:** This family band makes kids music that is, to quote Jerry Garcia, not for kids only. Drawing on diverse influences from the history of rock n’ roll, this is a band with chops, soul, and swagger. Their original songs are wildly imaginative, brimming with humour and inspiration. The band is fronted by 11-year-old vocalist Ruth Cipes with her dad Ezra (vocals, guitar) and uncles Ari (vocals, guitar), Gabe (vocals, bass), and Matthew (vocals, drums). Ruth’s voice has been described as having “the smoky sounds of a jazz chanteuse” and “the earnestness of a 1960s folk singer.” Ruth trades lead vocal duties with Ari, who has a melodic tenor and cache of silly voices and characters.

**Rick Scott:** Rick first rose to prominence in 1964 in the Canadian folk scene playing with Joe Mock and Shari Ulrich in the legendary folk trio PIED PUMPKIN. He is an award-winning singer, songwriter, storyteller and actor who combines music and laughter in lively, participatory concerts for all ages. His gift for combining wacky humour and poignant human commentary has earned him a devoted following from four generations around the world.

**Buffalo Stompers Aboriginal Dance Group:** Buffalo Stompers are an Aboriginal performance group born and raised on Kootenay Lake. They descend from Okanagan Nations Syilx, Metis and European settlers. They have danced at Pow Wows, trained in traditional native dance, classical dance (ballet, contemporary, hip hop), theatre and mixed arts. The two oldest have completed post-secondary education in the arts and all teach traditional dance at public schools throughout the Kootenays. Recently they have started choreographing a fusion of their traditional dances with other dance disciplines to create a more modern reflection of Aboriginal Youth.

Starbelly also offers a wide range of workshops. There will be master classes with several of the performers, as well as an array of movement, dance and children’s activities. On Sunday afternoon, we host our annual parade. Please come dressed in festival finery!

Starbelly Jam thrives on volunteer participation. Join us and earn a weekend pass while discovering how fun it is to be part of our team.

**Advance tix until July 19 at [starbellyjam.org](http://starbellyjam.org).**

**Still the best deal in the Kootenays:**

- \$130 for Advance Adult weekend passes.
- Advance Senior Weekend passes: \$90
- Advance Youth (13-18) Weekend passes: \$85
- Day and special family combo passes online.
- Children 12 and under are always free

Friday night is locals’ night! Free entry on July 20 for locals with ID showing East Shore residence (Boswell-Gray Creek-Crawford Bay-Kootenay/Pilot Bay-Riondel). Many thanks to all our loyal patrons and incredible volunteers. Starbelly Jam would not be possible without you. We look forward to seeing you all again this July.

## Introducing Kids to Mountain Biking

by Farley Cursons,  
ESTBA Projects Director



After my training wheels, my first real bike was a Schwinn, and my first time out, I rode down a hill, didn't know how to stop, and ran right into a tree. So, that was a nice experience... like realizing, oh, there are brakes!" ~ Robin Williams, Comedian

Living in a small rural community has many benefits that my family enjoys; however, sometimes that means there often aren't enough kids of the same age bracket to get into team sports. Hats off to parents who bring their children to Creston and Nelson for soccer, gymnastics or swimming and to CBESS for efforts at forming some school teams. With limited sporting opportunities for our local youth I have found that cycling is an amazing way to develop strength, balance and dexterity as well as physical confidence. My daughter is on her second mountain bike and is absolutely loving single track riding. It is a big commitment to bring our kids across the ferry or down the lake on a regular basis. If that's too much time and money for you as a parent, consider getting you kid(s) into mountain biking. Entry level mountain bikes are quite affordable. Get your old bike out too, tune it up and take them out for a ride. There are plenty of beginner trails on the East Shore and they don't require admission. We have a world class recreation trail facility just outside the door waiting to be discovered. Here are some helpful tips for introducing kids to mountain biking.

### Mental and physical preparation.

Your new biker isn't ready to ride the extreme just yet. You need to spend some one-on-one time getting her ready. For a kid that hasn't been regularly playing other sports, that means general physical conditioning first. Make it fun. Kids won't be into the hard core endurance type of "getting-in-shape" riding that some adults go for.

### The right equipment.

Let the child be part of the decision process. They're more likely to enjoy the bike if they helped pick it out. But that means you need to do a little prep work, so she's ready to recognize that a good bike is more than the right color.

Size the bike correctly: biggest wheels she can handle on a frame that fits her size. Smaller wheels make pedaling difficult off-road.

Get solid quality. If you can afford it. Quick-release skewers, trigger shifters, light frame. Avoid heavy department store models. On kids' bikes, grip shifters are the usual, but they're hard for kids to twist while trying to stay on a bumpy trail.

If your budget is limited, consider a good frame with cheaper components. When she's good enough to need better parts, upgrade the components. Time spent in the garage wrenching with your little biker can be as valuable as time on the trail! But if you're not mechanically skilled, spend the money to get quality. Enthusiasm is quickly lost when bike gears or brakes are not working properly.

### Getting started.

Get ready for that first ride carefully. Remember the terror you felt when you faced steep downhill slopes - slopes you now take with confidence. Save the rough stuff until she's ready.

Spend some time riding on the lawn. A nearby park with rolling grass hills is perfect for getting used to that "off-road" feel. Grass-riding also gets legs toughened up.

Go to a vacant parking lot or tennis court and set up a steering course using cones, so she can practice tight turns. Lay a series of 2x4's down where she'll ride over them, so she gets used to hitting bumps as she turns and pedals.

Starting to ride off-road. Pick easy trails at first. Your first dirt can be a broad multi-use trail, or an easy spur off the neighborhood paved trail. Let your new biker learn at her own pace. Often, it's best to let the child lead out, especially on the uphill part of the ride. When it looks like she's wobbling, take a break and have a snack. Keep it simple; make it fun. Don't push to go too fast. Speed will improve as ability and physical condition improve. Spend enough time, often enough, on easy dirt before you go for the "real thing."

### Facing harder trails.

Never belittle her abilities, and never push her to take dangerous slopes. Let her find her own solutions, and make it clear you don't mind if she gets off and walks the rough or steep sections. In fact, maybe you should get off and walk with her.

Have the child practice standing on the pedals. The natural tendency for most kids is to take their feet off the pedals and put them out to the side when they get nervous. They need to understand that the safest way to go through tricky stuff is with all their weight coming down through level pedals, and with the butt off the seat.

Monitor the child's energy level, and build a lot of breaks into the ride. Being tired can be very dangerous in difficult terrain, and your kid may not want to tell you she's bushed.

### Learning technical riding.

Show her techniques. Let her watch you ride some tricky stuff. But never pressure her to do things she's not ready for. If she's too nervous to do something you think is easy, just accept it and go on. Stay positive. Work on steering, with attention to the position of the head and eyes. Teach head-up, eyes-where-you're-going steering. If a kid is looking at an obstacle, tree, or trail edge, she'll probably hit it. Teach kids that in the tough stuff, they should look ahead -- never at what's under the front tire. And they should keep pedaling. Some children are naturally nervous. Their sense of self-preservation will actually get them into trouble. They look down at the horrible threatening bumps under the front tire, freeze up, and try to go too slow for the terrain. You need to be a lot more patient, and provide frequent positive experiences. For these kids, sometimes a single minor fall can completely undo weeks of confidence-building activity. The last thing she needs is a big wipeout, or even a big scare. Keep your expectations reasonable for your child's mental state and physical condition.

On the other hand, some kids have little appreciation of danger or self preservation. They gain skills quickly and tend to become overconfident. These little rippers require constant monitoring so they don't maim themselves for life. With appropriate supervision and gentle encouragement, your little mountain biker will no longer be slowing you down. She'll be your biking buddy that you have to work to keep up with.

See you on the trails!



## Residents Making Gains in Wildfire Protection

by Farley Cursons, Interface Wildfire Prevention Strategies

It's been a busy spring for our fuel modification team as local land owners are recognizing the benefits of creating FireSmart properties. It's been super rewarding to be part of this year's "call to action" following last summer's "wake up call". That's when the whole province realized that much more needs to happen to prevent the spread of wildfire. As land owners, we can make a difference by not only cleaning up our own property, but by working with our neighbors to modify whole neighborhoods into fire breaks between the wild-land and urban interface.

In previous articles this year we explored the FireSmart principles to modify the forest structure 10m and then 30m from our homes. In this article we'll look at the home structure itself and how the risk of home ignition from the radiant heat and embers from nearby fires can be reduced.

Protecting our homes and neighborhoods from wildfire starts with simple actions. Whether we are doing regular yard maintenance or making large scale changes during renovations or landscaping, we can make choices that will help protect our home from the devastation of a wildfire.

Any retro fit or renovation of a home building project should begin with a FireSmart - Site and Area Assessment. It's important to know our risks so we can make choices to reduce them. We need to see our properties as more than our yard and home but as potential fuel for a wildfire. Homes lost from wildfire are not usually from direct flames but from sparks, embers and burning material. Fire resistant roofing and exterior building materials will reduce the likelihood of wildfire impacting our homes.

We need to be aware of how each aspect of our home structure can make a difference: Roofing, Siding, Doors and Windows, Eaves Troughs, Access

**Roofing:** The most fire-resistant roofing materials are metal, clay tile and asphalt shingles. Untreated wooden shakes and shingles provide no resistance to flames and sparks generated from a wildfire. Use only class A, B or C rated fire resistant roofing. Clean debris from your roof annually. Ensure your roof is free of combustible needles and leaves and there are no overhanging trees or branches that can provide fuel for airborne sparks and embers. Make sure your chimney is to code and has spark arrestor screens installed.

**Siding:** Materials such as stucco, metal, brick and concrete offer superior resistance to wildfire. Logs and heavy timber are less effective, and wood and vinyl siding offer very little protection at all.

**Doors and Windows:** Be sure to remove flammable forest fuels within 10 meters of glazed window and door openings. Tempered, thermal or smaller double-paned windows will provide far greater protection than single paned glass.

**Eaves troughs:** Eaves and vents are ready-made openings that can allow heat and embers to enter a building and ignite. Ensure eaves are closed in and screen all vents and soffits. Keep areas under decks and porches clear of debris and sheath the undersides with fire resistant materials.

**Access:** Make sure that fire fighters are able to approach your home in a safe manner. There are a few things you can do to improve their safety and help them find your home quickly:

- Make sure your driveway is wide enough to accommodate emergency vehicles so they have enough space to turn around
- Have your civic address clearly visible for quick identification by fire services
- Provide an emergency access route to and from your property
- Clear your driveway of trees to a distance of at least 3 meters on either side

One of FireSmart Canada's mandates is to encourage whole neighborhoods to work together in an effort



to make their combined properties a larger defensible space against wildland fires. Its “grass roots” approach offers tools and information for homeowners to assess and mitigate their own wildfire hazards. Start with the FireSmart Home Owners Manual found at: [www.bcwildfire.ca/prevention/docs/homeowner-firesmart.pdf](http://www.bcwildfire.ca/prevention/docs/homeowner-firesmart.pdf).

Once your more familiar with FireSmart principles you can conduct your own structure and site assessment. Knowing the factors that can pose a threat to your home, yard and beyond can empower you to make choices that will greatly reduce the threat of wildfire.

- Complete the FireSmart structure and site assessment to understand hazards within 30 meters of your home or building. [www.firesmartcanada.ca/resources-library/site-assessment](http://www.firesmartcanada.ca/resources-library/site-assessment).

- Take the area hazard assessment to understand the hazards greater than 30 meters of a home or building: [www.firesmartcanada.ca/resources-library/site-assessment](http://www.firesmartcanada.ca/resources-library/site-assessment).

**Take action:** Some of the measures cost very little and can help reduce the vulnerability of your home to wildfire, others require planning and long-term commitment.

Last summer in B.C., fire forced around 65,000 people to flee their homes. Fires destroyed more than 190 houses and the province spent more than \$560 million fighting the flames in more than 1,256 fires. It was unprecedented, and alarming. “The scope, the scale and the size of these fires was like nothing we’ve ever seen before,” said B.C.’s Forests Minister Doug Donaldson in a National Observer interview.

2017 was the by far worst fire season in B.C.’s recorded history and Canadian Wildland Fire Strategy officials are braced for more, and possibly bigger fires this year. So, whether you’ve lived out here for years, or have just purchased your dream home away from the hectic pace of city life, your likely concerned about the threat of wildfire. By applying FireSmart actions to our homes and properties it is possible to live compatibly with this natural event.

## Temple Grand Opening Brings Community Together

“A place of Light is a place of love”

by Yasodhara Ashram Society

On Saturday, June 23, Yasodhara Ashram hosted almost 700 people from around the region to celebrate the official opening of the new Temple of Light as well as to enjoy our 24th Annual Strawberry Social. The bold new Temple replaces the original, which was destroyed by fire in 2014. The new Temple continues to hold the vision of hope and peace, where diverse traditions are honoured.

“There is so much division in the world so we need a place to remind us to come together. And a place of Light is a place of love,” Swami Lalitananda, the Ashram’s president, said in her opening address.

Mayors from both Nelson and Creston attended, and the ribbon cutting ceremony included representatives from our area: Garry Jackman (Director of Electoral A of the RDCK), Gina Medhurst (President of Kootenay Lake Chamber of Commerce) and Wayne Stetski (MP for Kootenay-Columbia). Swami Lalitananda led the ceremonies with a heartwarming welcome, thanking everyone “who is attracted to a sacred space.” After the ribbon was cut about 300 people filed into and around the outside of the Temple to listen to the opening reflections. The three local representatives spoke of the Ashram as a valuable member of the community. Gina described the Temple as a place



## What’s New for 2018 Museum Days

by Frances Roback

**Mark your calendars and daytimers for Gray Creek Museum Days, Friday July 27 to Monday July 30, noon to 6 PM.** What’s coming up? Plenty, and much of it will be on public view for the first time.

**Gray Creek’s 2008 Centennial Celebration Revisited:** Can you believe it’s been ten years since Gray Creek’s glorious 100th anniversary celebration? Part party, part reunion and part joyous homecoming for folks from away, Gray Creek’s Centennial was truly a Happening on a grand scale. Janet Schwieger’s display relives that memorable time through Gabriel Dinim’s video, Will Chapman’s photos, and more.

**Robin Sturdy’s Lost Legacy:** For the first time ever, the incredibly sculptural ceramic murals by Gray Creek / Crawford Bay ceramic artist Robin Sturdy will be on public view. This new display by Susan Hulland will include Robin’s *Furies of the Avalanche*, *Cosmic Cocktails*, *Hockey Night in Heaven*, and more. To learn more about Susan’s restoration work on *Furies*, please visit Susan’s Facebook page.

**The Wirsig’s before Wirsigville:** The story of this enterprising Gray Creek lumbering family has been told often (see for example Part 2 of Tom Lymbery’s book *Tom’s Gray Creek*). But the story of the Wirsig’s earlier years in Canada and beyond is new. Just

“where we can come back to the circle, to the centre.” Garry highlighted projects the Ashram has been active in recently, while also attracting younger people to the area. Wayne shared his experience of visiting the War Museum in Ottawa, which led him to ask, “Why can’t we learn to get along? If I had one wish it would be to take the caring, the welcoming of diversity, the love you see every time you come to the Ashram and spread that all over the world. We would have a much better world.”

The opening remarks were followed by performances by Slava Doval’s DanceFusion, a group of young dancers from Nelson. Slava - Nelson’s Cultural Ambassador for 2018 - is a former East Shore resident and Ashram Teen Program participant. The young dancers performed three inspiring pieces, while Slava offered her own amazing creation and performance. She credits the Ashram for the formative experience in understanding that dance can be a sacred art that speaks to the spirit. The dancers received a warm and enthusiastic response.

The entire celebratory opening was live-streamed to homes around the world and also to Mandala House, where the Ashram’s overflow visitors could watch the Temple events unfold. The finale of the day was showing the video, Temple of Light by Gem Salsberg, featuring interviews with Ashram guests and residents as well as with the architects, fabricators and contractors.

The day was a tremendous success. An intention was fulfilled—bringing the community together to join us in celebrating our beloved new Temple of Light, a magical place in the Kootenays where people can come to appreciate the quiet beauty and sacred space.

before he died earlier this year, Ralph Wirsig with help from his brother Horst shared early family photos and memories with Tom, and will be featured in Frances Roback’s new display. Intrigued? Come and see what it’s all about.

**More New Treasures from the Old Store:** Over the years, with Tom’s blessing, Janet Schwieger has been peering into nooks and crannies at the old Gray Creek Store in search of Gray Creek’s history. Showcased this year will be some of Janet’s latest discoveries for our archives, including some nifty old brochures ranging from “How to String and Unstring Archery Bows” and “Beekeeping”, to “Ironwork Gate Plans” and “Raising Pheasants.”

**McClure Family:** How did this large vibrant family come to live in a renovated two-story chicken house on Wilmot Rd in Gray Creek? In this display by Janet, Sharon Lymbery (nee McClure) shares her stories of memorable childhood activities and pranks like sneaking out the top story window to jump into the snowbank below – at night, in their nighties.

**Memories of old Crawford Bay, Gray Creek, and Boswell:** For the first time, 8 interviews recorded in the 1960s will be available in printed form to read at your leisure during Museum Day’s run. We can promise you hours of master storytelling by Crawford Bay pioneers Harry Mawdsley, Margaret Draper and Lorna Lytle; Boswell’s Bella Cumming; and Gray Creek’s Catherine & Len Clark, and Kathleen & Arthur Lymbery. Special thanks go to Jill Pennington for volunteering hours upon hours transcribing recordings to print.

**Wood Ducks:** Have you ever been lucky enough to see one of these jewel-toned ducks in the Crawford Bay pond near Peters Road? In honour of the upcoming Crawford Bay wetlands regional park, Steve White will be displaying Alistair Fraser’s spectacular photographs of these beautiful little ducks – pond dabblers, tree nesters, and always a joy to see.

**Wild Lupines:** In a good lupine year, local roadsides turn blue, purple, and pink with these lovely common BC wildflowers. Steve’s mini-display looks at wild lupines through photos and some fun facts. Have you seen the “diamonds” in the “palms” of lupine leaves after a rain? Come and see what it’s about.

**And Now For Something Completely Different:** A private collection of dinosaur bones and petrified wood, gathered by Janet’s family in the Red Deer River valley in the 1960s, will be displayed with permission from the Tyrrell Museum while the collection is being registered with them. See bones and wood that could be 66 million years old - the time when dinosaurs became extinct.

And as always, there will be Janet’s Will Bayliss display, resource books on indigenous peoples and on Kootenay history to browse at your leisure, and more. If you’re a first-time visitor to the historic lakeside Gray Creek Hall, take a look at the fabulous Gray Creek Hall Society’s website, [www.graycreekhall.com](http://www.graycreekhall.com). All are welcome, there will be lots to see, and it’s free (donations welcome.) **Friday to Monday, June 27 – 30, noon to 6 PM**



Reliving the spirit of the Gray Creek Centennial celebrations in 2008. Photo: Will Chapman

## SUNSET SEED COMPANY



Your Complete Farm,  
Garden & Pet Care  
in Creston, BC  
250-428-4614

**NOW OPEN!** We look forward to seeing you.  
1628 Canyon St, Creston (right next to 7-eleven)

Who me?



More people are now eligible to receive job supports, funding for training and more! Call us today.

Yes, YOU.

Monthly Upstairs at Barefoot Handweaving

WorkBC

Employment Services Centre

FREE Services include:

- Employment Counselling
- Résumé Development • Job Search
- Career Assessments
- Access To Training & Certification
- Self Employment & Program Options
- Customized Employment & More!

Book Your Appointment Today! Call 250-428-5655

Kootenay Employment Services Society  
119 - 11<sup>th</sup> Ave N, Creston BC



The Employment Program of British Columbia is funded by the Government of Canada and the Province of British Columbia.

CUSTOM HOMEBUILDING  
DESIGN SERVICES  
REMODELING

**HULLAND & LARSEN**  
CONSTRUCTION LTD  
www.hullandandlarsenconstruction.com  
(250) 551-2915 or (250) 505-3570  
contact@hullandandlarsen.com Licensed and Insured  
*Serving the communities of Kootenay Lake.*

**JULY 2018 Hours:**  
Open 7am-3pm  
Tues - Sun  
(250) 777-2537  
Now serving breakfast sandwiches!  
*Thank you for your continued support.*



New Principal at CBESS  
press release

Kootenay Lake School District No. 8 (SD8) is pleased to announce Erin Gibbs has been selected as the new Principal at Crawford Bay Elementary-Secondary School.

Gibbs is joining SD8 from her position as Principal of Queen Mary Elementary School in Vancouver. Prior to that, she was Vice-Principal of Charles Dickens Annex and Vice-Principal of John Norquay Elementary School.

"I am thrilled to be moving to Crawford Bay to be the new Principal at CBESS!" says Gibbs. "Although I have worked as an educator and administrator in Vancouver for many years, I grew up in small towns throughout Canada and Britain, and have an abiding respect and fondness for the community spirit found therein. I am fortunate to have family in Riondel, Creston and Sirdar too, which makes my move to Crawford Bay even sweeter!"

Gibbs is passionate about building relationships, collaborating with staff and working with students to bring out their very best. She looks forward to meeting her new community, rolling up her sleeves, and getting to work and play this coming September. The District extends congratulations to Gibbs on her new role.

**the MARKET**

•Groceries •Deli Meats/Cheeses •Fresh Meat & Produce  
•Liquor agency •Natural foods •Fishing

**Summer Hours:**  
Mon-Thurs: 9-7 Fri/Sat: 9-7:30  
Sunday: 10-5:30

You'll find everything, AND MORE!  
for all your "FUN IN THE SUN" needs.

Bottle Depot: Thursdays & Sundays, 10-3

Phone: (250) 227-9322  
Fax: (250) 227.9417  
Email: cbstorebc@gmail.com

Serving the community and a proud sponsor of

**STARBELLY JAM!**

We have **EXTENDED OUR HOURS** for the Starbelly weekend!

**FRIDAY**  
9:00am – 8:30 pm

**SATURDAY**  
8:30am – 9:00pm

**SUNDAY**  
9:00am – 7:00pm

Have a fun & safe weekend!

Attention residents, visitors and business owners of the East Shore.

The Trans Canada Trail "off HWY" route between Crawford Bay and Gray Creek is under a trail user advisory for the next couple of months while Fortis subcontractors remove decommissioned power poles and lines from the authorized route. The trail is currently open but you may encounter machinery. Operators are watching for and expect to see trail users. Please stop and wait for their instructions.

The trail we be completely closed with signage for short periods while the poles and lines are removed. We will do our best to inform the community during full closures.

We regret this inconvenience at the start of our tourist season however, there are plenty of other accessible trails in the area that our friends and guests can be directed too. For a complete inventory of the East Shore's Front and Back Country Trails check out our website [www.estba.ca](http://www.estba.ca)

Any questions or comments can be directed to [eastshoretrailandbike@gmail.com](mailto:eastshoretrailandbike@gmail.com)

Thank you!



Barefoot Handweaving



"If it was'na for the work of the Weavers ... as long as we need claites ..."  
*Scottish folk song*

OPEN Tues-Sun 10 - 4 at least 227-9655

Massage Therapy  
Harreson Tanner, RMT  
Over 30 years clinical experience



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

**ViBE**

Organic Juice, Sizzling Burgers, Frozen Yoghurt & Jen's Cakes  
Exclusively Available Here!

July & Aug: Open Fri-Mon, 10-3

Thank you for your enthusiasm and patience!



250.551.5366

Next to Barefoot Handweaving in Crawford Bay.

**FIRESMART ASSESSMENTS WITH A WILDFIRE MITIGATION SPECIALIST**

**TAKE ACTION ON YOUR PROPERTY TO REDUCE WILDFIRE RISKS**

A FREE PROFESSIONAL ASSESSMENT OF YOUR PROPERTY

- An in-depth, on-site assessment conducted by experienced Wildfire Mitigation Specialists
- A detailed report with customized mitigation actions designed to measurably reduce the wildfire risk to your property
- Earn a FireSmart Home Partners certificate acknowledging your mitigation achievements .
- Homeowners can share the designation with insurance providers to showcase mitigation activities and potentially reduce rates, or increase ability to maintain insurance coverage.

To book an assessment, or to learn more about this and other wildfire mitigation programs offered by the RDCK visit:  
**RDCK.CA/FIRESMART**  
firesmart@rdck.bc.ca 1-250-352-1539

CRESTON KASLO NAKUSP SALMO SILVERTON SLOCAN  
All RDCK Electoral Areas

**Riondel Market**  
250.225.3214

Hunting & Fishing Licenses  
Groceries - Liquor Outlet - Fresh Baking - Ice Cream  
Bait - Fishing Tackle - Post Office - Videos  
Camping Supplies - Ice - Fireworks

**Summer 2018 Hours**  
Mon-Sat: 9am-9pm & Sunday: 10am-5:30pm

**Turlock Electrical Contracting Ltd.**  
Your Local Electricians  
Commercial, Residential  
Over 20 Years Local Experience

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

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

**East Shore Mobile Massage Therapy**  
Anastasia Phoenix, Massage Practitioner  
Massage in the comfort of your own home (\$40/hour)



- Swedish and Non-Swedish Massage
- Relaxation Massage
- Deep-Tissue Massage
- Pregnancy Massage
- Manual Lymphatic Drainage (MLD)
- Trigger Point Release
- Fascia Techniques

anastasiaphoenix19@yahoo.com  
1.250.402.3414

**ESIS**  
EAST SHORE INTERNET SOCIETY

**HIGH-SPEED INTERNET**  
1 (844) 776-3747  
www.eastshoreinternet.ca

Central Kootenay Lake's community non-profit ISP.

**Work opportunity at Starbelly Jam!**



The Starbelly Jam Music Festival is now hiring it's Sanitation Team!

Responsibilities include maintenance of the festivals washrooms and dining area.  
Compensation is \$20 per hour and you get a festival pass!

**StarBellyJam**

July 20, 21 & 22  
Crawford Bay BC  
www.starbellyjam.org

Send resume and cover letter to - ed@starbellyjam.org

**Michael O'Connor**  
~Astrologer~  
Readings by Phone or Web



sunstarastrlogy@gmail.com  
514-912-6871

Insightful \* Inspiring \* Empowering \* Confidential

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

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

19th Annual  
**StarBellyJam 2018**  
music festival

**Stephen Fearing**  
**My Son The Hurricane**  
Iskwé • Tri-Continental • After Funk  
Begonia • Sarah Jane Scouten  
Lemon Bucket Orkestra • Rick Scott

Petunia & the Vipers • Declan O'Donovan  
Rembetika Hipsters • MNGWA  
Gabo Gonzalez y El Groove Capital • Prosad  
Heavy Airship • The New Gramophones  
The Oot'n' Oots • The Duvets (a cover band)  
Buffalo Stompers Aboriginal Dance Group

Giant parade, artist-hosted music workshops, locally-made crafts & food, dancers & dance workshops, yoga, tarot, children's workshops & storytelling, capoeira, hula-hooping & much more!

July 20, 21 & 22, 2018  
Crawford Bay, BC  
For the latest info, and to buy your tickets  
[starbellyjam.org](http://starbellyjam.org)



**NDCU-PICK**  
HARVEST YOUR SAVINGS!

3 YR term deposit OR mortgage **2.89%\***



LEARN MORE AT [nelsoncu.com/Upick](http://nelsoncu.com/Upick)

Nelson & District CREDIT UNION *Logically. Locally.*

\*Rate and offer subject to change. Certain terms and conditions apply.

**LIMITED TIME OFFER. COME SEE US TODAY!**

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

250-227-9315  
[graycreekstore.com](http://graycreekstore.com)

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

**From Bubbles to Water Guns to Kayaks, all your Summer Fun Supplies... We have you covered.**



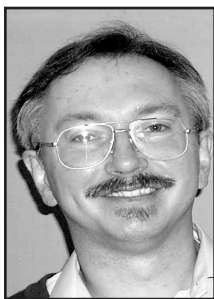
**Demo Stove Deals!**  
Just a few left—get them while they're hot!

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



## Seldom Scene

by Gerald Panio



"When I think how we've harmed this planet, I don't know how I feel—angry? desperate? At any rate, there's a saying that you hear very often: We don't inherit this world from our parents, we've borrowed it from our children. We haven't borrowed anything from our children. When you borrow, you expect to pay back. We've stolen. We're still stealing, and we've got to do something about it."

--Jane Goodall

For some of us who still look back and wonder at the optimism and activism of the 60's, these are not salad days. Following current national and international news has become a kind of self-flagellation, as the parading of amorality, venality, self-interest, and myopia in the public arena has surpassed even the cynical heights (depths?) captured in Tom Wolfe's *The Bonfire of the Vanities*. These may not be the End Times, but I'm often just a few headlines away from wishing that they were. One thing that keeps me going is the knowledge that history is cyclical, that current trends will inevitably be challenged and reversed. Another sign of hope is that there are always people out there who remind us of what we can accomplish when we give in to the better angels of our nature, rather than the worst.

One of those people is Jane Goodall. Thanks to the recent National Geographic documentary *Jane* (2017) and a 2010 German documentary, *Jane's Journey*, we get a glimpse into an extraordinary life of private passion and public service. In her mid-70s when *Jane's Journey* was made, Ms. Goodall had become an elder who inspired respect and admiration wherever her travels took her. Nothing has changed in 2018. If I could claim a couple of extra grandparents in my family tree, I'd pick Jane Goodall and Chief Dan George. If they couldn't help teach me to make the best use of my time on this planet, no one could.

This month's column focuses on the latter of the two films mentioned above. Directed by Lorenz Knauer, with beautiful cinematography by Richard Ladkani, *Jane's Journey* is a breath of fresh air in a political & intellectual climate that's becoming increasingly toxic. Ms. Goodall leavens her passion with a wry sense of humor that makes her one of the world's finest ambassadors for Planet Earth. She's charismatic and engaging, never strident or hectoring. The beauty of her soul is never captured better in the film than when she speaks to a young fan at a conference, and the girl looks back at her with the kind of speechless, open-eyed wonder that's usually reserved for brand new puppies and rainbows.

Jane Goodall was the first of three extraordinary women whose studies were initially sponsored by anthropologist Louis Leakey. Jane became the world's leading authority on chimpanzees, Dian Fossey devoted her life to the study and preservation of the mountain gorillas of Rwanda, and Biruté Galdikas is one of the world's leading authorities on orangutans. Although Fossey's life ended with her tragic murder at the hands of poachers, both Goodall and Galdikas have lived their dreams to

the full. In 1997, both were awarded the Tyler Prize for Environmental Achievement.

*Jane's Journey* shows early video footage of her in the Gombe National Forest in Tanzania, observing and interacting with the chimpanzees that became her life's work. The videos were taken by National Geographic photographer Hugo van Lawick, whom Jane had reluctantly invited to Gombe in the hopes that his photos and films would help her get continued funding for her studies. She and her mother arrived in Tanzania in September 1960 with six months' worth of funding. Twenty-five years later, Jane was still there. Van Lawick's work was crucial in documenting her research and bringing it to public attention, and their collaboration soon led to marriage.

A good deal of previously unreleased video footage from the early days is incorporated in the more recent documentary, but one of the highlights of *Jane's Journey* is Richard Ladkani's footage of the chimpanzees in 2010, both on their own and interacting with Jane. Those chimpanzees include David Greybeard, who first gave her access to the troop in 1960, and Frodo, who eventually forced her out of it. Even from these brief glimpses of Ms. Goodall's subjects, it's easy to understand how a lifetime could be devoted to studying them. It's not at all surprising to hear Ms. Goodall say that she learned important parenting lessons from her observations of chimpanzee mothers playing with their children.

Jane Goodall's life encompasses both groundbreaking scholarship and a personal narrative that's scarcely less remarkable than that of another Jane--the heroine of Edgar Rice Burroughs's *Tarzan* novels--whom she fantasized replacing when she was 10 years old. How does a radiant young Englishwoman, with no university training and a few months' worth of stenography courses, end up living for decades in an African forest with unpredictable chimpanzees larger than she was, eventually becoming only one of 10 students to ever earn a Ph.D. from Cambridge University without first getting an undergraduate degree? How does a relatively shy woman who has spent much of her adult life living in isolation in the wilderness manage to devote the last decades of her life to traveling around the globe, never staying in one place for more than three weeks, and lecturing to audiences collectively numbering in the millions? Is it surprising that Louis Leakey, 30 years her senior and married, wrote her love letters? Or that both of her husbands, the first whom she divorced and the second whom she lost to cancer, were inordinately jealous and possessive?

One of the fascinating themes of the film is the relationship between Jane and her only son, Hugo, nicknamed "Grub." To protect Hugo from the potentially lethal chimpanzees (and other wildlife), his cradle was placed inside a large metal cage. He does not have fond memories of chimpanzees hanging onto the cage bars and making threatening noises. Hugo didn't share his mother's affection for primates, and instead spent his childhood swimming and fishing in Lake Tanganyika. As an adult, he ran a commercial crab fishery whose focus on maximizing corporate profit flew in the face of everything his mother believed in. Having an international icon for a mother is no

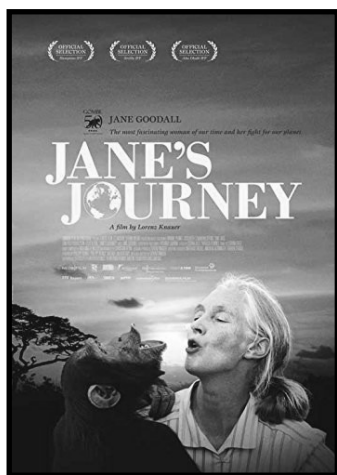
bed of roses. "I wanted her to be more normal," he admits at one point. Where and how they eventually reconcile is no less remarkable, and one of the film's memorable scenes. Think hippos.

I can't remember when I first became aware of Dr. Goodall's work. It may have been a cross reference in an article on Dian Fossey. Although I've been contributing to the work of the Jane Goodall Institute since 2007, and was introduced to her Roots & Shoots youth program while I was teaching, what I hadn't fully grasped before watching *Jane's Journey* was the extent of the humanitarian and environmental work she has been doing since 1986. That was the year she attended an international conference on chimpanzees. Sessions on the destruction of primate habitat and the condition of chimpanzees in medical laboratories led to an epiphany. Ms. Goodall realized she needed to move out into the world to pass along a message of hope, and to become an active agent of the changes she wanted to see. The three projects for which each Roots & Shoots group is responsible—one for people, one for animals, one for the environment—reflect her greater vision for the future of our planet.

In *Jane's Journey* we see the practical applications of her initiatives in a refugee camp in Tanzania, a suicide- and alcohol-haunted Native reservation in South Dakota, and in villages bordering the Gombe National Park. The projects involve everything from raising chickens to planting gardens & forests, from cleaning up wetlands to arranging for microcredit for female entrepreneurs. The Jane Goodall Institute now has 19 offices around the world; there are 10,000 Roots & Shoots groups in 100 countries. In 2002, she was appointed United Nations Ambassador of Peace. When *Jane's Journey* was made, she was travelling 300 days in the year, giving her support to large & small initiatives sponsored by her Institute and by Roots & Shoots. I don't believe she's slowed down since.

It's fitting that the film should end in Platte River, Nebraska, with the mass migrations of the sandhill cranes and the snow geese. This is the breathtaking natural world which Jane Goodall has dedicated her whole life to preserving.

Because we haven't stopped stealing it from our children, have we?



### RIONDEL GOLF CLUB Ladies Bluebell Classic

Wed., Aug 8/2018

Entry deadline August 1/2018

\$50 Visitor, \$40 Club Members

Registration: 9am  
Shot Gun Start: 10am  
(cart extra - reserve early)

Continental breakfast / Lunch / Dinner  
Horse Race / Lots of Prizes  
Handicap & Fun Flights

250.225.3584 or  
golfriondelbluebell.ca  
to register.

We accept cash, cheque,  
Visa, Mastercard & Debit



# Book Reviews

by Tom Lymbery

## New Denver & Slocan History

Most interesting stop in New Denver is the Silvery Slocan Museum that still retains the Bank of Montreal sign on the building. This was the Bank until 1969 and the vault now stands open so that you can step inside. Go upstairs to what were living quarters for bank personnel but now contain museum artifacts.

New Denver became important because of all the silver – lead – zinc mines close by and all the way up to Sandon and Zincton. The town flourished more when the Canadian Pacific Railway built track connecting Nelson to Slocan City where boats made the connection to New Denver as too much rock work and tunnels made track construction along that portion of Slocan Lake virtually impossible. Further rail expansion eventually connected Zincton and Sandon to Rosebery and on to Nakusp.



The New Denver Museum in the former Bank of Montreal

**EARLY BOATS ON SLOCAN LAKE** by G H von Krogh. Self published, \$25, 120 pages. This features on the cover the classic SS Slocan sternwheeler built by the CPR in 1897 after the success of the privately built SS Hunter.

Before the Kettle Valley Rail line was completed in 1915 through to Vancouver, the Slocan Lake route was an important connection to the coast – especially in winters when the Burton Narrows on the Arrow Lakes had both low water and ice problems. Rail from Nelson to Slocan City, then the train was carried on barges to Rosebery, then rail to Nakusp. Sternwheeler from Nakusp to Arrowhead where track connected to the CPR main line at Revelstoke. Sounds complicated but that was the way my dad travelled to the coast when he joined the Canadian Army in 1914 for WW I

This book has many pictures of the boats and tugs pushing rail barges carrying 10 railcars on two tracks, and of the loading process at Rosebery. This rail barge connection continued until December 1988 when the last train left Nakusp and was loaded on the last barge to Slocan City. This unusual system from much earlier days attracted many rail buffs who came from across the US and Canada to see it for themselves..

**EARLY NEW DENVER 1891 – 1904** by G H von Krogh, a Selection of Data on People, Places and Things, 160 pages, \$25.00. This second book by the same author details the early years of New Denver with mining prospects in everyone’s head. Even when Dr. Brouse came and opened the first hospital he was looking to invest in mines.

Finding the location of some of the burned or dismantled early stores and hotels has been challenging for the author, so he muses on the many undated street photos. He now lives in the house built in 1894 for Captain George L. Estabrooks who became the master of the SS Wm Hunter when it was launched in 1892.

Besides the photos of businesses and hotels, details of New Denver’s churches are included. Whenever I drive through the town I always look at St Stephens Anglican Church – for across the street is the house where the stairs collapsed under me as I was dolly-ing a woodstove down into the basement some years back. No person nor the stove were damaged – only the stairs, but I had a struggle to get our heavy, battery powered stair climbing dolly back up to the main floor. Why does anyone build a basement without a door to the outside?

# Red Dog, Alaska

by Tom Lymbery

When the Pilot Bay smelter was discarding zinc because it was unwanted, they had no idea that it would be one of the most important metals today, used largely in galvanizing to prevent corrosion. Easy to die-cast, zinc was used extensively for hood ornaments and more in cars of the 1950s. Trace amounts are important for our health. Want to pee more? Take zinc pills.

Red Dog Mine is virtually the largest source of zinc and is found in a very isolated location in the far northwest corner of Alaska, 55 miles from the Chukchi Sea which separates Alaska from Siberia. The Chukchi Sea is frozen over for all but 100 days of the year. Teck Resources started operations in 1987, and today this open pit mine has a life expectancy of up to 2031, and likely longer as more exploration is done. One scheme that was considered was trucking the concentrate over the sea ice to a very large freighter sitting at the edge of the open water, as this could have extended the 100 day shipping season. But they actually barge the concentrate off to bulk ships. These unload at Roberts Bank and go by rail to Waneta south of Trail, where the smelter is likely the largest zinc producer in the world.

As I mentioned in the previous *Mainstreet* issue, I was so pleased to meet Peter Jacobi whose book *Rossland - Trail Creek & the Birth of C.M. & S.* takes a philatelic look at history. For Peter had actually worked at



The Red Dog Mine, Alaska, before Cominco (C.M. & S. Co) changed its name to Teck Resources Ltd. Photo courtesy of Peter Jacobi

Red Dog, and here is Peter’s own story.

*“I was originally laid off by CESL (Cominco Engineering Services Limited) when they were close to being sold in? 1991 I think.*

*Then I hung out my shingle as “Consulting Mineral Processing Engineer” and sent 108 letters out to my former contacts in the industry. My friends managed Red Dog at the time and I got a phone call to ‘get my ass up there, because they needed help.’*

*So I started at Red Dog as fill-in for the Metallurgical Superintendent when he was on his 2 weeks out. (Remember we all worked 4 weeks in and 2 weeks out). The pay was a huge \$ 90,000 US per year, more than I had ever earned in my life - but that was for 7 days a week, 10 hours a day.*

*In any case, it was a big job in a big operation. In my previous jobs as Mill Super in Pine Point (6 years) and Mill Manager in Kimberley (5 years), we made about 160,000 tons per year of zinc concentrate. At Red Dog we made 600,000 tons per year of zinc concentrate. Just bloody overwhelmingly huge. It was all trucked to the coast, a 52 mile truck transfer on an elevated road over the muskeg. Then it was stored in the storage building and shipped during the short season between July 10th and the end of October. That storage building was the largest in Alaska at that time, and has been enlarged since.*

*We had only about 90 days to get the concentrate out. It was loaded by front end loaders in the storage building onto a wide conveyor belt, and was transferred*

*to the load out station at the water’s edge, where it was sampled for moisture content, and loaded onto 6,000 ton barges operated by ‘Foss Maritime’ from Seattle. They had 4 tugboats and 3 barges at the site. Then it was towed to the freighters waiting about 3 miles out (where the water depth was at least 55 feet) and the process was reversed. Front end loaders on the barges loaded the concentrate into hoppers, which fed conveyor belts, which in turn transferred the concentrate into the hold of the ships. The freighters were either 40,000 tons, or the Panamax size of 84,000 tons.*

*Interesting job and people who were mostly Eskimos from the surrounding villages. [The indigenous people in this part of Alaska are now generally known as Yupik.] Nice people!”*

*“I stayed up there for 2 ½ years at which time they replaced all the Canadian staff with American staff. The Red Dog operation has since then increased further in output but I have not kept up with the actual size.” – Peter Jacobi to Tom, May 19, 2018*

If you would like to learn more about the Trail smelter, free guided tours of Teck Trail Operations are available starting any weekday at 10 am. To book a tour, phone the Trail Chamber of Commerce at 250-368-3144. Google Teck Tours in Trail for more information.

- Planning a wedding?
- Holding a meeting?

Consider renting the **BOSWELL HALL**

Booking/info: Rose at 250.223.8288

## Community Futures is Your Small Business Expert

Community Futures offers business loans, business management workshops, business library and more. Unemployed? Ask about the self-employment program.

- Need assistance with your business?
- Have a business idea to explore?
- Need a business loan?

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



Growing communities one idea at a time.



*Blooming Rhubarb in Atlin BC -which is flourishing all along the streets of this small town 70 miles south of Whitehorse, Yukon. Rhubarb will soon be five feet high, but now the blooms are taller than the plants. Atlin Lake is the largest lake in BC and the lake has a large island with glacier topped mountain. Most residents are not familiar with the non flowering rhubarb.*

Photo by Tom Lymbery  
July 2018 Mainstreet 13

Decentralization is the East Shore's middle name and Lindero isn't immune from the sprinkling of services and amenities across the landscape. For everything from cuisine to carburetors to colonoscopies, it's the opposite of one-stop shopping. Fancy some fish n' chips one night and Thai the next? You're talking two different towns. How about that weekend fix-it project? Make it 2 weekends, one to take in the scenery of our fair lake to fetch supplies, the next to do the actual repairs.

But it's the health care system that truly knows no centre. Linderoians suspect decentralization has spun the individual planets of health services so widely that gravity barely pulls them together at all. A sprain or knock on the noggin or a peculiar virus or a touch of decrepitude sends Linderoians galloping off in all directions.

Recently our "exploded hospital" model of health services was graphically illustrated by local graphic illustrator Mark R. "Nibsy" Racer. Nibsy unveiled his latest work, a larger-than-life-sized human form sans clothing, on the two-story wall of the Lindero & Area Wellishness Clinic, to an appreciative audience of waiting-room residents experiencing a variety of illnesses exacerbated by boredom. Nibsy's style was "hyper-real stencil-inspired graffiti fusion" (according to the artist) a departure from his "trademark comic-cubism." To the ailing art patrons/patients, the figure seemed to have taken nakedness one step further and was semi-transparent. The internal organs were visible

through the flimsy skin. Labels and arrows pierced spleen and tonsil and whatnot for the purpose of identification. Aspiring health patron and local bread baker Brie Oshdoe summed it up, "Kind of gory, really."

A second glance revealed the point of the piece. Lines divided the body like cutting instructions on a certified Angus steer, but instead of demarcating steaks and chops, they told us his rump roast is the property of the Trial Hospital, his spare-ribs belong to Ogoopogo General and his head was to be delivered to Lotusland Memorial. Limbs were the province of our very own Schmelson Hospital, and his private bits should be shipped out of (or into) Dodge entirely, to Caligari. In a fit of whimsy, the artist noted his heart belongs to "Daddy", with a footnote suggesting rushing it to Cranberry Medical Clinic in a pinch.

We had ample time to admire the artistry and anatomical correctness of Nibsy's creation while we awaited our various turns for professional prodding and poking. The first to be called up was amateur athlete and band leader Mary Noyce. I inquired (discretely) what she was in for. "Tinnitus," she explained sadly. "Oh dear," I sympathized unoriginally, "Do you mean you're plagued by images of a young boy with his dog Snowy and disreputable friend Captain Haddock?" "No," Mary replied as she headed for the examining room. "That's Tintinitus. I have ringing in my ears."

While Mary was receiving her medical care, the rest of us considered our fate. "I hope I need to go to Ogoopogo General," said dyspeptic-looking banker Phil Rupp. "I have a daughter there and the Wine Festival is this month." Shopkeeper Penny McNickal opted for Lotusland Memorial, "I'd like to pick up a few things." Limping retired dentist Kerry Strachten mused painfully, "Caligari would be nice," undoubtedly alluding to its lack of fluoridation.

At that point Mary re-emerged from the inner sanctum and related the details of her condition to popular

medical receptionist and confidante, Iris Hedge, in the privacy of the middle of the waiting room.

"At least the doc figured out the cause," Mary reflected sombrely. "Curling."

"What?" said Iris, speaking for us all, "How can curling cause tinnitus?"

Mary sighed, "What do you do after curling?" she queried rhetorically. "Take an Advil or two. Ibuprofen." The waiting room nodded. "If you take enough, it causes Tinnitus." Our eyes widened in alarm. I reconsidered my Lindero Curling Club membership for the coming year.

Iris expressed our concern, "What can they do for you?" "Well, they're sending me to Lotusland Memorial for tests," she confirmed the accuracy of Nibsy's artwork.

"What's the treatment?" Penny McNickal butted in eavesdroppingly. "Television," Mary explained. We were empuzzled. "It masks the ringing. I have to leave it on all night so I can sleep." There were murmurs of sympathy. Night-time television is awful.

Mary brightened, "On the plus side, I've already knitted all my Christmas presents! And the kids are getting me Netflix!"

The assembled waiting room attendees murmured appreciatively. This was exactly the kind of valuable health care information we cherished from our Lindero Wellishness Clinic.

[Filed by Lindero correspondent H. Porpoise]

*Next Deadline:  
July 25, 2018*

## Smarter Than Jack or Jill

by Sharman Horwood

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

### All a Matter of Choice

Why cats or dogs take a liking to one person over another is a mystery, one that's unlikely to be easily solved. It could be voice, or it could be smell, or even mannerisms such as hand movements. I recently had a visitor stop by to talk about a house I have for sale. My cat, Sky, has never liked men, and rarely likes visitors at all. He was a rescued cat and though many have tried to make friends with him since I took him in, he generally prefers his own company elsewhere. This time, however, I couldn't get Sky to leave this man alone. To my utter embarrassment, Sky jumped up onto the table—several times—to get close to him, and even persisted in trying to climb up into my visitor's lap. Unfortunately—for Sky—the man was allergic and rebuffed his purring advances. Sky eventually left the room with his tail trailing behind him. He's not accustomed to failure.

Cats are one of the few creatures that chose to become human companions. The earliest evidence of cats associating with humans starts as far back as 9,500 years ago in Neolithic times. According to genetic studies, they developed from Near Eastern wildcats that inhabit Northern Africa, the Near East, and survive along the edges of the Arabian Peninsula. There

is some debate as to how cats became associated with people. Originally, researchers thought that people on farms or in villages trained the wild breed to hunt the ever-present pests: rats and mice. However, more recently, researchers tend to believe that cats chose us, that by living near humans—or even over time as they were domesticated—live in their homes and farms, they could more easily find rodents to hunt. Affection probably came with domestication over the centuries.

Cats remember kindnesses, and they often return them (Time.com). Sky always comes to cuddle me as a thank you for a particularly tasty meal. This may be one reason cats stay in homes they like, a kind of feline indebtedness for favours over the years. Along with that, cats know their own minds. They know whether they want to stay or go, be tame or wild even, as any farmer can tell you. Their determination is definitely a prerogative they reserve for themselves.

I have a friend, Wendy, who has had pet cats for years, but she has never actually gone out and selected a kitten to raise. Instead cats have come to her in one way or another.

Her first cat, Christopher, was a kitten she won in a pet store raffle when she was four years old. Her mother bought her the ticket, and Wendy found out that night that the part-Persian kitten was hers. She adored him and he lived with her for many years.

Another cat was one that had been left in a house by the previous owners. She called her Mumbledy Pegs. The cat liked to thump down the stairs, mumbling to herself, her footfalls sounding like pegs on the wooden treads.

Wendy's latest cat chose her. He insisted on it. Wendy had been without a cat for some years, and spent time with her sister's two cats instead. Then one night the sisters went for a walk. The night was dark, and they were passing near the Mormon Church on Campbell Avenue in Riondel. The church's grounds are grass, surrounded by trees and bush. There was an

abrupt call out to them, and a young ginger tabby loped across the grass approaching them. He sat at Wendy's feet, trying to tell her something. Both Wendy and her sister picked him up, petted him, told him what a clever little soul he was before putting him down and resuming their walk. He stayed right on their heels, however, though they gently tried to persuade him to "go home."

They also tried walking away. He followed. They looked around for a nearby house in case that was his home, but there is only brush and they knew the homes immediately near the church didn't have a ginger cat.

He showed little interest in Wendy's sister. He followed Wendy, all the time talking to her in bleets, and insistent chirps. In the end he trailed the two women all the way to the gate leading into Wendy's yard. She shut the gate behind her, leaving him outside, and walked towards the house. He sat for a moment, contemplating the gate, and the fact that Wendy was disappearing, then squeezed his way through the iron bars and hurtled after her. He caught up to her just as she reached for the door. She stopped, looked down at him, reached down with one hand to chuck him under the chin, and said, "What took you so long?" and opened the door. She named him Loki. He had chosen his new home.

Cats generally know where they want to be, and who they want to be near: an amazing side of cat character. Loki showed how intelligent he is in his choices. He couldn't have found a kinder, more loving human.

*Contact Mainstreet*

*250.505.7697*

*mainstreet@eshore.ca*



## pebbles by Wendy Scott WILDERNESS

Glancing through an old copy of Wallace Stegner's essays (1992) I came across this paragraph that seems pertinent to the

East Shore today: "Once I said in print that the remaining western wilderness is the geography of hope...the smell of distance excites me, the largeness and the clarity take the scales from my eyes, and I respond as unthinkingly as a salmon that swims past a river mouth and tastes the waters of its birth."

In the West we think it's easy to touch beginnings; we can trace the birth of towns and cities, schools, streets and sidewalks. In Western Canada we need only reach back a few hundred years to find the folks that scrambled up mountains and rushed along rivers seeking their fortunes from hillsides and streambeds. Tent cities became mining towns. Some endured. Many failed. On the East Shore of Kootenay Lake every one of them left stories—along with pots and pans, typewriters, spinning wheels, wash tubs; and a waterwheel. It is easy to find children of pioneers. It is possible to locate pioneers who were children.

But this continent of North America shares a much deeper time-line, and we do not have to go very far to find it. In British Columbia's Fraser Valley, a huge boulder rests on the Sto:lo First Nations Heritage site. They call it the Transformer Stone. The Sto:lo site dates back 4000 - 10,000 years. The stone has been carbon dated to 3000 BCE (about 5000 years ago) For the Sto:lo people, the stone is sacred; it signifies the spot where the "Great Creator" gave three early chiefs the gift of written language and the task of sharing the gift with the people, but the chiefs kept it for themselves. When the Creator returned, the chiefs tried to make up lost time attempting the equivalent of Coles Notes, but gave up in tears and song; the Creator turned those

three disobedient chiefs into stone. According to the Sto:lo oral history the stone holds the chiefs' songs. The artifacts surrounding the Transformer Stone designate this place as deeply significant historically. The ancient Sto:lo people were traders. Among the finds discovered here are rock fragments from as far away as Oregon, along with arrowheads, tools, polishing stones, and perhaps surprisingly, a collection of perfectly formed round stones that bear an uncanny resemblance to bocce balls—a full set of bocce balls.

According to their oral tradition, the Gwitch'in First Nation has been in Northeast Alaska, the northern Yukon and Northwest Territories since time immemorial. The presence of the Vantut Gwitch'in for 20,000 years at Old Crow in the central Yukon, is acknowledged in Canadian history.

On the Northern tip of what is now Vancouver Island, Transformer of Kwakiutl legend named his younger brother, Wa'las, and left him on the beach at Axde'm, the foam place, while he went off to finish the business of creation. This tiny protected bay at the wild north end of the Island was untouched by the last upheaval of ice 10,000 years ago and scatters what might have been the Kwakiutl Eden across its floor, refreshing bare winter-brown with meadows of flowing colour. (if so, good job Wa'las!)

The Fraser River, rising on the slopes of Mount Robson in the Rockies, flows 1300 km northwest to Prince George and then south until it reaches the Pacific Ocean at Vancouver. The Fraser River Lillooet people refer to themselves as *STLA'-tlei-mu-wh*. They and the Mount Currie people speak slightly different dialects of the same language, known in English as "Lillooet." A third group are The Lakes Lillooet of Seton and Anderson lakes. Their territory was midway between Upper and Lower Lillooet territory and they were known historically as, Skimka'imx. They are also called Anderson Lake Indian Band and Seton Lake First Nations.

The Ktunaxa Band crossed the Rocky Mountains from Alberta at least 13,000 years ago; their territory now covers the entire east and west Kootenay and con-

tinues across the US border. Language groups tell the tale of complete and separate bands; the Ktunaxa language bears no resemblance to any other in the world. Some of the oldest man-made artifacts in Canada are found at archeological sites in the Ktunaxa territory in BC. Riondel and Crawford Bay are located on the traditional land of the Ktunaxa Band.

All over the North American continent, Indian burial sites, sacred places, and the remains of ancient towns and gathering places, continue to be discovered. These historical sites and their surrounding wilderness must be protected from the intrusion of big business and industry. They are unique and, by their existence, an important chunk of our own heritage.

Let us not destroy sacred sites and culture for strangers to play on our slopes. Our wilderness must remain as our geography of hope.

## Riondel Library

Hello world! Summer's here and you must try your best to ignore your garden. It's much too hot for weeding. Instead drop down to the library -- it's cool there -- and either sit in a comfy chair or choose a magazine, or a pocket book romance, and take it home to a breezy spot and forget your scheduled weeding and raking. Unless, of course, you notice a new book that you have been waiting to read, Then, by all means grab it and go!

But wait a minute -- before you leave take a stroll through the Historical Society's new location -- adjacent now to the library.

Must let you know that our Interlibrary Loan service is back in business and if you are looking for an older book not on our abundant shelves (we have over 11,000 titles) let us know either in person or on the library website which can be reached online at <riondel.ca/library> And, for those visiting little people, bring them down to explore many great children's titles in their own room. And! Do not miss the Great Big Book Sale -- Saturday & Sunday Aug 4/5, 10 - 3.

## DIY Fooding

by Elisa Rose

### Triumphant Kale & Radicchio Salad

This salad recipe is accidentally very Italian. I often fantasize about going to Italy again, although I'm not sure specifically what I want to do there other than eat. Memories of my visit there over 15 years ago involve many churches with very bloody Jesuses on crosses. Too much gore for me thank you.

I guess I like Italian cooking. There is so much more to it than pasta and in fact, there are Italian regions that don't even traditionally use pasta, but rather emphasize the use of polenta or risotto. This recipe though, is about none of these.

In Italy, as in my own home, fresh produce is important and at the same time, slow cooking methods are often utilized, and then combined with the fresh ingredients. In Italy, parmesan cheese, or Parmigiano-Reggiano is aged 2 years, and if you're going to use real balsamic vinegar, it is aged too, from 12 to over 100 years! And it's very expensive. What we buy from the grocery store, the common cheap variety of balsamic vinegar is totally fake, but, OH WELL. It's cheap and good enough for this and many other recipes. As long as my olive oil is real, I'm happy. It doesn't have to be a super special variety or quality, just basic olive oil with no other oils added is good enough for me. There are some resources on the internet that can tell you if your favorite brand of olive oil is pure olive oil or if it is secretly cheating by being diluted with cheaper oil.

Yes, Italian mafias (mafii?) are a real thing, and apparently it is less risky to export fake olive oil than it is to traffic real cocaine, as the former carries less jail time if and when the poor unfortunate criminal is caught, but the profits are just as good!

Like the mafia, this salad is about family. I made this salad at a family dinner which was preceded by

a sisterly attack on my parenting/child feeding style. I feel like the salad was ultimately a triumph on my part, because everyone loved it (except my three year old who only ate some controversial noodles) and once tasted, not another word was said against me. I (secretly!) gloated when my sister had seconds. Now that we have established the Italian cinematic mood for this not so modest salad, we may continue to the recipe.

- 7 medium to large leaves of lacinato or black kale – Remove the center stem of the kale, if desired. Roll it all up and slice it ¼ to ½ inch thick and steam it for 5 -6 minutes, immediately removing it from the heat when it's finished cooking.
- 1 cup shredded radicchio – The radicchio is easily shredded by first cutting off a larger chunk from the head and then slicing it finely.
- 2 inches sliced zucchini – Lay the zucchini slices flat on the cutting board and cut into matchstick sized pieces.
- 1 tablespoon capers – Rinse, if desired.
- ¼ cup chopped macadamia nuts
- ¼ cup olive oil
- 2 tablespoons balsamic vinegar
- ¼ cup shaved parmesan cheese – You can purchase parmesan cheese in flakes or use a vegetable peeler to shave it off the chunk.
- Salt and pepper – start with a light sprinkling of each and adjust to taste after tossing salad.

Combine all ingredients in a large salad bowl and toss. You probably won't be surprised to discover that there are a few optional additions and substitutes to this salad.

-Obviously, you can replace the fake balsamic vinegar with the real stuff, but I couldn't tell you how much to use because I've never used it. Balsamic reduction is good too, and you would use slightly less

of that.

-If you change the kale, to curly for example, you'll change the texture and, marginally, the flavour.

-Adding castelvetro olives is totally reasonable, as they are a wonderful addition to almost anything, anytime, anywhere.

-Macadamia nuts can be replaced with lightly toasted pine nuts, reducing the amount to 1 – 2 tablespoons.

- Roasted or steamed and sliced beets are good.
- Replace the parmesan cheese with either pecorino romano or a 6 – 12 month aged manchego cheese.

## REPORT A WILDFIRE

\*5555 on a cell or 1.800.663.5555

Wildfire Information Line

1.888.3FOREST

Burn Registration Line

1.888.797.1717

Southeast Fire Information Officer

1.250.365.4014

Visit [www.bcwildfire.ca](http://www.bcwildfire.ca)



## Holistic Health Tips

by Kim Young

### Health Benefits of Probiotics

**W**hat you see is that the most outstanding feature of life's history is a constant domination by bacteria." - Stephen Jay Gould

Most people spend a lot of time trying to get rid of bacteria in their lives, but what if I told you not all bacteria is bad for you? In fact, your body relies on millions of healthy, helpful bacteria to keep you safe and healthy every day. And by giving your body beneficial probiotics, you can improve the population of helpful bacteria inside your body that are necessary for your continued health.

Eating foods rich in probiotics can not only prevent illness but also treat some disorders and imbalances. Learning which foods are high in probiotics, as well as the benefits these organisms offer to your body, will help you feel better and stay healthier over time.

#### Understanding Probiotics

You have bacteria, yeast, and other microbes all over your body, both inside and out. Luckily, many of those organisms are helpful bacteria that perform vital functions for your cells, tissues, organs, and body systems.

Probiotics and the beneficial bacteria they support can help:

- Boost your immune system, allowing you to heal faster from sickness and injury.
- Prevent infection by stopping hostile bacteria from taking over.
- Improve your digestion, which allows you to better absorb nutrients from the foods you eat.

The majority of helpful bacteria in your body live in your gut and keeping your digestive microflora healthy not only aids your digestion but also ensures your immune system is working properly. These two systems are directly linked. Supporting a healthy gut becomes particularly important as we age because our body doesn't produce as much of the beneficial bacteria anymore.

When you throw off the balance of good versus bad bacteria in your gut, such as when you are sick or when you are taking antibiotics, you need to help your body replenish the friendly bacteria in your system. Eating probiotics can restore this balance, which creates a barrier against harmful microbes.

#### Probiotics and Antibiotics

When you take antibiotics to treat an infection, you not only eliminate the bad bacteria that are making you sick but also the healthy, beneficial bacteria that can make you well. When you take probiotics during and after using antibiotics, you are helping to restore the natural gut microflora that your body needs quickly. This also can help increase the effectiveness of antibiotics, which can help you feel better faster and require fewer and smaller doses of antibiotics in the future.

#### Probiotic-Rich Foods

Foods that are cultured or fermented are good sources of probiotics, as bacteria are what create their flavor and texture. Examples of foods that are high in probiotics include cultured yogurt, miso, tempeh, kefir, buttermilk, sauerkraut, kombucha, kimchi, and nattô. While some of these foods have bacteria which grow naturally, some include bacteria that are added during the preparation process.

These foods and beverages contain one or more of the following strains of probiotics:

- Lactobacillus acidophilus
- Lactobacillus casei
- Bifidobacterium bifidum
- Lactobacillus bulgaricus
- Lactobacillus gasseri
- Saccharomyces boulardii
- Lactobacillus plantarum
- Bifidobacterium lactis
- Enterococcus faecium

- Bifidobacterium longum

Any food that claims to have probiotics should contain at least one of the strains listed here. This is also true for probiotic supplements, so always read the label if you are in doubt.

#### Supporting a Probiotic Environment

In addition to eating foods that contain probiotics, you can create an environment that is supportive of the healthy bacteria in your body. You can start by altering the pH of your digestive system by eating more sour foods. Fermented vegetables and vinegars contain small amounts of probiotic, but their acid content is the most powerful part of their benefits. They contribute to a gut environment that allows probiotics to flourish.

You can also be sure the bacteria in your system have plenty of fuel by feeding them a high-fiber diet. The fermentable fiber in fresh vegetables, fruits, flax and chia seeds are perfect for giving probiotics the food they need to maintain your healthy bacteria levels.

#### Eating Probiotics

Adding probiotics to your diet is one easy way to improve your health. These foods contain beneficial bacteria your body needs to fend off unwanted visitors. Help your body today by including probiotics in your next meal or snack.

*Kim Young is a Precision Nutrition certified Holistic Health and Lifestyle Coach, Functional Aging Specialist and Reiki Master. Kim lives in Kootenay Bay with her husband Jim and their dog Buster. Her website is: [www.holistic-health-tips.com](http://www.holistic-health-tips.com)*

## Gray Creek Pass Report

by Tom Lymbery

**E**ven that late snowfall that dumped many inches of snow on the Pass has melted surprisingly well and the Pass fully opened June 22. No slides or problems on the road this year. The BC Epic 1000 cycle race starts June 30 from Merritt and you can follow the riders on trackleaders.com as they ride the Trans Canada Trail over the pass and on to Fernie. Front runners may possibly come off a late ferry on July 1 but more likely an early ferry on July second.



*We put up a new Gray Creek sign in the Signpost Forest in Watson Lake, Yukon on our trip to Dawson City, Whitehorse, Liard Hot Springs and Atlin. Next time you head out on the Alaska Highway stop and see if you can find it among the multi thousand signs. A homesick US serviceman put one up with his hometown name when the road was being built in 1942 and more are still being added each year as the tradition continues.*

*Tom and Dave Lymbery*

## Riondel Golf Club

by Bill Nicolson

**A** beautiful day greeted 41 golfers for the 54th Annual Father's Day Tournament. Thanks to our sponsors and their generous contributions, everyone left with a prize and a belly full of food. A special thanks to the Lady's Club and all our other volunteers that made this day a success. Overall winner with Low Gross of 72 was Gino Narduzzi and Low Net was Mark Easton with 61. Calloway Winners (through retrogression): 1st: Byron Rokeby-Thomas with Net 71, 2nd: Corey Berukoff with Net 71, 3rd: Clint Meays with Net 71.

Thanks to all our sponsors!

- Kokanee Springs Golf Course
- Creston Golf Course
- Christina Lake Golf Club
- Nakusp Golf Course
- Balfour Golf Course
- Kaslo Golf Club
- Castlegar Golf Club
- Coldwell Banker Realty – Chris Noakes
- David Buss Realty
- Crawford Bay Market
- Kootenay Forge
- Rockwood Café
- Sunny Woods Garden Center
- Dog Patch Pottery
- Barefoot Weaving
- NewKey's Place
- North Woven Broom
- Junction Creek Hub
- Black Salt Café
- Kemlee Equipment Ltd.
- Cabin Restaurant
- Gray Creek Store
- Bocalino Restaurant Motel & Cabins
- Home Hardware
- Pyramid Building
- Integra Tire
- Sunset Seed
- Morris Flowers
- Comfort Welding
- Famous Fritz Meats & Deli
- Skimmerhorn Winery
- Wynnwood Winery
- Overwaitea Foods (Creston)
- Extra Foods (Creston)
- Safeway (Nelson)
- Save On Foods (Nelson)
- Imperial Esso
- Performance Graphics
- Brian Zytaruk
- Brian Bishop
- Scott Campbell
- Fair Realty – Greg Garbula

## Kokanee Ladies Golf

by Anne Olthof

**S**ummer has officially arrived and golf with the Kokanee Ladies Club is in full "swing". The course is so beautiful and is in excellent shape so that however your game is going it's a pleasure to be out there and in good company.

Presently, many of our members are participating in our annual Match Play tournament which is ongoing over a few weeks. No big flashy prize to the eventual winner, just a modest trophy and - of course - bragging rights.

We are a small group and would love to grow in number so if any ladies reading this would like to give it a try please join us any Tuesday. We meet outside the club house at 11:30 for a 12:00 tee-off. Whether you are an accomplished golfer with a low handicap or an occasional golfer who doesn't keep a handicap we welcome you.

Please note that the course offers a special rate for Ladies Day for non-members of \$48.50, a great deal. If you have any questions please contact me - Anne Olthof - at [asolthof@gmail.com](mailto:asolthof@gmail.com) or 250.223.8657.



## East Shore Hospice

by Maggie Kavanagh

Principles of Hospice/Palliative Care:

- The patient and their family are the unit of care
- Care is based on the wishes and goals of the patient
- Care incorporates all aspects of the person
- Care is holistic and comprehensive
- Care is interdisciplinary; involves a team
- Goals of care are always changing
- Education of the patient and their family helps to empower them
- An important part of the care is bereavement

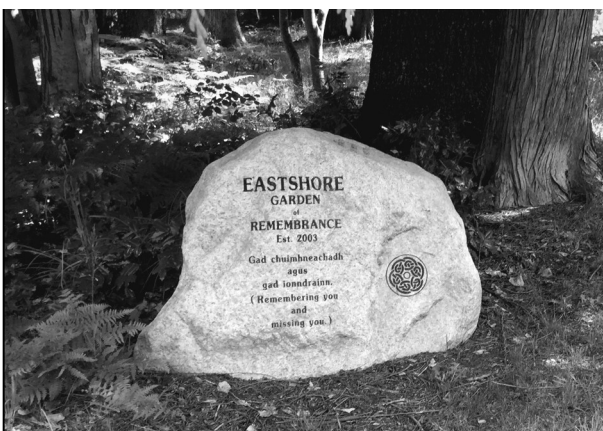
East Shore Hospice volunteer care is free of charge and is available in your home. Hospice care does not replace nursing care, home support or any other professional service. A hospice volunteer can be a caring listener with an open heart and mind, who is also comfortable sitting in silence with a terminally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

If you or someone you know is in need of Hospice Care or you would like more information, please contact Susan Dill East Shore Hospice Coordinator at the East Shore Community Health Center Hospice Office at 250 227-9006. In addition there is a free Library with hospice related books and some DVD's on care, grief and mourning. The Library is best accessed at the Hospice Office on Tuesdays between 10am-2pm.

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

## Remembrance Garden

By the time this comes to print there will be several new memorial plaques in the Garden. Marie Zelinski requested one for her husband, Harry, and that is already installed; the Fowler family have asked for a plaque in remembrance of Dave and Cora Fowler, and Anne Ireland will be honoring her husband, Larry's, memory. In addition to these, Anne Marie Ludlow has organized the engraving of a plaque for her aunt, Joy Bracken to be placed beside Anne Marie's mother, Beth Ludlow.



Last month we had a wonderful clean-up day in the garden with help, not only from our Remembrance Garden members – with Stuart Corry offering his truck and Howard Sempf with his great big trailer, but also Farley Curson and Taz from the East Shore Trail and Bike Association.

Thanks to the entire group: Wendy Scott, Muriel Crowe, Shirleen Smith, Susan and Stuart Corry, Kathy Smith, Louise and Jim Monk, Fran O'Rourke, Howard Sempf, Farley Curson and Taz – along with Tara Tesoriere's young, extra energy.

There are six cedar benches in the garden with over 65 memorial plaques. Come and sit for a while: remember old friends; discover new names and make inquiries – there's history in this garden. It's there for you to re-visit or to discover. Wendy Scott – 250-225-3381 Muriel Crowe – 250-225-3570

## Eastshore Ambulance Auxiliary Society

Chairperson's AGM Report for 2017

by Christy Gillespie, Chairperson

I would like to express our thanks and appreciation to Cindy Bonnell, Unit Chief for the Eastshore Ambulance Service, and to the staff that she is responsible for – Susan Tesoriere, James Linn, Mike Ashton, Sharon Webster and Cory Medhurst. These folks go above and beyond the call of duty, in often very difficult situations. It is very much appreciated by those who they help, and their families.

The society held six "face-to-face" meetings in 2017 and an additional nine "e-mail" meetings. Minutes are kept of e-mail meetings and are always reviewed at our regular meetings.

Our major activities in 2017 were 1) Ensuring that the Primary Care Paramedic (PCP) students were getting our support and ensuring expenses were paid in a timely manner. The PCP students had the hard job here as the time and effort required of them was extensive. We are very proud of their accomplishments. 2) Planning for, having and dealing with aftermath of our 7th Annual Garage/Bake Sale Fundraiser. This event held in June 2017 was again a huge success with just over \$8200 raised by the Eastshore Community. We had extensive help, both before and after, from many people on the Eastshore, ages 18 – 80+. The Ambulance Society recognizes that we could not have been successful without that assistance. As the planning through to final clean-up is spread over six months, it has taken a toll. We decided in late June of 2017 that we would need to take a break from this type of fundraiser – we didn't see an immediate need for more fundraising and recognized that we are getting older and need to look at something a little simpler for the future. What that will look is still to be determined.

The Ambulance Society again took part in the Riondel "Stand Still Parade" as part of Riondel Days with a tent/table set-up and some handouts. The original idea was to promote the Society and see if we could get interest from people to come on to the Board. That hasn't happened yet, but it has been fun to talk to all the attendees.

I still sit on the board of the Eastshore Kootenay Lake Health Society and it is a good relationship with the two societies sharing some health-based interest and we have had some occasions to share costs related to education and equipment. We were also involved in sourcing a defibrillator for the Riondel Community Centre at no cost, from the BC Provincial PAD Program.

In 2017 the Eastshore Ambulance Service Area was assigned a Community Paramedicine Paramedic. We had committed to supporting the program in whatever way we could, but unfortunately the assigned individual left the program shortly after training was completed. We are fortunate that at this point half of the allotted time commitment to this area has been filled again and Sharon Webster has keenly taken on this role. She will be finished training at the end of June 2018 and after vacation we expect the Community Paramedicine Program operational sometime in August. We will be supporting this program. We are not sure when the second position will be filled.

Over the next few months we will be revising our Constitution and Bylaws to meet requirements of the new Societies Act. Prior to submission, a Special Meeting of the Ambulance Society will be called so that changes can be reviewed by any interested public.

Other tasks to be considered for the future are 1) Taking on some role in facilitation of 1-2 more staff members coming to the Eastshore Ambulance Service, 2) Looking at what we want to do for fundraising in the future and 3) Continuing to seek out additional Society Board members (contact Christy at 250 225-3558 if interested).

I would like to take this opportunity to thank the Executive of the Ambulance Society for all that has been accomplished.

## Tom Sez

by Tom Lymbery

Kimberley Food Bank has an ingenious project that could be repeated across Canada – they are charging \$10 for a seed potato and a bucket – challenging people to see who can grow the most potatoes in that bucket.

What a 90th birthday – and thanks to all those that attended. Four of us who went to school at Gray Creek Hall some 84 years ago turn 90 this year. Beth Richards (Oliver) had hers January 28, mine June 2, Rolly Trenaman October 27, and Fred Simpson November 25. What a surprise to hear Sharon sing four love songs accompanied by Dan Silakiewicz. Unfortunately that many guests had left when this happened.

It seems that this time of year all too many people I can't read – and are dropping all too many glass containers in the cardboard and plastic recycle bins. The glass bin is adjacent – is it invisible?

Meat tenderiser will immediately take away the pain of a wasp or hornet sting. Usually these pests proliferate in dry years but we did not see too many last summer.

Marine Traffic Light? There used to be one light above another to guide the ferry into the Procter Narrows but now it is a red light that turns green as the ferry approaches.

We have blown up an inflatable Kayak so you can see how it looks and floats well – another new item on the second floor.

Please keep an eye out for cars throwing out cigarettes along the road – get their plate number and phone \*5555 with your cell (after you have found a place to pull over) or 1 800 663 5555.

Kokanee beer, and every other brand made in Creston, is better in cans since the brewery moved the bottle canning line to Edmonton, laying off several in Creston.

The World Cup of Soccer is solid gold and weighs 11 pounds – how much is it worth?

Westjet's first flight out of Cranbrook to Calgary was on June 20, giving much closer connection to the world of Westjet. This is accomplished by an unusual combination of two excellent airlines as Pacific Coastal Airline's 34 seat SAAB model 34B planes have been painted in Westjet colours.

We have just shipped one copy each of *Tom's Gray Creek* parts I and II to the Library of the University of Washington in Seattle who want these for their Pacific Northwest Special Collections. I wonder who recommended these – perhaps a reader or museum?

Dave and I had a great time in the Yukon but should have flown Air North instead of Air Canada – two hours late out of Castlegar and Vancouver, arriving Whitehorse at 1am. Return trip was even worse - three hours late into Vancouver so got home a day late.

**Contact Mainstreet**

**250.505.7697**

**mainstreet@eshore.ca**

## 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.

**SERVICES DIRECTORY/CLASSIFIEDS**

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

**AUTOMOTIVE/MARINE**

**EASTSHORE AUTOMOTIVE** - Service & Repair 250-227-9370

**NORTHSTAR CRESTON** - 1-800-551-9351 Full service 8-bay shop featuring Certified Service lube, oil and filter starting at \$22.95 plus parts & eco fees. Full line of major tire brands, GM & AC Delco parts and batteries.

**BUSINESS SERVICES**

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

**CONSTRUCTION/CONTRACTORS/ TRADES/REPAIRS/GENERAL HELP**

**ALL-SERVICE HANDYMAN** - Mark Johnston. Call 250.505.4983 or email: markjo59sol@gmail.com

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

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

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

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

**PERSONAL CARE/HEALTH**

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

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

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

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

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

**KOOTENAY SOUND HEALING CENTRE** on Riondel Road, offering sound healing treatments, gong meditations and Acutonics® classes. Theresa Lee, certified Acutonics® teacher and practitioner, 250-225-3518 kootenaysoundhealing.com

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

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

**REGISTERED MASSAGE THERAPIST:** Harrison Tanner - Over 30 years clinical experience. Treatment of Lumbo/Sacral Strain, Whip Lash, Frozen Shoulder, Migranes/Headaches, TMJ problems, & Stress. No doct refl req'd. 227-6877/cell: 505-6166.

**SUSAN SNEAD - MASSAGE:** Certificates/training in Ayurvedic massages, Reflexology, Polarity Therapy, Acutonics Practitioner, Fibonacci tuning fork alignment, Astrological Counselling. 250- 225-3520

**RESTAURANTS**

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

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

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

**YARD/LANDSCAPING/SITE PREP**

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

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

*Next Deadline:*  
**July 25, 2018**  
**mainstreet@eshore.ca**

- Planning a wedding?
- Holding a meeting?

Consider renting the  
**BOSWELL HALL**  
Booking/info: Rose at 250.223.8288

**Getting some Summer Holidays?**



We have annual, single trip, family and senior's travel insurance policies that can go where you're going.

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

**Kootenay Insurance Services Ltd.**  
#16030 Hwy 3A, Crawford Bay  
Phone: 227-9698

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

**CRAWFORD BAY HALL**  
*Your community hall*  
**A non-smoking facility**

**CLASSIFIED ADS**

**BUSINESS ANNOUNCEMENTS**

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

**BUSINESS SERVICES**

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

**EMPLOYMENT/JOB OPPS**

**Red's Bakery** is now hiring full-time & part-time positions for the 2018 summer. If interested, please send resume to rydavista@gmail.com. Only resumes sent via email will be considered.

*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](mailto:lymbery@netidea.com) for a handsome brass plaque.

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



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

**NO PET LEFT BEHIND!**

A monthly mobile veterinary clinic located at the Crawford Bay Motel, Unit 6.

Upcoming Clinic Dates:  
**July 10 & Aug 7**

Please call Creston Veterinary Hospital to book your appointment today!



**CRESTON VETERINARY HOSPITAL**  
*Your Hometown Vet!*  
**250-428-9494**  
[www.crestonvet.com](http://www.crestonvet.com)

## BULLETIN BOARD

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

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

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

#### PHYSICIAN COVERAGE FOR July 2018

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

*Tuesdays: Dr. Piver*

*Wednesdays: Dr. Moulson*

*Thursdays: Dr. Lee*

#### **NO DOCTOR JULY 19, 24 and 31st**

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

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

Phone: 250-227-9006 Fax : 250-227-9017

### HEALTH PHONE NUMBERS

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

#### BOSWELL HALL HAPPENINGS

**Yoga** - Thursdays, 9:30 - 11:00am. Contact is Marilyn Arms 250-223-8058

**Fitness** - Mondays and Fridays, 9 - 10am, Contact is Darlene Knudson 250-223-8005

### Contact Mainstreet

**250.505.7697**

**mainstreet@eshore.ca**

**Deadline: July 25/18**

### Kootenay Lake Ferry Schedule

**Summer: Jun 20 – Sept 10, 2018**  
(before June 20, no MV Balfour ferry runs)

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

#### RIONDEL DAYS HUGE BOOK SALE

RIONDEL LIBRARY, AUGUST 4 & 5  
SATURDAY & SUNDAY, 10:00 am – 3:00 pm  
join us and bring your friends  
**SEE YOU AT THE SALE!!**  
250-225-3414  
250-225-3242  
250-225-3381

#### THANKS TO HEALTH SOCIETY

East Shore Health Society purchased a Welch Allyn Lumiview Headband for our clinic. We put it to good use today on a patient who came in with a eye injury. This equipment can save a patient trip to Emergency. Thanks to the society from all of us at the clinic and community!

#### THANKS FOR SUPPORT!

Yasodhara Ashram would like to thank the following local artisans and businesses who gave so generously to our door prizes for our Temple Grand Opening and Strawberry Social on June 23.

Barefoot Handweaving  
Black Salt Cafe  
Cabin Restaurant  
Dog Patch Pottery  
Kootenay Coop  
La Gala Jewellery  
Moonrakings Pottery  
Niramaya Herbal Remedies  
North Woven Broom  
Purcell Studios  
Red's Bakery

We would also like to thank our sponsors, Columbia Basin Trust, Columbia Power and the Nelson And District Credit Union for their support.

### We've Had a Facelift!



**COME IN TO THE GYM. We've got you covered.**

**THE EAST SHORE FITNESS PLACE WELCOMES YOU**  
(located at the Crawford Bay School)

**WE HAVE PUNCH CARDS! Buy a punch card for \$30 for 6 visits (doesn't expire) & your 7th visit is FREE!**

**PRICES: Drop in: \$5 Monthly: \$30**

**April & November 3 for 2 Specials: \$60**

**12-18 year olds: free 70+ Seniors: optional donation**  
**Disabled/lower income: subsidized up to 50% off on request.**

**Mon-Sat, 8-10am AND Mon-Fri 6-8pm**

**Please watch the Fitness Place Facebook and Instagram pages for notices/closures.**

**Contact us! eastshorefacilities@gmail.com**

### CHURCH/MEETING CALENDAR

#### RIONDEL COMMUNITY CHURCH July 2018 SCHEDULE

July 1 -- no service  
July 8 -- no service  
July 16 -- Ramona Dannhauer -- 1:00 pm  
music -- Richard & Ramona  
July 22 -- Derrick Smith -- 1:00 pm  
music TBA  
July 29 -- Catherine Rose -- 11:00 am  
music TBA

#### CHRIST CHURCH & EAST SHORE CONGREGATIONS

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

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

#### KOOTENAY LAKE COMMUNITY CHURCH A Lighthouse on the East Shore

Come & join us Sundays at 10 am.  
Coffee fellowship after the service.  
Pastors Richard and Ramona Dannhauer  
16190 Hwy 3A, Crawford Bay 250.227.9444

#### YASODHARA ASHRAM

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

#### MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

## Transfer Station Hours

**CBAY: Sun, Tues, Thurs 9am-3pm**  
**BOSWELL: Weds/Sat 11-3**

### East Shore Reading Centre:

**Tues & Sat: 12-3 Thurs: 7-9 pm**

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

### MEETING PLACES

**LIONS CLUB** - meets at the Kootenay Lake Community Church - 16190 Highway 3A, Crawford Bay.

Meeting Times: 7 pm. Second and Fourth Tuesday of the Month  
For More info call Lion Mike Jeffery – 250-227-6807 or Lion David George at 250-227-9550 or Lion Fraser Robb at 250-227-9636.

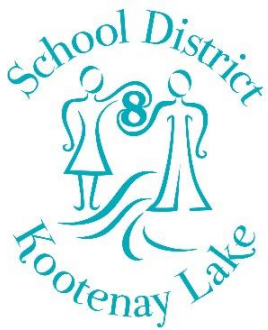
**TOPS** - Take Off Pounds Sensibly: meets every Thursday morning at 8:30 am in the Kootenay Lake Community Church basement. Call Myrna for more info: 227-9420

#### **PARENT ADVISORY COMMITTEE**

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

July 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Fit Class, Bos Hall, 9am	3	4	5 Yoga w/ Melina, Bos Hall, 9:30 - 11am	6 Fit Class, Bos Hall, 9am	7 Saturday Market, Rio Campground, 10-2
8	9 Fit Class, Bos Hall, 9am Koot. Chamber Jazz Quartet, Harrison Church, 7pm	10 * Lions Meeting 7pm * Creston Vet, CB Motel, Unit 6 Tara Shanti Yoga, 9:30-11	11	12 Tara Shanti Yoga, 9:30-11 Yoga w/ Melina, Bos Hall, 9:30 - 11am	13 Feedback for Retallack Proposal Deadline Fit Class, Bos Hall, 9am	14 Saturday Market, Rio Campground, 10-2
15	16 Fit Class, Bos Hall, 9am	17 Tara Shanti Yoga, 9:30-11	18	19 Tara Shanti Yoga, 9:30-11 Yoga w/ Melina, Bos Hall, 9:30 - 11am	20 Fit Class, Bos Hall, 9am Starbelly Jam, CB Park	21 Saturday Market, Rio Campground, 10-2 Starbelly Jam, CB Park
22 Starbelly Jam, CB Park	23 Fit Class, Bos Hall, 9am	24 * Lions Meeting 7pm Tara Shanti Yoga, 9:30-11	25 MAINSTREET DEADLINE	26 Tara Shanti Yoga, 9:30-11 Yoga w/ Melina, Bos Hall, 9:30 - 11am	27 Full Moon Museum Days, GC Hall Fit Class, Bos Hall, 9am	28 Museum Days, GC Hall Saturday Market, Rio Campground, 10-2
29 Museum Days, GC Hall	30 Museum Days, GC Hall Fit Class, Bos Hall, 9am	31 Tara Shanti Yoga, 9:30-11				



**Thank you to all SD8 sponsors** for your generous contributions of scholarship, bursary, and award funds of over \$626,000 to 2018 graduates! Congratulations to all student recipients.

SCHOOL	TOTAL	LARGEST AWARD DISTRIBUTED
Crawford Bay Secondary	\$15,000	\$5,000 BC Excellence Award, Recipient: Daniel Wensink.
Creston Homelinks	\$11,500	\$2,000 Columbia Basin Trust, Recipient: Ariel Faulks.
J.V. Humphries Secondary	\$135,740	\$100,000 Loran Award, Recipient: Jesalyn Tremblay.
L.V. Rogers Secondary	\$171,394	\$30,500 University of Victoria Awards, Recipients: Jaden Dyck, Niya Kelpin, Ella Korth, Isabella Kimber Kroker, Dylan Luscombe, Talel McBriar, Zoe Neudorf, Sarah Pasutti, Kluane Peabody, Tristan Schuh, Jesse Thurston.
Mt. Sentinel Secondary	\$139,600	\$87,000 UBC Centennial Scholars Entrance Award, Recipient: Adriana Burton.
Prince Charles Secondary	\$115,100	\$16,000 B & J Chester Bursaries, Recipients: Mark Armstrong, Kacie Berisoff, Cali Blackmore, Shawnee Goddard, Grace Mackinnon, Kale Plotnikoff, Fallon Robinson, Makenna Terrill.
Salmo Secondary	\$37,750	\$2,000 Columbia Basin Trust, Recipient: Lainey Dopp.

To contribute, please contact **Laureen** at [accounts.receivable@sd8.bc.ca](mailto:accounts.receivable@sd8.bc.ca)