

\$2.38
 + GST =
\$2.50

YEAR 29, NUMBER 7

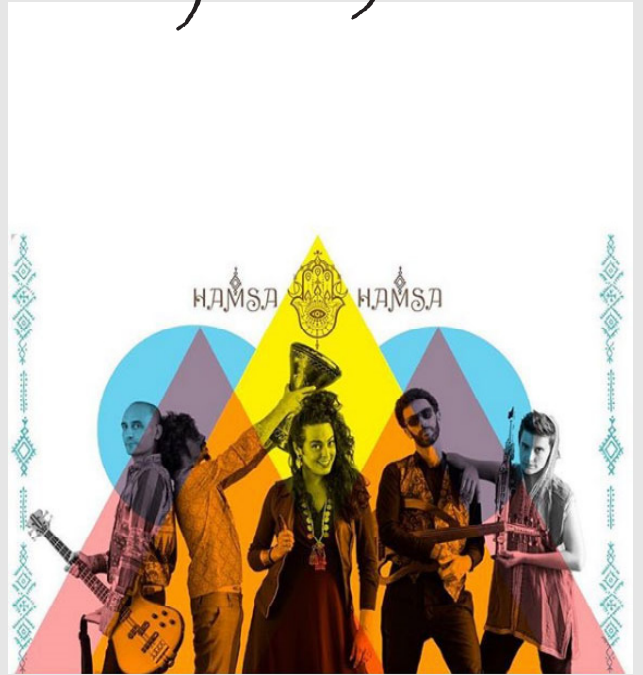
JULY 2019

The East Shore Mainstreet

KOOTENAY LAKE BC

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

Starbelly Jam - Celebrating 20 Beautiful Years!



Just a sampling of the stellar lineup at this year's Starbelly Jam - July 19/20!

Top Row, L-R:
 Snotty Nose Rez Kids, Yaima, Hamsa Hamsa.

Middle, L-R:
 Holly Hyatt, BC/DC, The Kwerks

Bottom Left:
 Oliver Swain

4 Bedroom House With Amazing Lake Views & Much More on the East Shore of Kootenay Lake.

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 Min 1 year lease.

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Mainstreet Meanderings

by Editor
Ingrid Baetzel

Where Pleasure Lies

I sink into the steam, the nearly scalding water, the incense of jasmine and lavender. The amber delicacy of an inexpensive scotch, neat, balances in a fine nose glass on the edge of the tub. I take all the tension of a day - hunching over a keyboard, trying to squeeze and shift words into some semblance of reason - and breathe it out into the steam, into the glass - rewarded by release.

The porch boards are warm under my feet. A crimson throated Rufus buzzes my hair and, chirping voraciously, settles into its in-out-in-out whirling feed of fresh sugar water in the feeder just above my head. He finishes, flies in the straightest of lines to a vantage position not three feet from my nose, looks me in the eye and radiates gratitude and wholeness.

Stones shift, my spring skin opens up its pores and sighs. The pre-noon sunshine begins its soak. There is a conscious stretch of muscle and bone, an opening to the vitamin-laden healing. I feel my back settle into the stones under the cotton blanket - take a deep breath of freshly mown grass and barely opened lilac blossoms. There is just a buzz. Just a murmur and a leafy swish in the trees above me. Peace is prevalent.

I write. It is as plain as the black on the white - even just a half hour session of fingers flying, grasping at delicious and troubling memories, recording an

essence of a dream. I remember to record the fleeting thoughts, the moments that ground me in happiness. I complete my message and choose to share it. I check items off the list. I complete my chores. I finish shopping. I am done the To-Do's. Is there anything more pleasurable?

The fridge is empty. A bare-bones assortment of condiments and vegetables, bullion and broth lie across the kitchen table. The shelves have been cleaned to a shine and the Thieves oil cleaner scent of cloves/cinnamon/eucalypts/lemon designates this fridge as "dealt with". Goodbye rotten garlic, foul and nearly living sour cream! Goodbye. I am content.



OFFICE DESK

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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 2019 issue items by:

Next Deadline: July 24, 2019

ALERT - ALERT - ALERT!

GIGANTIC
ANNUAL
BOOK SALE!

AUGUST 3/4

Riondel Community
Centre, 10am-2pm



Mark Your Calendar -
Scribble on Your Wrist
- Watch for Posters!

See you at Riondel
Community Centre

ALERT - ALERT - ALERT!

LETTERS TO THE EDITOR

HOME AND HEART FULL

Letter to the Editor:

After a couple of hospital stays I'm home and very well cared for by my sister, kind neighbours, wonderful friends and an incredible community,

Thank you all so very much,

Wendy Scott, Riondel

FLOWERS IN THE GARDEN

Dear Editor:

When I was a little girl living in Ireland, my mother gave me a book to look at. It described the history and peoples of different countries. As I looked through the book, I was both amazed and puzzled by what I saw. There were pictures of people who looked so different than I looked. I asked my mother whether these people were real and she said, "Yes" and took my hand and said, "Come with me - I want to show you something."

She then took me out into our back garden. We had flowers lining a path through a rose garden that led to a Japanese garden. As we walked through the garden, she told me to look at all the different colours, shapes and sizes of the flowers in the garden and said to me, "Why would God only make such variety among the flowers? We are all part of His creation and He loves variety, so that is why He also made us all different in colour, shape and size, for us to love and enjoy one another."

Sheila Page, Nelson

GOOD NEIGHBOURS WELCOME

Dear Holiday Traveler, Summer Resident, Weekend Warrior, Outdoor Recreation Seeker:

What a wonderful part of the world you have chosen to visit! The East Shore has it all...water, mountains, artisan shops, excellent dining, beautiful beaches, great campgrounds, golf courses, bike and hiking trails. And

you'll find a ready welcome from almost everybody. In the midst of all this wonder and ebullience you can almost be forgiven when you forget a few important facts, but the consequences of that forgetfulness make a big impact on a group of very nice people: those who call this place home.

Yes, home. Our neighborhoods, our main streets and by-ways, our sound-scape, our services. Think of your own homes and neighborhoods. I'm guessing no one is expecting you to tolerate some of the unpleasant events that are too much a part of everyday life for East Shore residents. When was the last time somebody blew off a bunch of fireworks at 10:30 (or midnight!) in what seemed like your back yard? That happens here all summer long, and my miserable pup just looks at me shaking with terror. Do motorbikes/cycles race up and down your streets on a daily basis? You just do it once, for the thrill and the roar, but we have to listen to it all summer long, not just to travelers (fine) but to fun-seekers on a joy-ride (not fine). Do children charge around on golf carts where you live? They do here and you had better watch out for them because they are not watching out for you. Got a high-powered water-craft? Bet you like to really open it up out there on Kootenay Lake. Actually I know you do, because I can sit in my backyard having a beer and hear you heading from Kootenay Bay to Kaslo and back almost every evening. Of course I know you are not the only one, but I guess that's my point.

And speaking of beer. Be my guest, enjoy one, or two, or several. But please, keep the music down, play acoustic guitar, don't set up a sound system and blast it for all to hear. We're trying to sleep. Something else we are trying to do is stay safe on our roads. It's a highway to you, but it's our main street, or a side street for that matter. We have kids and pets, we walk on the street 'cuz there ain't no sidewalk, we ride bicycles. For heaven's sake be careful, slow down, you're on

vacation. Remember, we live here. As long as you are visiting, we are neighbors, and good neighbors are always welcome.

Anthony Arnold, Riondel

WE NEED HEALTH SERVICES!

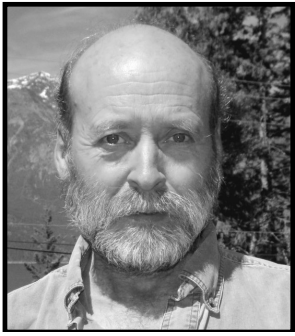
Dear East Shore residents,

I'm writing with a concern we all share: the dwindling of health services on the East Shore. I'm sure others will provide much information but I'd like to add one or two details.

I think we can anticipate the reason for the possible closure of the East Shore Community Health Centre as "shortage of doctors". In this case, there is good evidence that this isn't the reason but instead, the cause is the failure of Interior Health to retain doctors and create a humane working environment. What is this evidence? Recently we had a new doctor at the clinic who wanted to stay but she found herself forced to resign. The question is: what did Interior Health do to retain a new doctor? Did they offer a contract or work with her, as a young doctor, to make working at the clinic an attractive option?

This ties into another situation. When doctors are absent for any reason or suffering from a huge workload, why aren't locums brought in? My understanding is there are supposed to be doctors at the clinic 4 days a week. Why aren't there locums to bring the service up to that level? I have heard there are doctors in the area who would be willing to perform this service. What is IHA doing to bring these doctors to the East Shore? They are desperately needed.

One other point: nurses. The clinic needs nursing services - not instead of doctors, mind you, but as well as doctors. Recently I went through a 6-week period of needing nursing services twice a week and found it impossible. Even once a week wasn't always available. We NEED a nurse on the East Shore on a full



RDCK Area "A" Update

by Garry Jackman,
Regional Director
- Area "A"

HAZARD MAPPING UPDATE

Several years ago the province produced a set of hazard maps outlining higher risk areas for events such as flooding or landslides and required local governments to include the mapping on our data base to be considered each time applications came in for development or building permits. Many of you may have gone through the process where a risk assessment performed by a geotechnical engineer had to accompany a building application or a flood/erosion protection detail needed to be provided along with a foundation design.

Since the initial mapping was performed there is far more information available in the form of LIDAR aerial imaging plus there are very sophisticated programs which can manage and interpret large amounts of data. The RDCK has a small internal GIS (geographic information system) group which supports all of our departments through the year plus is kept very busy in the spring flood season and summer fire season providing detailed mapping and information around locations of events, escape routes, location of resources, etc. This is part of the RDCK emergency response function. Updating the provincial maps was not a high priority. However, as the provincial and federal governments have seen increasing costs to fund response and recovery over recent years for flooding and other emergencies, they have begun to fund updated mapping and analysis to predict floods and slides. The RDCK has been successful in obtaining two major grants to do much of this work through a consulting team.

Improved data will not only help in managing emergencies, but it will help in predicting flood zones to give more lead time for evacuations. It will also provide more guidance on what precautions should be exercised when developing sites. If you have used the RDCK webmap tool you may have seen the layers on the left hand menu which include "non standard flooding and erosional areas". In addition to updating that map layer, the project will add details for "potential slide hazard areas" and "floodplain/flood construction levels" as more information is produced. There is also a mapping layer for a specific hazard area in Perry Ridge.

During the first round of the project, several higher risk flood areas were identified, including Crawford Creek. During the second phase, field crews will be making measurements along the creek banks and by boat within the creek bed to determine water depths and map underwater features. Survey stakes may be temporarily placed along the banks to assist with the mapping. Work along Crawford Creek is likely to take place in late July or early August of this summer. More information can be found on the RDCK project page at rdck.ca/floodmapstudy or call (250) 352-1549.

RECOGNITION FOR RIONDEL

The Ministry of Forests, Lands and Natural Resource Operations recently sent the RDCK a letter summarizing results from their Francophone Historic Places Project. Back in March 2018 public nominations were received for 111 places to be considered for recognition under the Heritage Conservation Act. Of these, 23 historic places were chosen to receive formal provincial recognition for their significance to the Francophone community in British Columbia. The sites chosen will be included on the BC Register of Historic Places and will be submitted for inclusion on the Canadian Register of Historic Places. This designation will not impact any property rights or title.

The only location selected in the RDCK for this designation is the Bluebell Mine site in Riondel. There was no additional background information in

the letter as to how sites were evaluated but there is contact information provided both as a website link (heritagebc.ca) and a name and number to call. If anyone is interested in following up further I can pass along the contact information. The site can also be registered under a Community Heritage Register if the community is interested. These registers, maintained by the various orders of government, are a means of recognizing our own history plus promoting the area to potential visitors. Let me know if you want to pursue a community register listing.

An interesting and frequently recurring anomaly is the way different locals pronounce the name "Riondel". I commonly hear three variations. The link to the francophone community explains, of course, the rationale behind one of the pronunciations.

QUICK UPDATES:

-The Residential Energy Efficiency Program is ongoing. If you have not done so yet check out the potential to receive fairly large grants (depending on the number of household occupants and the combined income) plus low interest loans, if needed, through the credit union to help make your home more comfortable and energy efficient.

-The free FireSmart property assessment program is being offered again this summer. Contact our Wild-fire Mitigation office at (250) 352-8177 or email to firesmart@rdck.bc.ca

-The RDCK has prepared Emergency Response Plans for seven areas including Creston and Electoral Areas A, B and C. To do your part to be prepared in the event of an emergency go to rdck.bc.ca and search for "emergency preparedness" and follow the first link.

-I have seen two little bears along the highway over the past week. Please ensure your garbage is secured and remind your visitors to do the same

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

LETTERS TO THE EDITOR

time basis. Having a nurse come very occasionally and spend more than half her time on the ferry is insane.

I realize Interior Health has policies and rules that make most of the East Shore's doctor and nursing needs impossible, for various reasons. I think that this is the real reason for the crisis on the East Shore, not a shortage of doctors or nurses. Interior Health needs to take a hard look at why they fail to retain doctors, bring in locums or provide nursing services to the East Shore like they do for their other clinics (and provide other services like the other clinics offer) and revamp their procedures to provide us the services we desperately need and support our doctors. Yes, Interior Health, you may need to do things differently to achieve this goal.

East Shore residents, we need to demand that Interior Health provide adequate medical services on the East Shore, like they do at other clinics in the region.

Sincerely,
Shirleen Smith, Riondel

SEARCH FOR DOCTOR STILL ACTIVE

Dear Editor:

On behalf of the East Shore Kootenay Lake Community Health Society, we want to assure the residents of the East Shore that there is an active search for another doctor and/or nurse practitioner for our clinic.

Unfortunately, there are many other communities who are looking for doctors and nurse practitioners at this time, so this search is not an easy one. The Society is working with the Kootenay Lake Chamber of Commerce to assist with recruitment of a third physician and we hope to have a solution soon.

We also want to thank Dr. Moulson, Dr. Piver, Kathy Smith, Cheryl Cavanagh, Doreen Nault, and Kathy Turner for their dedication to the people of the East Shore and their commitment to their patients.

Lastly we appreciate everyone's patience and

understanding during this difficult time and want you to know that several organizations are working hard to find medical professionals for our community.

Thank you,

Kim Young, Director – East Shore Kootenay
Lake Community Health Society

BE PROUD AND BE COUNTED

Dear Editor:

This is in regards to a hall that is over a century old and the Gray Creek citizenry who are the owners of the hall.

The last work-be at the hall on June 7 was very poorly attended and, except for David Lumbery, the work bee'ers were all over 60 years old.

Of course, we will not have a hall if we do not get more people committed to the work-bee and the trend continues (which it has been for the last 5 or more years).

If that happens, we would miss an opportunity to get together as a community at least once a year. Come on folks, be proud and be counted. The centerpiece of Gray Creek is worth it. This is a task that requires two to three hours per year, is a fun event and makes you feel part of the community.

The next work bee will be advertised on your local bulletin board. Please stay informed and think of coming out next time. The old folkies do not have oompf forever. I have been coming to the work be for the past 40 years and it is more fun than you can imagine.

Bob Schutter, Gray Creek

Deadline: July 24/19

www.eshore.ca

The Fitness Place

Fitness Place Supervised Hours :

NEW: Mon-Sat, 8-10am

No supervised evening hours

for July and August.

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

For more info or to sign up for the key card program, please contact Julia Kinder at eastshorefacilities@gmail.com or 250.777.2497 (email is preferred)

All shops open seven days a week with SUMMER HOURS!

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JULY Horoscope

by Michael O'Connor

Tip of the Month:

The North Node in Cancer is calling us all to lighten up, to be more childlike, playful and innocent. The many dramas of life pose quite a challenge to having such a casual attitude, yet that is the challenge. Mercury and Mars in Leo will support doing so over the coming weeks. Yet, they could also simply produce a lot of drama too, especially as Mercury turns retrograde on July 8 while exactly conjunct Mars which will soon thereafter on July 11 forms a challenging square to Uranus. Buckle-up, and be ready for a wild ride.

Aries (Mar 21- Apr 19)

A good deal of activity close to home and with family continues. Positively, you will feel more playful, amidst the drama. Things could get even more emotionally complex as Mercury Rx re-enters Cancer on the 19th.

Taurus (Apr 20-May 20)

Your focus on security will be running high as the month begins. Things could get even more complex as the month progresses. Yet, it is precisely this complexity that will help you realize the solutions you seek.

Gemini (May 21-Jun 20)

Your focus upon finances will sharpen over the coming weeks. Encountering emotional roadblocks linked to abundance and prosperity is likely. Fortunately, your energy levels will be running high supporting you to tackle it.

Cancer (Jun 21 - Jul 22)

The New Moon in Cancer on July 2 will stir your passions and activate your drive. Your pace may prove a little slower but could also be more consistent. Mercury retrograde in the final 3rd could actually help you focus.

Leo (Jul 23 - Aug 22)

A busy time behind the scenes that began last month will persist throughout July. Yet, this is also a

time when you could really break through to a whole new level of success. Surrendering to the law of change brings rewards.

Virgo (Aug 23 - Sep 22)

July stands to be a somewhat complex month. Starting new projects is probably not a good idea. However, following through on existing projects could prove especially satisfying and successful. Tend to unfinished business.

Libra (Sep 23 - Oct 22)

The spotlight continues to shine on your public and professional stage. Yet your mood is rebellious. This could help you to challenge outdated approaches or break free of undesired commitments. By August your world will have changed.

Scorpio (Oct 23 - Nov 21)

By now, you find yourself on a higher or a lower road. Ultimately, it is for you to decipher what it is and change it if you feel it is below your standards. Taking things to a higher level with greater returns is your goal.

Sagittarius (Nov 22 - Dec 21)

July may seem like an odd month to attend to deeper and subtler emotions, but you will. Positively, circumstances will push you to charge ahead triumphantly. As you enter new territory, you could find yourself feeling lost towards month's end.

Capricorn (Dec 22 - Jan 19)

Changes on relationship fronts have shifted to the deep end. Positively, they have served to activate your ambitions. You have arrived at a decisive turn, especially in regards to key investments. The future beckons.

Aquarius (Jan 20 - Feb 18)

Change in your lifestyle is indicated this month. Dynamic interactions on relationship fronts could produce sparks. These could be of the fireworks kind, but also of the grinding wheel. A constructively critical approach is ideal.

Pisces (Feb 19 - Mar 20)

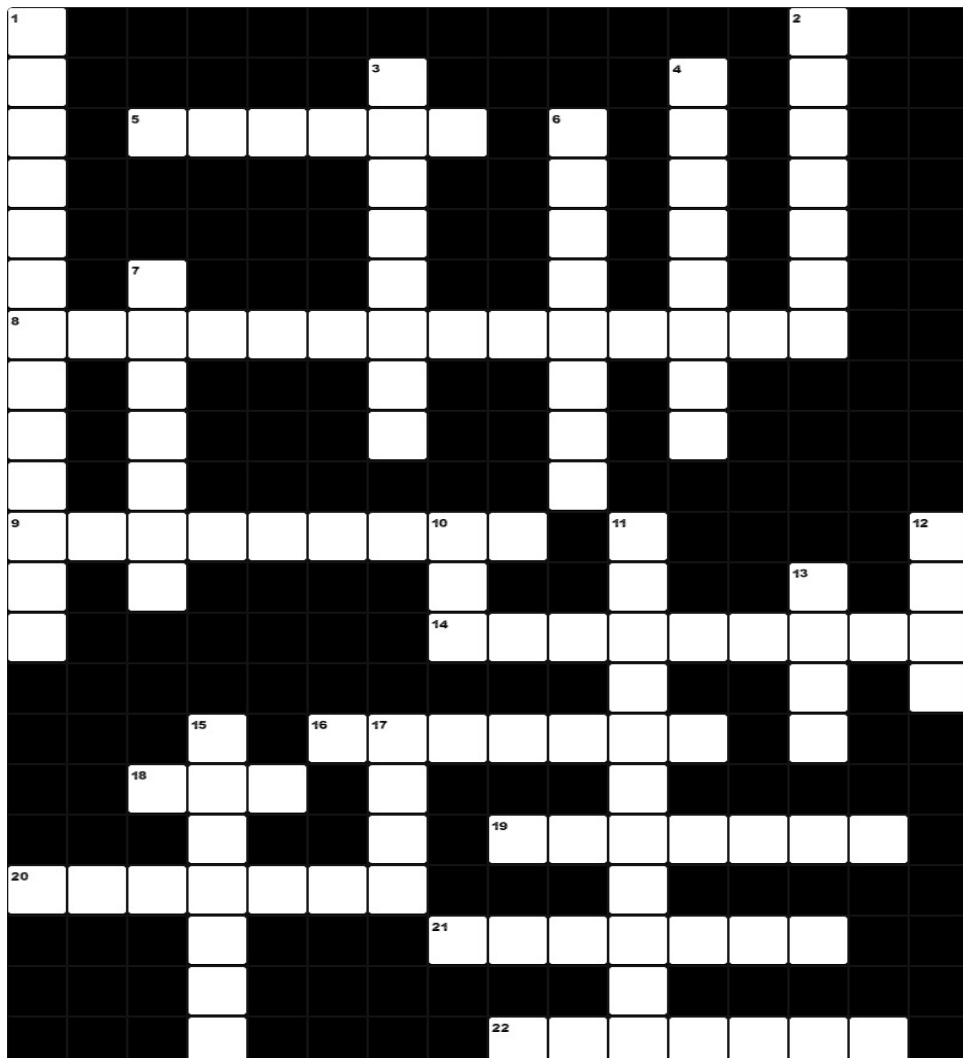
You have work to do this month. It will include complexities that require specialized tools and strategies. Positively, this could prove to be a very creative cycle. Success will depend on assuming original perspectives and approaches.

Riondel Golf Club Annual Father's Day Tournament

THANK YOU TO OUR SPONSORS:

- Kokanee Springs Golf Course/Creston Golf Course/Salmo Golf Club/Nakusp Golf Course/Balfour Golf Course/Kaslo Golf Club/ Castlegar Golf Club
- Fair Realty – Greg Garbula
- Coldwell Banker Rosling Real Estate – Chris Noakes
- Creston Valley Realty – Shelly Voight
- Creston Remax Discovery Real Estate - Michael Carpenter
- Kootenay Forge
- Sunny Woods Garden Center
- Dog Patch Pottery
- Barefoot Hand Weaving
- NewKey's Place
- North Woven Broom
- Destiny Bay Resort
- Red's Bakery – Crawford Bay
- Kemlee Equipment Ltd.
- Bill Gillespie
- Kokanee Springs Men's Club
- Cervus Equipment – John Deere
- Nelson & District Credit Union – East Shore Branch
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- Bob's Bar & Grill
- Crawford Bay Market
- The Lakeview Store
- Gray Creek Store
- Riondel Market
- Pyramid Building Supplies - Creston
- Integra Tire - Creston
- Sunset Seed
- Morris Flowers
- Comfort Welding
- Famous Fritz Meats & Deli
- Performance Graphics
- Wynnwood Cellars
- Save On Foods - Creston
- Independent Grocers - Creston
- Ricky's All Day Grill - Creston
- Crawford Bay RV Park
- Imperial Esso
- A & W - Creston
- Wynndel Foods
- North Star - Creston
- The Glass House
- Scott Campbell
- Kal Tire - Creston
- Dairy Queen - Creston
- Palmer Greenhouse
- Joyce Madigan
- Sherrie Sutcliffe

July 2019 EAST SHORE Crossword



Across

- 5 george's taxes
- 8 hot topic involving survey
- 9 soak it away
- 14 wee boat
- 16 circle of this in Riondel
- 18 newkeys proprietress
- 19 electric kinda guy
- 20 paul provides mainstreet in rooms
- 21 local nation
- 22 boswell bay

Down

- 1 anna offers this
- 2 garry's surname
- 3 bnb of cb
- 4 gc marina
- 6 principal from 80's
- 7 sadly, there are always notices of this
- 10 who sez?
- 11 editor's thoughts
- 12 headliner at starbelly
- 13 chip or slice
- 15 bay past riondel
- 17 early morning sweets shop

Bathroom Boredom Busters

Sudoku No. 003/004

7	3		2	9	4		6	
		1			6			
4	5			8				
			3				8	6
2	8	3			7	4		
	6						1	
	7			2	5			
8				7				
		5	4			7	9	

1	6		3					
		8	5		9	3	4	
		4	2	7			5	8
			9		5		3	
								5
		3		1		4		
			6			9	4	
	9			8	3			6
	5	2				7		



Hacker's Desk
by Gef Tremblay

Karate-Do

We had the chance this year to have two of our younger students participating in the youth special training, which happened a few weeks ago. It was an excellent time for them to take their practice to the next level, to learn from other teachers, and to connect with other young karate practitioners from Canada and the USA.

Last week I had the chance to participate in my first special training, which is an intense Karate practice over five days. Waking up at 5:30am for our morning jog before the early morning practice and getting to breakfast at 8am, it seems like you've already gone through a whole day of work. A bit more training during the day, with most of your body aching, you get back to sleep to recuperate as much as possible before the next morning.

From doing a 1000 punches and kicks to 100 katas, waking up at midnight for practice, to stay in the same position for one hour, (and one and a half hours for people under 40), it was a very intense and gratifying experience.

I met with a lot of people from this karate lineage called Shotokan Karate Association of Canada. It's the extension of the SKA from the US where the president of the association created this group.

Shotokan Karate Association

This lineage of karate is quite unique. The founder of SKA, Tsutomu Ohshima, is the direct student of Gichin Funakoshi. Master Funakoshi is considered the father of modern karate-do, he is known to have

brought the traditional Okinawa karate-do to mainland Japan. This makes the teaching shared in this lineage to be quite pure.

Karate's power is in its simplicity, but this simplicity is hard to grasp. It's similar to the simplicity of Zen meditation of Japanese calligraphy. At first view, this simplicity makes it almost dull, but when you continue and dig deeper, you discover how powerful that simplicity is.

Karate-do

Karate is a martial art, it means empty-handed as we don't use weapons in this practice. The 'do' at the end of the word is to emphasize that this is not just a fighting technique, but it can be translated to 'the way of karate' similar to Bushi-do is the way of the warrior. Karate-do is a way of life, founded in the karate teachings.

When you go to weekly practices it can be hard to understand or feel the 'do' from karate-do. Participation in special training brings more understanding of the way of karate. A few of the elements of karate-do I observed during this training were selflessness, non-judgmental teachings, and this continual desire to improve one's practice.

No one in the lineage is paid for sharing the teachings, and it's not because everyone is retired; quite the contrary, many of the instructors are highly paid professionals who take days away from work to share the karate-do. This is an excellent example of the way of karate, this selfless service.

It was clear who was the most judgmental in the whole group. Staring at me, from the other side of the room, checking how my Gi was not tied well, sneering at my unshaved face, and making fun of my stature, I could feel the pressure, and I didn't know how to respond. I didn't know what to do, I didn't know how to stop that judgment, which was coming from my own mind. Although we were pushed to do better, to

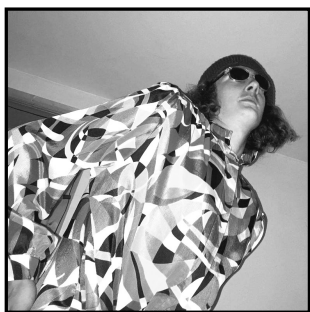
bring ourselves to our own limits, there was no judgment from anyone. There was complete respect for everyone's process. This gentle support made it clear that I was my primary enemy in this process.

I was worried that someone would push me further than my limit and that I would end up hurting myself but I quickly realized that this someone was me. I caught it in time and was able to listen to my body while trying to overcome my limits.

I observed a few practitioners who were about to be tested at the end of the special training. I made my own prediction of who would pass and who wouldn't. I was comparing the skills of the students to each other, as I was comparing myself to other students. My predictions were wrong, as the purpose of testing is not to become better than the others around you, but to become better than yourself, whatever skills or physical abilities you have. You don't need to become better than everyone else, you just need to keep evolving within your own path.

It was a very humbling, exhausting, and powerful practice. It was both quite similar to the effect of a yoga and meditation retreat, yet utterly different in its approach. I felt quite blessed to be able to participate in this practice and gave me a deeper understanding of the way of karate. Karate-do is not an easy path, but the fruits of the training are a lot deeper than just the physical aspects.

Deadline: July 24/19
www.eshore.ca
mainstreet@eshore.ca



The Proust Questionnaire

OLIVER MCPHERSON

The Proust Questionnaire has its origins in a parlor game popularized (though not devised) by Marcel Proust, the French essayist and novelist, who believed that, in answering these questions, an individual reveals his or her true nature.

What is your idea of perfect happiness? Camping in Mongolia with good tea and a pet crow and someone I care about or lying in bed about to sleep after a really fun day with people you enjoy.

What is your greatest fear? Tripping on big rock stairs and landing with my teeth on the edge of a stair and knocking them all out and swallowing them all is probably my biggest fear as ive been running up lots of big rock stairs recently.

What is the trait you most deplore in yourself? Forming opinions on people i've never met and liking or disliking them based on the version of them i've made.

What is the trait you most deplore in others? When people take personal offense against any opinions going against theirs and not being able do discuss something instead just arguing.

What is your greatest extravagance? Antique and hard to find books and maps, and plants.

Which words or phrases do you find that you most overuse? Ya gotta crack a few eggs to make an omelet.

Where would you most like to live? Gorkhi-Terelj in Mongolia, but seeing as I can't speak Mongolian, Crawford Bay is a close second.

What do you see as the lowest depth of misery? Mundane and melancholy routine. In personal tragedies and losses you can learn from your mistakes or more appreciate what you lost. Doing something I dislike in a place I dislike just gets more and more miserable and I get more and more used to it and reluctant to fix it.

What do you most value in your friends? Being able to keep entertained and have fun without necessarily doing anything; telling you the truth even if you don't want to know it; an ability to cook good food for me.

Who are your favourite writers? William Blake, Roald Dahl, Frederick Rolfe,

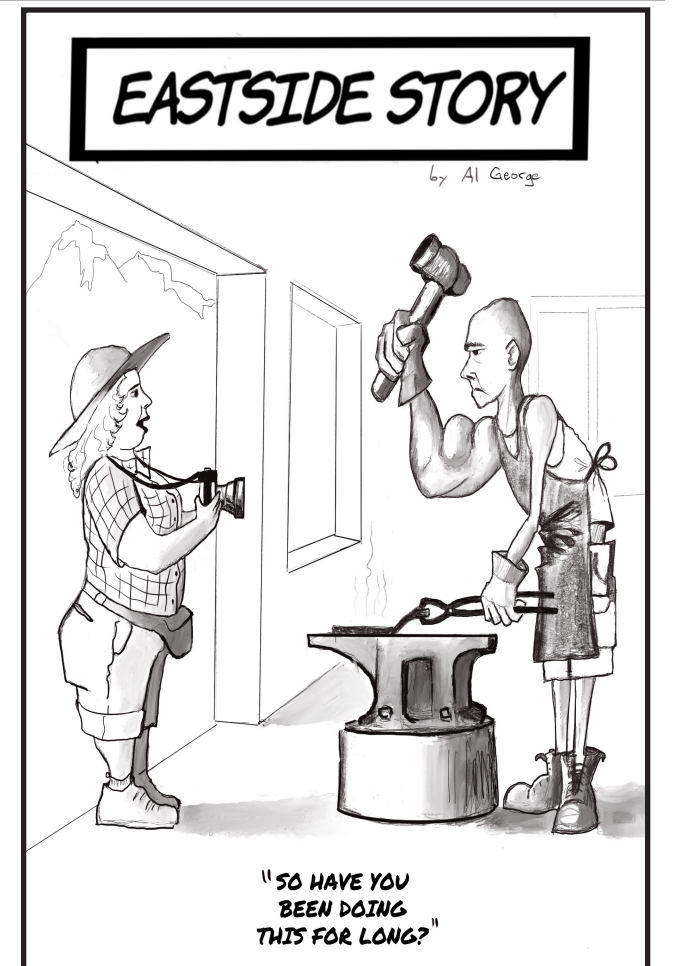
Who is your hero of fiction? Col. Dax, from Paths of Glory,

Who are your heroes in real life? John Rabe. A German in Nanking during its massacres who established a safety zone with a few to protect civilians, and used his position in the Nazi party to try and get Hitler to break the alliance with Japan as they were committing atrocities. And Mary Seacole, a Jamaican nurse during the Crimean war, who applied to be a nurse for the war and was refused so decided to go independently and risked her life to help the wounded.

What is your greatest regret? Not fully taking advantage of growing up on Borneo and experiencing what it had to offer, and only really appreciating it for what it was after I moved here.

With what one person, living or dead, would you most like to dine? If it was a normal dinner, William Blake, for his eccentric elaborate and amazing prophecies and religious views. If it was a hypothetical talk where everything spoken was the truth, then Napoleon, to see if he actually thought he was a savior of Europe or if he was driven by personal power and ambition.

What is your motto? "The man who never alters his opinion is like standing water, and breeds reptiles of the mind" - William Blake



by Al George of Crawford Bay

*Got an idea? A hanker-
ing? A niggling? Send it in!
We love to hear from you.*



Hidden Taxes

by David George

T or F Crisis, Part 2

Time for a geography quiz. Are you ready?

True or False: The East Shore of Kootenay Lake north of Boswell is part of the Kootenay-Boundary region. I think those of us who live here know that is false, and that we are part of the East Kootenays geographically.

In provincial politics we are in the Nelson-Creston riding, while federally we are part of the Kootenay-Columbia riding. We are also part of the Regional District of Central Kootenay, Area 'A', which basically covers Wynndel and all the way north to Riondel. So who thinks that we are part of Kootenay-Boundary? Interior Health, that's who!

On May 14 of this year I sent emails to our Minister of Health Adrian Dix and the chief medical officer for Interior Health asking what is being done about our doctor shortage on the East Shore. Neither replied directly, but dated June 13, I received an email from Dr. Mike Ertel, Vice President for Medicine and Quality for Interior Health, based in Kelowna. He tells me that Interior Health is actively recruiting for an additional physician at our health centre, but that it is doing so in partnership with the Kootenay Boundary Division of Family Practice, not the East Kootenay Division of Family Practice, which might have been more appropriate, considering where we actually live. That latter group, on second thought, might not be more effective in recruiting for us than it was for Creston, who finally hired their own recruiter, and have had great success in having doctors move to Creston. More about Creston's success soon.

Over in the Slocan, there is a Community Health Centre in New Denver which has a 24/7 emergency room, a nurse practitioner, and is open four days a week. The centre also has a 30 bed nursing home, and outside there is a helipad. They were having difficulty obtaining another doctor, despite assurances that Interior Health was doing its best to find one. The people in the Slocan decided to advertise for a doctor themselves, and put together a seven minute video extolling the benefits of living in the area. If you would like to see this video, just Google Slocan Valley Doctor Recruitment video. It's worth watching.

What was the result? A young doctor and her husband were attracted to the area, and she became a locum at the health centre. She was happy with the idea of living in the Slocan, and was just about to purchase a home in the area when something happened so incredible that I have to ask you to suspend disbelief. Around the end of May, this young doctor received a telephone call from Dr. Curtis Bell, IHA Executive Medical Director for Primary and Community Care. He reportedly discouraged her from staying in the area, and said other things, one of which may have been that IHA would not hire her for the New Denver physician post, another that the centre may not continue to be supported.

The community rose up quickly, and had a large outdoor meeting in New Denver on May 25th. It was attended by hundreds, and many people including mayor Ann Bunka spoke. Some time after that, it was reported that this young doctor was spoken with by Dr. Mike Ertel, IHA Vice President for Medicine and Quality. He reportedly said that there were no plans to not keep the Slocan Community Health Centre open, but the outcome seems to be that she left the area and IHA would not hire her.

This all may sound like Alice in Wonderland and the Red Queen's six impossible things to believe before breakfast, but much of what appears above is documented in the Valley Voice and the Nelson Daily

online. Here we have two different doctors, both employed by Interior Health, saying contradictory things, one of them undermining the community efforts to recruit a doctor on their own.

What has all this to do with us on the East Shore? Well, I for one am reluctant to believe Dr. Ertel when he implies that Interior Health will find us another doctor. And look what happened when the Slocan found their own. How did Creston manage to find and hire enough doctors that the hospital there now has adequate 24/7 Emergency Room coverage?

Does the answer lie in the fact that Creston is in the East Kootenay region of Interior Health, not the Kootenay Boundary region? There is some hope in the Slocan and other parts of rural BC. An organisation with many members from local health organisations exists, the BC Rural Health Network. Just look for bcrhn.ca and see the membership, which includes our own East Shore Kootenay Lake Community Health Society, the executive of which seem to all live in Boswell. That society helped to establish the Better at Home program, among its other activities.

For more information about what is happening with health care in rural BC and how Creston was able to recruit at least five doctors, look for the next edition of Hidden Taxes.

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It Takes a Generous Community

by Laverne Booth

As we take the final steps to get the gently used community bus on the road, it is time to be grateful for the generosity of all those community players who lent a hand. Thank you sincerely.

To the East Shore Advocacy Society- to Mike and Ivy Jeffery, Sonny Greene, and other board members who held the funds while we were doing the initial fund-raising to raise \$3000 to buy the 11 seater passenger bus from the TAPS program in Creston. To Riondel Seniors Association for their generous donation and to Garry Jackman and Community Development Funds of Area A, RDCK, and thank you to the Kootenay Lake Lions.

To those individuals who dug into their own pockets, not for their own gain, but because they saw potential to invest in a community dream.

Thank you to Norman Elgert, Lorna Robin and John Smith, Joan Huiberts and John Edwards, Leona Keraiff, Riondel Community Campground Society, Peter Spaans, Wai Yin Fung, Wendy Miller, New Keys Inv, Barb Kuhn, Frances Roback and Stephen White, Diana and Doug Stokes, Catherine White, Laverne Booth, Catherine Poch, Charlie Wilkinson, Betsy- Ann Schultz, Deborah and Lee Johnson.

To the interim board members of the East Shore Transportation Society including Tom Wishart, Catherine White, Merrill Hagan, Les Elgert, Peter Spaans and Laverne Booth. We will hold an annual general meeting within the year and welcome all those who would like to get involved on the board.

To Creston Kootenay Foundation board members who would like to help us set up an East Shore Fund where donations could come with tax receipts, and we can start saving up for an electric bus! If you would like to be involved in these discussions- please talk to a board member or call 250-551-6020 or email eslearningplace@gmail.com.

6 Mainstreet July 2019

Kootenay Lake Needs An Electric Ferry

by Steve White

Mary Donald's letter in the June *Mainstreet* for an all-electric ferry is absolutely and positively spot on.

It's been announced on the BC government website (gov.bc.ca/kootenaylakeferryproject) that the 65-year-old *MV Balfour* ferry will be replaced in 2022 by a 55-vehicle, electric-ready ferry. The new ferry promises to be "simple, robust, and economical." But what does "electric-ready" mean? It means we will receive a long overdue new ferry, but still with diesel power. Not until 2030 will the diesel ferry convert to full electric power. 2030! And all of BC's inland ferries will convert to full electric power by 2040. 2040!

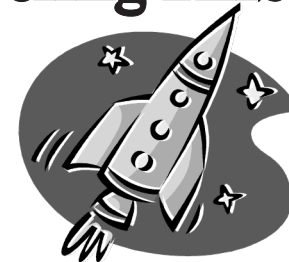
Diesel power is a 19th century technology, which is entirely fossil fuel-based. A 21st century all-electric ferry is fully available right here and right now. Richmond, BC-based Corvus Energy is clearly a global leader in electric storage systems (ESS) for short run maritime applications. Corvus' performance has proven to be safe and reliable, with more than two million operating hours and the highest safety standards in the industry. Currently, they are providing five new 50-vehicle all-electric ferries to Norway, due for service in just a few months (January 2020.) Both Washington state and Ontario will be operating hybrid electric ferries very soon. Electric and hybrid ferries currently range from small harbor boats to large coastal vessels. And very recently, Corvus announced their "Blue Whale" ESS for much larger maritime vessels, including cruise and container ships.

Electric storage systems aside, electric marine propulsion systems have been around since 1903. Today

Siemens is one such world-class leader. The all-electric ferry "Ampere", launched in 2015, recently reported its CO2 emissions were reduced by 95%, and its operating costs by 80%. Long-suffering Kootenay Lake users will put up with much less down time for maintenance and repairs, and fewer interruptions in service. And, there could possibly be faster-running times. Visitors love the beautiful, scenic lake crossing. Our new all-electric ferry would be an additional attraction for our tourist industry.

An all-electric ferry technology is available here, now! Climate disruptions are here, now! Is an all-electric ferry coming to Kootenay Lake? Soon??

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Thoughts from the Frog Pot

by John Rayson

CANADIAN MEDICARE FUNDING CHANGES

The title of these columns is a modern metaphor of a boiling frog in a pot for our lack of reaction to change in our society. The last column [June 19] presented some suggestions for change in our system of primary care. The present column will discuss potential changes in the areas of hospital funding, an aging society and the funding of pharmaceuticals.

Hospital Funding:

In Canada most hospitals receive a global budget of a fixed amount for the year. The majority of the monies come from the provincial government with some local funding added. Some jurisdictions [eg. Ontario] attempt to allocate some funds based on demographics and types of procedures provided.

The Canadian Institute for Health Care [CIHI] offers assistance with the adoption of an Activity Based model of funding. Such a method would see hospital funding based on the number of patients treated, types of illnesses treated and an evaluation of the outcome. This system would imply "pay for performance", thus introducing accountability to the system.

Aging Society:

It is obvious that we are an aging society and that 90% of medical costs are incurred in the 6 months prior to death. We also, know that a very large percentage of acute care hospital beds are blocked by patients awaiting placement in long term care facilities. We must immediately construct more long-term care facilities if we are to make proper use of our acute beds.

Pharmaceutical Funding:

There is much in the popular press recently regarding a plan to fund drugs for patients in Canada. The problem is real and there is genuine concern that some patients are not able to afford the costs of the basic drugs.

However, the problems of establishing a national formulary [list of prescribed and funded drugs] will be significant. Many of the new drugs that are being developed are for rare diseases and cost up to \$1M per year. There are many new drugs coming to market for cancer, the long term value of which are debatable. How much as a society can we fund? Who will decide?

An example of the complexity was recently in the popular American press: of all new cancer drugs used in the past 10 years, resulted in an average increase in life span of 2 months and cost \$100,000 per year.

A court case is presently underway in British Columbia challenging the right of the Province to restrict access to private health care, resulting in long waiting lists. This case is lead by Dr. Brian Day and

much will be in the press in the next short time. It is anticipated that this case will end up in the Supreme Court of Canada and will take a number of years. The effect is potentially profound as it would open the way to private medical care in Canada plus the availability of private insurance. It should be noted that these provisions are available in all other OCED countries with national health care systems including Britain.

All other OECD countries also have a system of co-pay [user fees] that does not exist in the Canadian system. Can we continue to afford unlimited access with no accountability? Another question for debate.

The other issue that has never been debated in the Canadian system is that of Public Administration does not have to mean Public Delivery: ie. Can the system be publicly funded and privately delivered? We already have a system that is partially private [primary care physicians run their own offices] and partially publicly delivered [hospitals]. It would seem strange that this debate has not been held as the issue was first raised with me by a former NDP Minister of Health of B.C.

As can be noted, the Canadian health care system faces a number of challenges. Change will be necessary and will require debate and bold leadership if we are to meet these challenges and preserve our system for future generations.

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Coming up: Gray Creek Museum Days at the Hall, July 26 to 29

Gray Creek Historical Society

It's Museum Days time again at the Gray Creek Hall. Our 17th annual four day event runs Friday July 26 through Monday July 29, from 11 AM to 5 pm each day. Note the new hours this year!

Come and check out our brand new displays:

- Maps from David Thompson on up, from the Kootenays and beyond, and some surprises too
- Shipwreck site of the SS City of Ainsworth, across from Gray Creek and 380 feet down;
- Commemorating the passing of Greyhound in Western Canada;
- Will Bayliss – new art finds and collected works;
- Vintage cookbooks of local cooks, including legendary baker Grace Oliver;

There will also be mini-displays with new discoveries and old favourites – new stories by and about Colin Haddon, the McClure family, and the Gold Boulder; resource books on natural history, tracking, and more; and selections from our archives collections and research.

Something for everyone, and cookies too. Admission is free, but donations are always appreciated. And you can renew your membership, or become a new member then too. Your memberships help keep our archives and activities going.

We hope to see you then. Please contact graycreekhistory@gmail.com for more information.

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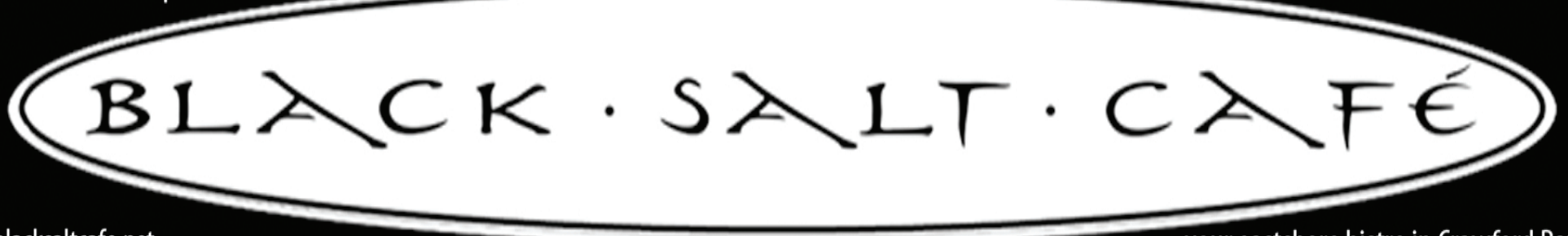
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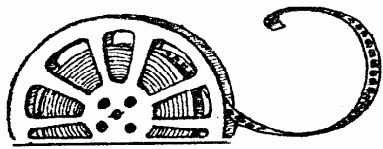
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Seldom Scene

by Gerald Panio



"The arc of the moral universe is long, but it bends toward justice." –19th century clergyman Theodore Parker

One of humanity's most admirable and most dangerous traits is the desire to "fix" things and people that are seen as "broken." The admirable side involves empathy, compassion, and an almost infinite capacity for selflessness. The dangerous side is the zealotry whose "repair kit" consists of nothing more than a big hammer, literal or metaphorical. In this latter category we can see the Reformation mobs who smashed & burned their way through European churches to rescue Christianity from idolatry, our own government's 19th century policy of using reserves and food rationing to "pacify" Native population on the prairies, parents who in the late 20th century sometimes handed their children over to brutally coercive deprogrammers to sever their connections to religious cults, and doctors in our time who have been insistent on "curing" any & all varieties of autism spectrum disorder.

Joel Edgerton's *Boy Erased* (2018), based on a memoir by Garrard Conley, is about another hammer: gay conversion therapy. Based on the belief that homosexuality is a choice—like deciding to be a football player or take up the violin—inspired by certain moral lapses in the family tree, conversion therapy aggressively seeks to have its subjects reject their homosexual impulses and "choose" a sexual lifestyle in conformity with Scripture-based guidelines. Highly controversial, this "treatment" has been banned in several U.S. states, but remains legal in 36 others. Earlier this year, the Canadian government dismissed a plea for a similar ban in Canada, claiming it was a provincial and territorial issue.

The protagonist of *Boy Erased* is 18-year-old Jared Eamons (Lucas Hedges), the son of an Arkansas preacher/car dealer and his dutifully self-effacing wife. Jared is confused about his own sexuality, and is gradually realizing that his awkwardness with his girlfriend and his attraction to male bodies may be more than transitory blips on the way to the kind of "manhood" that his father has been promoting since Jared was a child. If the questions about sexual identity weren't challenging enough on their own, any acknowledgement of homosexuality on Jared's part would also mean a direct confrontation with his family's fundamentalist beliefs. By the time he heads off for college, Jared's sexual identity remains unresolved. At college, two same-sex encounters have powerful impacts in both furthering his confusion & self-loathing and indicating that being gay can offer relationship possibilities beyond what he might have imagined.

His first, sexually abusive, encounter results in Jared's being outed to his parents. Initially denying everything, he finally acknowledges that "I think it's true about me. I think about men. I don't know why." Still unsure of who he is, he apologizes to his parents for the pain he's causing them. Lucas Hedges does an excellent job in capturing Jared's hesitations, and later in the film of showing us Jared's growing awareness of

the insidious workings of his so-called therapy, and the threat it poses to himself and others.

Boy Erased begins with Jared on his way to the Love in Action conversion treatment center. The center looks like a Silicon Valley startup—all modern stone & glass & brick in a sylvan setting—but inside it's run more like a prison or a spiritual boot camp, complete with a "seen the light" hardened ex-con (played to creepy perfection by Flea, from the Red Hot Chili Peppers) to show camp inmates what a "real" man looks like. Standard brainwashing techniques are on the menu: isolation from family, violations of privacy, forced public confessions, humiliation.

Jared's enrolment in the program is voluntary. When his father tells him that he can't live under the family's roof if he's gay, but that if he's willing to "change" there's hope for reconciliation, Jared is too uncertain of his own identity to throw away an opportunity for salvaging the life he's had before everything blew up. "Yes, I want to change," he tells his father. After the

sympathetic family doctor (Cherry Jones) confirms that there's nothing physically "wrong" with Jared (no "missing" testosterone, etc. that can be "cured" with a pill of some sort) and tells him that he's a perfectly normal young man capable of making his own decisions,

his mother drives him out to the treatment center. He's enrolled in a 12-day program, spending the day at the center and the evenings with his mother at a nearby hotel.

The continuing contact with his mother turns out to be Jared's lifeline. Nancy Eamons gradually becomes aware of the situation in which she's placed her son, and has time on her own, away from her husband, in which to re-evaluate her relationship with both her son and her husband. As the parents, both Nicole Kidman and Russell Crowe give fine, understated performances that capture their emotional struggles without unnecessary dramatics. As Marshall Eamons, Russell Crowe is almost unrecognizable. One of his strongest lines is where he expresses his broken dream of someday being a grandfather. Perhaps even more than his belief in Biblical injunctions against same-sex relationships, Marshall Eamons' initial unwillingness to accept his son for who he is connects to his inability to let go of his vision of himself as the future patriarch of an Eamons clan. Nancy Eamons doesn't carry

the same emotional baggage; she's able to recognize the realities of her son's situation, and is willing to, for the first time, be the active agent of change in the family.

Several of the other recruits in the conversion program also contribute to Jared's growing awareness of the destructive potential of the situation he's in. One young man, with an abusive father, tries to make Love in Action into his new family, much like an army private might give himself body & soul to his military unit. Another young man, Gary (Troy Sivan), is wise to the games being played, and advises Jared to just play along until he's released. A third boy, Cameron (Britton Sear), physically imposing but psychologically vulnerable, is a particular target for the staff's physical and psychological bullying.

Director Joel Edgerton plays the role of Victor Sykes, the charismatic head of the center and primary "therapist." His goal with someone like Jared is not so much to "fix" him as to make him increasingly dependent on the center's services. At one point, he tells him that college is pointless and that he'd be much better off spending his year under Love in Action's tutelage. The center has individual homes

on its property for long-term residents. A stay in one of these houses represents almost total isolation from friends & family, and moves the therapy program into the same psychological territory as that occupied by certain controversial cults.

It's ironic that one of the things that helps Jared keep some sort of perspective while he's inside the program is the spelling errors in the center's operating manual, called The Source. The egregious mistakes help distance him from the relentless cant. When Nancy Eamons reads through the manual and finds a line that says "we always come back to Dog's true design" that typo of Dog for God puts paid to Victor Sykes' pretensions to therapeutic omnipotence. Absurdity is a powerful weapon against self-righteousness.

The cinematographer for *Boy Erased* was Eduard Grau. The low-key but effective musical soundtrack was the creation of the team of Danny Bensi & Saundra Jurriaans, who have worked together on over 100 film & TV scores over the last 20 years.

Although the LGBTQ struggle continues on multiple fronts, there have been a lot of positive changes. The arc of the moral universe does seem to be bending, slowly, towards justice. June 28th of this year marked the 50th anniversary of the Stonewall uprising in New York City that many consider to mark the beginning of the gay liberation movement.

A final footnote: One of Quebec's finest young directors, Xavier Dolan, has a supporting role (Jon) in *Boy Erased*. Dolan's award-winning film, *J'ai tué ma mère* (*I Killed My Mother*, released in 2009), was a semi-autobiographical story of growing up gay in Montreal.

(P.S. Some astute readers may have noticed that I didn't keep my promise from last month's column. Three of the Paris movie theaters I'd hoped to write about for this month no longer exist. The finest remaining theater, Le Grand Rex, somehow managed not to make it into my schedule. I'm sure that's because, subconsciously, I wanted an excuse to go back to Paris again. Check out Le Grand Rex Paris under Google Images and you'll see what I mean.)



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Growing communities one idea at a time.

Riondel Arts Club

by Sharman Horwood

Hard to believe but there are now only two months left in the summer. Everyone is busy, usually with good activities, like visiting family and new projects in the yard, and in the studio.

The 2019 Kootenay Lake Art Connection has been successfully launched. Riondel's installation is in Bob's Bar and Grill. Most of it has been displayed in the restaurant section, with the rest in the main area of the pub. Brochures are available there. They itemize the different locations spreading up the East Shore, and give information on the featured artists for the Connection. One of ours is Shirley Wyngaard. There are a lot of artists involved. Drop in and look at our work. We'd love to hear what you think.

At the moment, the art club is very quiet: just painting some of the beautiful scenery that surrounds us. I hope you all have a terrific, creative July.

Starbelly Time!

submitted by Ben Johnson

Starbelly Jam and her Artistic Directors Amanda Hulland and Ben Johnson are overjoyed to present the twentieth always-eclectic lineup which is both



a retrospective featuring some old friends and a deep dive into the current of BC & Canada's music scene.

The Wild Turkeys were there at the beginning: 1999 was the first Starbelly Jam ever and these purveyors of Kootenay Lake psychedelic country jam music are returning with their original lineup.

BC/DC are celebrating twenty years rockin' together with Starbelly Jam on July 19. For those twenty years of Rock, we salute you!

Snotty Nose Rez Kids are truly rising stars, nominated in 2019 for both a Juno and Polaris prize. Hailing from the Haisla Nation, 'People of the Snow' - Yung Trybez & Young D along with DJ Kookum blend trap beats with woven lyricism that challenges Indigenous stereotypes. Their new album Trapline is set to top the charts for Indigenous Hip-Hop.

Buckman Coe has just released Gathering Storm, his seventh and biggest album to date, produced by Adham Shaikh. It's an anthem for communities coming together to create a more just and people-powered world and he brings serious game from the West coast with a big band and vocalist Tonye Aganaba.

Caleb Hart brings Island vibes from Trinidad & Tobago where he grew up. A passionate performer, Hart has a desire to reach as many people as possible with a message of hope, unity, and love. He's been doing just that across Canada, The Carribean & the World.

Adham Shaikh is an Emmy and Juno nominated world fusion composer and electronic artist with 25 years experience rocking dance floors around the globe. Adham's Monkey Dragon project brings together a live collaboration experience with much of our West Coast talent including Buckman Coe and likely a few surprises. Get ready for the magic carpet ride.

Yaima are coming from Seattle, USA and set to bring us in for a landing on Saturday night with their Elemental fusion of beautiful acoustic/electronic with the visionary artwork of Simon Haiduk, whose world-renowned imagery is represented on this year's Starbelly Jam poster.

Hamsa Hamsa will travel all the way from Barcelona, Spain with a fusion of Sephardic music (the Jewish music of Andalusia), Flamenco and Jazz.

Gitana Mundo will bring their renditions of Gypsy Jazz, Latin & Old-time Swing from Edmonton, AB. Featuring 13-year-old Caleb Hunt, award-winning violinist.

National champions of banjo and fiddle, **Tony**

Furtado and Luke Price are bringing serious chops from Portland, OR.

Oliver Swain brings his clawhammer banjo style and a whimsical, spiritual and socially conscious chamber folk odyssey. "The Zen Rock Garden of Old Time music" Oliver will also perform with Kootenay Harp Poetess **DIEMM**.

The OM Sound from Montreal bring a conscious message conveyed by hip-hop verses, thick Jazz harmonization and neo-soul grooves.

The Kwerks are ray-of-sunshine-in-a-dark-world musicians. Imagine if the Barenaked Ladies were a married couple and lived by the motto: Live life. Say yes. Be a little crazy!

Holly Hyatt just won the Kootenay Music Award for Best R'n'B/Blues album for her fantastic release Wild Heart. Her band will make you swing and smile.

Zaynab Mohammed ups her poetry game with the addition of Belgian pianist Mathi.

The local talent pool is off the deep end at Starbelly with **High Mountain Groove** (Howlin' Dan, Morgan Rael and Todd Lester), Nelson favourites the **Devils You Don't**, **The Buffalo Stompers Aboriginal Dance & Drum** group returning once again along with Starbelly veterans **In the Sticks Afro-Sassy Drum/Dance** and **Moving Mosaic Samba Band**.

Just for the kids, favourites **Dixie Star Storytelling** and **Mike Dada "The Balloon Dog"** are returning along with acts the little ones won't have seen before: **Pico's Puppet Palace** and **Flydini the Magician**.

Get your tickets now at www.starbellyjam.org and at various East Shore outlets. We can't wait to see you at the 20th Starbelly Jam!

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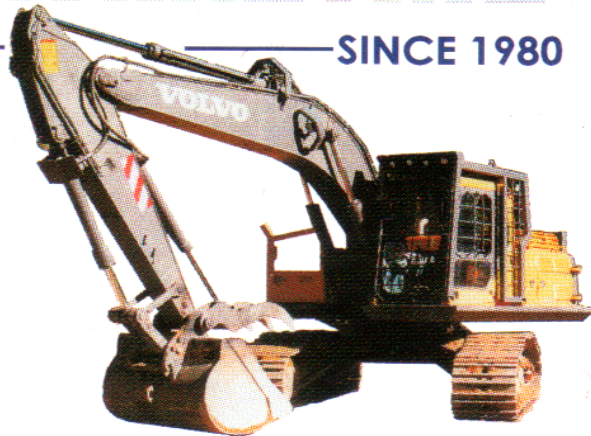
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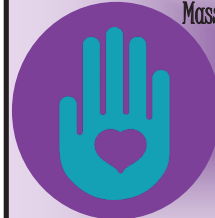
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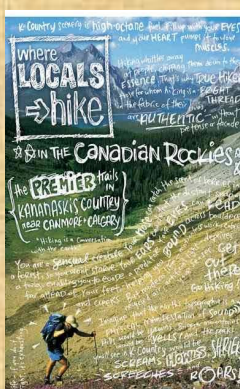
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SURPLUS EQUIPMENT FOR SALE
2001 Ford F-350 Super Duty

The Regional District of Central Kootenay is offering a 2001 Ford Super Duty F-350 for sale. The vehicle will be sold 'as is, where is' and cannot be driven off-site.

Vehicle is located on Bluebell Road (next to the Circle of Friends). Vehicle deficiency report can be viewed on the RDCK's website: www.rdck.ca.

SEALED BIDS marked "Surplus Equipment - Ford F-350 Super Duty" will be received at the Regional District of Central Kootenay Office, Box 590, 202 Lakeside Dr., Nelson, BC V1L 5R4 up until 2:00 pm, Monday, July 8, 2019 or via email to contact below.

Contact:
 Heather Smith
 Finance Manager
 Email: hsmith@rdck.bc.ca



RIONDEL REFUSE BINS HOURS OF OPERATION

Riondel
 Commission of Management

The Riondel waste disposal bins located next to 232 Fowler Street will have extended operating hours on a trial basis.

From **July 1 to Sept 30, 2019** the bins will be open as follows:

Mondays	Thursdays
6:45 am - 10:30 am	9:00 am - 11:00 am

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Music Festival
July 19 & 20
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East Shore Culture Day July 21

by Farley Cursons

With the 20th Anniversary of Starbelly Jam being celebrated on July 19th and 20th, we at Building East Shore Tourism, in partnership with a wide spectrum of local businesses and organizations are your hosts for Community Culture Day!

We invite residents and visitors to spend the whole weekend celebrating East Shore Culture. Enjoy Friday and Saturday at the Music Festival and stick around on Sunday for a wide variety of activities and events from Wynndel to Riondel. There are so many interesting and out of the way locations along Kootenay Lake's East Shore that are just as interesting as the more high-profile centres. If you're interested in checking out more live music, taking in some sonic yoga or joining a group mountain bike ride then East Shore Community Culture Day is sure to satisfy.

Discover the many artists that choose the East Shore as their home with the Kootenay Lake Art Connection Gallery Tour. Get your brochure with listings, map and biographies of Art Connection participants from Wynndel to Riondel.

If history is your thing, the Gray Creek Historical Society has created a self-guided History Tour of Gray Creek. Check out some the heritage sites and learn interesting stories about early settlers of the area. Both brochures can be found at the Crawford Bay Visitors Centre, Starbelly Jam Customer Service desk and the Gray Creek Store.

You could also start your Sunday at the East Shore Food Roots Farmers Market, visit the Artisans of Crawford Bay and watch them in action. Later you can join the East Shore Youth Council at the beach for a Volleyball Tournament or explore the lakes many beaches and trails. Stop in at Wynndel Cellars, the East Shore's only vineyard and winery for a taste of some seriously quality local wine. Be sure to stop in at the Sirdar Station Pub for an Open Jam! Don't miss Argentinian Jazz Pianist Gabriel Palatchi at Kokanee Springs Resort.

For more information including schedule and options for local camping/accommodations go to www.eastshore.life/events or call 250 505 6489

This event is made possible thanks to the RDCK's Area A Economic Development Commission and the Province of British Columbia. Thanks also to the Kootenay Lake Chamber of Commerce and CVKL Route for their support.

Riondel Golf Club

by Bill Nicolson,

55th Father's Day Tournament June 16 2019

A beautiful Kootenay morning greeted 56 golfers at our 55th Annual Father's Day Tournament. Thanks to the generous contributions of the sponsors, there were prizes for everyone, plus breakfast, lunch and a steak dinner with all the fixings. The chance to win \$10,000 for a hole-in-one was up for grabs but no one was quite able to get the job done.....maybe NEXT year.

Our charity this year was for upkeep of the memorial benches and new plaques for trees planted throughout the course. There is a very long and unique history between the village of Riondel and the golf course. Many residents over the years have volunteered both their time and expertise for the love of the course and value it brings to the area. They are honoured with the planting of special trees in memoriam, unique benches and plaques in remembrance.

To the staff, directors, volunteers, and all who helped out to make our 55th Father's Day Tournament such a success, I thank you. You are priceless. We cannot do these events without you. My gratitude to all of you who made this day a success.

Tournament results: Overall Low Gross -Ted Aime (69), Calloway Low Net - Scott Campbell (70), Overall Low Net - Garth Keeler (71), Handicap Low Gross - Brett Van Ruyskenvelde (71). Thank you so very much to all the sponsors of this event

East Shore Community Culture Day

Celebrate the 20th Annual Starbelly Jam Music Festival and stick around on Sunday to discover Kootenay Lake's East Shore and enjoy a wide array of activities and events from Wynndel to Riondel!

- * Food Roots Farmers Market * E.S.Y.C. Vollyball Tournament
- * Sonic Bliss Yoga Acutonics, & Gong Workshop w/ Kootenay Sound Healing
- * Gabriel Palatchi @ Kokanee Springs Resort
- * Wynndel Cellars Wine Tasting * Open Jam @ Sirdar Station Pub
- * Kootenay Lake Art Connection Gallery Tour
- * Artisans of Crawford Bay * Gray Creek History Tour
- * MTB Ride w/ East Shore Trail & Bike Association
- * More Live Music @ Local Restaurants and Pubs throughout the Day!

Sunday July 21 2019 East Shore Kootenay Lake

KOOTENAY BAY - RIONDEL - CRAWFORD BAY - GRAY CREEK
BOSWELL - SANCA - KUSKANOOK - SIRDAR - WYNNDEL

Information and Schedule: www.eastshore.life/events or call 250 505 6489

East Shore Community Culture Day

Activities & Events Schedule July 21, 2019

- * Food Roots Farmers Market / 9am - 3pm
Downtown Crawford Bay
- * MTB Ride w/ East Shore Trail & Bike Association / 10 am
Intermediate Riders Only (membership required)
Crawford Bay (meet at Reds Bakery)
- * Acutonics & Gong Workshop w/ Kootenay Sound Healing / 9:30am - 5pm
Crawford Bay Hall - 16230 Wadds Rd.
- * Kootenay Lake Art Connection Gallery Tour / 10am - 5pm
Wynndel to Riondel
- * E.S.Y.C. Vollyball Tournament / 11am - 4pm
Crawford Bay Beach / Regional Park
- * Wynndel Cellars Wine Tasting / 12pm - 5pm
Wynndel - 5566 HWY 3A
- * Open Jam @ Sirdar Station Pub / 2pm
Sirdar - 8068 HWY 3A
- * Gabriel Palatchi @ Kokanee Springs Resort / 7pm
Crawford Bay - 16082 Woolgar Rd
- * Artisans of Crawford Bay / Ongoing
- * Gray Creek History Tour / Ongoing
- * More Live Music @ Local Restaurants and Pubs throughout the Day!

Information and Schedule: www.eastshore.life/events or call 250 505 6489

Call for Volunteers

Submitted by Starbelly Jam Music Festival Society

It's festival season and wherever you travel there are communities coming together to create local celebrations and cultural events. Reflecting on Starbelly Jam's festival journey we can't help but be overwhelmed by gratitude. Gratitude for the festival founders and early visionaries who saw the importance of supporting arts and culture as well as economic development on the East Shore. Gratitude for the hundreds if not thousands of volunteers and unsung heroes who have pulled together for 20 years to make the festival happen. We are doing our best to honor the spirit and hard work of those whose shoulders we stand upon as well as find



replacements for those who have moved on.

Starbelly Jam needs more volunteers!

If you have been considering volunteering for the festival now is the time to apply. We have openings in most departments and even some paid positions. Are you interested in joining the set-up crew or maybe the Decorations Team? How about supporting the festivals health and safety initiatives? There are these and many more ways to get involved and we would love to hear from you. Go to: www.starbellyjam.org/volunteer to register.

If for some reason you have been a regular volunteer for the festival and you haven't heard from us then please contact your previous supervisor or email our volunteer coordinator: volunteer@starbellyjam.org.

Bringing this event to life every year requires a phenomenal amount of planning, networking and human resource development. Our mission, as always, is to provide a safe, larger than life music festival that supports the community. Starbelly Jam's success can be credited to Starbelly Jam's amazing array of volunteers, staff and community partnerships.

Come and be part of the team! For more festival information go to: www.starbellyjam.org

Radical Collaboration

Submitted by Nicole Plouffe for Yasodhara Ashram Society

In May Yasodhara Ashram president, Swami Lalita-Nanda, had the opportunity to participate in a six day retreat at the Holistic Centres Network (HCN) Gathering on Cortes Island. Here is her account of the inspiring collaboration.

"Although the HCN Gathering has existed for 35 years, starting as an informal meeting of leaders from Esalen, Omega and the New York Open Center, it has evolved into an international collection of retreat centres – from small privately run start-ups to established spiritual centres like Yasodhara Ashram that were founded in the pioneering atmosphere of the 1960s.



'The gathering gave us a chance to be together, to reflect on the times we're in and to question what is being asked of us now. There were presentations and discussions on leadership, money and our attitudes toward it, diversity-equity-inclusivity, programming, marketing, technology, environment and much more. We had time to interact in break-out focus groups. My particular delight was to find other ashrams and Buddhist centres with similar concerns of carrying our precious lineages forward while continuing to adapt and evolve. Friends from five of these centres agreed to stay in touch, to continue to inquire and support each others' next steps.

'I am filled with optimism that these centres of Light are indeed sparkling in the world and that there is so much desire to help each other, so much generosity and transparency and such openness to share mistakes that lead to learning. I also witnessed some amazing examples of leadership – from different centre leaders and especially from Christine Lines, the executive director of the HCN, who emanates the spirit of the network and manifests it with effortless grace. We are pleased to have her resting at the Ashram for three weeks to reflect and absorb her learning.

'My gratitude also extends to Swami Dhumavati from Kashi Ashram in Florida, who tipped me off about this wonderful opportunity. We met in Toronto at the Parliament of World Religions last fall and she, too, came to Yasodhara Ashram for a few days to broaden her scope of how other ashrams work. These interconnections feel like the start of something great!'

Tom Sez

by Tom Lymbery

Gray Creek Museum Days will be July 26 – July 29 at Gray Creek hall. 10 am to 5 pm daily = free admission.

In seeing a Facebook photo at the Empress Hotel in Victoria I remember that when looking at the menu at our dining room in the sternwheel ferry days, US tourists often asked "why is tea so much more expensive in the afternoon?" (35 cents instead of 10)

I was very pleased to find a recent book written about Richard St. Barbe Baker *The Man of the Trees* He spent his life trying to get Roosevelt to save the redwoods and also a much larger, seemingly impossible project to re-forest the Sahara desert. He travelled extensively and promoted tree planting in Australia – even Iceland.

If you are involved in a commemorative event please include planting trees that are the most important living things on our planet.

Cider is becoming more popular daily. Likely, it will never surpass beer in volume but it's become much more available. There is now a cider producer in Creston but I haven't got hold of any as yet.

The Womens World Cup of Soccer in France has the final prize winning game July 7. This is the first time that VAR (video Assistant Review) has appeared in a major tournament and it has truly changed the results, as well as adding time to each game.

Our panel of experts commenters has been something to watch as Karen, Clare, Kaitlyn are all former Canadian players while Diana Matheson is still on our team, but unable to play as she has a cast on a leg (which she sometimes puts on the table to prove). Knowledgeable, well spoken and beautiful, all four are such a change from the mostly male commentators.

Canada won their first two games, moving them to the round of 16 where they outplayed Sweden but lost in the end, so went no further even though this had been rated our best ever team. All of these girls play for professional teams, mostly in the US because Canada has no league.

Our captain, Christine Sinclair scored one goal in the 2019 World Cup, hoping for two more in order to beat the world record set by Abby Wambach of the US.

Gray Creek Pass Report

by Tom Lymbery

OPEN FOR VEHICLES June 13 - as early as ever. Only once did the road become snow free and that was on June 10 some years back. This year cyclists were coming over the snow even at the end of May.

Dont forget to look on line for the 60 some BC Epic 1000 entrants that will leave Merritt about 7 am on Sunday June 30th so front runners may be able to see our July 1st It's a tough grind over the Pass and on to Fernie.

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Smarter Than Jack or Jill

by Sharman Horwood

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

Imitation and Flattery

Many scientists and researchers assume that whales are intelligent, and they certainly seem to be smart. They have large brains, established social groups (orca whales outside the Vancouver area, for example, rely on matriarchal pods), have their own language dialects, typical within each pod, and in some cases used to prevent inbreeding. In some cases, female whales will select mating partners from different pods, from those who speak a different language.

Whales have the largest brains, bigger than humans, and studies have shown that there is “a correlation between brain size and intelligence, with larger brains predicting higher intelligence” (Wikipedia). The biggest brain belongs to a sperm whale, which weighs about 8 kg, with killer whales weighing about the same as an elephant's, just over 5 kg, or as much as 6.8 kg in the case of the whale. However, size isn't enough. The intelligence of many birds—like parrots and Corvidae, such as ravens, crows and jays—suggests that size isn't everything. Other factors contribute to intelligence as well, such as a strong social group to reinforce learned behavior, and complex play among the group's members, as well as their brain to body mass ratio.

Social animals also tend to be more intelligent than solitary creatures. Condors, one of the smartest

of the vultures, will fly 60 miles in one day in order to “hang out” with another condor group. However, there is a step beyond simply being social, and that is being cooperative. Chimpanzees cooperate, and don't always benefit directly from their actions. In Burgers' Zoo, living trees have electrified wire around them to prevent the chimps from climbing up too high. Instead the animals will break off long branches, and one will hold the branch in place so that a second can scale up to reach above the wires. Orca cooperate in hunting, sometimes gathering to try to dislodge a seal from an ice floe. There have been incidences where in the end, the orca together will let the seal escape. They practice the way they cooperate.

Human beings, of course, cooperate as well, and been able to develop because of that tendency: “we have shaped our societies into complex networks of cooperation that can take on projects of an unprecedented magnitude” (Frans de Waal in *Are We Smart Enough to Know How Smart Animals Are?*, p. 197). Cooperation is thus a key aspect in the development of intelligence.

Recently, a Norwegian fishing boat was approached by a Beluga whale, either looking for help or contact of some kind. It was clearly used to humans. The animal had a harness circling its middle that appeared to be Russian, causing speculation that the whale had escaped from a Russian military facility where the animal might have been trained to spy. The fishermen tried to feed it but the creature wasn't looking for food. Eventually one of the fishermen jumped into the water—after first putting on survival gear for protection against the cold temperatures—and removed the harness. The whale still stayed with the fishing boat, however. The first boat was joined by a second, but the whale remained, apparently looking for contact rather than safety.

Beluga whales are highly social animals. Single Beluga whales that have become separated from the rest of their pod have frequently approached humans for some sort of social contact, suggesting they recog-

nize a fellow feeling of some kind with people. There has even been an incident where one Beluga whale, Noc, tried to speak to the people about it. (You can find a short video of this if you Google Beluga whale + talking.)

Cooperation needs some kind of communication. Belugas are the “canaries of the ocean.” Echolocation, however, isn't the only use they have for sound. Their clicks, whistles, and calls are used for socializing as well. There is some speculation that these abilities developed because waters are sometimes murky, and the whales are unable to see well in it. Whales also have an underdeveloped sense of smell, unlike most land animals. As a result, sound became a valuable skill in their evolution.

In 1984, at the National Marine Mammal Foundation in California, one of the Beluga whales “spoke” to a diver. The diver was certain he heard “get out.” Eventually, he and the other attendants realized that Noc, their male Beluga whale, was trying to imitate human speech, and possibly communicate with them. The animal had lowered its voice register to sound more like a human, and it was mouthing sounds in pulses, as a human would voice words, articulating as well through the shape of the mouth. What came out sounded a bit like a cross between a kazoo and someone first trying to play the bugle. Later, in 2012, at the Vancouver Aquarium, one of the keepers working with the whales heard one of the Belugas clearly say its own name.

They say imitation is the sincerest form of flattery, but in this case, I'm not sure. To repeat the approximate sound of a name is one thing—and whales, like elephants, seem to understand a sense of self (put a hat on an elephant, let it see itself in a mirror, and it reaches up to its own head, not to the mirror's image to find the hat)—but when repeating particular words, is there a message? Was Noc telling the diver to get out, or asking that he “get out” of the aquarium's confined space? Either case is a sure sign of intelligence, as well as a good argument against whale captivity.



pebbles by Wendy Scott

Early Summertime

A few years ago, we followed a dangerously crooked, cliff-hugging road across Vancouver Island to Tahsis. Our daughter took us to an ocean-side restaurant where we could drink excellent coffee, watch for whales and sample decadent desserts that simply oozed chocolate – no Costco here – these were the real thing. Captain George Vancouver sailed up Tahsis Inlet to dine, very close to this spot, with Indian Chief Maquinna, but they only got to eat salmon.

In 1792, according to the Tahsis History and Heritage site, Captain Juan Bodega y Quadra of Spain and Captain George Vancouver of England paid honour to Maquinna, as the most important chief in Nootka Sound; visiting with him at his magnificent house in Tahsis. Bodega provided the “Eatables” and Vancouver the “Drinkables” while Maquinna and his people provided most of the entertainment, including a potlatch. On the way back to Nootka Island, from Tahsis, Vancouver gave his name, along with Quadra's, to the island. It became Quadra and Vancouver's Island; with the passage of time, Quadra's contribution was dropped.

If you would like to spend some quality time breathing sea air in remarkable seclusion it is possible to paddle into the remote islands of the Broughton Archipelago off Vancouver Island's northwest coast, or visit Winter Harbour, and Sea Otter Cove or Kwaksistah Provincial Park – spend some time to unwind.

Summer solstice, the first day of summer, the longest day – June 21 had first dubs on day – that is until

June 6, 1944 when Allied Forces landed on beaches in Normandy and the sixth of June, took over as the Longest Day. Can I remember anything different about that day? No, I cannot. My mother and my grandmother would have been beside the radio for the BBC News “Direct from London”, as they were all during the War years. The perpetual calendar tells me June 6, 1944, was a Tuesday so I suppose I would have been at school, along with all the other children from my household – even though I was an only child there were, at that time, about eighteen children boarding in my house; this was my mother's contribution to the War Effort. These were the children of War-Working mothers.

All the school-age children in our bulging house attended a small school just two blocks down the mountain. The little school was ahead of its time, I suppose, offering music, ballet and French language—along with the regular academics. But my first week in Grade One was disappointing for me as I was sure that I should have been able to read the Mother West Wind story in the *Province Newspaper* as soon as I returned from school. I was just a bit annoyed. Undeterred, I honed my own communication skills.

Freddy was part of my Grade One year. He used to put a leaf on my gate post on his way to school. If I did not find the leaf, I could wait for him or leave one myself—random choice. The important thing was the message, sent and received. This private communication was significant and unique at that time because Freddy was not a part of my household. He was my own, independent choice. A precursor, on my part, for email and i-message.

By 1944, the War had begun to wind down. A few men were returning and some of our family of extra children were able to return home and by September of

the following year, World War II was over and day to day life took on different expectations. My school days were spent at a much bigger school in Vancouver and I pride myself with convincing at least two students in my Grade Three class that maybe an extension of belief regarding the existence of Santa Claus might be profitable for them. My previous Christmas Eve had certainly convinced me as at that time several of our boarders were ill with one of the regular childhood diseases, and in isolation in our house. My own cot was, for some reason, in my mother's bedroom where I had a perfect view of the staircase to the second floor bedrooms. And that was the Christmas Eve that brought me positive proof of the existence of Santa Claus. It could be no other boots on the stairs and since I had dared not open my eyes, it could be no other person dropping a stocking on my bed.

I felt privileged to have been awarded this conviction and carried it with me into Grade Three and a much larger Vancouver School. It was probably my first debating session in my new school and, I must say, I was able to get at least two of the girls in this sophisticated, big city Grade Three class, to agree that maybe an extension of belief just might be profitable that year.

Now, stepping into July, brings warm memories of summer holidays and sailing up Howe Sound aboard a Union Steamships vessel to summer camp on Gambier Island. Which brings me right back to wartime since the these vessels we came to enjoy as part or our summer relaxing had all been armed and equipped for wartime duty. Yes, submarines had been spotted off the coast of BC. That is long past. But worth remembering and making sure that subsequent generations are aware that freedom is precious and sailing ships are not always for pleasure.



Tom's Corner

by Tom Lymbery

Sailing to the Queen Charlotte Islands 1976 Part 2

By Denny Davis

We pick up Denny's sailing story after their return to Bull Harbour to free the snarled halyard on the Rozinante - Ed.

About this time Dave announced that he was feeling a bit seasick. A year or two previous to this Roly Brown had been cruising with his wife and young son Tommy, who was maybe four or five years old. Tommy had become sick with something and was constantly throwing up. It reached the point where he was becoming severely dehydrated, and they were contemplating heading for the nearest hospital. For some reason they had a supply of Graval suppositories on board, and they gave one to Tommy. Even if one is violently throwing up, it is impossible to cough up a suppository. Twenty minutes later, Roly said, Tommy was happily playing. With this in mind I had brought along a package of Graval suppositories. When Dave asked if I had any Graval aboard I was pleased to tell him that I had Graval suppositories. He was insulted at the suggestion and continued to feel sick. Oh well.

Three years previously I had replaced the propane stove on Rozinante with a woodstove. It proved to be a great success, until now. Usually I burned chopped-up Presto Logs which burned hot and clean. Unfortunately we could not carry enough Presto Logs for the entire trip, so we planned to use wood off the beach once we reached the Charlottes. We really wanted some warmth in the cabin as well as hot drinks, so we lit the stove. What a disaster! Every time a stray gust of wind blew down the chimney it blew out the flame and left a smoldering residue. Without the heat of the flame the chimney would not draw, and the cabin would fill with smoke. We tried again and again as we really wanted a fire, but the stove refused to co-operate. Much later when we were back home, the stove was so rusty that I had to have it sandblasted before I could repaint it.

We then went to two-hour watches which didn't work too well. Salt water spurted through the sides of the cabin and everything below became wet. As night approached, Dave asked me where the light for the compass was. A stunned silence from me. I had never traveled at night before, and had never even considered a light for the compass. We tried using a flashlight for a while until the batteries went dead.

I had a small clip-on reading light which we were able to clip onto the cabin side. That backlit the compass and was not at all satisfactory, but it was all we had. I was desperately cold and tired by this time, and I'm sure Dave was too. I remember staring at the compass, which had drops of water on it, and it appeared to be a gingerbread house. I shook my head to make the hallucination go away but it returned almost immediately. It was a long, long night. Fortunately it was dark and we couldn't see the waves.

Eventually the night ended and we were still alive. The wind was so strong that we dropped the mizzen and sailed under the jib alone. By noon we had given up looking for Cape Saint James and decided to run under bare poles (sailing without sails.) Even so we estimated that we were traveling at four knots. One big worry was that we might be WEST of Cape Saint James, in the open Pacific. If things ever calmed down enough to use the RDF (radio direction finder), we wouldn't have been able to tell which side of the Cape we were on.

Before we left Sidney, my friend Bill Inkman gave me some good advice. He suggested that I tie a second painter on the dinghy - a wise suggestion. About noon the painter on the dinghy parted, but the second one held OK. Maybe an hour later the dinghy came alongside Rozinante. This had happened several times before, but this time a big wave (they were all big) lifted Rozinante onto the dinghy, capsizing it. The dinghy made a very effective sea anchor. At about 1400 the second painter parted and the dinghy was lost. I was incredibly sad to see my lovely dinghy disappear astern.

Things were getting ever more serious. At some point a solid sheet of water came aboard over the port cockpit coaming, through the open cabin doorway, and onto the woodstove, which at least was out. Rozinante is an open cockpit boat with a fifty-percent ballast keel, so a significant wave into the cockpit would have

sunk us immediately. This terrified me, and I suspect Dave also was not too happy. One of us jumped on the bilge pump and worked it frantically. It turned out that there was little water in the bilge, maybe a gallon or a little bit more, but it left us badly shaken. At that point I clipped my safety harness on to a fitting on the mizzen mast. My reason-

ing was that if we sank, it would be over fairly quickly for me. I didn't relish the idea of thrashing around on the surface for some period of time. Later I realized that Dave had retrieved the lifejackets from where they had been stowed in the forepeak. Different attitudes. If something went wrong I wanted it to end quickly. Dave apparently would fight it to the bitter end.

We were terribly tired, cold and wet. We were quite sure that this was the end. One of those seas must surely get us, if we didn't hit a rock first. We were reaching under bare pole at about NW magnetic. In retrospect we would not have hit land for a long time. We both realized we were so tired that we were not thinking or reacting well. We doubted we could have lasted another night without making a fatal mistake.

At some point Dave paid me a huge compliment. He said, "You must have nerves of steel." I didn't notice his behavior deteriorating either. It is reassuring to realize that when conditions are so bad you can still function, and you can only find that out by being in that position.

Part 3 of Denny's sailing story will appear in the August Mainstreet.



The little boat that could. Denny Davis and friends aboard his 28-foot ketch Rozinante. Photo courtesy of Denny Davis

BOOK REVIEW

by Tom Lymbery

HISTORICAL ATLAS OF EARLY RAILWAYS
BY DEREK HAYES Publisher Douglas and McIntyre, hardcover 320 pages, \$49.95

This goes much further back than I expected - well before what we have always regarded as the first locomotive Robert Stephenson's "Rocket" and we realise that engineers had been working on the problems of steam propulsion many years before that.

Derek Hayes has produced an amazing book after at least 10 years of research. His photos and maps are unbelievable. I expected to see some of the engines that we saw when we visited the rail museum in Lillehammer, since Norway is just across the North Sea from England water transportation of heavy locomotives was the easiest. However the units we saw there were far too new to be even considered for Hayes book.

From the first wooden railed waggonways to the development of the railway network of the 1840s and beyond this book illustrates the remarkable journey of both the technology and reach of railway lines around the world with a stunning collection of maps, illustrations and photographs complimented by a captivating text. It is interesting that the word in Canada is Railway while in the US they call it Railroad.

Riondel Community Library

by Muriel Crowe

At the time of writing, there are just a few more days and schools will close for summer holidays. I have fond memories of this week and of summers when there were no rainy days, few mosquitos and a mountain of great books to read. The books must have been from the library or borrowed around the neighbourhood. I would have raided my piggy bank and tried to con my younger sister into loaning me money to satisfy my desire for books and reading. Luckily no one person need suffer a shortage of books in Riondel. We have a multitude of books to lend in the library and boxes upon boxes in storage for the book sale on the August long weekend. Do your recycling best and buy books at the sale on August 3 and 4.

Saturdays will be fun days in the library this summer. Barb and her junior helpers will have a different activity each Saturday There is a promise of fun and maybe a chance for a prize or two. Some of these events may include all ages and some may be restricted. Come and join the fun all summer long.



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www.eshore.ca

For the Love of Genre

by Sharman Horwood

The first novel I'd like to introduce this month is Peter Lovesey's *Another One Goes Tonight*, published in 2016. Lovesey is a British writer who writes one series about Detective Superintendent Peter Diamond, this novel's lead character. Lovesey is known for his complicated plots, as well as writing an interesting mystery. He has written some novels that aren't all that interesting to my mind—such as *The Stone Wife*, which missed the mark in many ways—but *Another One Goes Tonight* is one of his better efforts.

In the story, two police officers stop to investigate an older gentleman who is riding his motorized tricycle at night without a helmet. So far, it has been a quiet shift, and they believe this will be their last incident of the night. However, when they have him pull over and shut off his engine, they learn that this is an EAPC, an “electrically assisted pedal cycle.” Legally, he isn't required to wear a helmet and knows it. Chagrined, the officers let him go but they are later sent to check on a report of a naked man. When they get to the location, however, they quickly become involved in an accident, and suddenly have to brake, but to no avail. The car shudders to a stop and tips sideways.

Detective Superintendent Diamond is tasked with investigating the behavior of the two police officers. When he is called to the site of the accident, he discovers an elderly gentleman who has been hit by a vehicle and thrown off the road. He needs emergency aid, and since no one had seen him until Diamond finds him, Diamond gives the man CPR while they wait for an ambulance. Consequently, he develops an emotional bond with the old fellow and decides to investigate the

entire incident further. Why had he been hit by the car? What was he doing there? Where is the naked man, and had this man been riding a motorized tricycle?

Diamond has to keep his investigation secret. His purview, he is told by his superior officer, is strictly the behavior of the two police officers; he is investigating them, not the plight of this elderly man since there is nothing suspicious in what happened to him. Diamond, however, is not so sure. He continues to look into the events, discovering a series of unexplained sudden deaths that might be linked to the accident. He also becomes drawn into the world of steam engine train enthusiasts and their odd little ways. The plot, as they say, thickens.

Lovesey is a multi-award-winning author. He's won the Crime Writers' Association Diamond Dagger, Gold Dagger, and the Silver Dagger, as well as the Mystery Writers of America 2018 Grandmaster award. In spite of all the awards, he isn't a bestseller, like Sue Grafton or Ann Cleeves. Perhaps he is one of those writers who other writers admire, and thankfully that has kept his work from becoming too commercialized.

The other novel I'd like to discuss is Tanya Huff's *The Silvered*, published in 2012. Huff is a Canadian author, known for her military SF novels, as well as several urban fantasy series. In my opinion, this novel is far better than the others: more imaginative and well thought out.

As in many fantasy novels, there is war between two opposing groups. In this case, one is the Kresention Empire and its army. Their culture views all forms of magic as “abominations,” and they refer to the people of Aydori, the other country, as “beastmen.” The Aydori group, of course, has magic in two different forms of “packs”: one is the Hunt pack, composed of werewolves, and the other is the Mage-pack, which includes all those who have been born with the ability to work magic. Their society is hierarchical and

similar to a pre-Renaissance Europe. Although the Emperor and his people believe it is their duty to wipe out the Aydori adepts, the Imperial army isn't above relying on a prophecy given by their Soothsayers. In fact, the struggle is about power, and their contempt for the Aydori only extends to what is useful. And, as the Aydori know, Soothsayers eventually go mad because their minds are caught in the future of their predictions. The prophecy claims that six mages from Aydori, one a pregnant woman, will bring down the Empire.

Caught in the chaos of the evacuation, a young mage named Mirian who hasn't completed her training, escapes as the Imperial army captures the carriages of some of the evacuating Aydori nobility. They've caught five mages and are looking for a sixth to prevent the prophecy from proving true: the downfall of the Empire. The mages are unable to use their powers: the Kresentions have a “tangle,” a gold artifact like a hair net that once placed on a mage's head, will smother their ability to use magic.

Mirian remains free, chased by one persistent Captain of the Imperial army. She feels she must help the five captive women and free them as well. The novel's story takes her into the heart of the Imperial world and shows her struggles to return to Aydori with the others.

In Huff's other novels, most of the story is too easy, struggling too hard to make the dialogue and plot unlike other fantasy novels. One of the failings of much urban fantasy is that the characters don't develop: they remain the same throughout, and as a result, for me they are a bit unsatisfying. In *The Silvered*, though, Mirian matures and grows adept in her understanding of herself, and her world.

Summer is a great time for relaxing and reading: enjoy!

JAF
THE JOURNAL OF
alternative
FACTS

Lindero News & World Report

~ News and Views from a Fictional East
Kootenay Town ~ JULY 2019

The close of this unusually rainy June finds Lindero in the time of lushness, bursting up, setting fruit. Creatures are bustling, flowers are showing off, ferries are clogged with tourists dragging their homes or straddling their motorcycles, and Linderians are once again brushing their hair in the mornings in happy anticipation of encountering friends and neighbours while not wearing a toque.

Abundance also describes your response to May's Lindero News and World Report, not to mention gratifying and surprising. Seldom does a cutting-edge East Kootenay investigative journalist receive so much mail. Following last month's column where I replied to your messages, a landslide of new missives cascaded into my MainsTreat mailbox at mainstreet@eshore.ca. (Lindero in the subject line), prompting my editor-in-chief 'Eagle I' to comment, “Can you grab a box or something and get this stuff out of here?”

So as I go through the garden trug housing your communiqués in my office in an alcove off the lunchroom (Investigative Journalists spend most of our time out tracking breaking news so we don't need elaborate digs) (still, a bigger alcove might be nice) (with a window), I've noticed a surprising number appear to be of the Agony-Aunt genre. How perceptive of these readers to pick up on my penchant for dispensing good advice (and timely advice, sage advice, rotten advice - any advice at all, really). You may look forward to future columns devoted to untangling your thorny life problems. But for now, here's a sample from the mail-trug.

*Dear H. Porpoise,
I gave all kinds of hints to my husband about what to do for our anniversary. I just knew it wouldn't work and it didn't! Please tell me what to do.*

Hope Little, East Shore

What a wonderful letter, Hope. I'm deeply touched that you put your faith in me to guide the future of your marital happiness. Few people are that open with strangers. In fact, is it really a good idea to be so trusting? What if I told you to show your Hubby the door if he can't fork out for a supper or a little dancing or a trip to the paint-ball arcade once a year? What then?

*Dear Aunt Agony (aka H. Porpoise),
Why do I always have to go out of my way to be nice to everyone,*

Bob Smiley, Lindero

So good to hear from you, Bob. It's particularly gratifying to get mail from people I've actually met - I believe it was at the dessert table at this spring's Lindero Mothers Day Tea. I don't recall you being particularly nice so I guess you've got that sorted then, eh?

*Dear H. Porpoise,
Where are my glasses, confound it!
Distracted*

I'm very pleased you've brought me such a thorny philosophical issue, Distracted. Where indeed is the thing that you can't find without it? Where is the hole my shovel is buried in? Why did I leave my ladder on the roof? How do I phone my phone? Your glasses are invisible to you until you find them, Distracted. I assume you've looked on your nose and your head and the bedside table and other places you can access by feel, like a mole? Have you considered a companion-ferret? I hear they're good at finding things.

That's it for this month. Your Agony Aunt H. Porpoise awaits more of your agonizing conundrums.

Meanwhile, on the breaking-news beat, new signs have sprouted all over Lindero following the recent rain. The damp and smeary notices read, “Effective Immediately! Level 2 Water Restrictions!” The Arty Sea Cave Commission (so says their answering machine) has ramped up their water regime to better control local supplies of the wet stuff. As Linderians prop our umbrellas in our bathtubs to dry, we scratch our heads at this sudden inflation of enforcement. Naturally, as this was a topic requiring an Investigative Reporter, I was sent out when senior reporter Matilda Halltown was felled by a strategic mochaccino spill.

I arrived at the Commission office at lunch time so was unable to reach the Generalissimo, who apparently eats out. Fortunately I spied some clues that hinted at the real story-behind-the-story: numerous home-made notices on the Commission bulletin board advertising dowsing services. I selected the most popular purveyor of aquatic prediction (the one with the most tabs torn off) and paid a visit to Waterwitch Well Finders Inc., proprietor and practitioners Dryden Dytche and his wife Flo. I found the couple whittling forked sticks on their patio and posed some investigative questions.

“So how's the dowsing biz, what with the new water restrictions?”

Dryden looked puzzled. “Much the same,” he said taciturnly. Flo elaborated, “They seem to be limiting our water use the same as always.”

“Business is good, then?” I assumed.

“Yup,” Dryden monosyllabed. I looked toward Flo. “People are interested in other water sources, for sure.”

At that point Dryden's cell phone chimed and he tapped his wrist where a watch would be in times past. Flo interpreted, “You'll have to excuse us, we have a client.”

Continued on next page...

East Shore Hospice In The Moment

by Maggie Kavanagh

Many years ago - I remember being nervous sitting with a dear friend who was dying of cancer. It was close to the end of her life, about 10 days before her passing. She was still fairly coherent, but she didn't have the energy to say much and I was very alarmed by her appearance, as I hadn't seen her for a while. She had stopped eating many weeks prior and was weak, frail and gaunt. Earlier in her diagnosis, I would visit with her regularly and do meditation and visualization exercises. But this visit was different, we both knew the end was near and I was uncomfortable seeing her in this way. I asked her if I could read some poetry and she gave me a nod indicating yes. The following is one of the poems written by Rumi that I read to her that day:

Tender Words

The tender words we spoke/to one another/are sealed/in the secret vaults of heaven. One day like rain/they will fall to earth/and grow green/all over the world.

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.

Lindero, continued from page 16

I took that as an invitation to tag along. The call was on the outskirts of Lindero at a cottage owned by the Potherby's. Pansy Potherby explained, "At Level 1 and 2 restrictions we can turn on the sprinkler, but at level 3 I have to hand water and I have 2 acres of crop!" She gestured toward the rows of green growing matter. "I need a Plan B." Flo chirped, "That's where we come in."

And so the fascinating process began. Both Dryden and Flo marched hither and yon, sticks outstretched, in an apparent grid fashion, placing flagging-tape stakes here and there. I noticed Dryden using orange tape and Flo using lime green. Noting their intense concentration, I held my probing questions. Time ticked by. Deadlines and mealtimes advanced. The Potherby's and I eventually sat down to wait. Eventually the deed was accomplished. Flo gave Pansy a printout map and a link to the Waterwitch Well Finder's app showing the hotspots for wetness on their property. "Try the places with two or more flagging stakes first," she advised.

As the WWF van drove off, I asked the Potherby's what they planned to do next. Peter replied, "We'll have to factor in the cost of drilling. But with the water rates going up as fast as the restrictions, we might not have a choice if we want to continue our horticulture operation."

I shook my head sadly, "Water shortages are so difficult." Pansy looked up sharply, "Who said anything about water shortages? There's lots of water in the creek that feeds the Lindero Water Treatment Plant." "Huh?" I huffed. "Then what are the water restrictions about?" Peter supplied the answer, "The Water Plant's too small. And too expensive to run."

As I headed back to the Newsroom to file my story, I pondered the peculiarities of public services in our corner of the East Kootenays once again, as the taps and hoses of Lindero sit firmly closed and our water rates suck persistently at our bank accounts.

[Filed by Lindero correspondent H. Porpoise]



Holistic Health Tips

by Kim Young

Four Ways to Start Detoxing Your Body

Our bodies are exposed to toxins every single day. Water treatment chemicals, air pollutants, food preservatives, pharmaceuticals and harmful ingredients found in personal care products are just some of the many ways toxins make their way into our environment.

Although the liver does get rid of many toxins on its own, its detox functions can become overwhelmed. To boost the body's ability to clean itself, it needs an occasional helping hand from you.

Health experts recommend doing an intensive detox program at least once a year to help you avoid diseases that stem from the cumulative effects of toxin build-up in the body.

In the meantime, here are four simple but effective ways you can start detoxing right now.

1 – Avoid Processed Foods

Processed foods are common sources of toxins. They're filled with preservatives and chemically enhanced ingredients that can cause health problems.

Besides having plenty of toxic substances, processed foods are unhealthy because of their high calorie content and dangerous trans fats.

By avoiding processed foods in your diet, you'll instantly protect your body against the large amounts of toxins and calories they contain.

2 – Consume Less Alcohol

Alcohol is a toxin that many people consume daily. Apart from lowering mental focus and damaging your body's cells and vital organs, alcohol is a diuretic and therefore, dehydrating.

When there is less water in your system, your body can't flush out toxins effectively.

By drinking less alcohol you can boost your hydration levels and ensure that fewer harmful toxins enter your body.

3 – Cut Back On Caffeine

Caffeine is not harmful when consumed in moderation and can actually be beneficial. But, drinking cup after cup of coffee or other caffeinated drinks, can negatively impact your energy levels, your mental clarity and even damage your body.

To ensure that caffeine doesn't harm you, limit your intake to 300mg per day. This will allow you to enjoy all of caffeine's benefits while avoiding its dangers.

4 – Reduce Your Sugar Intake

Processed sugar may taste good but too much of the sweet stuff can be harmful. Consuming lots of sugar can cause a spike in your blood glucose levels and cause you to gain weight.

Sugar increases your risk of developing diabetes, heart disease, gum problems and even certain types of cancer. When you cut back on processed sugars, you can dramatically reduce your risk of getting a serious illness.

Summary

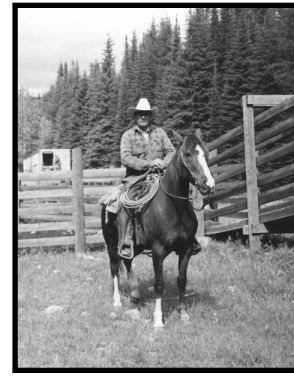
While intensive detox programs are highly effective at cleansing your body, they're not the only option.

These four suggestions will allow you to quickly eliminate some of the major toxins in your life gently and easily. So give them a try and see how much better you feel once you've implemented these instant detox tips. The Summer 5-Day Detox will be starting soon...for more information, go to my website at www.kimyoung.ca

Kim Young is Director with the East Shore Kootenay Lake Community Health Society, a Precision Nutrition certified Holistic Health and Wellness Coach, Functional Aging Specialist and Reiki Master who lives in Kootenay Bay with her husband Jim and their dog Jax.

Notice of Passing

Randy Dortman



Randy Dortman passed away on May 20th, 2019 at the age of 83 years.

Randy was born on April 23rd, 1936 in Wansworth, Saskatchewan. He moved to B.C. in 1954 to work at Riondel Mine. He met Rose Mcgregor and they soon were married.

They moved to Creston, B.C. and began farming on

the Creston Flats where they remained for all of their married life.

Randy is predeceased by his loving wife Rose Dortman. He is survived by his sons Terry (Pheobe) Dortman, Doug (Gail) Dortman, Grandchildren Eric, Matvei, Tessa, Jamond, and Jordan.

Friends and family wishing to make a memorial contribution may do so to Swan Valley Lodge Bag 3000, Creston, B.C., V0B 1G4

A Celebration of Life was held Thursday, May 30th, 2019 at 11 am at the G.F. Oliver Funeral Chapel, 225 15th Avenue North, Creston, B.C.

Notice of Passing

Robert Fred Sutcliffe "Bob"
1934 – 2018



Robert Fred Sutcliffe of Cranbrook, BC with family at his bedside, passed away peacefully at the age of 84 following a brief illness on Friday, September 7, 2018. Born in Kaslo, BC on February 4, 1934, he spoke fondly of his early years in Riondel, revelling in the joys of being the youngest in a family of 7.

During his time there he would make deliveries with his brother in a small boat on Kootenay Lake, work in the sawmill on the family ranch, and work in the Bluebell Mine. Bob was an adventurer with an inquisitive mind, he loved to tinker, work with his hands, and spend time in the outdoors. Family and Kootenay Lake had a special place in his heart that will carry on with the family. He married his hometown sweetheart, Alleyne.

Bob is survived by his children Rob (Marianne), Patricia (Dwayne); grandchildren Brendan (Caitlin), Stephan, Katie; great-grandson Rory; his partner Myrtle and her family Michelle (Bruno) and Emily; his siblings Betty and Jim and extended family of in-laws, nieces and nephews. Bob was preceded in death by his wife, Alleyne. The family would like to extend a heartfelt thank you to all of the kind and caring staff of the Pines who always cared for Bob with respect and dignity. Bob spent his final days at the F.W. Green Home; we would like to thank the staff there as well.

A celebration will be held July 14, 2019 @1pm at the home of Bob's niece Sherrie Sutcliffe @ 1506 Campbell Ave, Riondel BC. In lieu of flowers, we ask you consider donating to the "Heritage Trail", in his memory.

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

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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. Please contact for more info

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

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

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

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

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

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.

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

*Contact Mainstreet
mainstreet@eshore.ca
Deadline: July 24/19*

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

*Contact Mainstreet
mainstreet@eshore.ca
Deadline: July 24/19
www.eshore.ca*

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.

MISC FOR SALE

Own a part of Gray Creek history - The log dining room from sternwheel ferry days must be moved to your site. No charge for the building but you pay for the moving costs. Includes 2 upstairs bedrooms finished in exotic larch plywood. Dave Lymbery at 250 227 6855

AUTOMOTIVE/MARINE FOR SALE

For sale: 1994 Golden Falcon fithweel, good condition: \$4,599 Call Dave at 250 227 9315

For sale: 1976 16ft Fiberform boat with 115hp evinrude outboard. \$1,399.00 Call 250 227 9315 ask for Dave

For sale: 1992 (picker truck) Ford flat bed truck with crane \$7,799.00. Call 250 227 9315 ask for Dave.

NOTICES/EVENTS/WORKSHOPS

"Cross Country Seeing" Art Studio Tours from the Creston Valley to the East Shore. Watercolor, Pastels, Fabrics, Photography, Quilts, Stained Glass, Papier Mache, Pottery, Batik, Mixed Media. August 3, 4 & 5, 2019, 10-5. Maps@Visitor's Centre or www.crosscountryseeing.weebly.com

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CRAWFORD BAY HALL

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A non-smoking facility



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Serving the East Shore.

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

BULLETIN BOARD

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

*** BULLETIN BOARD * BULLETIN BOARD ***

CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

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

PHYSICIAN COVERAGE FOR July 2019

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

EVERY TUES: Dr. Piver

EVERY WEDS: Dr. Moulson

No Doctor on THURSDAYS

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

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

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

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

HEALTH PHONE NUMBERS

ES Health Centre: 227-9006

Drug & Alcohol: 353-7691

Child & Youth: 353-7691

Community Nursing: 352-1433

Public Health Dental Screening/Counseling:
428-3876

Hospice: 227-9006

Baby Clinics: 428-3873

Mammography Screening: 354-6721

Physiotherapy: 227-9155

Massage Therapy: 227-6877

Mental Health Crisis line - 1-888-353-CARE (2273)

Boswell Hall Happenings

- **Board of Directors:** Meetings held on needs basis. Contact is Gary Hill: g.dhill@telus.net
- **Book Club:** Finished until September.
- **Farmers Institute:** Meetings held on needs basis. Contact is Bob Arms: armsrl44@gmail.com
- **Tone and Trim Fitness:** Every Mon/Thurs from 9-10am. Contact is Darlene Knudson: dar-lean@telus.net
- **First Responders:** First Mon of month at 10am. Contact is Rod Stewart: rod.jean@telus.net
- **East Shore Health Society:** Meetings held on needs basis. Contact is Margaret Crossley: margaret.crossley@usask.ca
- **Focus on Health Meetings:** Contact is Margaret Crossley: margaret.crossley@usask.ca
- **Nifty Needlers Quilt Guild:** 3rd Tues of each month - Contact is Marilyn Arms: armsmh46@gmail.com
- **Rural Crime Watch:** Meetings held on needs basis - Contact is Herve Blezy: hblezy@gmail.com
- **Yoga:** Every Weds from 1:30-3pm - Contact is Marilyn Arms: armsmh46@gmail.com
- **Vintners:** Finished until September.



Office Manager/Bookkeeper Job Opening

ESIS is looking for an organized, solution focused Office Manager/Bookkeeper, passionate about maintaining great customer service.

This position is Monday – Friday and will be approximately 30-35 hours per week.

Duties will include:

- ◇ Providing customer support for new & existing customers (email/phone inquiries, accepting bill payments & invoicing) utilizing network & accounting software
- ◇ Liaising with technical team to provide exceptional customer service and troubleshoot where necessary
- ◇ Accounts Receivable, including handling outstanding accounts/sending notices
- ◇ Accounts Payable, including monthly/quarterly and yearly government reporting/ remittances (PST, GST, and payroll source deductions)
- ◇ Processing bi-weekly payroll, preparing T4s, ROEs, etc.
- ◇ Monthly bank account & credit card reconciliations
- ◇ Preparation of Monthly Financial Statements (Income Statement and Balance Sheet) for ESIS Board (Journal Entries and Budget to Actual variance analysis)
- ◇ Assisting with preparation of yearly budget
- ◇ Banking deposits
- ◇ General office management – ordering supplies, cleaning, etc.

Required Knowledge, Skills, Abilities:

- Customer service oriented
- Strong bookkeeping knowledge
- Basic accounting principle knowledge & ability to interpret/analyze financial statements
- Experience w/ Quick Books accounting software an asset
- Strong Excel/spreadsheet skills
- Organization and communication skills
- Ability to work well with others & independently

If you feel you meet most, but not all of the criteria, please apply. On-the-job training may be possible.

Employment type: Permanent

Position closing date: Open until suitable candidate found

How to apply: Email application: board@eastshoreinternet.ca

Start date: ASAP

Wage: Commensurate with experience & education

For position inquiries, email board@eastshoreinternet.ca

Riondel Seniors Goings On

Ongoing for the Summer:

- **Walk-a-Mile/Strength Training** - M/W/F, 10am (free to members, non-members - \$5 drop in)
- **Whist** - 1st Fri at 7pm. (Entry fee: bring a treat to share & \$3/members, \$4/non-members.
- **Movie Night with Gerald** (and Popcorn!) - Mon at 7pm ... by donation.
- **Bingo** - Wed at 6:30pm

All activities take place in the Seniors Room, Riondel Community Centre.

On Hiatus Until September:

- Dancercise (ballet/jazz) with Simon
- Sports Night with Buzz (pool, darts, ping pong)
- Bridge
- Yoga
- Games Night (cards, board games, dice, etc)
- Pool
- Knitting Group
- Seniors Executive Meetings
- Potluck Lunches

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

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH

Everyone welcome.

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

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

HARRISON MEM CHURCH, ANGLICAN

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

KOOTENAY LAKE COMMUNITY CHURCH

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

YASODHARA ASHRAM

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

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

CHRISTIAN SCIENCE CHURCH SERVICES

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

MEETING PLACES

ALCOHOLICS ANONYMOUS:

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

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

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

PARENT ADVISORY COMMITTEE


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

Kootenay Lake

Ferry Schedule

Summer: Late June – After Labour Day

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>DUMP DAY, CB</i> <i>BOTTLE DEPOT DAY</i></p> <p>EVERY SUNDAY: Alcoholics Anonymous, Community Corner, 7:15pm</p>	<p>1</p> <p>Fitness Place Supervised Hours, Mon-Sat, 8-10am</p>	<p><i>DUMP DAY, CB</i> 2</p> <p>Fitness Place Supervised Hours, Mon-Sat, 8-10am</p> <p>Tara Shanti yoga, 9:30am DR. Piver</p>	<p><i>DUMP DAY, BOSWELL</i> 3</p> <p>Fitness Place Supervised Hours, Mon-Sat, 8-10am</p>	<p><i>DUMP DAY, CB</i> 4</p> <p><i>BOTTLE DEPOT DAY</i></p> <p>Fitness Place Supervised Hours, Mon-Sat, 8-10am</p>	<p>5</p> <p>Fitness Place Supervised Hours, Mon-Sat, 8-10am</p>	<p><i>DUMP DAY, BOSWELL</i> 6</p> <p>Fitness Place Supervised Hours, Mon-Sat, 8-10am</p>
<p>7</p> <p>Laura Landsberg Trio, Har- rison Memorial, 7pm Sunday Soccer, 2pm</p>	<p>8</p>	<p>9</p> <p>Tara Shanti yoga, 9:30am Creston Vet, CB Motel Lions Meeting 7pm DR. Piver</p>	<p>10</p> <p>DR. MOULSON</p>	<p>11</p>	<p>12</p>	<p>13</p>
<p>14</p> <p>Sunday Soccer, 2pm</p>	<p>15</p>	<p>16</p> <p> Full Moon</p> <p>Tara Shanti yoga, 9:30am DR. Piver</p>	<p>17</p> <p>DR. MOULSON</p>	<p>18</p>	<p>19</p> <p>STARBELLY JAM</p>	<p>20</p> <p>Newkeys Starbelly Brekkie STARBELLY JAM</p>
<p>21</p> <p>Newkey's Live Music COMMUNITY CULTURE DAY! (See schedule inside) Sunday Soccer, 2pm Kootenay Sound Healing, Gong Meditation, Sound Treatments, CB Hall</p>	<p>22</p>	<p>23</p> <p>Tara Shanti yoga, 9:30am Lions Meeting 7pm DR. Piver</p>	<p>24</p> <p>DR. MOULSON</p>	<p>25</p>	<p>26</p> <p>Gray Creek Museum Days, 11-5, GC Hall</p>	<p>27</p> <p>Gray Creek Museum Days, 11-5, GC Hall</p>
<p>28</p> <p>Gray Creek Museum Days, 11-5, GC Hall Sunday Soccer, 2pm Alcoholics Anonymous, Community Corner, 7:15pm</p>	<p>29</p> <p>Gray Creek Museum Days, 11-5, GC Hall</p>	<p>30</p> <p>Tara Shanti yoga, 9:30am DR. Piver</p>	<p>31</p> <p>DR. MOULSON</p>			



Starbelly Jam 2019
20th Anniversary
Music Festival
July 19 & 20
Crawford Bay, BC

Tickets Available Now
at selected East shore outlets
and online at www.starbellyjam.org



**RESOURCE RECOVERY
FACILITIES
HOURS OF OPERATION**

Crawford Bay Transfer Station
May 1 to Oct 30
9:00 am – 3:00 pm
Sunday, Tuesday & Thursday

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

How to reach us: Toll Free: 1-800-268-7325
Website: www.rdck.ca
Facebook: @rdcentralkootenay

- Planning a wedding?
- Holding a meeting?

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