

\$2.38
+ GST =
\$2.50



The East Shore Mainstreet

KOOTENAY LAKE BC

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



Canada Goose by Joel Pelletier

THANK YOU! You can STILL...



Huge, heartfelt thanks to the wonderful donors and supporters who have given generously over the past several weeks. It warms us to the core to know that you care about the future of this beautiful locally-owned, independently run community newspaper. Corporate and business sponsors can expect to see their logo and thanks up on the website over the coming weeks.

Those who haven't yet, but still want to, can easily support Mainstreet with a donation in a number of ways. Please see options to the right.

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

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

- ⇒ **Paypal**
 - ⇒ **Credit Card**
 - ⇒ **Etransfer (to mainstreet@eshore.ca)**
 - ⇒ **Direct Deposit (at the Credit Union)**
 - ⇒ **Cash or cheque (Box 140, Crawford Bay, V0B 1E0)**
- Go to www.eshore.ca for more information.**

Thank you, Mainstreet supporters & community.

RETURN UNDELIVERABLE ITEMS TO:
The East Shore Mainstreet Box 140, Crawford Bay, BC V0B 1E0

Agreement#: 40718537



Mainstreet Meanderings

by Editor
Ingrid Baetzel

The Importance of Impact

A man who was taught by my mother and who credits her with his song-writing and lyricism to this day, many years after his last class with her, just dropped by to pick up a piece of pottery to remember her by. We had the sweetest 15 minutes full of deep breaths and expansive recognition of a life well lived and in deep gratitude. We stood in my mother's house, on her porch, her lawn, her precious property, and spoke about impact and legacy. I told him she would be proud of him. I felt her in me at that moment, wanting to let him know that. It was big, for both of us.

It made me recognize how important it is to do the work and say the words. We must not sit idly by nor allow this life to simply run in a straight line ahead of us, mocking us to catch up and teasing us with possibilities we tell ourselves are impossible to attain. We have to jump off that straight line, dive deep into the fragrant bushes on the side of the road, get lost in the trees, holler our dreams from the depths of our lungs and tell people our truths. We have to fight for the oppressed, the broken. We have to beat the hell out of injustice with our voices and our love.

It is these people, who speak to the young ones, who shout from the mountains... these are the ones who leave a legacy and bring impact. These are the ones who may not even know that they are changing lives, but they do so in every speaking minute. Sometimes it is retroactive – delayed - but, truth speakers and justice warriors and love lighters all make that same impact in the end. They may only land their message with one person, but the effect can be a gift that breathes and stretches and unfolds infinitely. As in the case of this young man, who uses spoken word and rap lyrics to convey his love. He reaches many with his words and he ended his visit with saying that there isn't a day that goes by where he doesn't talk or think about Doreen and how she saw him through his darkness and brought him words - a shifting, delightful gift that never stops, never surrenders.

So, let's be those impact-makers and talk about our world. Use words to paint your days until your last one. Testify for those who don't know how or are paralyzed by the darkness or the strangeness of it all. Use your privilege and count your blessings – every single delightful day.

JOB OPPORTUNITY

Kokanee Chalets is hiring for Front Desk,
Bookkeeping and Housekeeping.
Wage plus bonus and benefits.
Bring resume to Kokanee Chalets
or call 250 551 5005.

LETTERS TO THE EDITOR

THANKS FOR WORDS

Dear Editor,

Blessings upon Luanne Armstrong for her beautiful and compelling online review of Tom Lymbery's two-part book, *Tom's Gray Creek: A Kootenay Lake Memoir*. Luanne's recent review appears in The Ormsby Review, a site which provides in-depth reviews of major B.C. books: <https://ormsbyreview.com/2020/06/15/840-armstrong-lymbery-toms-gray-creek/>

It was such a day-brightener to read that Luanne had rated Tom's books so highly. These words - coming from one master storyteller about another - are high praise indeed.

Frances Roback & Steve White, Gray Creek

HALLOWEEN TORCH

To our East Shore Halloween Community,

Due to Covid19 Halloween in Riondel 2020 is not happening, joining the many other traditional events that have been canceled. Further, with careful consideration, I will not be hosting Halloween in Riondel in the future. I have enjoyed being part of this event and thank everyone that made it possible. I'm sure someone will pick up the torch! If I can help with the grant writing or ?... I'm available.

Thank you
Danielle Rogers, Riondel

RAINBOW CROSSWALK

Dear Editor:

There is interest in having a rainbow crosswalk installed on the highway between the Crawford Bay Market and Norse Arts. We are gathering information at this time. If you have a strong opposition to this, please give me a call 250-227-6911. Or, if you would be interested in fundraising for this project, again feel free to call.

Thank you, Pam at Newkey's

GRAD CLASS OF 2020 CONGRATS!

Dear Editor:

I would first like to congratulate the Crawford Bay grad class of 2020! Way to go you guys! You should all feel so proud of yourselves - Arthur, Brandon, Eli, Joli, Liam, Logan, Noah, and Oscar, we wish you all the best in your future plans and adventures.

I would like to thank the teachers and staff at CBESS who have mentored, inspired and nurtured our kids and helped them to achieve this huge milestone in their lives.

On behalf of the grads and grad committee I would now like to take some time to thank all of the generous community members who donated to our fundraising efforts. With their support and donations, the funds from this raffle were used to purchase beautifully made letterman jackets for all the grads, we were able to put on their socially distanced celebration, and parade and they will be going on a ziplining adventure very soon! We also purchased a grad banner to be used for future celebrations at CBESS!

Here are our donors:

- Merv Robertson: a wood-carved bear.
- Dog Patch Pottery: 2 unique clay plates.
- Moonrakings Clay Art: tea mug, plate & pinch pot.
- Yasodhara Ashram: package with a journal, tea, lavender and water bottle.
- Freeman Creek Studios: dream catcher, essential oils bracelet & gift certificate
- Katrina Rice: a beautiful painting.
- Forge and Furnace Gallery and Studios: a Greg White print and a set of candles.
- Kokanee Springs: \$100 gift certificate to the Woods Pumphouse Grill
- East Shore Mobile Massage: 1 hour massage
- Sunnywoods: \$75 gift certificate
- Norse Arts: Two \$50 gift certificates
- East Shore Acupuncture: 30 minute cupping session
- Ladybug Cafe: 2 of their famous sandwiches
- Safeway in Nelson: a sandwich press and a



OFFICE DESK

Box 140, Crawford Bay, BC, V0B 1E0

Editor: Ingrid Zaiss Baetzel (since 2002)

Phone: 250.505.7697

Email: mainstreet@eshore.ca

Writers: Community

Article? Letter? Etc? Drop off at Gray Creek Store
drop box, mail to Box 140, Crawford Bay, V0B 1E0
or Best Yet, Email to: mainstreet@eshore.ca

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

The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake, written by community volunteers.

Send in August 2020 issue items by:

Next Deadline: July 29, 2020

Please visit www.eshore.ca to donate to the Mainstreet (subscribe for free for notifications to posts on the website while you're at it!) We need to come together now to save this 30 year old publication on the East Shore. Donate today and watch for further opportunities to support. Thank you from the heart.

bunch of Starbucks coffee mugs

- Shoppers Drug Mart in Nelson: beauty basket
- Crawford Bay Market: basket full of goodies
- Starbelly Jam: water bottle
- Root and Vine Acres: great variety of their famous cured meats!

Also a thank you to the parents who helped organize this grad, setting up and tearing down, for selling raffle tickets and for all of your support! Of course for donating wine to go into the raffle bundles as well!)

Some special thanks go to:

The Crawford Bay Church for their generous cash donation! School District 8 for donating the bus and the school for the tables and gowns A very special thanks to The Kootenay Lake Lions club for their generous cash donation, for lending us all the bbq's so we could make Grad day happen AND for your time helping us set up and tear down. Also, a big thanks to Starbelly Jam who lent us market tents for the day in case of rain, and last but certainly not least to Dan Silakiewicz, our videographer who put a video together for us so our family and friends who are unable to attend the celebration in person are still able to attend virtually. GREAT job Dan! Of course we can't forget to thank all our friends and family from near and far, community members and staff who supported the grad by purchasing raffle tickets! We have to once again thank the teachers, staff and friends of CBESS and a special thanks to Kristy Winger for helping us so much through the planning of grad this year. We appreciate you all so much.

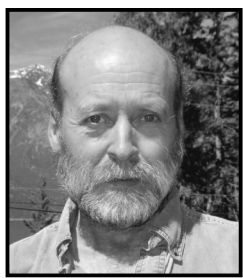
Finally, let's raise a glass to the 2020 graduating class of Crawford Bay High School! Congratulations!

Jodi Robertson, Crawford Bay

THANK YOU!

To my East Shore community for your love and support after the sudden passing of my husband Randel. There are too many to mention by name; the list would be too long. You've been fabulous! I love you all.

Thank you Rosie, Trisha & Nathan



RDCK Area "A" Update

by Garry Jackman,
Regional Director

Storm Events: This time of year we can expect Environment Canada to issue extreme thunderstorm warnings in the Kootenays. The storm system which moved through most of the RDCK on May 30th/31st certainly was in that category. Environment Canada issued forecasts predicting the storm system days before the worst of the storm hit our area. The RDCK also issued a general warning. As the storm evolved, the RDCK issued an evacuation alert in the early evening of May 30th advising residents to be prepared on short notice to leave areas along creeks or rivers which are known to be prone to flooding. This was based on an advisory from Environment Canada that an extreme storm cell would be developing over the next 12 hours with the potential for extreme isolated storm events. Later that evening evacuation orders were issued for several creeks, including Crawford Creek.

The ensuing downpour was extreme in some areas, including within the 182 square kilometer Crawford Creek drainage, and it did damage properties and the Crawford Creek Road. I received several inquiries as to how the evacuation area was determined. I had questioned that as well, during the time between the evacuation alert and the evacuation order, knowing that rising creek levels alone would not be expected to result in flooding at the credit union or store. Based on historical analysis, the staff in the emergency operations center also had to evaluate the risks arising from rising water and/or a large debris and mud flow, which can occur when slides further up the drainage bring down trees, rocks and soil which can back up or block off portions of the main creek channel and cause the creek to jump its channel and create a new path. In this circumstance a redirected water flow could cut away higher ground. The path of such a flow is unpredictable as the nature of creek blockage is unpredictable.

Since the last large flooding events the RDCK had successfully applied for grants from the feds to

perform more detailed flood risk studies on several creeks, including Crawford Creek. This spring emergency staff have been working on COVID response issues as well as the early flood season so I expect they have not analyzed the recent draft report to consider what flood or debris flow events are most likely. I received the draft on April 22nd and by the time of the May 30th evacuation alert I knew the report had some information updating "clear water" flood zones and referred to risks from other creeks with more probable debris flows. So far this year but we have been unable to meet with community to discuss the results. I have had discussions with some local landowners. In the coming weeks I understand some community members are planning to talk about measures to protect their properties – stay tuned.

Resource Recovery – Transition to Recycle BC: All is not proceeding smoothly, as can be the case with multiple changes at multiple sites, not to mention the impact of the pandemic on some supply chains and business operations. As I noted last month, we had waited for so long through negotiations with Recycle BC to get to the transition point on recycle depots that we are proceeding now, even though we face challenges. Closures of the recycle bins for a few days at various sites was anticipated, as the old contractor pulled their bins and new bins were brought in. The loss of access to the Crawford Bay transfer station was not anticipated but extended hours and an additional day at the Boswell transfer station has helped manage higher volumes at that site.

Across the regional district there are 23 sites being changed over to the new bins which will be monitored by attendants and locked at other times. Attendants have been on site leading up to the transition to provide information about what additional materials will be accepted under the Recycle BC program once the changeover is complete. Some residents were asked not to leave their recycle materials at various sites while the changeout of bins was in progress with trucks loading and or dropping off the bins.

Recently we have seen bins loaded to the top more often than has occurred in the past at Boswell and the Creston car wash site. Even though it is not convenient, I for one just take my materials back home and plan a future trip. I have feedback that a few residents who could not leave their materials felt compelled to

disrespect the attendant who happened to be on site, some with very inappropriate language. Frustration and inconvenience should not result in abuse of a person who is there to offer information about the new system. Hopefully that was an isolated rash of incidents.

There is another form of misuse of the recycling system which has to a large degree pushed the RDCK into going to locked bins with limited access under the Recycle BC program. A small number of residents continued to place materials in the recycle bins which are not acceptable under any circumstances. In past Mainstreet articles I have pointed out how I observed fluorescent tubes, paint tins, construction debris, upholstered cushions and other items pushed into the bins which belong in other collection streams or are simply not recycled in this province. When the bins arrive at the processing depots these items are deemed to be "contamination" and when that occurs a penalty is levied against the RDCK by the consortium which is processing the materials. The penalty is paid by your tax dollars. Sadly, if the contamination spreads sufficiently into the rest of the material in the bin a large quantity of "contaminated" material might be shipped to the landfill meaning the items which the rest of us cleaned and sorted become garbage. Due to the large amounts of contamination in bins across the province the Recycle BC program requires an attendant be on site while the bins are unlocked to advise on sorting and to point out which materials must be taken elsewhere. Should people continue to place the wrong materials into the bins which the attendant does not notice then we will continue to be penalized by the consortium.

Updates will continue to be posted as RDCK press releases (go to rdck.ca). Next month I will give an update on how the RDCK is trying to help small business owners manage cardboard (which is not allowed under the Recycle BC program unless it comes from residential use).

Finance and Administration: I now have my hard copy 2020-24 financial plan to go over with constituents if you wish, either at a suitable distance (perhaps enjoying a coffee outdoors) or by phone. 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.

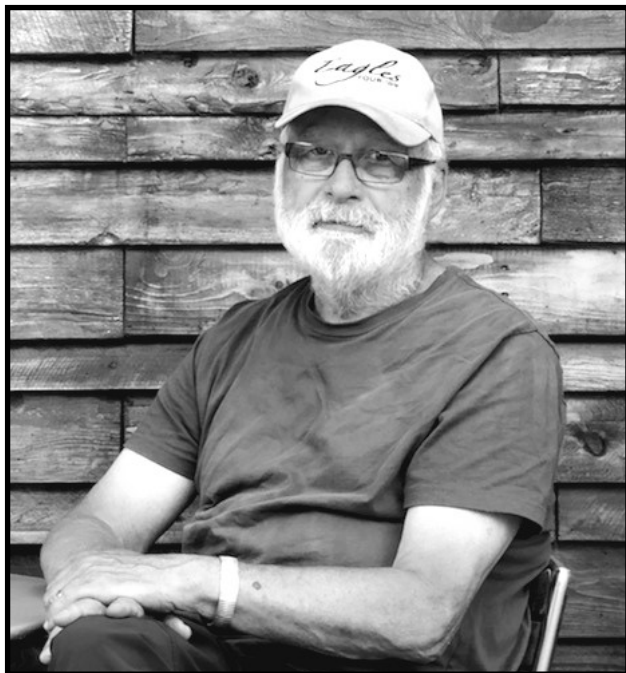


Word on the (Main) Street

by Julia Kinder, Mainstreet Reporter

People are adjusting every day to this new way of living inside a pandemic. Our normally busy Mainstreet has certainly seen a reduction in visitors and an ever-adjusting local population and economy. I went to the street to ask some visitors and a very local dog the following:

Have your summer plans changed due to Covid-19?



Murray from Edmonton

No change. We're retired. We don't go to the festivals, but I feel sorry for Starbelly Jam because it looks like it would be a fun time.



Brianna from Kelowna

Everything has changed. I was planning on working this summer. I was planning on volunteering at one of the festivals and going to other festivals, for sure.



Boswell from Crawford Bay

My summer has changed. My mom stays at home all day now and keeps me from having all my naps. And she's constantly driving me around on her electric bike. I'm exhausted.



July Horoscope

by Michael O'Connor

Tip of the Month: July 2020 is destined to be a very pivotal month. Over the course of July, due in part to 6 major planets retrograde as the month

begins, we will see many popular theories overturned and much of the clutter on the airwaves, that has been the source of much confusion, cleared or at least the process will be initiated. Mars in Aries, Saturn retrograde in Capricorn, a Lunar Eclipse in Capricorn on the evening of July 4th, Chiron retrograde, and Mars forming a conjunction with it, a second New Moon in Cancer on July 20th and Jupiter and Neptune sharing a harmonious exchange altogether contribute to indications that July will be an epic, high voltage month.

Aries (Mar 21- Apr 19)

You have entered a cycle that can be described as fixing, healing, and clearing the clutter. Whether your focus will be directed at your home environment or you yourself, or both, is the question.

Taurus (Apr 20-May 20)

Doing work behind the scenes, which could be called 'inner work', is contributing to seeing through otherwise emotionally obscured bias. Consequently, you will become increasingly open to discussion.

Gemini (May 21-Jun 20)

A concentrated focus early in July, perhaps on health and family welfare will turn to creative expressions as the month progresses. Meanwhile, measurable feelings of defiant determination to win will also rise.

Cancer (Jun 21 - Jul 22)

You have probably been taking some pioneering initiatives of late and your focus has been sharp. Yet, you may also feel more open and willing to reconsider previously held convictions. Expect reactions from

others to be mixed.

Leo (Jul 23 - Aug 22)

Although your network is expanding, you also feel more introverted these days. Positively, you are getting a lot done behind the scenes. Beyond productivity, your progress may include perceptual breakthroughs.

Virgo (Aug 23 - Sep 22)

Opening your mind to new methods, strategies and tools will prove important this month. Although the pace will not be fast, your ambitions will be high supporting your resolve to do the work.

Libra (Sep 23 - Oct 22)

Changes in your public and professional life that began in later June will become increasingly clear this month. You want more variety and freedom. Various associations may, however, prove confrontational.

Scorpio (Oct 23 - Nov 21)

You have arrived at an important turning point. Deciphering your next direction may not be apparent right now. At worst, you could even feel a little lost. Keep an open mind and slow down.

Sagittarius (Nov 22 - Dec 21)

Seeing the beauty in others and situations of late have been easier. Yet, you may also be looking beneath the surface. As the month progresses, your perspectives will likely change, perhaps even producing a reversal.

Capricorn (Dec 22 - Jan 19)

Keeping the peace has felt important, but also challenging. Circumstances are pushing you to give more than you may want. Yet, exercising empathy this way and at this time will bring rewards.

Aquarius (Jan 20 - Feb 18)

A creative mood has been steadily rising. Some of this is getting channeled into paying more attention to your health. This focus will continue but will shift towards month end to emphasize social engagements.

Pisces (Feb 19 - Mar 20)

A casually playful mood is lingering and this will actually extend through to September. You will want to and will be able to focus more as the month progresses. Balancing work and play is especially important now.

snowy roof was shovelled by Boy Scouts and their parents in the fund raising efforts. All survived the winter unscathed, and the Scouts enjoyed the Jamboree.

Many bingos were held in the winter months. Our son, Chris, was quite lucky at bingo so the older ladies all wanted to sit with him for luck, much to his chagrin.

The dances were frequent and always memorable. Gerry Schiavon (Crawford Bay School Principal) and his band were very popular. The crowds were enthusiastic and the dance floor was always full. The interesting people of the bay area made sure each and every dance night was a Crawford Bay original...

The Fall Fair brought many to exhibit and judge and socialize and it was always a colourful, entertaining gathering of young and old. The Boy Scouts would serve the tea and goodies in the small hall and The Christmas Tree Society would raffle off some prize to assist with funds for the Christmas potluck and gifts for the children from Santa Claus. The Christmas potluck was always a grand affair with the decorated tree, many lights, cedar boughs, and turkey, stuffing and gravy, usually prepared by Leanne Wastrowski. Santa Claus was always the highlight!

So many showers, wedding receptions and dances, auctions for various fundraising events, lunches and teas were held in the hall.

So many daily, weekly, monthly and annual meetings were held at the hall to keep life progressing for the people of Crawford Bay and area. Volunteers have always been the backbone of the community, always willing to step up in times of happiness, sorrow or any other occasion that arose.

We were blessed to have shared those ten special years in beautiful Crawford Bay. Life is lived in the here and now but great memories of the special people and times in Crawford Bay will last forever.

If you have fond memories of our Community Hall please send them to: lkeraiff@cbhall.ca. We will gratefully publish them in this fine paper {with your permission} as well as post them on our FB page: @crawfordbayhall. We appreciate hearing from you...

Hall Board News July 2020

Submitted by Susan Hulland

We are pleased to have a successful grant application to tell you about. Our association was recently awarded a Heritage, Museum and Archive grant of \$6500 for the Crawford Bay Hall Heritage Assessment from Columbia Basin Trust through Heritage BC. This will cover the costs of hiring heritage consultant Elana Zysblat to assess our 82 year old community Hall and produce a report on its physical and cultural values and a conservation plan for the building. She visited Crawford Bay on June 16 to take photographs, gather information and consult with some community members regarding our Hall.

There is more good news too. We recently received a generous financial donation to our Crawford Bay Hall Rejuvenation and Preservation Project from June Cook, the daughter of Crawford Bay pioneers, June and William (Bill) Fraser. Another donation was made by Julia Langille and together their generosity has brought our fundraising from community donations to a total to \$7,710!

By now many of you might have heard that we, as a community, were recently robbed! It happened in late May when somebody went down to the creek, cut, and hauled away about 300' of 4-strand tech cable that was a critical part of our water system. (The culprit cut the wire while it was hot!) Help from the community came quickly and we want to thank Garret Garbula's stepfather, Pat, for his generous offer to replace the stolen cable at cost.

As if having part of our water system stolen wasn't bad enough, at about the same time Mother Nature took a swipe at us too. Crawford Creek was in flood. Mats of uprooted trees formed new islands, huge rocks and tons of gravel moved downstream and our access to Crawford Creek appears to now be inoperable. Fortunately, when the Crawford Bay & District Hall & Parks Association bought the Hall property it included a drilled well located in the vicinity of the Kootenay Lake Community Church. We are investigating it and other possibilities for returning running water to the building as soon as possible.

Directors continue to work with the ever-changing Covid 19 protocols established by the BC government. The Tennis Courts and Soccer Pitch at the Park are now open but only to those who follow the posted regulations. We hope to have the Children's Playground open soon. It's critical that we adhere to these regulations because they are NOT suggestions. They are requirements to protect ourselves and others. If we see that protocols are not being followed we could be forced to to completely close the Park again. This is a fluid situation and we will post information regularly on Facebook: @crawfordbayhall as things change.

Special thanks to Paul Hindson has helped several times with the rash of break ins at the Community Park. And a huge 'Thanks' to Kathy Donnison, for declining her monthly stipend for acting as our rental agent during this time when our facilities are not available to the public



Crawford Bay Hall Memories and Musings

Compiled & Submitted by Leona Keraiff

Happily, more recent memories are also arriving from residents who have enjoyed numerous activities in our community hall... Judi and Alec Martin of Cochrane Alberta shared the following with us:

The Crawford Bay Hall has always been the heart of the community. Generations of families have shared many times and tales involving the hall. During the years 1980 through 1989, our family of Alec, Judi and Chris Martin were one of the fortunate families to be involved with the many activities of the community.

At that point, the library was located in the hall and manned mostly by volunteers. The kitchen was long and narrow and outdated and in approximately 1985, Rosanne Ballard and the hall board worked hard at getting a grant and the new kitchen was built, which was appreciated by all.

The hall was home for a few years to a Boy Scout Troupe, led by Susan Hulland, the first female Scout leader in Canada. Many fun events were held for and by the Scouts in the hall. In 1985, funds were raised by the Scouts and parents to allow the troupe to attend the Canadian Scouting Jamboree held in Ontario. Many a

4 Mainstreet July 2020

Barefoot Handweaving



Spring moisture and sunshine have created colour inspiration ...

OPEN Daily 9-5:30 250-227-9655



Hidden Taxes

by David George

The World is Changing... Part 1

My June takeaway from watching various politicians from our castle here in western Canada: Our provincial medical officer Dr. Bonnie Henry almost broke down in tears on camera, lamenting the recent increase in drug overdose deaths (170 in BC in May). We must do better.

In fact, BC has done well with the pandemic. On the day of the Solstice, it was observed that we had passed a week without a death in BC. I posted this to my FB friends, and made a comment that it was surreal to observe it was good to have gone a week without a death. One may well feel this is the sort of news which is regarded as good news in a war. Well, we are in a war, and we must be vigilant, but make the most of good news.

Our bizarrely titled Minister of Middle Class Prosperity and Associate Minister of Finance Mona Fortier, whose salary is \$264,400/year, managed to not answer any questions in the limited committee session of Parliament, about our present federal deficit by repeating like a parrot the same bland praises of our great Canadian help programs for the middle class. So now we are all members of the bourgeoisie!

Marc Miller, Minister of Indigenous Services and MP for a downtown Montreal riding, spoke eloquently on the daily online federal ministers' show about how his father, who taught history at McGill for 45 years, wished he could go back in time and teach Canadian history with what he now knew about it.

More recently, our Prime Minister Justin Trudeau

has been acting as if he has a majority government, complete with the ability to assume that any of his financial support packages will immediately be passed by Parliament. Not so fast, Justin: a recent bill to provide more aid to seniors failed to obtain unanimous consent because it contained too many extras.

Even more recently I saw, live from the House of Commons, the following: a number of small resolutions were passed by unanimous consent except for the last one. Jagmeet Singh, NDP House Leader, whose resolution called for government recognition of systemic racism in the RCMP, had it defeated by one Bloc Quebecois member who withheld his consent by saying "No" twice. The Bloc member locked eyes with Singh and made sweeping away motions with his hand. At that, Singh called the Bloc member a racist. The Bloc asked the Speaker of the House to ask MP Singh for a retraction and apology. Singh refused, and was banished from the House for the day. Draw your own conclusion here; mine is that the Bloc member is a racist, and Singh should not be penalised for speaking the truth.

Is anyone doing well in the pandemic? Amazon is. Did you order a book recently? Amazon has hired 175,000 staff, bought 34 million gloves for them, and leased 12 new cargo aircraft, for a total of 82 planes bringing goods to an increased number of customers around the world. Just ask Bridget at our local post office here in Crawford Bay how many of the parcels arriving every day are from Amazon. *The Economist* believes this increase in Amazon's business will continue after the pandemic winds down, to the detriment of some other long-established businesses.

Watching CBC online? Since June 23 there has been a little notice on its News Network that after June 30 there will be a 'paywall' and one will have

to subscribe to CBC Gem for \$4.99 a month. Well, we already pay for the CBC through taxes, and online access should continue to be free. If you think paying again for the CBC is wrong, email our MP Rob.Morrison@parl.gc.ca or phone his Cranbrook office: 250-417-2250. As he is in opposition, we may get more action from him.

Alternative: CPAC, the Cable Public Affairs Channel, is Canada's only privately-owned, commercial free, not for profit, bilingual licensed television service. Created in 1992 by a consortium of cable companies to preserve an independent editorial voice for Canada's democratic process, CPAC provides a window on Parliament, politics and public affairs in Canada and around the world via 24/7 webcasting available on its website. CPAC receives no government funding, nor is it affiliated with any government department or agency. Go to: www.cpac.ca/en. It appears that this online link will continue to work indefinitely, but who knows.

The world is changing...stay tuned.

NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

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

Call 250.551.1352



Young and Dumb

by Arlo Linn

The Art Of World Building

This month I wanted to take a break from my usual writings on the subject of the goings on of the wider world, and instead talk about something that I am passionate about; the art of World Building. In this case, I am talking about World Building from a literary perspective, i.e, the creation of a unique world in contrast to our own. You see examples of World Building quite often in literature, to various extents of success, but the practice is most prevalent in the Sci-Fi or Fantasy genre. Sci-Fi often uses its inhabited world in order to make the story the book is attempting to relay all the more stronger. The story in George Orwell's *1984* is not so much about the characters inhabiting the world, but more a story of the world that the characters inhabit. World Building, if done correctly, can drastically change the quality of the story that is trying to be told. Good World Building allows for a story to be told through the setting itself, while bad World Building can constantly suck a reader out of the book they are reading.

The most famous example of World Building may be shown through the work of JRR Tolkien in his books, *The Lord of The Rings*, *The Hobbit*, and *The Silmarillion* (the body of work Tolkien composed for *The Lord of The Rings* series is called *The Legendarium*). For the purpose of *The Legendarium*, he created several elf languages that would be different from each other but ultimately came from the same source (just as many European languages have a Latin origin). He created an entire creation myth and in-depth history of Arda

(Arda is the world that *Lord of The Rings* takes place in) which he outlines beautifully in *The Silmarillion*. Tolkien amassed an incredible amount of background for the stories which he created, most of which were never published in his lifetime. Many of his notes were then compiled and published posthumously, *The Silmarillion* being one example. Tolkien created a world, with its own languages, religion, and in-depth history, and he then had a story take place in it. Most authors seem to create a story, which then shapes the world.

Now while I also do a style of World Building, it unfortunately does not have the depth or breadth of Tolkien's work. I do my World Building practice through a game called Dungeons and Dragons (D&D). Now for those of you unfamiliar with D&D, allow me to explain what it is. D&D is an imagination role-playing game played with around five people and always one dungeon master. The dungeon master is the World Builder. They create a world and bind it with rules so that it can be properly interacted with. Your outcomes in the game are decided by actions, the success or failure of which is decided by dice rolls. I usually take on the role as a dungeon master in the campaigns that I play in. As the art of World Building is very alluring to me. The World Building in D&D is very different from the World Building in a novel.

In D&D you must allow at any given point for your players to commit an action you cannot have imagined them doing, forcing you to improvise a part of your world which may not have existed. This forces a dungeon master to be creative and to be able to change the world sometimes at the whim of the players. An author does not run into this problem. Since they control the characters, they can make them conform to the world, and not vice-versa.

World Building is a very interesting literary device that all good writers would do well to remember exists in their toolkit. Some of the greatest novels ever written are characterized not by the characters that inhabit the world, but the world itself. I would argue that books

like *1984* and *A Brave New World* are more stories about the world than the characters that actually interact in the novel. Some writers are profoundly gifted and are able to create an intensely interesting world, and also create characters that are sufficiently able to interact in it. Books like *Alice in Wonderland* and *The Lord of The Rings* come to mind.

Next time you read a novel, pay attention to the world that the story exists in, it can often be as important as the main character of the novel is, sometimes more.

SUNNY WOODS

HOURS: 9AM TO 5PM
Wed-Mon (closed Tuesdays)

We are bringing in fresh produce and Kootenay River Beef (kootenayriverbeef.ca) as a permanent fixture in July!

BC CHERRIES ARE IN!

CALL ALEX (250) 505-0847 WITH ANY QUESTIONS

INFO LINE ONLY: 227-9506

Riondel Fire and Rescue Blotter

by Fire Chief Cory Medhurst

I will start this month's article off with an apology for missing the June article. Sorry, no excuses, just poor planning on my part. As a result, there are a few more incidents to report on than usual. Much has happened over the past six or so weeks, including our return to face to face practices while practicing social distancing. Also, during this time, we are happy to announce that we have welcomed four new members to our team: Jeremy B, Makayli W, Jessica F, and Sandy D. These members have already shown a keen interest in learning the ropes and I am confident that they will each become valuable assets to our team and our community. We are also waiting to welcome a couple newer community members to the team once they have settled. We always welcome new members, so please reach out to one of our members or show up to the fire hall on a Thursday night at 7pm.

Calls we have attended since our last article are as follows:

April 28 – at 17:32 a call came in for a vehicle fire in Riondel. A vehicle repair had gone wrong with ignition of some fuel by a spark from a welder. The property owner immediately called 911, and then proceeded to extinguish the fire on his own. Six members responded with the Tender (our water truck) and confirmed that the fire had been extinguished.

April 29 – tones rang at 12:57 for a code 3 lift assist in Riondel. Three members responded to a fall from a ladder onto a second story deck. It was thought that the paramedics would require assistance with moving the patient off the deck, but the patient was able to walk themselves to the ambulance.

April 30 – Four members responded in Riondel to another code 3 lift assist just as we were preparing for practice. Members assisted paramedics with the urgent movement of a patient after having a medical emergency.

May 3 – Eight members attended to a call for an MVI on the Crawford Bay summit, with unknown extrication, which means the caller isn't sure if the occupants can get out of the vehicle. The vehicle operator had misjudged a corner, over corrected, and flipped the vehicle after running into, and severing a telephone poll. The lone occupant of the vehicle was able to crawl out of the passenger side window and was assessed by the paramedics. Our crew set up a safety zone around the vehicle, assessed the vehicle for stability, and then cleared the scene after the vehicle was towed.

May 18 – We had one member who braved the morning hours at 01:31 for a code 3 lift assist in Riondel. The lone member responded in his own vehicle to the scene and assisted the paramedics with moving the patient to the ambulance.

May 25 – Two members responded to a code 3 lift assist in Riondel. Members assisted the paramedics with patient movement. As a reminder, these urgent lift assists are called when there is a need for more than two responders to move a patient out of a difficult circumstance or situation depending on terrain and location, and when time is of the essence. With the current COVID regulations, the Paramedics must request our response after they have assessed the scene and the patient. This is slightly different than before when we were called simultaneously to most calls.

May 30 – During the late morning we were contacted by the Regional District and asked to begin watching the local creeks for possible flooding. With a predicted storm cell bringing a large downpour, combined with a large seasonal snow melt, the Emergency Operations Center (EOC) was opened for the RDCK. The EOC began monitoring creeks all over the Region. They assigned us to flood watch duties of the all creeks between Tam O'Shanter Creek, north of

Riondel, to Sanca Creek, south towards Creston. As the day progressed and the rain kept pouring, we witnessed the creeks swelling rapidly. By 17:00, Crawford Creek had turned murky brown and increased significantly in size, with large trees floating by creating jams and diverting water. At approximately 21:30 we were informed that an evacuation order was in the works for the residents within the predicted flood zone around Crawford Creek. We would like to note: our crew did not pick the zone, nor the list of evacuees. We were asked by the RCMP through the EOC to deliver these orders door to door at approximately 23:00. A crew of 16 members assembled and began the task of delivering orders, which took until 03:00. These orders were issued for life safety in the event of a catastrophic flood of Crawford Creek. An evacuation order is a notice stating that you must leave your property. If you choose to stay, signing a waiver with Next of Kin contact information is requested; those with children under 18 or vulnerable adults must leave and report to the nearest reception center. Kokanee Springs Resort willingly opened their lodge to accept evacuees as the reception center. Unfortunately, there was no guidance or assistance from Emergency Social Services (ESS) for the KSR Lodge staff, who worked tirelessly to do the best they could in the moment. Thank you to Richard, Linda, and staff for your help. With the situation developing rapidly, and our members wet, cold and tired, we ended the evac order delivery and were all treated to cinnamon buns and coffee from Ryan at Red's Bakery. It is true, bakers really do wake up at 3 AM to start their day. Thank you Ryan.

May 31 – Three members responded to a possible flood in Riondel. One member was able to assess the scene and confirm that there was no flooding, yet. Another four members continued with flood watch and coordinated with the EOC hourly, setting up a command post in Crawford Bay. Waters continued to rise in all creeks with log jams being reported at Tam O'Shanter Creek and Gray Creek that were threatening private property. Preacher Creek on Crawford Creek road was reportedly jammed at the culvert and about to breach the road. YRB was contacted and began to clear the culvert when a log jam above gave way, taking out a large portion of the road and some driveways. No one was injured, but a tactical evacuation order was put in place for those residents. As access was impossible to these addresses, we phoned each resident and asked that they shelter in place; and to call if they required any assistance. Before the road was completely washed out, a couple of hunters were driving up the forest service road beyond the transfer station and came across a team of five tree planters who were stranded on the wrong side of another wash out. The tree planter's vehicle was trapped, but the crew was eventually persuaded to safely cross the creek at a higher location where the hunters were able to drive them down to our command post. There they were able to warm up and have a coffee while they waited for their supervisor. During this time, Preacher Creek progressively washed out more of the road, requiring the assistance of heavy equipment to be called in. A local contractor who seemed very well versed in flooding creeks and emergency situations was able to get his machinery past the problem; unfortunately to be washed out and left stranded on the wrong side. An RCMP helicopter happened to be inspecting the creeks and was able to safely remove the contractor without incident. As the day progressed, so did creek levels. We monitored the creeks until 21:30 that night. At approximately 22:00, Crawford Creek had breached the orphan dyke behind Newkey's Pub and found its way around the berm. Water was seen flowing through their campground, into the neighbouring Crawford Bay RV Park. No damage was reported, and the water had receded before our morning check.

June 1 – We continued to monitor creeks and witnessed all creeks returning to a normal flow and colour, with some roads being closed for repair and

others reopened to traffic. Monitoring would continue until June 3.

June 6 – Four members responded to a call to assist another agency north of Riondel. A log jam was concerning a resident on Tam O'Shanter creek and the RCMP asked us to assess the situation. The log jam did have the potential of becoming a problem but was deemed to be a nonlife threatening event which did not require the EOC. The landowner then called in heavy machinery to clear the jam.

June 21 – Three members were responding to an MVI out in Boswell but were called off on route as the patient was deemed ok and was being driven to hospital by a bystander.

June 23 – A call came in for an unconscious, unknown patient at the Kootenay Bay Ferry landing. The ferry crew had a difficult time waking a would-be passenger in the parking lot. When our crew arrived, the person was being tended to by the paramedics, the ferry had been delayed by 40 minutes, and our crew was released shortly after arriving.

We as a crew have learned a lot over the past few weeks. It was amazing to see how many local hydrologists and flood specialists there are in our community, willing and ready to help with opinions on what should be done. It was a difficult time for all involved during the flood scare, and an inconvenience to say the least for many. At the end of the day though, no one was hurt, and property was spared for another year. Thank you to all who supplied snacks, food, and voices of encouragement and gratitude to our members during this event.

One important observation, among many, that we noticed during the delivery of the evacuation orders is that there are not enough highway address signs out there. With the poor maps we had to use, combined with a dark and rainy night, it was next to impossible to find addresses. A reminder that Riondel Fire Department (or I should say Sharon) is still offering highway number signs at a great price. Double or single sided, red available. Consider getting your address sign visible and ready to find in any emergency. This is a continuing issue when it comes to night responses at any time of the year, for any agency responding. It can take several important minutes to drive past, turn around twice, and return to a driveway hoping it is the right one; only to find out that the call is next door. These signs can also help bystanders give more accurate locations to MVIs. Please consider supporting us by helping us find you when you most need it. Email us at cmedhurst@rdck.bc.ca and you will be connected with Sharon.

I will end this month's novel of an article by reminding everyone that we are always recruiting new members to join the team. Consider helping your community in a new and exciting way. Join us today, call Cory at 250-551-1352 or Robert at 250-505-9092.

REPORT A WILDFIRE

***5555 on a cell or 1.800.663.5555**

Wildfire Information Line

1.888.3FOREST

Burn Registration Line

1.888.797.1717

Southeast Fire Information Officer

1.250.365.4014

Visit www.bcwildfire.ca



Thoughts from the Frog Pot

by John Rayson

CORONAVIRUS #3

We are now some months into the covid-19 crisis and recent events in the U.S. with regards racism seem to have taken over the news cycle. We are not out of the woods with covid-19 but we may now be on the other side of the forest. Nothing has changed. We still do not have a cure, no drugs are available and a vaccine in some months away. We have flattened the curve and taken the pressure off of the health care system. Businesses are opening up and people are suffering from quarantine fatigue. One sees a lessening in the concern with regards the pandemic. We still do not understand the disease well as it does not only affect the lungs but appears to damage the central nervous system, blood vessels and the immune system.

We should learn from Sweden. Initially this country stated that they should use social distancing, close high schools and universities but not lockdown businesses, allowing them to continue to operate and depend on the common sense of the population. They are now questioning their decisions as the death rate from covid-19 has reached 500 per million population: one of the highest rates in the developed world. Sweden is now questioning their approach; a little late to say the least. As a side note it is important to consider the death rates per million of population rather than the total number of cases. An interesting website is: worldometer, which gives such statistics on a daily basis.

British Columbia has done well but we must continue to follow the instructions of Dr. Bonny Henry

and continue to be guided by her wise counsel. We are slowly opening our society but recent spikes in cases in the Mission Memorial Hospital and a local seniors' home, in that area, are cause for concern. In addition, our immediate neighbour to the south does not seem to have the situation under control with no comprehensive national policy. Individual states are showing huge daily increases in identified cases, again with no comprehensive policies, plus a President who refuses to acknowledge that there is a problem and continues to ignore the advice of experts. Much of the news cycle received by Canadians comes from south of the border and has a huge impact on our society.

We should be concerned as to the accuracy of figures supplied by other countries. Health statistics from many sub-Saharan countries and other undeveloped countries should be viewed with suspicion. Do we really believe the figures from Brazil; or that China and Russia have the disease under control? This is a world-wide pandemic and is far from well documented in many countries with the actual incidence of the disease being much higher than official reports: it is estimated that the incidence of the disease in Brazil may be as much as 7x the reported rate. Many of the less developed countries are only now seeing the height of the pandemic. Remember, things have not changed since the pandemic of 1918: there is still no cure or treatment and the possibility of a vaccine is a number of months in the future. As an example; after 15 years of effort there is still not a vaccine for HIV.

Economy: We have begun to open the economy. No one knows what the ultimate effect of this disease will have on the economy in the long term. At present the government is supplying funding in a number of areas, some individuals are being paid more to stay at home than work, we have placed significant restrictions on migrant workers and nobody seems to know how the end the cycle.

There are many unintended consequences of government decisions such as the problems for small businesses that own buildings but are not allowed to collect rent; how do they stay in business? What happens when the subsidies end? The pandemic ends and all jobs do not return? How do we harvest crops without manpower?

It is difficult not to write regards the pandemic as the situation is not resolved. I did recently receive a message that the statement "we are all in this together" is not really accurate. We are indeed all in the same "storm" together but in different "boats". Reality for some of us with our ongoing pensions, mortgages paid and minimal impact on our lives, particularly in the Kootenays', is quite different from those faced with job loss, difficulty in paying rent and meeting monthly bills including purchasing food for their families.

Dr. Bonnie Henry says it best: "be kind, be calm, be safe". We have a long way to go.



JK Excavation Ltd.

250.354.7055

jkeexcavationltd@gmail.com

trucking. excavation. snow removal

AGM EAST SHORE YOUTH NETWORK July 23 2020, CRAWFORD BAY SCHOOL, 5.30 PM

by Mautz Kroker for ESYN

Hello folks, youth, parents and community! Another year is gone and it is time again to give a report and an outlook into future for the youth network.

The East Shore Youth Society board invites you to our AGM Thursday July 23 at 5.30 pm at the Crawford Bay School outside behind the drama area. We will do our best to keep a healthy distance between each other in order to respect the Covid-imposed social restrictions.

We went through an intense year with big challenges and new outcomes. Our youth coordinators Vienna and Matt proved their qualities as youth coordinators in the program with young energy, many outdoorsy ideas and gleaming eyes. Ok, the gleaming eyes went a bit darker when they had to deal with the Covid19 lock down and lack of events, but they did their best with online ideas, self education, communication with youth and parents and developing the program for the time during the pandemic outbreak.

This is where we are now and you are invited to check out what happened in last year's programming and activities and what is planned for the future. The youth program is approved for another two years from CBT and we're looking forward to more cycles of excitement.

We won't have a big event with food and socializing due to Covid restrictions but we strongly ask parents and public to share in the AGM especially since we're looking for new board members to continue with the show. We're putting some efforts into getting some food and drinks for the event.

Erin will leave the board as the chair and Mautz will do the same as the secretary. Both gave their best to keep the program alive over the years and need now a committed replacements. The board will lose Liam as well. Liam has served for years as the youth representative and he graduated this year and will leave the school. Thank you, Liam for your energy and work and points of view in regard to youth interests in this program. Good job and well done!

We hope to see you all come by to share the AGM and also hope that some of you are interested in joining the board. We need courageous and engaged parents, community members and youth for this!

Local Kids Deliver

A Mainstreet Good News Story

The McBride kids of Gray Creek grew 400 tomato plants to sell and deliver locally, and raised \$1000 to donate to Food Bank Canada as part of Covid-19 relief.

Shannon and Evey McBride were asked to do a weekly challenge when home schooling set in due to the Covid 19 in late March. They quickly discovered that all of the tomato seeds had been bought up in Nelson and scratched their heads trying to figure out what to do. They decided to use all of mom Heidi's old seeds, thinking only half of them would take. Shannon and Evey prepared the soil and planted 400 seeds. They all took.

They discovered that they had very beautiful strains of heirloom tomatoes and took care of them organically, selling them locally (with the help of Lois at the Lakeview store, Alex and Susan at Sunnywoods, and members of the community).

All of the plants sold and the kids decided that they wanted to donate their profits to Food Bank Canada. Heidi says, "We are so grateful to complete this project and to have raised \$1000 to be able to donate. On our receipt it says, 'Your donation will have a dramatic impact'. This has been a great experience for the

kids and will hopefully make a positive impact somewhere." Well done, Shannon and Evey!



The Ashram Closed for Public Access

submitted by Gauri for Yasodhara Ashram Society

The Ashram has decided for safety's sake to keep our grounds and buildings, including the Temple of Light and beach, closed for public access throughout 2020. This is for the safety of vulnerable people living at the Ashram.

The Ashram campus is closed for most programming through 2020 with plans to re-open for the Yoga Development Course in January 2021.

Specifically this means:

- We are closed to drop-in visitors walking or driving on the Ashram grounds or visiting buildings including the Temple and the Gift Store.

- We are closed for lunch, dinner and satsangs.

- Courses and most programs scheduled on-site until December 31, 2020 are cancelled.

On the weekend of June 19 - which would have been the 25th anniversary of the Ashram's well-attended Strawberry Social - we offered a "Strawberry Social-Distancing". We made strawberry-themed cookies for some members of the East Shore community, including residents of Bluebell Manor in Riondel, and the Crawford Bay graduates, their families and friends. The Strawberry Social has been one way of giving back to the East Shore community each year. We were happy we could still offer something this year - and hope to see our neighbours at the Ashram next year.

Congratulations to the Crawford Bay graduates and much Light to all those on the East Shore from all at Yasodhara Ashram.

The pandemic has provided both the necessity and the opportunity for the Ashram to launch Online classes. Weekly recorded satsangs are also offered on YouTube, helping people both regionally and all over the world to stay connected with the Ashram.

On the less technological side, we also send our love and Light directly from the Temple each evening at satsang. Please let us know if you or someone you know would like to be on our prayer list.

For further information, contact us at 250-227-9224 or check the website yasodhara.org.

GRAY CREEK PASS UPDATE

by Tom Lymbery

The large washout by Redding Creek (called 13 mile on the old power line route) may have a temporary wooden bridge. I hope the *Kimberley Daily Bulletin* carries my article so that Cranbrook and Kimberley people don't come over on July 1 to find that we have had to cancel the fireworks for 2020

Dave and I went on June 21 and found surprisingly no snow at Oliver Lake and we could almost get to the 6800 foot summit. So the road could be open well before July 1, but it all depends on Cranbrook getting that bridge in service. However on June 22 Cranbrook Forestry told me that it would likely be close to three weeks before they can bridge the Redding Creek washout - that puts the Pass opening to July 15.

These photos on the right include two taken by Dave Lymbery on Sunday June 21 and show me, Tom, in the ATV within 200 feet of the Gray Creek Pass summit on Father's Day trip. With current long sunny days I am sure this part of the route will be open by June 28 2020. Engineer Tina Zimmermann of Nelson Forestry will post CLOSED SIGNS at the summit, but with long experience knows that nothing deters determined travelers who will keep on going only to find that there is no possible bypass of the Redding Creek washout (bottom photo).

8 Mainstreet July 2020

No July 1 Fireworks

by Tom Lymbery

Unfortunately our Kootenay Lake Chamber of Commerce is unable to present the fireworks this Canada Day. We tried hard to see if this could happen because of the lack of entertainment due to the Coronavirus problem but found nothing possible.

Our Kootenay Lake Lions Club has provided the hamburgers, curly fries, ice cream and popcorn that have made the day at the park so enjoyable. They are to be congratulated for the major effort and organization they put into this - something that all will miss this unusual year.

We plan on retaining the Kootenay Lake Lions bottle and can bin at the Gray Creek Store as this convenient for drop offs of locals and tourists. Once the recycle bins have gone, Dave plans on making a bigger bin that can be loaded on a trailer by a forklift.

Massage Therapy
Harreson Tanner, RMT
Over 40 years clinical experience



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



TOM SEZ

by Tom Lymbery

In 1931, the fabulous Lady Lucy Houston put 1,000,000 English pounds towards defending the Schneider Trophy. This went to Rolls Royce and enabled them to keep on working on the Merlin engine (running it continuously until it broke down, rebuilding and continuing). This may well have prevented us from speaking German today, as the Merlin engine powered the Spitfire, Hawker Hurricane, P51 Mustang, Mosquito and Lancaster so successfully. Lady Lucy had out lived three husbands and became one of the richest women of the world. That sum in 1931 could be equivalent to 68,568,877 pounds today.

Lady Lucy was also an ardent suffragette. She bought 615 parrots, one for each voting constituency, and had them taught to screech "Votes for Women".

There is lots of flavoured beer on the market. I can appreciate the ones with lime, but most of the others (like strawberry) are more suited for soft drinks.

Do you happen to watch "Kims Convenience" on television? I think this is Canadian humour at its best and is probably not as appreciated in the US. A great part of Canada's multiculturalism.

We used to have sacks of chicken and animal feed outside on the front of the old store. One morning I found a sack of dairy ration on the other side of the highway. A bear had dropped it there but hadn't gotten into it - probably a car had come along.

June 2020 appears to be our traditional Kootenay June with rain nearly every day - our wettest month of the year.

Saved by a washout - it appears the recycle bins at the store may hang in there until August because the Preacher Creek washout has restricted access to the dump.

We have found a considerable increase in lumber and construction supplies because people required to stay home due to coronavirus are getting ahead on projects they need. As well the local builders are steadily busy.

Special congratulations to Joli Mwinyi of Crawford Bay for winning a Columbia Basin Trust Scholarship of \$2500 to further her education.

Who on earth supports the change of name of the Trans Canada Trail to something they call the Great Trail, deleting Canada. We have to watch out that these dingbats don't come to take our local TCT signs down, as they are doing in other places.

Channel catfish are so popular in the US that five southern states have designated this as their state fish. Naturally the Catfish King restaurants are numerous. Not just a McDonalds fast food system but your food is cooked to order and you may also choose chicken fried steak or country fried steak.

YOUR HALL IS AVAILABLE!

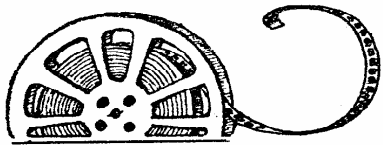
For community events, wedding receptions, workshops... you name it!

Booking: Kathy Donnison - 250.227.9205

CRAWFORD BAY HALL

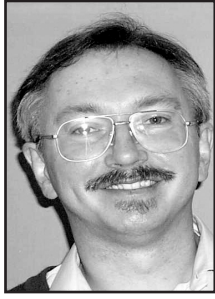
Your community hall

A non-smoking facility



Seldom Scene

by Gerald Panio



Since his master's thesis film, *Joe's Bed-Stuy Barbershop: We Cut Heads* (1980) for NYU's film school won the Student Award of the Motion Picture Academy, Spike Lee has never looked back. Some 30 feature films later he has established himself as one of America's finest directors. I consider *Do The Right Thing* (1989) a masterpiece—one of the most moving, powerful explorations of race relations I've ever seen and likely ever will see. I reviewed the film in this column. Last year, I showed Lee's Oscar-winning *BlackKkKlansman* (2018) at our local Monday Marquee movie night at the Community Centre. Lee's resume also includes films as diverse as *School Daze* (1988), *She's Gotta Have It* (1986), *Jungle Fever* (1991), *Malcolm X* (1992), and the World War II film *Miracle at St. Anna* (2008). After shutting him out for decades, the Motion Picture Academy finally gave Spike Lee an honorary Oscar in 2015.

So you can understand my sense of anticipation when I learned that Lee's new two-and-half-hour Vietnam War film, *Da 5 Bloods*, was being released on Netflix. While I'm happy to report that *Da 5 Bloods* once again reveals his mastery of the medium, there are some things that trouble me about the film. Some day there may be a great film about the experience of Black American soldiers in Vietnam, but I don't believe that Lee has found his way to it.

Don't get me wrong. You're going to want to watch *Da 5 Bloods*. What Spike Lee film hasn't raised the level of conversation about race in America? You're going to want to watch it just for the lead performance of Delroy Lindo as Paul, a complex, embittered, paranoid veteran whose post-Vietnam experience has been one slow 40-year descent into hell. A combination of guilt for something he'd done on the field of battle, of rage against America's racial inequities, PTSD, and religious mania fuse in the strongest portrait of despair you'll likely see onscreen this year. Paul's companions can't understand how he could have voted for Donald Trump, and why he'd wear a red Make America Great Again cap everywhere he goes. For a man like Paul, returning to Vietnam is another bad decision in a lifetime of them.

Paul, along with his son David (Jonathan Majors) and three other Black Vietnam vets—Otis (Clarke Peters), Eddie (Norm Lewis), and Melvin (Isiah Whitlock Jr.)—have come back to Vietnam to try and recover the remains of Stormin' Norman, the squad leader they'd idolized, and find a suitcase full of gold bullion that they'd discovered (and later buried) on a downed CIA plane during a jungle firefight.

On their journey from Ho Chi Minh City into the interior, the five men will encounter Otis's Vietnamese lover from the days of the war, a slimy French financier (played with maddening arrogance by the great Jean Reno), a trio of young Europeans working for a non-profit organization that is deactivating landmines & unexploded ordnance, and some Vietnamese for whom the war remains an open wound. As in John Huston's *Treasure of the Sierra Madre* (1948), one of Lee's obvious inspirations (a character in *Da 5 Bloods* cops one of *Treasure*'s classic lines: "I don't have to show you any stinking badges"), this volatile mix of egos, races, and festering resentments is the perfect recipe for chaos and disaster.

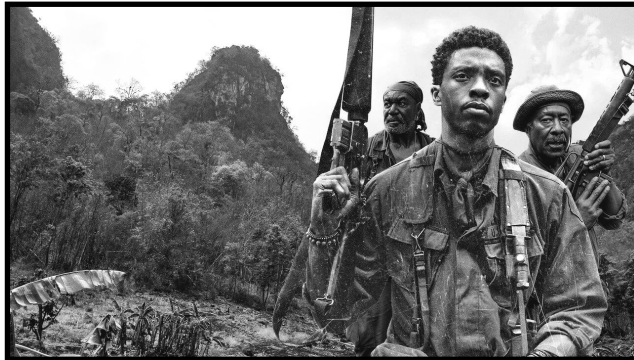
Interestingly, Spike Lee didn't use high-tech to de-age his cast for the flashback sequences. Even with his status as the highest profile Black director in America

he didn't command a budget that would pay for that kind of digital wizardry.

As he's done before, Spike Lee early on makes use of 60s-era documentary footage of Black leaders such as Muhammad Ali, Malcolm X, Angela Davis, Kwame Ture, Bobby Seale, and Martin Luther King Jr. Hearing their comments on Vietnam, particularly Ali's, spoken in the heat of the time without the benefits of hindsight, pulls one back in time.

And as he's always done, Lee gives a master class in the use of music in a film score. Here he leans heavily on Marvin Gaye, along with Freda Payne, The Chambers Brothers, The Spinners, and Curtis Mayfield.

Lee knows how to draw on history to get his messages across. We learn that while Black Americans made up 11% of the U.S. population in the 60s, they represented 32% of the soldiers in Vietnam. We hear that "Uncle George" Washington owned 120 slaves. We discover Milton L. Olive III, the first African-American to be given (posthumously) the Medal of Honor in Vietnam, and Crispus Attucks, a man of mixed race who may have been the first fatality in the American Revolution. We get to hear Hanoi Hannah's (played by Veronica Ngo) incendiary broadcasts to Black soldiers.



Having said all this, why then was I disappointed with *Da 5 Bloods*? Let's start with that documentary footage. I would have loved to hear more of it, more of what the Vietnam War looked like to young Black Americans while it was being fought and while so many young black men were dying in it. The whole gold subplot just seemed a distraction when lined up against a voice like Ali's: "Why should they ask me to put on a uniform and go 10,000 miles from home and drop bombs and bullets on Brown people in Vietnam while so-called Negro people in Louisville are being treated like dogs and denied simple human rights?" That's just the tip of the iceberg of Ali's eloquence when it came to the war. Here's Martin Luther King Jr.: "Over the past two years, as I have moved to break the betrayal of my own silences and to speak from the burnings of my own heart, as I have called for radical departures from the destruction of Vietnam, many persons have questioned me about the wisdom of my path. At the heart of their concerns, this query has often loomed large and loud: 'Why are you speaking about the war, Dr. King? Why are you joining the voices of dissent?'" "Peace and civil rights don't mix," they say. "Aren't you hurting the cause of your people?" they ask. And when I hear them, though I often understand the source of their concern, I am nevertheless greatly saddened, for such questions mean that the inquirers have not really known me, my commitment, or my calling."

These voices don't need action sequences and nods to *Apocalypse Now*.

I also have an issue with Paul and with Otis's Vietnamese lover, Tiên Luu (Y. Lan). Unusually, Spike Lee pulled his punches with both these characters. While not minimizing the horrors they experienced during and after the war, the director offers Paul some last-minute redemption; Tiên Luu becomes a successful businesswoman with a lovely daughter. Lee couldn't quite follow the cruelty of war to the bitter end of utterly wasted lives. I understand that survivors are capable rebuilding shattered lives after unimaginable suffering (the June 2020 issue of National Geographic devotes 40 pages to such stories in "The Last Voices of World War II"). But waste and loss are greater tragedies than suffering, and *Da 5 Bloods* should hurt more than it does. Even the blood-spattered gold finds redemption by ending up where it will do the most good in an imperfect world.

Ironically, another problem I have with *Da 5 Bloods* is with elements of the film that are too dark and cynical. What we see of contemporary Vietnam is not the country that has rebuilt itself after almost a century of civil war and war against three global superpowers. Instead, with its Saigon-era-style bars, its MacDonald's franchises, Jean Reno's French sleaze, and its paramilitary rural avengers, it seems stuck in a 1960s time warp. This element might not have struck me so strongly had I not recently reviewed Nicholas Schrank's *Blood Road* (2017), a documentary that tells the story of endurance mountain-bike rider Rebecca Rusch traveling with champion Vietnamese cyclist Huyen Nguyen down 1200 miles of the Ho Chi Minh Trail in search of the site where her father's plane was shot down during the war. This is a story of healing and friendship in today's Vietnam. Too much of Spike Lee's story seems mired in old hatreds and that classic lust for gold. Vinh (Johnny Tri Nguyen) seems to be echoing Lee's sentiments when he declares that "The war never ends." He's wrong. For most people, soldiers and civilians alike, it does end. Life would be unlivable otherwise.

Sadly, Ken Burns' documentary mini-series *The Vietnam War* has just be dropped from the Netflix Canada schedule. But Stanley Karnow's superb 1983 series for PBS, *Vietnam: A Television History* is available on YouTube, along with Michael Maclear's 1980 Canadian-made series *The Ten Thousand Day War*. For another excellent follow-up to *Da 5 Bloods*, check out Erin Blakemore's essay "How the GI Bill's Promise Was Denied to a Million Black WW II Veterans," online at history.com ("In 1947, only 2 of the more than 3,2000 VA-guaranteed home loans in 13 Mississippi cities went to black borrowers.... In New York and the northern Jersey suburbs, fewer than 100 of the 67,000 mortgages insured by the GI Bill supported home purchases by non-whites.") That article, Lee's film, Donald Trump's incendiary rhetoric, and the current BlackLivesMatter movement, reflect how much more still needs to change before the justice that America has claimed to fight for in distant lands is a reality for its own people.

ED: Have you checked out Gerald's website? You can find it at <https://seldomscene.ca/> and read past reviews all in one place! Gerald has been writing for Mainstreet for nearly as long as she's existed and it is quite the endeavour to get it all catalogued. Well done, Gerald, and thank you for your amazing commitment to art in film on the East Shore.

JOB OPPORTUNITY

Kokanee Chalets is hiring for Front Desk, Bookkeeping and Housekeeping. Wage plus bonus and benefits.

Bring resume to Kokanee Chalets or call 250 551 5005.

FREE FIRESMART HOME ASSESSMENTS

A PROFESSIONAL ASSESSMENT
OF YOUR HOME & PROPERTY

- In-depth home & property assessment
- Advice from a Wildfire Mitigation Specialist
- A detailed report of mitigation actions
- Earn a FireSmart Home Partners certificate
- Confidential report and recommendations



To book an assessment, or learn more visit:
RDCK.CA/FIRESMART
firesmart@rdck.bc.ca 1-250-352-1539



Available throughout the RDCK
and participating municipalities

GRS CONTRACTING

SINCE 1980

Glenn Strom
Aaron Strom

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

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



grscontracting@gmail.com

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

All specs of gravel & drain rock

Discounts for entire job.

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

CUSTOM HOMEBUILDING
DESIGN SERVICES
REMODELING

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

YOUR
Travel Book
IS IN THE MAIL!

Use this handy book to plan your staycation and discover your own backyard for a day, or two, or even a week.

Visit our website and pick up more travel books at local businesses or Visitor Info Centres across the region.

NELSON AND KOOTENAY LAKE Tourism

NELSONKOOTENAYLAKE.COM
AINSWORTH HOT SPRING | BALFOUR | EAST SHORE
KASLO | NELSON | NORTH KOOTENAY LAKE

Ladybug Coffee

Open 7 days per week
6:30 am - 3 pm

The Ladybug is ready to safely spring into summer!

Cold Brew Oso Negro
Coffee, Fresh Baking, Lunches...
And, of course, our World Famous
Breakfast Sandwich!

Oh, and Ice Cream Too!

meganrt@live.com

Ladybug Coffee on Facebook for current menu and updates.

the MARKET

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

Summer Hours
Mon-Thurs: 8:30am-7pm
Fri-Sat: 8:30am-7:30pm
Sunday: 9am-6pm

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

Bottle Depot: Thursdays & Sundays, 10-3

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

East Shore Mobile Massage

Anastasia Phoenix, Massage Practitioner

Massage in the comfort of your own home

Doing mobile massage on the East Shore since 2017.

Certified in Indian Head Massage and Acutonics.

Every client is an individual and gets his or her own unique treatment based on specific needs. Can do group massages up to 6 people.

Thanks for supporting small business on the East Shore!

-Anastasia

- Swedish & Non-Swedish Therapeutic Massage
- Manual Lymphatic Drainage
- Relaxation Massage
- Pregnancy Massage Trigger Point Release
- Deep-Tissue Massage
- Fascia Techniques
- Acutonics
- Indian Head Massage

anastasiaphoenix19@yahoo.com 1.250.402.3414

Floriferous Gardens

Local Fresh Flowers Houseplants
Bouquets Perennials Herbs

New July Hours!
OPEN
12 pm - 4pm
Wednesday-Saturday

Beside the Black Salt Cafe
Hwy 3a Crawford Bay, BC

250-420-7442
Facebook - floriferous gardens
Instagram - floriferous_kootenays

ADS/LOCAL INTEREST

Turlock Electrical Contracting Ltd.

Your Local Electricians
Commercial, Residential
Over 20 Years Local Experience

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

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



Michael O'Connor

Astrologer & Life Coach

sunstarastrology@gmail.com

1.800.836-0648

www.sunstarastrology.com

Open 6 days/week

Tues - Sun, 7-3

(250) 777-2537

Guarantee yourself some
cinnamon buns by ordering
a day ahead.

Get up to 25% off by placing orders of 6!



Barefoot Handweaving



Spring moisture and
sunshine have created
colour inspiration ...

OPEN Daily 9-5:30 250-227-9655



EAST SHORE INTERNET SOCIETY

HIGH-SPEED INTERNET

1 (844) 776-3747

www.eastshoreinternet.ca

Central Kootenay Lake's community non-profit ISP.

dine in - take out

250-227-9596

BLACK · SALT · CAFÉ

blacksaltcafe.net

your eastshore bistro in Crawford Bay



RESOURCE RECOVERY
FACILITIES
HOURS OF OPERATION

Crawford Bay Transfer Station

May 1, 2020 to October 31, 2020

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

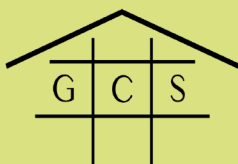
Nelson & District

CREDIT UNION >> Logically. Locally.

Nelson & District Credit Union wants to assure you that the health and safety of our members, employees and the East Shore community is a top priority. Please be safe and know that while we are closed to branch access, we **continue to assist** members during this unprecedented time.

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

We are here to help. Please call the East Shore branch directly at 250.227.9221, contact the Nelson branch at 1.877.352.7207 for support, or visit nelsoncu.com.



Gray Creek Store
Building Community Since 1913

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

Have Fun While Staying Safe!

Beach Umbrellas * Towels * Gardening Supplies * Snacks * Fishing
Water Goggles * Bubbles * Sand Toys * Camping Gear & more!!

New: Locally made Lux flies
The fish won't stand a chance!!!

Free Delivery Mondays, Wednesdays & Fridays!

250-227-9315
orders@graycreekstore.com

www.graycreekstore.com



Note: Crawford Bay Transfer Station is currently closed due to road washout - scheduled re-opening is July 5, according to the RDCK website.



Tom's Corner

by Tom Lymbery

Hephers of Boswell

Lawson and Kathleen Hepher were long-time friends of my parents Arthur and Kathleen Lymbery. Most likely Dad met Lawson first on the *Nasookin* or *Moyie*, as that was perhaps the only place you could run into someone from Boswell before the road reached Gray Creek in 1931. Until then Boswell had virtually no connection with Gray Creek until the Burden's Cut road crew had hacked through the solid stone cliff in 1930 which had even prevented a trail crossing.

Lawson and dad were great friends. Both were one of six brothers, both were early arrivals here (Lawson in Boswell in 1908, and dad in Gray Creek in 1911), and both had served in WW1. Lawson, then 2nd Lt in the Royal Field Artillery, was awarded the Military Cross for his actions on Aug 23, 1918. In his medal citation, during an exceptionally intense period of shelling when two detachments of his battery had been scattered, Lawson took over a gun during an S.O.S. call and kept it in action. His leadership steadied the men, who were shaken by the heavy shelling.

Lawson was a craftsman with wood. He had apprenticed as a carpenter before leaving England, and in his spare time made desks, tables and cabinets for his family and friends. As told in a recent blog by his grandson Ian Hepher, Lawson had once said to a friend, "I wonder if there is wood in heaven."

The first project my dad handed Lawson was to design and build the Lych Gate in the new Gray Creek Cemetery. A Lych Gate is a resting place for a coffin in a cemetery, unusual to find in Canada. Lawson's design is still beautifully preserved, except that now the cedar shake roof has been replaced with metal. Dad had a memorial stone made for his parents Walter and Alice Lymbery (my grandparents) who died in 1925.

So how did Lawson get here from Boswell before the road was built? The *SS Nasookin* picked up outgoing mail and passengers at the Boswell wharf three days a week on its return trip to Nelson from Kootenay Landing, but Lawson would have to transfer to the *SS Moyie* at Procter. This may have needed an overnight at the Outlet Hotel, as the *Moyie* made only a weekly trip to Gray Creek. Lawson had his carpentry tools to bring as well.

The next project that brought Lawson on a stern-wheeler trip to Gray Creek was to build a cabin on the lakeshore, as dad had received requests from fishermen for somewhere to stay. This was built of logs, most only about two inches at the small end. Instead of notching the logs to fit the corners, the log ends were solidly nailed to two-by-sixes which were then nailed to the adjoining corners. The only other place I have seen this done was when Bill Fraser built a tiny cabin close to Fraser Lake. Chinked with small rounds and lined with wallboard, fitted out with a small bedroom and a woodstove, the cabin became a convenient

accommodation. Lawson made shutters for the windows which likely served until windows were available. These were painted green, so the cabin became known as Green Shutters. It was first rented to one of the workers on the new sloping Gray Creek wharf that year, 1928. Three years later in 1931 the cabin was occupied by the Russ and Betty Reilly family of Crawford Bay while Russ was at work improving the new highway to Gray Creek. Their daughter Eileen was born in that cabin. Green Shutters is still there today, but I don't know for how much longer.

The kitchen addition on the Gray Creek Hall was also built by Lawson. When the Memorial Hall was built in Boswell, Lawson designed an altar for church services and made a sliding cover for it so it was not visible during badminton or dances. He also designed its distinctive verandah.

Lawson saved unusual and exotic wood, and when he lovingly crafted a side-board to Dad's specifications, he carved some decorative pieces of mahogany which Mrs. L. M. Russell brought him from Africa after her work with Dr. Albert Schweitzer. Another piece Lawson had salvaged from a railway boxcar, so "it had travelled across Canada".

Lawson worked entirely with hand tools. We cherish this lovely piece and it is also a constant reminder of its maker.

Lawson and his wife Kath contributed much to Boswell. Lawson became road foreman and was well liked in that difficult job. The foreman was only supposed to supervise but that frustrated Lawson, so he often worked with a shovel. Kath, whom he had brought to Boswell as a war bride in 1919, had trained as a teacher in England and taught school. During WWII she cycled to LaFrance Creek to teach at the LaFrance School.

Sometime after Lawson passed away in 1957, Kath and her sister moved to Nelson. My wife Sharon visited them to attend special concerts at the Civic Theatre. This was a series of excellent touring musicians brought to Nelson seasonally. Kath died in 1985. They had one son, Peter, and two grandsons, Ian and Paul.

Lawson's brother Albert and his wife Jessie came from England and settled in Boswell in 1920. Albert was secretary-manager of the Boswell Fruit Growers Assn. for 12 years. This was a most important operation, as they had built a large packing shed near the Boswell wharf where all fruit was shipped, including several 40-ton freight carloads of apples, mostly the



The Lych Gate, built by Lawson Hepher in the mid-to-late 1920s, which still stands in the Gray Creek Cemetery. Photo courtesy of Tom Lymbery

Cox Orange variety for the English market. These went out on rail barges to Kootenay Landing, thence by rail across Canada to ship across the North Atlantic.

The CPR tracks on the west side of Kootenay Lake were especially prone to snowslides, which could sweep freight trains off the tracks and into the lake. But no action was taken by the CPR until the late 1930s when Jessie Hepher snapped a picture of two snowslides in action across the lake from Boswell with her Kodak box camera.



Jessie Hepher's photo of two snowslides sweeping onto the tracks compelled the CPR to build a snowshed there. Photo courtesy of Ralph Schelle

Jessie's photograph of the snowslides roaring down onto the tracks was taken to the CPR headquarters in Montreal. Her picture persuaded the CPR top brass to build a snowshed 200' or 300' long at that location. It continued to divert snowslides from trains and tracks until the early 1970s, when it was destroyed in a fire.

Albert Hepher died in 1959 at the age of 84. His wife Jessie lived to be 98, and we used to hear from her regularly right up to the end, in 1981.

Special thanks to Ian Hepher for his blogs about his grandfather Lawson and his father Peter Hepher: <https://ilhepher.wordpress.com>.

ORMSBY REVIEW

By Tom Lymbery

The Ormsby Review is an online review of BC books organized by BC born Richard Somerset Mackie and currently features a review of my two *Toms Gray Creek* books – please look at Ormsbyreview.com

This review is written by Luanne Armstrong, local author of 28 books. Thank you so much Luanne; it is such a privilege to receive your words. I also owe so much to Frances Roback, Janet Schwieger, Betsy Brierly and Warren Clark. My writing is enhanced by these great locals, without whom the books would never have gotten to print.



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

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

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

Growing communities one idea at a time.



pebbles by Wendy Scott Vera And Ivy

This year, on Monday, June 21, 2020, Vera Lynn died. It was summer solstice and, visible in the southern hemisphere, a solar eclipse. Vera Lynn was 103 years

old. I imagine her songs will echo for many more years.

Ivy Beaton died in 2011. She was eighty-nine. Both women lived through the years of the Second World War. I met Ivy during the winter of 1991 in Mexico. We often walked together from our campsites to the little town of La Manzanilla – a favourite destination at the end of the long and lovely curve of sand that is Boca Beach. It was a town that survived tsunamis, hurricanes, and earthquakes, and through it all, remained a favourite destination for Ivy, her partner, Les, and many other Canadian visitors.

In 1939, when Ivy was seventeen, she had a friend with a car – a black and shiny Chevrolet – and one of her friends suggested a holiday in the Cariboo. They set off heading for Lillooet on Seton Lake which meant traveling on the Old Cariboo Highway – unpaved and dusty for most of the way. But when their narrow wheels bounced and skidded up the steep, wash-board surface of Jackass Mountain the driver dared not hesitate. Their car, its shiny blackness now smothered in dust and mud, crept along the winding road to the Thompson River Bridge. The girls could see the pale blue waters of the Thompson flowing in from the north to join and be lost in the turbulent mud of the Fraser.

After their dusty trip on such crookedly narrow roads, Lillooet was a surprise. Being Mile Zero on the Cariboo Gold Route, the city's broad main street was built to accommodate wagons drawn by full yokes of oxen; green fields led to an inviting beach beside Seton Lake which held the deep blue of the mid-summer sky.

It was a relief to put up their tent and arrange a picnic in the peace and solitude of this place.

The following day another surprise arrived along the opposite shore of Seton Lake. Pacific Great Eastern Railway ran passenger and freight trains from Vancouver to Lillooet and on to Prince George – with the additional option of shipping a vehicle on a flat car. Although Ivy did not clarify this point, I suspect the girls would have been relieved to travel back to the coast via train, with their black Chevy propped up and secure on an appropriate flatbed.

For the next few years expeditions of this sort would not be so easy – or desirable. Ivy did not speak much of the Wartime years in Vancouver, but she would be affected by everything that involved the war in Europe – blackouts, curfews, and air raid drills, evacuation routes, rationing not only of food and clothing, but for her and all her friends, men were also in short supply. By 1942, Nylon, produced by DuPont and displayed at the 1939 Worlds Fair in New York, had been requisitioned by the military for parachutes; stockings were rare and if a woman owned a pair, she took great care of it. If she got a ladder in her stocking she could take it downtown to a counter inside the Seymour Street entrance to the Hudson Bay Company where she would leave said stocking in the capable hands of the woman who was able to manage the magic of invisible mending. The oft-used option was leg paint.

Military personnel around the city manned guns at UBC and Stanley Park; they guarded Lions Gate and other bridges, and carried out training exercises at Kitsilano Beach. In order to allay the fear of enemy submarines off the West Coast, Union Steamships vessels sailing from Vancouver Harbour were put into military service. They were painted grey and armed to carry navy and air force personnel, along with mail, to bases up the BC coast.

By 1946 most of the men who had survived the war were home, but it was difficult to establish a normal way of life. For Ivy the next twenty years moved through marriage, the birth of her daughter, and a sudden, unexpected divorce. At the age of forty-five,

Ivy escaped into the north country to set in motion what would be a whirlwind of adventure, near death, romance, and loss, until, in the late fall, on a night when the aurora danced, she gathered up her memories and experiences and made her way back south to Vancouver.

It was in Vancouver where her love of gardening – and bowling – brought another man into her life. She said she couldn't get rid of him. He kept appearing at her front gate until she finally said okay – I'll go bowling with you. That date lasted thirty years and Ivy's happiest memories included trips that took her as far as possible from her previous north country. Ivy and Les spent their winters in warm spots like Mexico for many of those years.

One year when my husband, Bruce, and I celebrated my birthday on the beach at Boca de Iguana, Mexico. Les and Ivy were there as well. The sea was warm that day and calm for swimming. In the late afternoon, Les and Ivy invited us to their trailer for a birthday game of scrabble. They fed us peanuts and red wine – Padre Kino – the only wine Ivy could drink without a headache. Earlier in the day, I had walked with Ivy to the little town of La Manzanilla at the south end of the long and lovely curve of sand that is Boca Beach. It was a town that survived tsunamis, hurricanes and earthquakes and – through it all – remained a favourite destination for Les and Ivy.

For the first two months of 2011, La Manzanilla was Les and Ivy's home again with many afternoons on their veranda overlooking that same beautiful beach.

These are warm memories for all of us and a gentle way for Ivy to leave a lifetime filled with eighty-nine years of friendship, adventure, happiness and love. A toast (Padre Keno, of course) to a woman who embraced the unknown, found dreams, and discovered the intimacy of sharing the best with dear friends. And a bouquet – for Vera Lynn – Delphiniums, lupins, iris, peonys, and all things bright coloured either straight and tall or creeping across lawns like invading troops – for a lady who serenaded the allied troops so many years ago.

Blast from the Stacks Riondel Library News by Muriel Crowe & Shirleen Smith July of the Pandemic Year

Greetings aspiring library patrons! We have good news for those of you dying to dive into a good read for the cost of exactly nothing.

The Riondel Library is up and running, with safety measures in place. As luck would have it, we can welcome patrons to pick up and return books outdoors, without anyone entering the (closed) Community Centre. Just use the East(man) entrance, facing the store.

Rest assured, we're following BC's Covid-19 Restart Plan, Phase 2, adhering to Worksafe BC's protocols for libraries, and complying with Bonnie Henry's excellent advice. We'll be applying hand sanitizer and sporting our most cunning masks, and looking forward to seeing yours as well. Our primary concern is your safety, and ours.

In recognition that we're all pinning to get back into the library to browse its treasures, but can't, we've come up with a couple new features. Personally, my first stop is always the New Books display, and I'm not alone. Now you can check out the Virtual New Books Rack on the Website! Second, our Library Grab Bag (containing 5 books/DVDs) is the quickest, most convenient way to find a new read. And lastly, we're in the process of building a new weather-proof secure Drop Box for your speedy returns.

Here's the new library info:

Hours: Monday/Wednesday/Saturday 10-12 am

Location: Riondel Comm Centre, south-east door

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

How to Take Books out:

- SELECT your books by going to www.library.riondel.ca and click on the nice red Catalogue button, sign in to Library World using Riondel Reading Centre. No password required. While you're there, have a look at the Virtual New Books Rack.

- OR pick up a Library Grab Bag! We'll put together an enticing 5 item surprise package of books/DVDs for you. You can give us some hints about what you'd like or throw caution to the wind.

- OR you can still request books as library purchases

- THEN contact the Library via email or phone (above) to order your books/DVDs and make an appointment to pick up them up

- AND don't forget eBooks! (contact us if you'd like a Creston Library Card for ebooks)

How to Return Books:

- Drop your books off during the Library's open hours. Please remember to respect social distancing if other patrons are picking up/dropping off books.

- OR deposit your books in the handy drop-off bin outside our new door (coming soon).

- AND there's no overdue fines! But please return your books/DVDs promptly so others can enjoy them as well.

- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL MEMORIAL HALL

Booking/info: Karen Lee at 250.223.8686

Next Deadline:
July 29, 2020
www.eshore.ca

From...
A - Zed

Need insurance? Remember 3 things:

- It doesn't matter what letter of the alphabet it begins with.**
- A lot of things can be insured.**
- We insure a lot of things.**

Our Hours:

Tuesday - Friday 9 am - 5 pm

Closed from 1 - 2 pm

Saturday 8:30 - 12:30

**Kootenay Insurance
Services Ltd.**

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

Smarter Than Jack or Jill

by Sharman Horwood

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

Intelligence: Cats and Dogs

If you're at all interested in animal intelligence, I would recommend Frans De Waal's *Are We Smart Enough to Know How Smart Animals Are?* Well written and clear, the book brings up many important issues. One of the first for me is the problem of measuring intelligence in animals. For instance, he brings up the intelligence lists for dogs, with the border collie as the smartest, and Afghan hounds the least intelligent. Friends of De Waal owned an Afghan hound and pointed out that Afghans seem less intelligent because "they are independent-minded, stubborn, and unwilling to follow orders." Instead, they maintained--and I have to agree with them--that the list measured obedience, not intelligence. We measure an animal's willingness to obey directions as evidence of intelligence.

The reason I have to concur is because I owned one of the dumbest dogs I've ever known, another breed of dog that is often at the bottom of the intelligence lists: an Irish setter. Cary was amiable, up for any bit of adventure, and compulsive in her habits. She was also the most devious dog I've ever known, and clever about it. However, as far as behaviour with me, she was "independent-minded, stubborn, and unwilling to follow orders." In other words, not easily trained.

I think I should have clued into this right from the beginning. Cary was the best thief I've ever known. (You might remember the story of her stealing a heavy, freshly made Christmas cake in order to feed her pup-

pies with it.) I used to love real chocolate eclairs, the kind with whipped cream in them, and good chocolate icing. If I treated myself, I'd leave the confectioner's box on the counter top in the kitchen. The cat wouldn't be interested in them, and Cary wasn't likely to be able to reach them. I was also a little naive: I didn't think she could smell them there, either. As I expected, she totally ignored them. At least she did until I was nowhere near. Out of the corner of my eye as I watched television, I saw Cary hurry from the kitchen to the dining room, and there dive under the table. She was so fast I couldn't tell whether she was eating something. After thinking about this for a moment--and we're not measuring my intelligence in this--I walked out to the kitchen, and everything looked exactly the same: the pastry box was closed, looking entirely undisturbed. I opened it to get an eclair for myself, and found one was missing. Somehow she'd lifted the lid, mouthed out one eclair without disturbing the other two, and let the lid fall back precisely where it should be.

She loved whipped cream. I went through a short period where I liked to have a Spanish coffee after supper topped with whipped cream. One night I put it down on the coffee table just as someone rang the doorbell. Cary was sitting on the couch, her nose over the back, watching who was at the door. I went to speak to them, and was gone some minutes. When I came back, Cary was still looking out the window. I picked up my coffee, and she turned to look at me. The giveaway was her lips covered with a ring of rich whipped cream.

Cary could also be very deceptive, intentionally so. I lived in Saskatchewan at the time, and my family all lived in Vancouver. They would send Christmas presents in the mail, and I would place them in the closet until the Christmas tree was decorated; then I would put the gifts underneath the tree. I went to bed looking forward to the following morning. I realized, though, that Cary wasn't with me. She was compulsive about

sleeping by the bed every night. She was a very companionable dog. I wondered if she wasn't feeling well, and went to look for her. She was under the Christmas tree, tearing open one of my family's gifts: a full box of Purdy's chocolates: my favourite. She hadn't expressed any interest in the parcels. She hadn't gone near the closet where I'd stored them. Nor had she touched any of the parcels during the day while they'd sat under the tree and I was out of the room. No, she wanted more time to delve into them, time while I was well out of the way and she could explore that box in particular.

De Waal's point is that we can't measure intelligence in animals from a human perspective. They don't learn in the same way we do, and they exhibit knowledge that is a bit more related to their living conditions in the wild. He points out team hunting in lions, wolves, wild dogs, even Harris hawks, "teams of which control the pigeons at London's Trafalgar Square." Humpback Whales cooperate with bubble-nets to hunt shoals of small fish, like sardines.

Cats will also hunt cooperatively. One of my favourite animal videos is of two cats alone in a kitchen. One cat leaps up and opens the refrigerator door. The second cat jumps into the fridge, picks up a Ziploc bag, and jumps down with it. This second cat then hurries off into the other room, firmly clenching the bag in its teeth, while the first cat jumps up into the fridge through the still open door. Meanwhile, you see a fleeting sight of the woman of the house hurtling after the cat with the bag, while the other one roots around in the fridge to its heart's content.

Dogs and cats are not as smart as wolves. Wolves' brains are one-third larger than a dog's and they have to survive in harsh conditions, which forces them to develop their ability to think. Frankly, I think we should be thankful our pets are not as smart as wolves, at least not as far as we can know, given Cary and the cooperative cats.

For the Love of Genre

by Sharman Horwood

Memory, Sorrow and Thorn: Tad Williams' Fantasy

In 1988, I walked into a Cole's Bookstore in Regina, looking for inspiration. On the New Releases shelf, I spotted *The Dragonbone Chair*. I bought it simply because I liked the title. Since then I have read the book--and its sequels (*The Stone of Farewell* and *To Green Angel Tower*) approximately five times, each time just as pleased as I'd been with the first when I couldn't put it down.

The story is long and involved, a characteristic of Williams' tales. It is a coming-of-age story about Simon, the proverbial orphan of uncertain parentage. His mother was brought to the castle at Osten Ard--the Hayholt--when she was in labour. She died shortly after his birth, and since no one knew his father, the castle staff raised him, attempting to teach him a useful skill in their world of service to the higher born of Osten Ard.

The tale begins when Simon was fourteen, and very immature for his age. Simon Mooncalf, as Rachel the Mistress of Chambermaids calls him (he calls her the Dragon), since he is frequently more interested in daydreaming about beetles or the adventure stories of knights than he is in his chores. Rachel recognizes the boy needs more than simple kitchen and household chores. He is apprenticed to Dr. Morgenes Ercestres, a wizard and healer supported by King John Presbyter. Unfortunately, from the start of the story, the King isn't faring well.

King John has two sons: Elias and Josua. Josua is the youngest, and he is one-handed. He lost his sword

hand fighting to save Elias' wife from abduction. He didn't succeed and Elias has never forgiven him. When King John dies, Elias takes the throne and begins his rule with the aid of an evil cleric, Pryrates. Shortly afterwards, Josua goes missing.

Simon stumbles upon Josua in the dungeons when he is exploring the lower levels of the Hayholt. With the help of Dr. Morgenes, Simon rescues the prince, but in the ensuing chaos, the boy has to flee the castle and everything he has known. Dr. Morgenes is killed by Pryrates' dark magic when he helps the boy escape. However, he had given the boy a small golden scroll that suggests membership in an elite group of scholars in other areas of their world.

In the course of his travels Simon encounters the other races of Osten Ard: the Sithi, a kind of elf, also known as the Gardenborn who built nine great cities of startling beauty in the distant past when they came to this land from across the seas; the Norns, who are the darker Sithi, also at war with their own kind over their cities and lands; and the Qanuc, called trolls in the novels, but who actually resemble a small race of Eskimo-like people who inhabit the mountain peaks in the far north. The Hayholt is actually the remains of a Sithi castle, called Asu'a in their language, and in escaping the castle, Simon climbs into the depths of what had been part of their realm under the Hayholt.

Many people say they fell in love with fantasy as a genre after reading Tolkien's *Lord of the Rings*. But many of the books subsequently churned out in fantasy were certainly not of the same quality. Williams' work, however, has inspired a great many writers in the field, one of them George R.R. Martin. He maintains that this series inspired him to write *A Game of Thrones*. According to Wikipedia, Martin says, "I read Tad and was impressed by him, but the imitators that followed--well, fantasy got a bad rep for being very formulaic

and ritual. And I read *The Dragonbone Chair* and said, 'My god, they can do something with this form.'" In fact, Martin embeds a bit of credit to Williams in his own series. In *A Game of Thrones*, he calls one of the great houses, "House Willum." The only members of this house are Lord Willum, along with his two sons, Josua and Elyas, referring to Tad Williams and the two warring sons in *The Dragonbone Chair*.

Williams himself says he was drawn to the fantasy genre because of its flexibility, saying that it "gives him the freedom to tell many different stories." He has written urban fantasy, animal fantasy (*Tailchaser's Song*, 1985, his first novel), and the virtual world of computers in his *Otherland* series. He is a hard working author, and he explained to fans at a conference in Stuttgart, Germany, why he enjoys his work: "Genre just means a contract between a writer and a reader... ...In my particular genre, I can do anything I want, I can be as ambitious as I want, I can be as literary as I want, as long as every five or ten pages something really horrible tries to eat my main character. I enjoy that part of it because it's almost subversive... ... I can deal with big ideas....as long as I also do what the reader wants." He goes on to add that the readers, too, "are interested in experiments and ideas."

More than twenty years later, he is continuing the story of Simon and Osten Ard, beginning with *The Heart of What Was Lost* (2017), a short book presenting the basic issues, *The Witchwood Crown* (2017), and *Empire of Grass* (2019). These three books have many of the same characters as the first three novels, but time has passed in Osten Ard, and the Norns are making trouble again in the far north. Like the first trilogy, these books are just as well written, but don't have quite the same richness as Williams' first exploration. However, I am looking forward to the fourth novel, and hope there might even be more.

MARIFA

by Gord MacMahon

As I was reflecting on World Refugee Day yesterday, I thought of a creative writing piece I did recently as part of the East Shore Writers Group. Please review the attached for consideration in the next Mainstreet.

Marifa dragged her small sandaled feet through the thick layer of dust covering the road. Her feet and her mind numb after endless days of trudging towards their destination. Initially she stomped her feet in the dust with 'I DON'T WANT TO GO' determination and watched the mini explosions of dust pillow up with each step. Now she realized her resistance was futile, her views on the world didn't seem to matter to her father now and she no longer had the energy to resist.

She raised her head slightly to take in the feet and legs of many other silent walkers travelling the road together. Everyone moving in the same direction like a herd of goats being directed by an invisible herder and his dogs. Marifa glanced sideways to see a small boy walking beside his mother; his face stained with dried up muddy tears, his eyes glazed over with acceptance wrapped in fear.

Normally when they made the annual trek back to their home village for Ramadan, they would pack everything up and take the full day bus trip into the mountains but this time was different. Those trips were happy times, filled with anticipation of the trip and reaching home where her grandparents lived. The celebration that followed, as they were reunited with family and old friends. This was different, it was over a month before Ramadan and this was rushed as hordes of people moved into the streets as if responding to a fire alarm; like they would do occasionally at Marifa's school. She kept asking her father why they were not taking the bus and all he would say is 'there are no buses, there are no trains...we just have to go.'

Thinking about her school, she missed seeing her best friend Azia and how they did everything together,

always sharing their worries with each other. She missed her friend and her wisdom and wondered if she would see her again. Azia was less than a year older than Marifa but she always seemed able to explain what was happening. Azia always made her feel better especially when she was scared.

When they left the city all the shops were closed so the only food they had was what they could quickly gather from their small one-room apartment. With streets lined by army men and police they were forced from their neighbourhoods, forced to 'go back to their homes'. She was confused because she felt they were leaving their home. Her father said that 'President Modi ordered this because of the disease'. Marifa didn't know what disease this was and she didn't see sick, but only scared and hungry people. She was confused because she thought that the President was supposed to help people.

Confused, scared, hungry and tired Marifa wondered where they might sleep tonight and if they had any food left. Last night they only had some dry bread and a couple figs. Her gaze returned to her feet focusing on the dirt between her toes and then she noticed that her toe ring on her right foot was missing, it's place marked by a fresh layer of dried mud. She immediately tugged at her father's hand wanting to go back and look for it but instantly realized it was futile, so she gave up hope lowered her head and trudged onward in silence.

Gord is a member of the East Shore Writers Group. He lives in Kootenay Bay with his wife Maggie.

Note - **World Refugee Day** is held on the 20th of June each year. It honours the courage and determination of the many people forced to abandon their homes and flee persecution, conflict, famine etc. There are an estimated 70million refugees in the world currently with some 20 people every minute required to leave their homes behind. For more information, please go to the UNHCR website.

Asa's father had come to Canada in 1905 and found work at a Fernie sawmill he was later able to return to India, marry and have a son Asa who was brought to BC at the age of two. The family moved often to find work in sawmills so Asa moved to different schools, leaving at age 14 because his earnings were needed for the family. In school Asa proved to be very quick and accurate with math – which would further his life.

Asa worked at all the sawmill jobs – mostly piling and sorting lumber but he avidly studied the processes, looking of signs of improvement. He started a profitable business, buying mill ends and delivering this firewood to homes and businesses. He was able to return to India and find a wife, using the traditional matchmaker system, but insisted on seeing who he was to marry, though this wasn't usually allowed. Returning with his bride to Vancouver he found that his father had sold Asa's firewood business so he had to start another. He left off the traditional turban and he and his wife dressed as westerners, easing the transition.

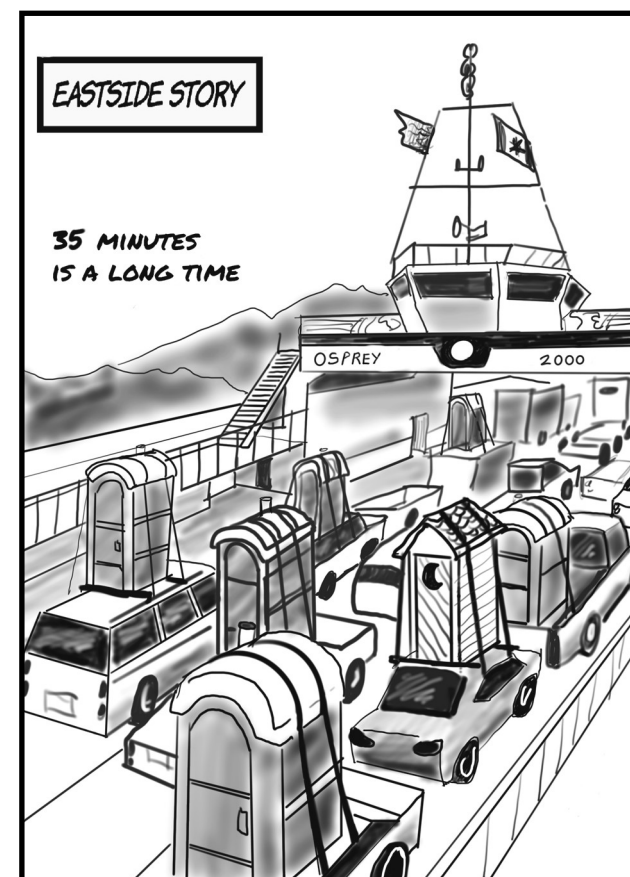
Building and running a small sawmill he entered his lifeline climb in the industry, always improving the operation. When his business became unionized he responded by buying new machinery that needed less employees and soon was producing and selling more lumber than his competitors.

With extreme effort and diligence his Terminal Forest Products was able to grow solidly. When it became really profitable he helped others and contributed generously to the Childrens Hospital and others.

This is an interesting and worthwhile book that demonstrates the energy and persistence that a New Citizen brought to BC.

Around the World in a Dugout Canoe – The Untold Story of Captain John Voss and the Tilikum, by JM Macfarlane & L. Salmon, Harbourpublishing, 268 Pages, \$29.95

The engrossing story of the TILIKUM and her circumnavigation of the globe is a fascinating story, and hard to believe. Captain John Voss set out from Victoria BC in 1901 seeking to claim the world record for the smallest vessel to sail around the world. He bought



by Al, Ali and Grace George

Next Deadline:
July 29, 2020
www.eshore.ca

East Shore Community Library

by Bonnie Millard and Cathy Poch

We are open with limited hours due to the decreased number of volunteers available at this time. Hours are Tuesday and Saturday 12 to 3pm.

There are lots of new items as they did not stop with Covid-19. We have set up a temporary online ordering system for those who are unable to physically come into the library.

You can access our catalogue at opac.libraryworld.com. Sign in library name is escomlib and no password is necessary. You will have to make a list and email it to us at esrcorder@gmail.com by 11am Tuesday or Saturday. We will need the item title, author and your name. Volunteers will assemble your order as best we can on Tuesday or Saturday and place it at the door so you can pick it up between 1 and 3pm. Orders may also be placed on Thursdays before 9am and picked up before 1pm. Inter library loans are still closed at this time.

Happy reading and stay safe.

BOOK REVIEW

by Tom Lymbery

Asa Johal and Terminal Forest Products – How a Sikh Immigrant Created BC's Largest Independent Lumber Company, by Jinder Oujla-Chalmers, Harbour Publishing, 210 Pages, \$28.95

Here's a very topical story of a Sikh born in India becoming so successful in our most competitive industry in 1965. Since he had only been able to attend school to grade six he made sure his family got much better education. His grandchildren went to York house and St Georges, white private schools who accepted children of colour and treated them fairly.

an authentic cedar canoe from an indigenous village on Vancouver Island. Voss was the proprietor of the Queens hotel in Victoria in 1895.

The canoe that he apparently purchased for \$80 silver dollars from an aged Indian was of the type that the native people had in earlier years used for harpooning whales to provide food for their bands, so was surprisingly sturdy. Voss took the boat to a shipwright John Shaw's landing. The sides were raised, a roofed cabin built and 3 masts erected to carry 225 square feet of sail.

Voss engaged Norman Luxton as his mate even though Luxton had little sea experience.. Luxton was a writer whose memories of the voyage were published years later, very much at odds with the book that Voss published. Voss was an excellent seaman and devised and patented a sea anchor that effectively allowed the tiny canoe to weather heavy storms.

They landed in Samoa and Tahiti successfully and then on to Australia where Voss exhibited the Tilikum on shore, charging admission and to listen to his talks. While the boat was out of the water he could repair and paint it, which was really needed after such a long and gruelling trip. The funds raised from his talks helped pay expenses.

They then sailed to New Zealand where Voss spent quite some time taking the Tilikum on rail cars to different towns for exhibitions. Eventually back to Victoria. Many years later the boat was repaired and on display at the Maritime Museum in Victoria where I was able to have a good look at this fragile craft that had sailed so far. Unfortunately the Maritime Museum has since closed due to lack of funding, and the Tilikum is not properly stored.

Next Deadline:
July 29, 2020

Show Local Love Campaign

submitted by **Jesse Willicome** for the **Economic Action Partnership**

On behalf of the EAP we are proud to announce the launch of the Show Local Love campaign, which will be running throughout this summer in the Creston Valley-Kootenay Lake region.

The goal of this campaign will be to showcase and promote local businesses and encourage residents to show their “local love” by shopping at the businesses that make this region our home!

This collaborative effort initiative will benefit both residents and businesses. Participating businesses will benefit from free advertising via radio, local newspapers, and on social media targeted at locals. In turn, Customers can automatically enter to win weekly prizes just for shopping at their favourite local shops and sharing their purchases on social media using the campaign hashtag #ShowLocalLoveBC!

Finally, at the end of the campaign, the business that gets the most customer posts shared on social media will receive the ultimate Grand Prize - The Most Locally Loved Business Award and \$500 worth of their products and/or services purchased and distributed to Creston Valley-Kootenay Lake community members!

As business owner-operators we therefore invite you to enter your business into the Show Local Love campaign and join us in making this a remarkable summer! For further information on sign uping and registering, please see the Business Information Package at <https://www.economicaction.ca/>.



is a community based initiative brought to you by the Economic Action Partnership (EAP). The goal of this campaign is to showcase, support and promote local businesses such as restaurants, shops and artisans across every industry in The Creston Valley-Kootenay Lake region. Our hope is to grow together as a community by showing local love for the people and businesses that make this community our home. This campaign will be running this summer.



HOW TO JOIN OUR CAMPAIGN

In order to be part of our Show Local Love Campaign we require the following from business owners:

1. You are a business owner in the Creston Valley-Kootenay Lake region
2. You agree to offer a prize valued at \$50 or more (in-store credit)
3. You are on at least 1 social media platform (Facebook, Twitter and/or Instagram)
4. You agree to let us use your social media and website content (photos & information) for us to promote your business across our social media channels
5. You agree to promote our Show Local Love Campaign on your social channel(s) and in your store window (we will provide you with all promo material)

 #ShowLocalLoveBC

Next Deadline:
July 29, 2020
www.eshore.ca
mainstreet@eshore.ca

Boswell closed June 25 and opened June 27. Check the RDCK website (rdck.bc.ca) for other locations and dates.

*All dates are subject to change

“We appreciate the support of all our users as we make the transition to Recycle BC,” said Travis Barrington, RDCK Resource Recovery Technician. “We ask for patience as we complete this complicated changeover to provide a better service to the entire RDCK.”

Remaining depots will not be accepting recyclables until Recycle BC’s local hauler is able to accept the material. Recycle BC and their post collection contractor, Green for Life (GFL), have committed to having all depots open by August 1st. However, depots will open earlier if possible. The RDCK is working with Recycle BC, GFL and local haulers to expedite the transition process. Please check the RDCK website for updates. Residents are asked to hold on to recyclables if their local depot is closed or travel to the closest Recycle BC depot.

The Recycle BC program requires residents to sort recyclables into main categories and requires depots to be staffed and secured in an effort to reduce contamination and improve recyclability. Core depots will be accepting the full suite of Recycle BC materials, whereas the satellite depots will collect limited materials. Hours of operation and acceptable materials can be found on our website. The graphic at <https://rdck.ca/EN/main/services/waste-recycling/recycling/what-can-i-recycle.html> (and on the back page of this edition) illustrates the full set of categories that will be accepted at depots. Residents should separate recycling according to the colour-coded squares to make the most of the new recycling program – plastic bags, white and coloured foam will be collected individually at depots

Leave the dishes.

Let the celery rot in the bottom drawer of the refrigerator and an earthen scum harden on the kitchen floor. Leave the black crumbs in the bottom of the toaster. Throw the cracked bowl out and don’t patch the cup. Don’t patch anything. Don’t mend. Buy safety pins. Don’t even sew on a button.

Let the wind have its way, then the earth that invades as dust and then the dead foaming up in gray rolls underneath the couch. Talk to them. Tell them they are welcome. Don’t keep all the pieces of the puzzles or the doll’s tiny shoes in pairs, don’t worry who uses whose toothbrush or if anything matches, at all.

Except one word to another. Or a thought.

Pursue the authentic-decide first

what is authentic, then go after it with all your heart.

Your heart, that place

you don’t even think of cleaning out.

That closet stuffed with savage mementos.

Don’t sort the paper clips from screws from saved baby teeth or worry if we’re all eating cereal for dinner

again. Don’t answer the telephone, ever,

or weep over anything at all that breaks.

Pink molds will grow within those sealed cartons

in the refrigerator. Accept new forms of life

and talk to the dead

who drift in though the screened windows, who collect patiently on the tops of food jars and books.

Recycle the mail, don’t read it, don’t read anything except what destroys

the insulation between yourself and your experience

or what pulls down or what strikes at or what shatters this ruse you call necessity.

— Louise Erdrich, *Original Fire*

Turning a Sour Situation Into Sweet Online Learning

Submitted by **Wildsight**

A barrel of lemons landed on the Wildsight education team’s heads when coronavirus kicked traditional education to the curb.

How to deliver education programming when schools were closed and social distancing was in place? The team rolled up their sleeves and started squeezing those lemons into something as wonderful as a tall, cool glass of lemonade on a hot summers’ day.

Wildsight created dozens of online lessons, including activities, videos and more, that simplified complex ideas and turned them into fun educational experiences. But the Education in the Wild program, geared for students from Kindergarten to grade 7, was not the only education programming they transformed into an online experience. Visit the Wildsight website for an in-depth, nine-lesson series from Know Your Watershed educators, which turned the overflowing well of knowledge about watersheds into compact lesson plans.

Beyond Recycling educators also created resources for home learning. Lessons, videos and eco-challenges were offered through the website, focusing on supporting teachers and students who were already participating in the year-long program. Student resource pages on the website were also added to, with supplemental information for self-directed learning /kids who want to learn more. If you’re looking for summer activities now for your own kids, check out the online offerings! For Wildsight, this experience proved the age-old adage; when life hands you lemons, you truly can make something sweet out of it.

Wildsight thanks Columbia Basin Trust, Columbia Power Corporation, Consec Foundation, Crowsnest Conservation Society, Fortis BC, NSERC, Osprey Community Foundation, the RDCK, Teck Coal, Teck Trail, the Province of British Columbia and all of our individual donors for making this program possible.

New RDCK Recycling Depots Launch Begins June 26

Temporary Closures Expected During Transition an RDCK press release

Nelson, BC: Out with the old and in with the new style of recycling depot. The Regional District of Central Kootenay (RDCK) is moving to a new recycling program in partnership with Recycle BC. Recycle BC is a non-profit organization responsible for residential packaging and printed paper recycling throughout BC. The new program is being phased in on 23 depots throughout the district starting in late June through August.

The green bins used to collect mixed recycling for the previous recycling program will be removed by end of June. All depots will experience periods where no recycling collection will occur while site preparations occur and new infrastructure is installed. The first phase of depots will only see brief closures whereas later phases may see up to a few weeks of service interruption. Some closures are longer than expected due to challenges resulting from the province-wide transition of RBC’s post collection contractor and the COVID-19 pandemic.

The phased depot closure and launch dates are expected as follows (for the East Shore depots):

Crawford Bay is currently closed and expected to open July 5 (pending access reopening)

16 Mainstreet July 2020

East Shore Hospice In The Moment

by Maggie Kavanagh

These are trying times for everyone, but particularly so for families dealing with a close family member who is nearing the end of their life. Telus recently provided East Shore Hospice with use of some tablets so that hospice clients and family could Skype or Zoom with hospice volunteers (wifi is needed).

In addition there is a live on-line program called the Death Café, where there is discussion around death and dying. It's not intended for counseling but is a good resource to connect with other people who have had loss in their lives. Their website is www.deathcafe.com. If you have trouble navigating this website, contact Susan Dill at 250 227-9350 for assistance.

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

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

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

IH Progress Update in Renewing Surgeries

Submitted by Doug Cochrane, Board Chair, Interior Health

The patients in Interior Health who had their surgeries postponed due to COVID-19 have not been forgotten and through the surgery renewal commitment announced by the Minister of Health on May 7th, scheduled surgeries are once again being delivered.

Across Interior Health, 16 facilities are delivering scheduled surgeries in addition to emergency and urgent procedures. Interior Health has a contract with one private facility to deliver surgeries, and that site is also now running at full contracted capacity.

We started to call patients on the wait list in early May to see if they wished to proceed with their surgery, and since then, we have reached out to 7,303 patients. Scheduled surgeries resumed on May 18th, and by June 7th we completed 2,018 scheduled surgeries and 777 unscheduled surgeries, for a total of 2,795 surgeries. We performed 149 more surgeries than the previous week, an increase of 15.3 percent. In Interior Health, surgery renewal is well underway.

The first phase of the surgery renewal is focused on patients needing urgent surgeries: patients whose operations must occur in fewer than four weeks; patients who have had their surgery postponed; and patients who have waited longer than twice their accepted clinical wait time benchmarks. Surgeries that can be safely conducted as day procedures or outside of the main operating room, such as cataract surgeries, are also part of this first phase.

Although we are moving forward with renewal, the impact of pausing scheduled surgeries this spring is

ongoing. We know there were already patients waiting for the dental, hip, knee and other surgeries that we had hoped to provide. We also know that COVID-19 has further extended their wait which is difficult news for patients and their surgeons.

At this time, we will be addressing patient needs based on urgency, prior postponement and time waiting for surgery. As we move forward, we are committed to restoring timely access to all surgeries.

Part of our surgery renewal commitment to patients means that over the summer we'll be identifying and implementing strategies to increase operating room hours with the goal to support more procedures. This will take creativity and new thinking. With these efforts, we believe we can keep up with ongoing and new demands for surgery and, over the next 17 to 24 months, complete the surgeries that were postponed due to COVID-19 in March, April and May.

It's a demanding timeline, and we need to recognize that surgery renewal is highly vulnerable to external forces, such as the second wave of COVID-19 this fall that Provincial Health Officer Dr. Bonnie Henry and health officials around the world have indicated could happen. Subsequent waves or surges in new COVID-19 cases may impact our hospitals and the number of surgeries that can be safely performed. Even as we are resuming surgeries now, we are also preparing for the potential challenges ahead.

Each one of us must continue to use the skills that Dr. Henry and Interior Health public health leaders have taught us to stop the spread of COVID-19. By working together we have flattened our curve and brought our province to the point where we were able to resume scheduled surgeries. Our sustained commitment will enable the doctors, nurses and all healthcare workers to continue to provide surgeries for patients in need.

Everyone across Interior Health is 100 per cent all-in on surgery renewal. And to help them, at home and in our communities, we all need to stay 100 per cent committed to stopping the spread.



Holistic Health Tips

by Kim Young

How to Make Exercise Fun!

"Once you are doing exercise regularly, the

hardest thing is to stop it." - Erin Gray

We know that with regular exercise we'll be able to manage our weight and have a strong heart. But exercising also gives us more energy, improves our mood, helps us sleep better and has a host of other benefits.

Over time though, the same old exercise routine can get boring.

If left unchecked, you may start missing workouts and eventually just quit exercising altogether.

Here are a few tips so that you'll always look forward to your workout.

Vary your routine

Mix up your workouts by having a few different routines to choose from. For example, if you typically walk on a treadmill, walk outside occasionally. If you lift free weights as part of your training program, switch to kettlebells instead.

...and did you know that by doing the same routine over and over, your body becomes more efficient at doing those moves and ends up burning fewer calories? Varying your routine will keep you from getting bored and help you lose more weight.

Pump up the volume

In my opinion, the best way to get your body moving when you don't feel like exercising is to play some of your favorite heart-pumping dance music.

Exercise with a friend

Working out with a friend gives you someone to talk to while going through your exercise routine, and also creates accountability.

There may be times when you just don't feel like exercising, but you'll do it because you don't want to let your friend down. And if the truth be known they exercise with you when they don't feel like it too.

Join a group class

Exercising with a group is one of the best ways to put fun back into exercising. Not only do you make new friends, but positive energy is created when a group of people are all doing the same thing at the same time.

Measure instead of weigh

Because muscle weighs more than fat, the number on the scale can be misleading.

If you don't see progress in your weight loss efforts, it can turn you off exercising - fast!

A more accurate way to track your progress is to measure your waist, hips, upper arms and thighs with a cloth measuring tape, on a weekly basis.

In most cases, you are losing inches, even if you don't lose pounds.

You can also judge your progress by how much better your clothes fit.

Your scale can definitely be one method of tracking your progress, but not the only method.

Use these tips to keep up the fun factor while working out.

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



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

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

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

Email: mainstreet@eshore.ca

Web: www.eshore.ca

ADVERTISING RATES

\$35 - 3.25 wide X 1.75 tall (inches)

\$40 - 3.25w X 2.5t

\$45 - 3.25w X 3t

\$50 - 3.25w X 4t

\$55 - 3.25w X 4.5t OR 6.75w X 2.25t

\$65 - 3.25 X 6t OR 6.75w X 3t

\$85.00 - 3.25w X 9t OR 6.75w X 4.5t

\$100 - 3.25w X 10.25t

\$130 - (1/4 page) 5w X 7t

\$150 (1/3 page) - 6.75w X 7t

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

\$225 (1/2 page) - 10.25w X 7t

\$400 (full page) - 10.25w X 14t

Sample Sizes - more sizes available.

Column Width: 3.25 inches - double width: 6.75

inches - full width: 10.25 inches

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

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

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

FOR FULL COLOUR, ADD 30%

Memorial Wall

Whether your loved one has scattered ashes, was buried elsewhere or was 'beamed up', the **Memorial Wall in Gray Creek Cemetery** can mark their time here.

Visit the unique woodland cemetery on Oliver Road South and contact **Tom at lymbery@netidea.com** for a handsome brass plaque.

SERVICES DIRECTORY/CLASSIFIEDS

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

AUTOMOTIVE/MARINE

EASTSHORE AUTOMOTIVE - Service & Repair 250-227-9370

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

BUSINESS SERVICES

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

CONSTRUCTION/CONTRACTORS/TRADES HULLAND AND LARSEN CONSTRUCTION

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

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

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

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: alexandra.phillips@gmail.com

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

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

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

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

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

REGISTERED ACUPUNCTURIST, LISA SKOREYKO R.A.C. Treatment for pain, emotional disturbances, gastrointestinal issues and much more. 250.777.2855. Unit #9 Crawford Bay Inn. 16210 Hwy 3A, Crawford Bay.

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

REGISTERED MASSAGE THERAPIST: Harreson Tanner - Over 40 years clinical experience. Treatment of Lumbo/Sacral Strain, Whip Lash, Frozen Shoulder, Migraines/Headaches, TMJ problems, & Stress. No doct refl req'd. 227-6877/cell: 505-6166.

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

18 Mainstreet July 2020

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

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

RENTALS/ACCOMODATION

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

RESTAURANTS

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

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

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

YARD/LANDSCAPING/SITE PREP

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



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

Barefoot Handweaving



Spring moisture and
sunshine have created
colour inspiration ...

OPEN Daily 9-5:30 250-227-9655

Massage Therapy
Harreson Tanner, RMT
Over 40 years clinical experience



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

CLASSIFIED ADS

BUSINESS ANNOUNCEMENTS

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

BUSINESS SERVICES

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

- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL MEMORIAL HALL

Booking/info: Karen Lee at 250.223.8686

The Fitness Place

Open to members

7 days per week

5:30am-10:30pm

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

YOUR HALL IS AVAILABLE!

For community events, wedding receptions, workshops... you name it!

Booking: Kathy Donnison - 250.227.9205

CRAWFORD BAY HALL

Your community hall

A non-smoking facility

NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

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

Call 250.551.1352

BULLETIN BOARD

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

*** BULLETIN BOARD * BULLETIN BOARD ***

CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

Will be at the East Shore Health Centre monthly.
For information, call Creston Health Unit at 250-428-3873.

EAST SHORE HEALTH CENTRE Call 227-9006

See calendar for doctor days - Doctor hours are from
9:30am to 4:30 pm. Please call 227-9006.

Interior Health Authority, Community Care Nursing
and Home Support Services - 250-352-1433.

HEALTH CLINIC MESSAGE

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

Lab and Doctor apts.

**Our doctors are doing telephone
appointments when possible.**

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

“Please do Not Come INTO CLINIC

“ Call 811 or Nelson Testing Site

Phone 250-551-7500

**We do not have the testing kits
here at the clinic.**

**NO LAB FIRST WEEK OF
JULY! LAB BACK AGAIN
JULY 8/20.**

**PLEASE CHECK BACK PAGE CALENDAR FOR
DOCTOR DAYS**

HEALTH PHONE NUMBERS

ES Health Centre: 227-9006

Drug & Alcohol: 353-7691

Child & Youth: 353-7691

Community Nursing: 352-1433

Public Health Dental Screening/Counseling:
428-3876

Hospice: 227-9006

Baby Clinics: 428-3873

Mammography Screening: 354-6721

Physiotherapy: 227-9155

Massage Therapy: 227-6877

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

**DOCTOR DAYS IN JULY
(SEE ABOVE ABOUT**

COVID 19 PROTOCOL)

Every Tues: Dr. Piver

Every Weds: Dr. Moulson

Every Thurs: Dr. Barbour

NO CANADA DAY CELEBRATIONS

Canada Day Celebrations at the Crawford Bay
Park have been cancelled due to the Covid 19
restrictions. The Lions would like to thank the
residents of the East Shore for their continued
support through the contribution of recyclable
bottles & cans, so that the Lions can continue to
support great things in this community. Wishing
everyone a safe and healthy rest of 2020.

CAMPGROUND AGM

The Riondel Community Campground Society
is holding its AGM on Monday, July 6th at the
Riondel Community Campground as well as via
Google Meets online. Please contact Dee @
rccsociety@bluebell.ca for further information.

The Fitness Place

Open to members

7 days per week

5:30am-10:30pm

**Reduced supervisor hours may
occur with reopening, so please**

contact Julia Kinder at

**eastshorefacilities@gmail.com or
250.777.2497 (email is preferred)**



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

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

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

Email: mainstreet@eshore.ca

Web: www.eshore.ca

ADVERTISING RATES

\$35 - 3.25 wide X 1.75 tall (inches)

\$40 - 3.25w X 2.5t

\$45 - 3.25w X 3t

\$50 - 3.25w X 4t

\$55 - 3.25w X 4.5t OR 6.75w X 2.25t

\$65 - 3.25 X 6t OR 6.75w X 3t

\$85.00 - 3.25w X 9t OR 6.75w X 4.5t

\$100 - 3.25w X 10.25t

\$130 - (1/4 page) 5w X 7t

\$150 (1/3 page) - 6.75w X 7t

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

\$225 (1/2 page) - 10.25w X 7t

\$400 (full page) - 10.25w X 14t

Sample Sizes - more sizes available.

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

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

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

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

FOR FULL COLOUR, ADD 30%

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH

Everyone welcome.

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

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

HARRISON MEM CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay

No services at this time.

For info, please contact Rev. Leon Rogers: 250.402.3225

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Come & join us Sundays at 10 am.

Coffee fellowship after the service.

Pastors Richard and Ramona Dannhauer

16190 Hwy 3A, Crawford Bay: 250 505 8286

YASODHARA ASHRAM

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

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Fr. Lawrence Phone: 428-2300 Fax: 428-4811

Sun Mass at 2pm. 1st Sunday of month,

Fellowship Sunday.

CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church, 8151 Busk Rd, Balfour

Sundays, 9:30 am All welcome! 250.229.5237

MEETING PLACES

ALCOHOLICS ANONYMOUS:

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

LIONS CLUB - meets at the Kootenay Lake
Community Church - 16190 Highway 3A, Craw-
ford 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 Thurs-
days 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

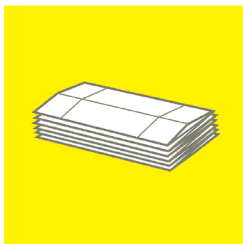
Please know that it is EXPECTED that the MV Balfour will
be coming on in July sometime, but Kootenay Lake
Ferries and Western Pacific Marine hadn't announced
the date at the time of printing, so riders should plan for
the MV Osprey run times until it's announced. Also,
remember that all riders of the Kootenay Lake Ferry
must stay in vehicles when commuting at this time.

SORT YOUR RECYCLING

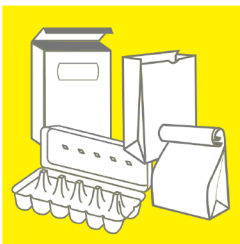
Sorting your recycling ensures collected material is recycled properly. Recycle BC depots follow this rule and have collection containers for many different, separate categories.

Sorting is easy. Follow the signs!

Here's a look at some Recycle BC material categories:



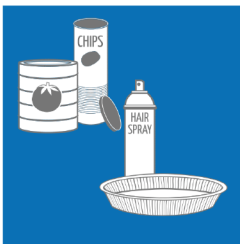
Cardboard Boxes



Paper Packaging



Cartons and Paper Cups



Metal Containers



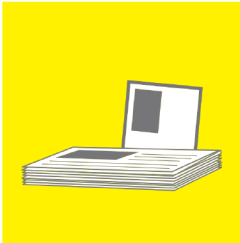
Plastic Containers



Other Flexible Plastic Packaging



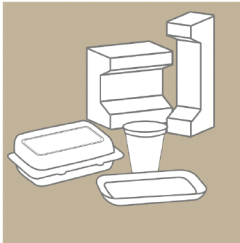
Household Paper



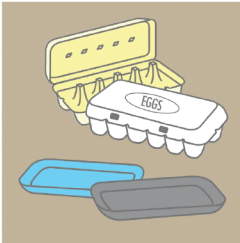
Newspapers and Flyers



Plastic Bags and Overwrap



Foam Packaging



Coloured Foam Packaging



Glass Containers



CUSTOM HOMEBUILDING
DESIGN SERVICES
REMODELING

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



EAST SHORE INTERNET SOCIETY

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

Central Kootenay Lake's community non-profit ISP.

FREE FIRESMART HOME ASSESSMENTS

A PROFESSIONAL ASSESSMENT OF YOUR HOME & PROPERTY

- In-depth home & property assessment
- Advice from a Wildfire Mitigation Specialist
- A detailed report of mitigation actions
- Earn a FireSmart Home Partners certificate
- Confidential report and recommendations



FireSmart
HOME PARTNERS PROGRAM

To book an assessment, or learn more visit:
RDCK.CA/FIRESMART
firesmart@rdck.bc.ca 1-250-352-1539



WILDFIRE
MITIGATION SPECIALIST
CENTRAL KOOTENAY
MANAGEMENT

Available throughout the RDCK and participating municipalities

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

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

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



F B T C

295 Baker Street
www.samuraihardwood.com

295 Baker Street
samuraihardwood.com

250.551.3764



Open 6 days/week
Tues - Sun, 7-3
(250) 777-2537

Guarantee yourself some cinnamon buns by ordering a day ahead.
Get up to 25% off by placing orders of 6!



REDSBREADANDBAKERY.COM