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# The East Shore Mainstreet

## KOOTENAY LAKE BC

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



### Hummingbird Feast

by Bob Carter (bob.cgfx on Instagram)

Don't forget some basic tips for maintaining the health of these little winged wonders! If you use feeders, please be sure to clean them very regularly (in temperatures above 25 degrees celcius, it is even recommended to clean them every few days!). It is also recommended that you make your own nectar with a water/sugar combination (amount of sugar changes depending upon time of year, but one part sugar to 2-4 parts water is the normal range). Also, please remember to keep feeders high and away from predators, particularly house cats. Even better, make sure to have lots of lovely nectar-giving flowers around - nature does it best!

#### Nelson & District

CREDIT UNION  Logically. Locally.

**\*SERVICE UPDATE: EFFECTIVE MONDAY, JULY 5, 2021**

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. We appreciate your kindness and patience with us during these times.

The East Shore branch will serve members in person Tuesday-Wednesday-Thursday operations between **10:00 am to 4:00\* pm.**

The branch will continue to remain closed on Monday & Friday to walk-in traffic with service provided remotely.

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

**Open with Summer Hours!**

Tues - Sun, 7-3

250-777-2537



Iced Coffee for all the summer heat!

**Return Undeliverable Items To: The East Shore Mainstreet  
Box 140, Crawford Bay, BC V0B 1E0 Agreement#: 40718537**





## Mainstreet Meanderings

by Editor Ingrid Baetzel  
Public Meeting Regarding East Shore Deforestation

On June 24, nearly 20 people gathered via Zoom to discuss deforestation and logging practices on the East

Shore. Moderator and organizer Geoffroy Tremblay said that he intended the meeting to be a place where people could express their thoughts and concerns and see if there was cause to react (or not) to the recent visible logging being done around East Shore communities. He expressed that this was not a meeting to necessarily condemn logging as a practice and didn't have a particular agenda or outcome he was looking for at the end of the meeting, but hoped to primarily create a space for people to express themselves. Tremblay also expressed that he had been hearing many residents expressing deep sadness and alarm at the extent of local, private land logging and wanted to give these people an opportunity to look into whether anything could be done to address these concerns.

Attendees ranged from younger professionals to senior members of the community. Director Jackman was in attendance with a wealth of knowledge and experience at the ready. A timber professional was attendance and shed substantial light on various logging practices and approaches (notably concerns around biomass production and export), both regionally and internationally. Social activists with proven track records in dealing with legislative and corporate entities around environmental issues had valuable information to share and thoughts about how to approach government when it comes to practices with little to no concerted oversight. Citizen's opin-

ions ranged from compassion and a desire to find an equitable balance to those who were enraged and heart broken at what they described as "devastation" of local forested areas.

What became evident is that there are people in the community who have been somewhat re-awoken to this many decade-old issue. People were remembering the campaign of the 80's and 90's that had many in the community talking and activating to protect forested land from aggressive clearcutting. *Stop Clearcuts-Log For The Future* green stop signs can still be found all over the East Shore, and some were even spotted still in use at the old growth Fairy Creek Blockade recently. Logging private and Crown land has always been here, and has always been an intrinsic part of our local economy. Right now, it has jumped again to the forefront of many peoples' minds likely due to the highly visible impact of that logging in areas like Riondel Road recently. Other areas in the region, and throughout the world, have created groups and committees to be watch-dogs with oversight to try to keep forestry practices within an acceptable spectrum, but essentially, it is a legislated by government and all the "rules" are reportedly being followed, whether they feel ethical or not to an onlooker.

Deeper questions and insights came to the surface in the meeting, such as, "Should we have as much of a focus on timber as we do when deforestation is accounting for such massive environmental impacts today?" "Who is watching and enforcing rules and adherences when logging is happening on public, private or Crown land?" "How do we create a culture of awareness and community oversight of forested land in our community?" "Is this kind of private land logging in direct contravention of the Forest Carbon Strategy documentation needed to make Green House Gas (GHG) targets?"

*Mainstreet* was watching and listening for anyone who wanted to speak up on behalf of private land owners who supported the deforestation and sale of timber from private land. Some people took to social media

and the *Mainstreet* website to express the opinion that it was no one's business what they did with their own private land, but no one at the meeting was speaking to this topic. It is, indeed, a very important topic and one with myriad opinions and perspectives, but it was useful to most attendees to talk with "intelligent, informed and compassionate community members about this difficult subject" said one participant.

Tremblay shared that a website continues to be developed as a place for resources, information and connection on this topic. The website name has changed to *ourForest.is* from the one previously listed and people are encouraged to sign up, share information and continue the discussion.

Much more information is available, and people are encouraged to do the legwork themselves and talk to our Director, Ministers and professionals to try to become informed if this topic is important to them.

**The East Shore Mainstreet**  
KOOTENAY LAKE BC

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*The opinions expressed in this paper are not necessarily the opinions of staff or advertisers. We reserve the right to edit for clarity or brevity & acceptance of submissions is at the discretion of the editor.*  
The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake.

## Letters to the Editor

### CHEERS FOR THE SUNDAY SOCCER CREW/BOOS FOR A NAMELESS FEW

Dear Community,

Having lived on the Best Shore for over 40 years I have become quite attached to our community spaces. Sadly, too often when at the park, boat launch or while riding my bike along Mainstreet I am finding discarded beverage containers or garbage. Two shattered Dad's root beer bottles on the tennis courts Saturday June 12 really disappointed and angered me, hence this letter. Please take your recyclables home or to the depot. The same must be said for your trash.

Every Sunday several families gather in the park to play soccer and to enjoy the day. They tend to their trash and to their empties when they leave. Kudos to each and every one of you.

Our community spaces are USER MAINTAINED so let's try harder to care for them.

Leona Keraiff, Crawford Bay

### ON BULLYING

Letter to the Editor:

"Don't become addicted to your own indignation."  
-Dostoyevsky

"We can and must write in a language which sows among the masses hate, revolution and scorn toward those who disagree with us." -Lenin.

Not so very long ago, It was a thing that people were 'called out' for. Now, it seems everyone has bigger fish to fry. Bullying is again alive and well and active at a venue near you, and has been given the new name of "call out culture".

How quickly we've forgotten the recent public awareness campaign - directed especially at our youth - to identify bullying, and to acknowledge it as unacceptable.

Whether in the form of subtle manipulation, or with blatant public shaming, finger pointing and name call-

ing, we were all made very aware - sometimes to the extreme- of what behaviour was considered bullying. It is much more prevalent and complex than the school yard bully we are all accustomed to.

Here it is. Back in our daily interactions with a vengeance. It is occurring in everything from malicious gossip, to insidious messages on radio broadcasts. It seems again to be an accepted language, and even considered virtuous - to coerce, manipulate, shame, defame, and even bribe, to get a point across, or push an agenda. It's sometimes blatant, loud and angry in the form of vitriol spewed on public forums, and at other times a subtle scare tactic in (traditionally) safe zones of medical clinics, hospitals and schools. But no matter how it's disguised, shaming and or pressuring someone into making a decision that goes against their will, is bullying.

This form of bullying, of course, is not always recognized as being that. The intentions of the bully, can sometimes be honourable, if misguided. They aren't always uncaring. Sometimes, their concern is genuine. They may even believe they are Super heroes saving the population of the world from themselves, single-handedly.

Unfortunately, as history as shown us repeatedly, that attempting to control a population by forcing it's will and discouraging its ability to think for itself, has never worked. That's why there are revolutions. Threaten the freedom of human self-expression and the ability to question and choose, and you are creating a recipe for disaster.

That very threat was the reason previous generations fought and sacrificed their lives in two world wars. They fought for the very freedoms that political bullies would try to take away today. Lest we forget.

When a bully's influence is questioned, they often become angry, single minded, defamatory, and mili-

tant. Both in their speech (hate speech) and in their interactions with others (division).

I have such gratitude and admiration for the people in our community who continue to practice kindness, and not just preach it; who strive to remain calm in the face of abuse and animosity; who still attempt to reach out, try to connect, listen and deal with the fears and concerns of their families and community. I salute them for standing up for their choices, while remaining without judgement of the choices others make.

That is what NOT being a bully looks like.

*Eve doesn't yell at anyone.*

*She minds her own business and doesn't slag people.*

*She gets along with her friends and neighbours.*

*Eve is cool.*

*Be like Eve.*

Michella Moss, Gray Creek

### AGING IN PLACE IS NOT EASY

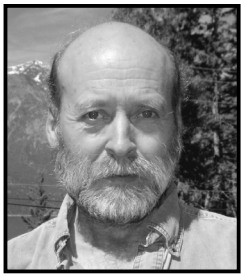
Recently I have had the pleasure of spending time with elders who are close to passing on. This is what most of us want- to live here, until we don't.(that is a quote from a recent survey). This is not an easy task.

Our home care and respite services are few and far between, and irregular. The family caregiver can't really plan around these services in order to, you know, keep life going on- cooking, cleaning, organizing, phoning, arranging, plus keeping on top of doctors, services, visitors, and all with a very vulnerable loved one.

The lack of caregiver support in our area was the topic of a community conversation lately and yes, we are in need of more services, delivered differently. Our local staff are fantastic people and they do the best they can within a system that is fraught with rules, and short on funds and workers.

I have learned something recently and thought I





## RDCK Area "A" Update

by Garry Jackman,

**FORESTRY:** There are several intersecting issues and opportunities around the forestry sector. Most are the purview of the province, but some have some connection to local government. All connect to community. This article was sent in prior to the June 24 open discussion on deforestation but I expect some of the following ties into that conversation:

- The Fortis Energy (natural gas side included) 30-30 energy targets identify forest waste or residual as having significant potential to create renewable natural gas
- Through the Kootenay Timber Supply Area (TSA) collaborative there has been a great deal of conversation about how to reduce and/or shift waste which is currently burned as slash to become useable fiber, whether for use as strands, pulp chips or bioenergy
- The province has issued its forestry intentions paper which speaks in part to higher value use of fiber plus reductions in waste/slash burning
- Water users across the Kootenays fear compounding risks to their water supply and the environment in general because of relatively concentrated deforestation in various watersheds
- Traditional industrial users of fiber (sawmills and pulp mills) have concerns about reductions to annual allowable cuts foreshadowing mill closures, profit reductions and local job losses. I know, to refer to reduced profits during this lumber price peak sounds inappropriate but return on investment is a powerful motivator for industry to lobby over the long term.
- The ability to mitigate the frequency and intensity of catastrophic wildfire is on everybody's

mind. With those risks come real year over year cost increases such as insurance premiums.

• Specifically local government is looking for ways to reduce greenhouse gas emissions, mitigate or reduce wildfire emergency risk and responses (for which local government is on the front line), reduce flood risks (also a front line response issue plus can be tied in part to the health of the forest), manage numerous small to midsize community water systems which depend on healthy forests, apply land use tools as appropriate (or even allowed by the province) in situations such as private land logging which may have benefits to some yet adverse impacts for others, continue to lobby the province for improvements to the Forests and Range Practices Act to ensure environmental protections are tracked and enforced

The intersections between interests are numerous. A series of discussions is needed, perhaps beginning with something along the lines of "forestry 101" where stakeholders can understand what changes industry has made to improve outcomes and "social license 101" where industry can sit back and listen to community.

**ONE YEAR AGO:** I looked back at June 2020 and note we came out of an extended storm cycle in the final few days of May which wreaked havoc with community. At this point in time, we are facing what may become the most extreme heat wave the province has experienced. In between we have endured the disruption to our society and economy because of COVID 19 with uncertainty around which businesses would survive, who might lose their jobs and how bills would be paid. We were speculating as to how many months (or years) it would take to develop and roll out an effective vaccine. Now we are ahead of the province in terms of shots in arms and the subsequent waiting period for maximum immunity to develop. Today our community is strong, regrouping for a summer and fall of renewed activity and I see and hear far more optimism and hope than pessimism and blaming. Good for us!

One year ago, we were also in the midst of the transition to the new recycling system with limited access

but greater selection of materials which could be processed. As I noted last month, it has been a financial success (lower requirement for taxation subsidy) and I believe a social success with a generally high level of satisfaction that the materials collected will go through the optimal path(s) for recycling.

One year ago, seems so long ago, at least to me, looking back.

### TIDBITS

**Census -** Tina and I have been asked to fill out a special census about our travel. I would be interested to hear from anyone else who is willing to share if they have received additional census requests this year.

**Transit -** please get behind our local community bus so we can make the case for BC Transit (and hopefully Interior Health) to support inter-community transit, including the runs to our regional hospitals.

**Destruction of public lands and environmental damage -** our bylaw and parks staff, in conjunction with the RCMP, are now issuing substantial fines for off road abuse of parklands. You can forward images (video or photos) ideally with license plate info which can be used for the basis of issuing a ticket in the following days. There should be a public notice in this issue of Mainstreet providing more info. (Page 4)

**Flood mitigation -** phase three studies for creeks including Crawford and Sanca are underway, while our admin staff are looking at mechanisms to try once again to bring community together to protect their own and their next-door neighbour's property. Into the fall I hope to have a few focused discussions about the feasibility of flood prevention works. This year we did not face many challenges, but the risks remain year over year.

**Community giving -** the provincial and federal governments are still rolling out recovery funds. How can we encourage community giving and cooperation to leverage some of that funding into our back yards?

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

## Letters to the Editor

would pass it on. If you have a caregiver friend looking after a loved one- show up with a meal, cookies, or some treat once in a while- they need the boost. Offer to sleep over, if appropriate, so the caregiver can get a good night's sleep. Do go to visit, but don't take up the professional caregiver's time with the loved one. Likely the service being provided is critical and should not be disturbed. Maybe you can do some dishes, weed the garden or deadhead some flowers, if you get my drift.

These final weeks and months are really tough; compassionate friendship is really needed. We can learn to listen and not avoid the difficulties, and not have pat answers to try to make it all better. One day we will likely be in a similar condition.

I want to thank the people in this community who are helping in small but important ways- reading a book together, holding hands, gently being present together, bringing fresh food from the garden, coming by for a chat, doing what we can to comfort one another.

Laverne Booth, Crawford Bay

### TROUBLING INFORMATION

Dear Editor:

I hope I'm wrong, but I'm finding troubling information. I'm writing this in an effort to keep BOTH sides of the whole Covid debate in people's minds.

Whereas many people and local businesses in this area are operating (more or less) as usual. I have suffered, both from Covid19 & it's restrictions. I contracted Covid in Paris in late January, 2020. It was painful, uncomfortable and in a word - brutal, but my wife and I got through it and returned to good health. So I know from experience: it is very real, and intense. I consider it to be a very, very bad flu.

Professionally, as a music DJ, I have gone a year and a half without any gigs. It's been devastating. I feel this puts me in a position where my perspective

is particularly relevant and thus, may have resonance with some of you. I am very eager to see things turn around. But that doesn't mean that I will do whatever the majority of others are doing, without doing research and considering differing points of view.

I've heard some really disturbing comments from people in this area, who are feeling attacked or belittled for their decisions, opinions and actions. I know dozens of people in this area who've decided not to get a vaccination at this time, yet many of them choose to remain silent about this choice, as they see it as a private, personal, health decision. I salute them, just as I salute all you people who have decided to get vaccinated. It's a big decision, not to be made without some thought and research, so I'd like to provide a bit of information that some of your readers may not have heard, and may find useful.

• None of these vaccines have received proper approval by the FDA. At this point, all of them are only approved for 'Emergency Use Authorization'.

• 2 of these companies (Moderna and Johnson & Johnson) have never brought a vaccine to market before. Moderna had been trying to "Modernize our RNA" (thus the company name) for years but had never successfully brought any product to market.

• Some of these companies have made products which have had very troubling track records. Pfizer has the distinction of 'the biggest criminal pay out in history'. They have lost a multitude of very large lawsuits and paid out billions of dollars in fines, including fines for 'misrepresenting medicines' and 'paying kickbacks to compliant doctors' (check the facts, there's a lot of very detailed information out there).

• Historically, some previous products by these same companies have been removed because of unforeseen side effects, even deaths: Vioxx, Bextra, Thalidomide....

• None of these shots are assured to stop transmission or infection

• We have no idea about the long-term side effects of any of them

Yet with all these concerns, Canada seems to be the most vaccinated country in the world, more than Italy, the US, France, Hong Kong. Only Israel and Chile even come close. However, Canada is 67th on the list of countries - based on deaths/million people (dpm). We have 685 dpm (pop. 38m), whereas the U.S. has 1,855 dpm (pop. 333m)

I can't believe the amount of propaganda I've been hearing in the media, encouraging people to get their shot, 'so that we can all get back to normal'. As of yet, there is no Canadian provision for mandatory vaccination, and 'incentivising' it is manipulative and sometimes downright oppressive. Free tickets to a hockey game? ...Free ice cream for kids at the mall? Cash Lotteries? Wow.

When I hear people in this area putting pressure on others, frankly, I'm annoyed. There is no real promise of protection, assurance that you are safe, or that we will get 'back to normal'.

It's more likely that there may be Vaccine Passports, and once the next flu season comes, there may be new restrictions, new shots for variants, boosters, etc. I'm not holding my breath for a return to normal.

Global deaths related to Covid 19 thus far (15 months): 2.6 million

Direct, statistical quote from the W.H.O: *Tobacco kills more than 8 million people each year. More than 7 million of those deaths are the result of direct tobacco use while around 1.2 million are the result of non-smokers being exposed to second-hand smoke.* That certainly puts things in perspective. You don't see me going around town telling people not to smoke, even though they are obviously taking a significant health risk. Smoking is a personal choice. Just like drinking alcohol & using any type of drugs/substances - even though we know that some of this activity has damaging effects on health (including that of our partners, our families and our community). Not to mention the immense cost to our healthcare system.

I was interested to read the related May 28, *New York Times* article. Here's a short excerpt: "As of early



## Tracks with Consequences

Photos submitted by Garry Jackman



**These tracks over the berm and through the growing grass at the Crawford Creek Regional Park were made by an identified driver who is likely facing fines, as would anyone not following the signage and rules for traffic in the park. This destructive behaviour is going to be cracked down upon and discouraged. See the announcement by the RDCK here on this page, outlining fines and repercussions for violations. This community has worked hard to create, care for and protect this space and this kind of behaviour will likely be reported when it happens, so please follow traffic signs and stay on the designated access road to the beach.**



Francesca Mae Eleanor Fannin  
~Frankie Mae~

Born May 28th, 2021. We would like to thank the community for their generosity and support. Victoria Haywood and Ben Fannin of Gray Creek are so happy to be introducing her as a new member of the East Shore family.

## Letters to the Editor

March 2021, surveys showed that nearly half of front-line health care workers remained unvaccinated, even though this group has been eligible for a Covid-19 vaccine since December 2020."

I'm certainly no expert in these matters, but the resistance by these health care professionals raises even more questions in my mind.

I watched a video with concerned British doctors about these vaccinations. Here's an excerpt by former Pfizer Chief Scientist, Dr. Michael Yeadon: "None of the key themes, from 'asymptomatic transmission', to 'top up vaccines', not one of these is supported by the science. ...If you ask some friends who've been vaccinated, ask them: were they informed in writing, that these are experimental medicines that have not yet been approved?. If you weren't, you were administered an experimental agent without your consent."

I also watched a collection of Canadian doctors speaking out against all these vaccines in a Parliament Hill News Conference, on June 17, 2021. (You'll still find that one on YouTube)

Below are a couple of excerpts from a video by the Canadian Covid Care Alliance (a group of doctors and nurses in Canada, who are warning people of the dangers of this shot): [www.canadiancovidcarealliance.org](http://www.canadiancovidcarealliance.org)

Dr. Francis Christian: "I am a pro vaccine physician. I have vaccinated all my kids. I believe in vaccines. Vaccines have been a great blessing for humanity. The fact is, this experimental injection is unlike anything we've seen before. ...yet many experts are being deplatformed. ....What is going on?"

Dr. Mark Trozzi (emergency room physician) "The risk of getting and dying of Covid is tiny. For children, it's on par with being struck dead by lightning. These injections are terribly dangerous. Anyone who is really trying to save people from covid, would have just given people good advice about how to be healthy, how to have a good immune system."

The College of Physicians of Ontario, The College of Physicians and Surgeons of BC and the First Nations Health all released statements in May: "In recent months, we have become aware of and concerned  
**4 Mainstreet July 2021**

about reports that some BC physicians are spreading information that contradicts public health orders and guidance." They are now prohibiting health care workers from voicing their concerns and observations about vaccinations, social distancing, mask wearing and any adverse effects they witness. This is a very serious concern. Such restrictions are unprecedented.

Summing up... I wouldn't ask someone if they've been vaccinated, the same way that I wouldn't ask a woman if she's had an abortion, or a man if he's been circumcised. It should be private and respected. Judgements and name calling are not helpful or respectful. If you are ok with the idea of getting this shot, please recognize that you are just doing what you feel makes sense to you - and respect that others may have other perspectives.

In retrospect: In 1968/1969, there was another very serious worldwide pandemic, called the Hong Kong Flu. There were no lockdowns. No schools were shut. The death total is somewhere between 1 & 4 million people. (source: *Wikipedia*) When we think back to that time, what do we remember? Some have called it one of the greatest moments in modern history. Do you remember seeing those images of half a million kids celebrating together at Woodstock? Do you recall watching the first 'Moon Landing' on your B/W television?

What will we remember when we look back at 2021? I hope it's not just fear, anxiety and stress. Once again, I raise my voice for people to be kind to one another. Think for yourself. Mind your own business. Be considerate. Be tolerant.

*Will Chapman, Gray Creek*

## Crawford Creek Regional Park

### New Access Road

Please be advised that the RDCK is aware of recent incidents involving motorized vehicle's operating in unauthorized areas within Crawford Creek Regional Park. RDCK Bylaw 2011, 2173

prohibits this activity and carries a penalty amount of \$450.00.

Residents and park users are encouraged to notify the RDCK at [parks@rdck.bc.ca](mailto:parks@rdck.bc.ca) or 250.352.1574 if they witness these activities.



[rdck.ca](http://rdck.ca)

250.352.6665 | [info@rdck.ca](mailto:info@rdck.ca)





## Hacker's Desk

by Gef Tremblay

### SPARKS OF CONCIOUSNESS

Coming back from a session of improvised electronic music, my mind is still floating around. It takes me some time to wake up, to focus back in reality. I feel the healing effect of playing music without a purpose. At the beginning of the session, my mind is trying to build something, to make sense of it all, and then at one point, my intellectual mind is gone. There is only creativity and sound. There are no more questions, no more judgment and only the momentum to play, not to perform, but to play, like a child playing with rocks on the beach.

This sort of meditation, of peaceful 'being' released any of the tension my mind likes to create and sustain. Why wouldn't I want to be in that state at all times? And why couldn't I simply release these unwanted tensions in the first place? I am aware of them, I am also aware that these are self-created, what is it that makes me want to hold on to them.

I had the chance to film a friend creating a music piece over the weekend. Letting go of any structures, yet fully prepared and organized, he moved in and out of a cathartic expression, a violent creative intensity. All the human emotions could be experienced, from sadness to lust to fear and anger. This is what art is all about, a bold move to experience complete freedom of expression, complete vulnerability without any restraint.

What is being an artist but being able to move into that space, into that zone of expressing the longing that we all have into us, sometimes deeply buried? This

uncomfortable place, where social constraints melt to give place to what truly makes us human, is the ground of exploration of creativity. It is as if art is our true expression as a human being, the further constraints are imposed on us as a society and as humans, the stronger that expression becomes.

The pandemic created a lot of tension in me. The constraint, the fear, the detachment from others. Such a vast array of mixed messages making it hard to really grasp what is at stake. That tension really helped me to move toward more creativity in my life, when all else fails, it's the one thing that makes the most sense.

Playing the Shakuhachi at night is both soothing for me and my family, and also a great breathing practice. The long inhale and long exhale really changes my thought patterns. Playing tablas during my day put me in a more wakeful state and give me a boost of energy. While my creative, crazy electronic noise is really helpful to dispel daily tension built up from my work. Learning about music theory is also a great way to keep expanding my intellectual mind in a field I haven't explored to such depth before. I really wonder what it would mean to have a life only fueled by creativity.

The more I explore the concept of being an artist, the more I see similarities with the life of a yogi. Exploring reality that not a lot of people wants to explore, delving into this openness to vulnerability... Reaching state in deep meditation of emptiness or samadhi, the effect is similar although longer lasting than what I've experienced while playing music. While the musical 'bliss' has a very uplifting effect to it, the meditation samadhi has more of a shattering effect on my reality. The two experiences are connected and reinforce each other, although at a different end of the spectrum.

When I started practicing meditation and music, I never thought I would reach such a state. Samadhi seems such an elusive concept, which no words could

describe while being in 'the zone' while playing music sounded more like an excuse to smoke some weed before a performance. Now that I have experienced these two states, I see why it's such a mystery and difficult to write about.

I am unclear of where that will lead me, as it's not comfortable to explore these realms. I like the reality I've built around me but these sparks of consciousness do shake the ground of my foundation. I am sometimes fearful about how radical of a change it could bring in. But do I have a choice? I can't help to ponder, what a spectacular outcome of a pandemic!



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## Hidden Taxes

by David George

### Two Steps Forward...

Most of us on the East Shore have now had two shots of Pfizer-BioNTech Covid-19 vaccine. This will protect us with an effectiveness of at least 95 percent against the present plague in all its variants. June 4-6 saw a wonderful effort on the part of our local health people, with many vaccine stations set up in the school gym. Nurses from as far away as Cranbrook administered the second and also some first shots to at least 800 people who live near us along beautiful Kootenay Lake. Well done, all who helped.

Case counts have been declining, and according to the latest information I could find on the Interior Health dashboard, in the week ending June 12, only 2 cases were recorded for all around Kootenay Lake. Nelson had 2, Trail and Castlegar had none, Creston had 6, but Cranbrook had 19. It appears that for today, June 21, the Interior Health region had only 14 new cases. This is good news for everyone who relies on tourists visiting us during the warmer months. As well, the BC government has lifted restrictions on travel within the province, although Albertans are still officially discouraged from travel here.

Even the Canadian government has chimed in about travel, with a forthcoming policy about how to treat air travellers who have had both vaccine shots. The US border, however, will remain closed to non-essential travel until July 21.

Regardless of the success in vaccinating everyone who wanted it, it is still required to continue wearing a mask when around people indoors, and will be for awhile.

In Creston earlier this month but after my second shot, I was unhappy to see at least half of the people on sidewalks were not wearing masks. My mask goes on when I leave the car, and stays on until I am back in the car.

It is not just about protecting myself; it is about protecting the few irresponsible people who refuse vaccination. I will continue to be masked when around others until later this summer, at least.

We have taken two steps forward, but one step back. Our one step back happened when we lost Dr. Liz Barbour to retirement again. Drs Piver and Moulson both want to retire, and might do so before we have a replacement.

Yes, we do have a nurse-practitioner, Jayme Ingram, who can do almost all the things a medical doctor can do, but although she is here three days a week, and working from home in Creston two days, there is only one of her.

How long will Interior Health take to find us a full time five days a week MD, preferably living on the East Shore? We need to know, and if answers are not forthcoming pretty soon, we need to make a lot of noise about this.

Creston and New Denver each put forth a community effort and have almost fully adequate health care with a basic number of doctors available. Although many of us prefer that government ignore us much of the time, health care is an exception, and we must have enough doctors, as well as ambulance and first responder persons available here.

Aside from all the problems from the one step back, has anyone else noticed the lack of coordination involved in appointments for procedures at our hospitals in Nelson and Trail?


The My Health Portal website does not include reference to scheduled appointments at the two hospitals. A letter is sent from booking people at the hospital, which does not give fast notice of when and where. A reminder is sent, and in my case of an appointment in Trail, the reminder letter was sent the day after the

first letter, when the appointment was still 10 days away. Surely after all the fuss about My Health Portal, it should be coordinated with all the area hospitals. This would be especially useful, as any new item in the Health Portal causes an email to be sent, linking the email to the new information. We are in the 21st century, and it just has to be possible to send an item from one hospital to the Health Portal of those of us who signed up for it.

Another thing—why should I have to go to yet another health website to book an appointment for our own local health clinic? Kathy or Doreen used to be able to easily and usually quickly set up an appointment at our clinic which suited us.

We need to go back to the former system after the decrease of Covid-19 has made a return to near normal possible.

Some good news to finish this column; Bob and Wendy in Riondel have kept some of us well fed with takeout all winter and spring. Bob's Bar and Grill is going to open again for full indoor service with a patio outside on July 1. Consider celebrating Canada Day by dining out there.



**"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](mailto:amurray@futures.bc.ca) to book a free appointment in Creston.**  
**[www.futures.bc.ca](http://www.futures.bc.ca)**

Growing communities one idea at a time.



# Riondel Fire and Rescue Blotter

by Fire Chief Cory Medhurst

June has certainly ended in a remarkable heat wave. Combined with thunderstorms and short downpours, it has created higher than normal wildfire activity in the region. As a result, a fire ban was put into place in the Southeast Fire Center on June 25 for all category 2 and 3 fires, which includes anything other than a campfire. A campfire is described as being no larger than ½ meter by ½ meter wide (or just under 2 feet by 2 feet). Also included in the ban are fireworks, sky lanterns, AND burn barrels or cages of any size. If you have any questions regarding the ban, visit [www.bcwildfire.ca](http://www.bcwildfire.ca); if you witness a forest fire, or an open burning violation call 1-800-663-5555 or \*5555 on your cell phone. It is predicted that this summer is going to be a hot one so please be wildfire aware, keep your campfire to a minimum in a proper location, and for the smokers on the road, do not flick cigarette butts out the window; use an old bottle with water if your car is not equipped with an ashtray.

With early summer weather and the relaxation of the provincial health orders we have seen a large influx of people in the area from all around the province, and beyond. The main street (referencing Highway 3A) is once again bustling with traffic of all types. Major building projects in the area are bringing transport trucks, cube vans, and supply vehicles through; RV's, campers, and motorhomes are returning; logging is at an all time high; and of course, with the world-famous curves of Highway 3A, the motorcycles are out in full force. We encourage the public to use extra caution on the highway during our busy summer months and give yourself enough time to get where you are going, slowly. Share the road with pedestrians, cyclists, and each other. A quick shout out to all those who I have noticed walking on the highway for morning or late

afternoon walks WITH their high visibility vests or colors! It is nice to see many people taking roadside safety seriously.

June was a usual month for calls and are as follows:

**June 2** – Two members responded to assist paramedics with a motorcycle down in Riondel. The crew secured the scene and waited while paramedics attended to the patient.

**June 11** – A medical emergency in Crawford had five members attend. Three members arrived in personal vehicles prior to the ambulance and rescue and began patient assessment. The crew proceeded to assist with patient movement. As in this instance, our crews often remain behind to secure the home and see that pets are cared for.

**June 20** – A MVI in Boswell had three members respond, joining two members from the Boswell First Responders and the Creston Ambulance. A motorcycle carrying two riders struck a vehicle leaving the Kuskonook rest area resulting in serious injuries to one of the riders. The crew assisted with patient loading and highway cleanup.

**June 23** – A “courtesy call” from Kelowna dispatch came through the radio to alert us of a possible wildfire in Crawford Bay. Dispatch had been contacted by forestry to mention that their crews were tied up in Balfour and they may require Riondel Fire to attend. Shortly after, permission was given for us to leave the fire boundary and attend. A tree down on a line caught fire, burning one wire, and dropping it to the ground. The live wire could be seen sparking and igniting fire in the ditch. The crew waited for three hours for Fortis to arrive and turn off the power before they could assess the damage. Water was applied to the surrounding area, and holes were dug to reach the fire that was burning underground.

As summer progresses and the heat increases, we would like to remind everyone that extreme heat events can put you at higher risk of experiencing a heat related illness. Too much heat can cause sunburn, heat rash, heat exhaustion, and heat stroke (which can be

life threatening). When possible, avoid heavy work or exercise during the hottest hours of the day. Plan activities in the morning or early evenings, drink plenty of fluids like water or sports drinks which help replenish electrolytes and keep you hydrated. Use sunscreen whenever in direct sun and seek shade often.

If you or your significant other are looking for something unique to do and want to help out your community; or if you and your significant other need that weekly break from each other, come and join the Fire Department. Free training, big shiny trucks with lights and sirens, and lots of good times. We are pleased to welcome five new members recently and are hoping to welcome more soon. Stay cool, keep hydrated, and have a great summer.

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none"> <li>Get to a cooler, air conditioned place</li> <li>Drink water if fully conscious</li> <li>Take a cool shower or use cold compresses</li> </ul>		<p><b>CALL 9-1-1</b></p> <ul style="list-style-type: none"> <li>Take immediate action to cool the person until help arrives</li> </ul>

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**Concerned about the clearcutting and deforestation around the East Shore?**

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## Southeast Fire Centre Fire Ban in Effect

Press release, Southeast Fire Centre

Effective Friday, June 25, 2021, Category 2 and Category 3 open fires, as well as other equipment and activities are prohibited throughout the Southeast Fire Centre. This prohibition is being implemented due to increased fire danger ratings caused by a warming trend throughout the Southeast Fire Centre.

This prohibition will remain in effect until noon on Oct. 9, 2021, or until the order is rescinded. Anyone conducting Category 2 or Category 3 open fires within the Southeast Fire Centre's jurisdiction must extinguish those fires by the June 25th deadline.

A map of the affected area is available online at: <http://ow.ly/jPBK50Fh7DF>

Specifically, prohibited activities will include:

- Category 2 open fires;
- Category 3 open fires;
- Fireworks;
- Sky Lanterns and,
- Burn Barrels or Burn Cages of any size or description, except when used for a campfire as defined by the Wildfire Regulation.

This prohibition does not ban campfires that are a half-metre high by a half-metre wide or smaller and does not apply to cooking stoves that use gas, propane or briquettes.

Prohibitions apply to all public and private land, unless specified otherwise (e.g., in a local government bylaw). Check with local government authorities for any other restrictions before lighting any fire.

Anyone found in contravention of an open fire prohibition may be issued a ticket for \$1,150, required to pay an administrative penalty of \$10,000 or, if convicted in court, fined up to \$100,000 and/or sentenced

to one year in jail. If the contravention causes or contributes to a wildfire, the person responsible may be ordered to pay all firefighting and associated costs.

The Southeast Fire Centre would like to thank the public for its continuing help in preventing wildfires. To report a wildfire or open burning violation, call 1 800 663-5555 toll-free or \*5555 on a cellphone.

For the latest information on current wildfire activity, burning restrictions, road closures and air quality advisories, go to: [bcwildfire.ca](http://bcwildfire.ca)

You can follow the latest wildfire news on:

- Twitter at: <http://twitter.com/BCGovFireInfo>
- Facebook at: <http://facebook.com/BCForest-FireInfo>

**REPORT A WILDFIRE**

**\*5555 on a cell or 1.800.663.5555**

**Wildfire Information Line**

**1.888.3FOREST**

**Burn Registration Line**

**1.888.797.1717**

**Southeast Fire Information Officer**

**1.250.365.4014**

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





## Thoughts from the Frog Pot

by John Rayson

### PRIMARY CARE

In the first instalment of this column I attempted to identify some of the issues contributing to what is now referred to as a crisis in access to primary care. In this column, I will attempt to outline a few of the initiatives which may assist in addressing this issue. I believe that changes occurring in our society will assist in addressing this issue but may not be recognized as solutions.

Our society is becoming increasingly digitized; by this I mean we are much more dependent on the computer and our interconnectedness as a society. iPhones and iPads, the telephone and computer are now used for virtual visits. Fees for virtual medical visits via telephone or computer were brought in as a temporary measure during the recent Covid epidemic. These visits have been well received by the majority of patients and it is unlikely the fees will disappear subsequent to the ending of the epidemic. The initiation of these fees has resulted in patients having access to physicians for follow up visits, minor illnesses and repeat prescriptions to name only a few uses. Assuming these fees are continued, as expected, they should result in the ability of physicians to provide more timely access with a resultant enhancement of care.

The majority of physicians now maintain an Electronic Medical Record. The opportunity to connect such records with the increasing home monitoring of

such conditions as blood pressure and diabetes, as carried out by many patients, will enhance the level of care. Speaking of diabetes monitoring, the BC government has recently announced that it will assist in the purchase by individuals of electronic glucose monitoring devices for diabetics. This plan would be an obvious cost-effective measure for government and be a boon to patients both in terms of cost and effectiveness of monitoring and enhance the level of care. I wonder if it is a coincidence that the present Minister of Health for BC is himself a diabetic?

I use the above diseases as examples, but as our society has an increasing number of aging patients with chronic disease and as we are increasingly connected a great deal more of health care will be carried out in our homes [see below for more interesting pilot programs]. In addition, the major cause of injury in our aging population is “falls” at home, and the necessity to monitor medication compliance, to name a few other issues requiring home care. Individuals with chronic lung disease, on oxygen and ambulatory, can be monitored with pulse oximeters. Such monitoring can be carried out in the community and connected to the medical record.

The above are only examples of specific initiatives; however, governments are also examining systemic change. In Ontario, one of the health regions is experimenting with Paramedics carrying out home visits on shut-in patients. The Paramedics are able to draw blood for tests, check blood pressure etc. and are connected to the patients Electronic Medical Record [a pilot program]. They work in conjunction with the Family Physician. Ontario also has a program for Home Care Ventilation; patients on permanent ventilators but cared for in their homes.

Closer to home, BC is beginning a number of innovative programs. The BC government, through the Regional Health Districts, has agreed to hire 200 Nurse

Practitioners and 200 Family Physicians to begin a series of Primary Care Networks. The program was proposed in 2018 as a method to address access to Primary Care. At this point it appears we have a parallel system with Nurse Practitioners or Physicians. I was unable to determine the status of this program, its success or how many of the individual practitioners have been hired and functioning.

BC is piloting another innovative program in the Victoria area named the “Hospital at Home”. This pilot program will see selected patients admitted as hospital patients but maintained in their own home under the care of hospital staff, with all care provided by the hospital. The goal is to deliver quality care but maintain the individual in their own home, while freeing up hospital resources.

In Eastern Canada there is a program to train Physician Assistants. The program was pioneered by the Canadian Military and has been used in remote communities. There are training programs, at specific universities, for such individuals, [ a four year undergraduate degree followed by a two year medical oriented program], but the concept has not been appropriately adopted by provincial government funding bodies and thus not implemented.

We have an aging society, increasing numbers with chronic illness and a health care system under stress. The Canada Health Act was passed in 1985 and had not been reviewed since. All of us have a responsibility to consider how best to use the system and to be open to new methods of delivery.

*Next Deadline:  
July 28, 2021*



## Young and Dumb

by Arlo Linn

### When Not to Be Humble

In life one must walk the line between confidence and humility. Confidence is needed to be able to properly express yourself in the world, and while humility is important, true humility seems a difficult thing to acquire.

Only a select few historical figures have been able to achieve something resembling true humility, notably religious figures; Jesus, Buddha, etc. Most of us will not achieve true humility and so we must incorporate our confidence into how we act in the world, but with the utilization of one’s confidence we then face the danger of allowing ourselves to become haughty or arrogant. I agree that arrogance is an undesirable trait in any one.

Generally, if I meet someone who is arrogant I assume that person is insecure, foolish, or even weak. But it appears to me that the line between overconfidence and arrogance is a wide one, and that by being more overconfident in the actions we undertake we would be more successful in our lives more often.

People worry about expressing themselves in an overly arrogant manner because in our culture humility is a virtue, but arrogance can be utilized in many different ways. Although it can be seen as such, arrogance isn’t always the mark of a villain, some of the most archetypal heroes of our culture have been arrogant, and have used their arrogance to outperform their own limits, for my example I will use the familiar figure of Robin Hood.

Robin Hood is undoubtedly a familiar figure to most. If you haven’t read the numerous books published about him over the centuries, or seen any of the 19 films about his adventures, then you at least know Robin Hood to be a heroic figure who steals from the rich and gives to the poor. What you may not know if you are not more familiar with the stories is that Robin Hood can be quite arrogant. Much like a 12th century version of Marty McFly in the “Back To The Future” films, he can be goaded into fights and competitions that put him in more danger than if he were to walk the other way. But while his arrogance seems to put him in reckless endangerment, it can also be used to his advantage to great effect. Let’s take the example of the story where Robin Hood and Little John meet - one of the most well known stories in the tales of Robin Hood.

Robin Hood and Little John meet on a narrow bridge wide enough for one man, and they are both trying to cross. Each claims they started to cross first, and thus must demand that the other stand aside and let them pass. Both men refuse to stand aside and so a challenge is thought up, they will decide who gets to cross the bridge by having a fight with oak quarterstaffs. The quarterstaff was a well known weapon in medieval England, and Robin Hood and Little John are both familiar with its use. The quarterstaff would be slightly taller than the man using it and with Little John being said to be seven feet tall he and his quarterstaff would have dwarfed Robin.

This is where Robin’s arrogance takes hold of him. He is vehement about standing his ground and so he and John prepare to duel. Robin handles himself well but he is eventually and predictably defeated by the bigger man and thrown into the stream that the bridge crosses. This is where we see Robin Hoods uncanny ability to utilize his arrogance and then his humility. After he is thrown into the river all traces of his former arrogance leave him and Robin’s humility comes to bear. He laughs off his defeat, drags himself out of the

water, and in a touching act of humility he shakes the hand of the man who bested him and asks him to join his “band of merry men”. Little John agrees, and he soon becomes one of Robin Hood’s most trusted men and friends. How was this achieved?

The melding together of the traits of arrogance and humility is a difficult thing to balance, but if done properly it can be used to amazing effect. Using our example of the Robin Hood story we can see how Robin is at first arrogant upon meeting Little John and he is unwilling to be the one to stand down, and would rather fight a giant of a man than to merely step aside. He is then bested by John and instead of remaining bitter and indignant he instead laughs off the loss and acknowledges that the other is better than he. This allows him to ask Little John sincerely and free of malice to join his band in the Sherwood Forest.

If Robin had not had some arrogance or overconfidence, he would not have fought Little John, and instead would have acquiesced and let him pass on the bridge. On the other hand, if he did not possess sufficient humility he never would have been able to ask Little John to join his party after he lost the fight.

Robin Hood’s integration of both his humble and arrogant side allowed him to win a very valuable ally, and all he had to do was lose a fight in the process.

Some of us are too focused on being confident so that the world doesn’t see our weakness, or being too humble as to not stand out. But if you can properly harness both sides of yourself and not allow them to take over in extremes, then you will have access to a whole arsenal of tools that you didn’t know that you possessed.

*Next Deadline:  
July 28, 2021*





## Crawford Bay Hall UPDATE

by Susan Hulland,  
Hall Board Director

The Crawford Bay & Area Hall & Parks Association recently received \$3,700 from the Community Initiatives Program through the RDCK for the replacement of the hall furnace. Recreation 9 Commission also gave us \$204 for additional signage at our community park and the Kootenay Bay boat launch. Thank you Area A RDCK director Garry Jackman for your support of these requests.

The Gray Creek Hall Society has become the third East Shore organization to contribute to our Community Fundraising Fund for the Crawford Bay Hall Rejuvenation and Preservation Project, thereby joining the Riondel & Area Museum Association and the Kootenay Lake Lions. The \$250 donation from them has special significance at this time when so many community hall groups all over BC can not make their usual income due to Covid restrictions. Thanks neighbours!

The sales of Bruce Paterson cards got a boost, too. School teacher Matt Winger and students William Bohmke and Cole Hulland built small wooden boxes for us to hold the Bruce Patterson cards that we sell at Ladybug Coffee, Crawford Bay Market, Forge & Furnace Gallery, the Gray Creek Store and Seena's Bees in Riondel.

We have reached an exciting step in the process of upgrading our community hall. The Studio 9 Architect's proposed design drawings of the interior

and exterior of the building are now posted at the hall itself, near the bulletin board and on the main door. Interior design drawings are also posted at the Crawford Bay Post Office and we invite you to check them out. Thanks to Shelby of the Crawford Bay School and Bridget Klueppel for help with this. These design drawings are also on our Facebook page: @crawford-bayhall. Persons with questions about these plans are invited to contact Leona Keraiff 250 227-9361 or David Wells at 250 505-0279.

We are working to expand our association's official membership list. Giving us your name, street address and phone number PLUS a \$1 fee per resident aged 16 and older helps us to demonstrate community support and enhance grant opportunities. Crawford Bay, Pilot Bay and Kootenay Bay residents can become 'voting members'. (You do NOT have to own land within this area but simply reside within the area.) Supporters who do not live within our tax levy area can become "Friends" of our Association by getting a membership. If you don't know if you live inside this area or not please check out the RDCK map posted on our Facebook page. Thanks also to Bridget Klueppel for collecting hall memberships for us.

We have many people to thank for recently helping us to maintain the community facilities that belong to all of us.

**Park:** A lot of general clean-up has recently been done at the park. Thank you Ken and Angela Doggart of Inside Out Property Services for your timely work in the playground, tree trimming and unsightly debris removal. Thanks also to members of the East Shore Youth Alliance for cleaning along the inside of the tennis court fence. Paul Hindson removed the decrepit picnic table near the Community Corner building as well as the discarded concrete block and pile of branches near the playground.

Speaking of tennis courts, they are getting some extra love from volunteers too. Thank you Garry and

Cherry MacLagan for tennis net maintenance, bench repair and mostly for the cleaning of the park bathrooms! Any volunteers out there interested in trimming outside the tennis court fence? Call Leona Keraiff at 250 227 9361 and you could see your name here next month!

Two new pieces of playground equipment have been installed in the playground. Thanks to Charles and Ellie Reynolds for the work they did and to Russ Anderson for his donation of sand to top up under the new monkey bars.

Thanks to Kokanee Springs for mowing our soccer field again this year and to the members of Eastshore United Soccer for watering and maintaining this well-used feature. The soccer group is pulling double duty as they have commenced maintaining the ball diamond also.

**Hall:** Thanks to Larry Keraiff for changing the locks on some of the hall doors and for weed whacking around the building and to Dave Hough for brush mowing the former school grounds and access road down to Crawford Creek.

**Boat Launch Reminder:** The vandal proof box made for us many years ago by John Smith awaits donations as you all plan your summer boating activities on the lake. And a special thanks from our association to Ben Lahnmann for his work on the wooden boat dock.

**Last but not least,** our association owes a hearty thank you to our hall's long-time booking agent, Kathy Donnison, who has retired after fifteen years of service. We thank her for the time and care she put into this work and for all those amazing cookies and bars she made for our annual general meetings! You can check out the June edition of *Mainstreet's* 'Memories & Musings' to learn more about Kathy's connections with our community hall.

## Crawford Bay Hall Memories & Musings

by Susan Hulland

I got involved in Crawford Bay's third Scouting Program in 1982 when I became a leader alongside Lois Adams and Reinhart Blum after the hurried departure from the community of former group leader, Alan Hitchen. In the first couple of years our Cub Pack included: Mark Simpson, Simon Shaw, Curtis Gallinger, William Hulland, Arlo Blum, Jim Poch, Richard Klose, Matthew Crawford, Colin Wastrodowski, Wade Stocker, Greg Stocker, Daniel Simpson, Billy Lowen, Jana Shaw, Chris Martin, Tom Hulland, Chris Romano, Brian Poch, Byron Crawford, Ryan Wastrodowski, Colin Draper, Danny Lowen, Tobias MacDonald, Aaron Dow and Clayton Syfchuck.

The Crawford Bay Community Hall was our home base and one of the annual highlights was always the Kub Kar Rally. Ron Wastrodowski oversaw the building of the race tracks and the rambunctious, highly competitive event was often officiated by former Scoutmaster, William Fraser. In 1983 Wade Stocker won, then went on to represent us at the district rally in Creston where he won again and proceeded to the regional race in Trail.

The Cubs often met at the hall to work on their badges and organize events such as Thinking Day programs and upcoming campouts. The three-day event at the Elks Club Camp at Sanca Creek with boys and leaders from Creston was the annual highlight when the kids were young. The boys' parents often met in the hall too, planning fundraisers and events where their children learned to do community service including serving at Fall Fair Teas, acting as ball spotters at Kokanee Springs Men's Open Golf Tournaments and doing spring clean ups at the Harrison Memorial Church. As the boys got older, they were eager to become members of the 1st Crawford Bay Scout

Troop. When a suitable male leader could not be found, I became the troop leader. This was precedent setting because at that time in Canada, Boy Scout leadership was a position open only to men. But with no one stepping up to the job and a full slate of boys eager to move up from Cubs to Scouts the District Commissioner from Creston made a suggestion. I signed the forms as S. Hulland, he endorsed my application and sent it further up the line and we were in business!

As the number of boys in the programs increased other leaders joined in to help including Mark Adams and John Smith. Many parents were generous in their support. Susan Dow must have baked 1,000 cookies! Betsy-Ann Schultz, Claude Gallinger, Alec and Judy Martin hosted annual 'After Bottle Drive' hot dog roasts. Heidi and Mark Simpson Sr. could always be counted on for help, likewise Ron and Leanne Wastrodowski. Others gave financial assistance. Most generous among them were Doctor William (Bill) and Elizabeth Stewart of Kootenay Bay. In return their names were always on our guest lists for important events such as investiture ceremonies held in the hall.

We enjoyed trips on the Kootenay Lake Lion's bus 'Leo's Dream'. We took the boys into the USA several times visiting Grand Coulee Dam, Spokane and attending the Diamond Lake Scout Jamboree in Washington. Overnight camping trips were made to Kokanee Glacier Park, Fry Canyon, Lockhart Creek, Invermere, Cranbrook and beyond. Winter camps featuring skiing, snowshoeing, and building survival snow caves were held at the Ripple Ridge Cabin and Nancy Green Park. The planning for all of these adventures took place in our hall.

The highlight of my involvement came in 1985 when Boy Scout leader Robin Sturdy and I took five boys from the East Shore and two from Creston to the 10-day Canadian National Scouting Jamboree in Guelph, Ontario. To accomplish this required many more meetings of parents at the Crawford Bay Hall to figure out how to raise \$5,000 in just four months. Our most successful fundraiser was a two-day camp at Hooker Creek where Scouts, their parents and vol-

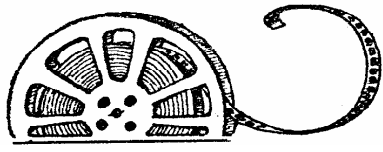
unteers from a Brinkman & Associates tree planting crew put 10,000 seedlings in the ground and were paid handsomely by the BC Forest Service to do it! Much of the food for this camp of 30 persons was prepared by parents in the community hall kitchen.

The program grew again in 1986 when a co-ed Venturer Company was formed that included: Dana Gallinger, Ingrid Zaiss, Malena Draper, Sheila Potter, Ezzy Draper, Jason Davis and Tom Hulland. A project undertaken by the group was the acquisition and refurbishment of one of the original wooden lifeboats from the MV Anscomb. Beth Penny of Boswell made the sail for the 'Nimbus' and David Kayle of Gray Creek served as our 'Boat Master' during rowing-sailing outings from our berth at Fish Hawk Bay Marina. Money for this project was raised at a rollicking "Float The Boat" Dance which was held in the Crawford Bay Hall. Music was provided by Ida Marie and Carmen Draper and an old fashioned 'Lunch Box Supper' was enjoyed.

During this same time the hall also hosted a successful Brownie and Guide program led by Lorna Robin, Brenda Turner and Fran Kinder. These programs were not the first internationally recognized youth programs that called our community hall their home. William Fraser was Scoutmaster from 1923-1935 and they met in the original Crawford Bay Hall which was built in 1910 on Crawford Creek Road. The first Guiding program started in 1969 using the new hall on Wadds Road which was built in 1938. From 1953-1971 Marion Haverstock organized programs for the community's girls.

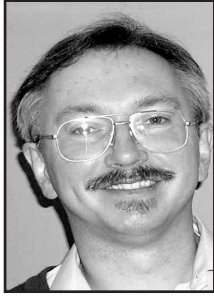
The motto of the Scouting programs is "Be Prepared" and I try to keep this top of mind as I work with a dedicated group of local residents who comprise the current board of directors of the Crawford Bay & District Hall & Parks Association. Due to its age our building is not adequately prepared to support the changing needs of our area, nor does it meet some of the new health and safety requirements of a public use building. Like good Scouts we are doing mindful community service to change all that.





## Seldom Scene

by Gerald Panio



For a long time, I've been fascinated by the fates of utopian communities and of certain more recent religious movements. Why have some of these communities and movements thrived over extended periods of time, while others crashed & burned or withered away? My initial interest stemmed from readings on Doukhorbor history and many conversations with people with links, through faith or family, to the Church of Jesus Christ of Latter-day Saints. Our own province has been a fertile proving ground for experiments in social & spiritual living, including the Doukhorbor migration to the Kootenays, the Finnish colony of Sointula. Brother XII and the Aquarian Foundation, the Kootenay infusion of young American draft resisters and home-grown counterculturalists, and the establishment of the Yasodhara Ashram & a small Quaker community on the shores of Kootenay Lake. Books like Andrew Scott's *The Promise of Paradise* and Kathleen Rodgers' *Welcome to Resisterville: American Dissidents in British Columbia* make fine bedside reading.

So when a friend recommended a recent six-part Netflix documentary series that chronicled the rise and fall (from 1981 to 1985) of a religious commune near Antelope, Oregon, it sounded like something that might be right up my alley. And it was. *Wild Wild Country* (2018), directed by brothers Chapman and Maclain Way, does a remarkable job of presenting a complex story in a way that belies easy answers, encourages the viewer to reflect on multiple points of view, and eschews sensationalism. Much as I've always admired Michael Moore's take-no-prisoners style of documentary filmmaking, *Wild Wild Country* is a textbook example of another way of parsing controversy—calmer, more leisurely paced, more in the mode of listening to voices than shouting from rooftops.

The story begins with the decision on the part of the Indian spiritual leader Bhagwan Shri Rajneesh (later known as Osho) to shift his ashram at Pune, in the Indian state of Maharashtra, to a 64,000-acre ranch in Wasco County, Oregon. To say that the Bhagwan's teachings—which embraced elements of Hinduism, meditation, free love, unabashed capitalism, and something akin to primal therapy—were controversial, even in India, is to understate both the animosity of his critics and the adulation of his thousands of followers.

Not surprisingly, when several thousand red-clad Rajneeshees began building an entire self-sustaining city, Rajneeshpuram (complete with airstrip, organic farms, a hydroelectric dam, public transportation system, a police force, etc.), next to the tiny Oregon town of Antelope (population less than 100) difficulties arose.

I'll touch on those problems in a moment, but first I want to mention two of the documentary's most impressive features. The first is the wealth of

original video footage of the Bhagwan, his followers, Rajneeshpuram, and every aspect of the city's spiritual, social, and physical evolution. One of the things that the filmmakers don't explain is how they got access to so much primary video source material. Certainly, the Rajneeshees were very keen on chronicling their every aspect of their expressions of devotion to their spiritual leader. How these hundreds (thousands?) of hours of film came into the hands of the Way brothers must be a story in itself.

The second major strength of *Wild Wild Country* is its contemporary interviews with some of the major players on all sides of the debacle. Counter to what is often done with the standard "talking head" approach to interviews, the Ways set their subjects in a wide-screen format with a richly-detailed background. We see the interviewees in full, rather than in close up. This technique tends to dignify the subjects and give

their words more weight. It doesn't hurt that the people the Ways have chosen hold our attention through their obvious strength of character and determination to set the record straight, as they see it. The interviews are often juxtaposed with photos and video footage of the interviewees taken at the time of the showdown.

Of the people looking back over the events of almost 50 years ago, the most memorable are Ma Anand Sheela, Bhagwan Shri Rajneesh's personal secretary & spokeswoman of

the Rajneesh movement; Philip Toelkes (Swmi Prem Niren, the Rajneeshees' American lawyer); Jane Stork (Ma Shanti B.) and Sunny V. Massad (Ma Prem Sunshineand), prototypical Rajneesh devotees); and Antelope residents Jon Bowerman, Kelly & Rosemary McGreer, and Margaret Hill. I guarantee you that none of these people are whom you might be imagining as you read this.

One thing that no one can deny is that the Rajneeshees managed to build, on that abandoned ranch land and within the space of a couple of years, a fully-functioning city for a population of over 7000. This is where one wonders how things might have played out otherwise than they did. What if the relationship between Osho and his followers had followed the model of that of the American draft resisters who settled in places like the Slocan Valley, Argenta, and the East Shore—where the "outsiders" respected and were willing to learn from local landowners & pioneers, and where locals in turn came to respect the newcomers' youth, energy, and commitment to healthier, more self-sustaining lifestyle? Could what happened in the West Kootenays have been replicated in Wasco County? Could Rajneeshpuram have become a new Salt Lake City?

Impossible to say. On the Rajneeshee side, there seems to have been an arrogance towards, and contempt of, the handful of local residents of Antelope—totally underestimating those residents' ability to recruit powerful allies to counter what they perceived (accurately, I think) as a hostile takeover. On the Antelope side, there was undeniable racism, religious intolerance, and xenophobia—totally discounting the Rajneeshees' work ethic and pioneering spirit in creating their own promised land in the wilderness. The relationships

between residents and Rajneeshees seems to have started out bad, and gone relentlessly downhill.

It didn't help that the Jonestown massacre had happened less than two years prior to Osho's arrival in America. One of the spokespeople for Antelope was Shannon Jo Ryan, daughter of Congressman Leo Ryan, murdered at Jonestown. Tolerance of anything resembling a new religious cult was at a very low ebb in America in 1981. Did Osho and Ma Anand Sheela really think they could beard America in a sensitive time without bringing down the overwhelming wrath of the entrenched American powers-that-be? Apparently, yes. How else to explain Sheela's inflammatory rhetoric, the creation of an armed Rajneeshpuram security force, the "conversion" of Antelope (re-christened "Rajneesh"), the accusations of massive immigration fraud, a mass food poisoning event, and two assassination plots?

Ultimately, no one died. Rajneeshpuram no longer exists (except as an abbreviated Christian summer camp), Antelope got its old name back, Osho left the country, three sannyasins did jail time, and most of the protagonists, on both sides, are, to this day, completely unrepentant.

Some questions that *Wild Wild Country* didn't answer for me: (1) what was the full reasoning behind Bhagwan Shri Rajneesh's decision to move his followers from Pune to Oregon? (2) what were the precise charges on which Osho and others were convicted? (3) what was the actual evidence amassed by the American authorities? (none was ever tested or revealed in court in a formal trial) (4) why does Osho's movement continue to thrive, despite the Oregon disaster (meditation centers established internationally, and many of Osho's 650 books available in 60 languages through 200 publishing houses; (4) did any of Antelope's original residents ever have anything positive to say about Rajneeshpuram and its builders?

*Wild Wild Country* reminds us that good intentions sometimes are no match for the sheer perversity of human nature. It's not always our better angels whispering over our shoulders.

## Tune Inn to Starbelly Jam!

by Ben Johnson

This summer our Kootenay musicians are emerging from their woodsheds once again and it's starting to feel like something's going to happen in our local music scene! While we're not quite ready to launch a full outdoor music festival in 2021, at Starbelly Jam HQ we're covering all the bases by co-creating a Livestreamed event with Tune Inn. AND.. with the Province of BC looking like we're set to open up live music venues to bands once again, our Starbelly Artists are gearing up to perform and livestream from local East Shore venues on Saturday, July 17. Mark your calendars!

Tune Inn is an ongoing Zoom program hosted by Paul Winfield and Mary Livingstone of Crawford Bay, both recent transplants from Vancouver Island. Paul and Mary host the show as zany folk duo Wherpeter, and their show has met with great success as an opportunity for artists to perform and engage with a wide audience online.

This very special Tune Inn 17: The Starbelly Jam Stream will feature an eclectic selection of BC acts, both established performers and emerging talent from the Kootenays. Venue bookings and schedule will be posted online at [starbellyjam.org](http://starbellyjam.org) and on social media, and poster around the East Shore during the first weeks of July.



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The branch will continue to remain closed on Monday & Friday to walk-in traffic with service provided remotely.

Call the East Shore branch directly at 250.227.9221, visit [nelsoncu.com](http://nelsoncu.com).



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

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

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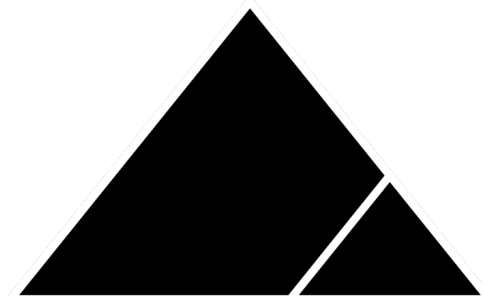
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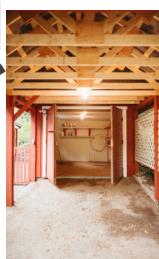
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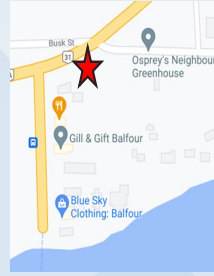
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# Networking the Networks

submitted by Age Friendly Community Council

How do residents from Riondel to Wynndel communicate and get the information they need? The Age Friendly Zoom community conversation on networking the networks brought together around 15 Area A residents in mid May. You can watch the recording at <https://eastshore.life/conversations>.

Tom Lymbery recounted the history of phone connections beginning when the dominion government laid an underground cable with the first steel wire lines in 1915 between Proctor, Pilot Bay, Crawford Bay, Gray Creek and Sanca. With power which arrived on the shore in 1952, copper wire started to be used and in 1956 our current phone system came into place with Riondel in the 225 exchange, Boswell 223 and Crawford Bay and region with 227. Choices were made-Boswell to Creston toll free, and Riondel Crawford Bay to Nelson is toll free. As Tom says in his article "Phone connections along the East Shore" in the April 2021 edition of the Mainstreet. "Who could have predicted the age of the cellphone with such a world of information and contacts in your pocket?"

Thank you Tom, this is a reminder of the work done by residents and the Chamber of Commerce over time. Today our citizen led non-profit groups East Shore Internet Society (ESIS) and Riondel Cable, as well as for profit groups like Swift Internet and Telus work to bring networked phone and internet service to our homes and businesses.

Garry Jackman related the important role of Columbia Basin Broadband Corporation (CBBC) to bring connectivity to the whole Columbia Basin Trust Area. As a subsidiary of CBT, CBBC is at arm's length, can enter agreements and be agile in working with communities and local providers. Currently there is an application submitted more than a year ago to bring fibre to homes with a goal of 50mb download and 10mg upload. Please see the CBT website [www.cbt.org](http://www.cbt.org) for more information. Garry encourages our local internet providers to work together, avoid competition and focus on getting the best service out to residents. This is what funding bodies want to see: we all work together, do what you do well and don't put up fences.

Ben Johnson of East Shore Internet Society (ESIS) and Kit Santano of Swift Internet identified challenges with power outages and filling current gaps in service. Ben reports that with a generator, residents can maintain internet wireless service during a power outage. As ESIS waits for approval for fibre project, they are upgrading the wireless system. Swift has worked to get permission and funding for a new tower has been approved on Gerardy Point which will fill gaps in services to Gray Creek- Sirdar area.

East Shore.life website was set up as a database to house the asset listings of Area A, keep them current and available as a research base. After a year of no funding, the Economic Development Commission has committed funds to bring the site up to date. Geoffrey Tremblay, architect of the site, relays that this site is not self-sufficient in funding and requires public support. The website now hosts a you tube channel that community members can post and access videos, has pages for community groups to host for a small

fee (rather than set up their own website), potential to list local and seasonal food resources and currently has more than 250 residents who have organically signed up for a newsletter. To update or add your listing to eastshore.life email [enjoy@eastshore.life](mailto:enjoy@eastshore.life), for suggestions or comments regarding eastshore.life place contact Garry Sly at [skootenaylakecss@gmail.com](mailto:skootenaylakecss@gmail.com).

Mainstreet owner Ingrid Baetzel remarks that after many years of trying to inform residents of events and communicate information, her conclusion is that you have to do it all- posters, social media, emails and ads and articles. This insight is in line with a recent 55plus survey conducted by the Age Friendly project where residents of Area A said they prefer their information by email (69%), Mainstreet (43%), phone (19%), facebook (15%) and radio would be fantastic. Ben Johnson suggests developing a community forum on line for communications through a local network that can not be manipulated (as larger social media sites) and that perhaps, can be activated by residents, rather than a central person. Ingrid also mentioned the importance of continuing to bring together critical parties to communicate about projects to try to avoid too much duplication of efforts.

Farley Cursons, new Executive Director of the Chamber of Commerce cautions thinking "we tried that already it didn't work". Communications, like marketing need to be constantly upgraded and sent back out, we can refresh ideas, and work to unify our messages through the websites like [kootenaylakechamber.bc.org](http://kootenaylakechamber.bc.org) and [eastshore.life](http://eastshore.life). Up until the 90s and beyond we did rely on phone trees and the culture is still there. Inclusivity is the key, make sure we hang on to what works.

Luanne Armstrong brought up a difficult topic-safety in the face of fire and larger events. In her 72 years of life here on the east shore, she says every single bridge has washed out. We are fragmented and divided like a long island with one narrow highway. Luanne refers to the book British Columbia on Fire that tells the recent story of Rock Creek and the Chilcotin where the local people had to take over and organize themselves. We need helicopter access, boats for lake access, and area wide phone and email lists.

We are fortunate to have Jon Jackson as the new RDCK emergency coordinator. Jon is reaching out to residents to promote the creation of Emergency Support Services outreach teams in each community.

These groups of volunteers will be trained and ready to support their communities in the event of an emergency evacuation. Please contact Jon at [jjackson@rdck.bc.ca](mailto:jjackson@rdck.bc.ca) if you are interested in joining ESS, it's a great way to help your community when the people need it the most.

The RDCK also reminds us all of the need for Emergency Preparedness: knowing the hazards in our area and having a plan ready, should disaster strike. It is also recommended that we all collect together essentials so we're not left scrambling when its time to 'bug out'. More information and tips for personal & family preparedness are available on the RDCK website at [www.rdck.ca/emergency](http://www.rdck.ca/emergency).

Please also check out the new Neighbourhood Preparedness Program and consider collaborating with your neighbours to support each other in the event of an emergency. Neighbours helping neighbours and stronger together. More info is available on the RDCK website at [www.rdck.ca/emergency](http://www.rdck.ca/emergency). Please contact Jon for more info.

To receive emergency alerts for your area, please register at [www.rdck.ca/Emergency\\_Notifications](http://www.rdck.ca/Emergency_Notifications). Alerts and updates can be received via a free App on a cellphone, by text, landline calls or email. For those people who do not have internet please call 250-352-7701 for assistance.

Last word goes to Luanne Armstrong who reminds us of our strength in our local neighbourhood communities. Every community has an identity and developed in a unique way. Just as examples- we have Destiny Bay, Armstrong Bay, Gray Creek Hill, Riondel Road, Pilot Bay Road, Kootenay Bay and so many more-these are like pearls on a string along the lake, as Garry Jackman has been known to say. In our neighbourhoods- who connects with who, who looks after who? Our neighbours are the ones we need to know. Let's build on this strength.

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District Curling Club for the sale of the ice plant located in RDCK premises at 461 Fowler St., Riondel.

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## Tom's Corner

by Tom Lymbery  
Mining Stories  
From the Early Days

At the Kootenay Storytelling Festival in Procter, one of the stories I enjoyed most was Angus Ward Davis as told by his son Angus Jr. Angus Sr. was an experienced mining engineer who knew everyone and much about the operations they ran. When young Angus was about nine years old his father would take him with him on a walk in downtown Nelson. They would go into a mining company office and the boy would be settled in a chair with a mining magazine to look at while the elders had a discussion. Then they continued on to more offices, with the same orders given to the youngster. They might have even dropped into the office of the Hamilton Powder Company next to the *Nelson Daily News*, with its pervasive smell of blasting powder. Who realizes today that Nelson once had so many head offices of different mining operations?

So I was very pleased when the Nelson library finally brought in a book through Interlibrary Connect called *"Kootenay Yesterdays – Three First Hand Accounts of Mining, Prospecting, Ranching, Teaching and Trapping in the Kootenay District in Pre-World War Times"*, by Clara Graham, Ed Picard and Angus Davis, edited by Edward Affleck (1976). I thought I had all of Affleck's books, but this one I had missed completely.

For our historical society's 2010 tour of the 1890s Pilot Bay smelter and townsite, I asked Angus Jr. about his father. I knew his father had worked with Howard Stearns, a mining promoter from Hope, Idaho, on a zinc reclamation project at the old smelter site. Angus mentioned his father had worked with another retired mining engineer named Harold Smith, commuting to the work site daily by boat from the Balfour Beach Inn. Howard had purchased the Pilot Bay smelter site about 1945, and in 1947 Howard's workers with shovels and wheelbarrows loaded 17 rail car loads of zinc-rich tailings for the Trail smelter. The railway cars were loaded onto a barge which the *SS Moyie* had positioned in place. During the years Pilot Bay smelter was operating, zinc was an unwanted metal, there was no market for it, and so it had been left behind.

More salvageable mineral remained to be dredged from the lake near the shore. Angus was advising Stearns about setting up a used concentrator at Pilot Bay when he passed away in January 1949. That concentrator never ran because metal prices had fallen again, and the project was abandoned.

This left the contents of one of the workers' cabins at Pilot Bay up for sale. I drove over with Tom Hoskin in his old two-ton truck to bring back a bedroom set, wood cookstove and more that we needed for our renovated Auto Camp lodge. Tom had lived with his parents at Bakers Landing just north of the old smelter site, so he could negotiate the basic route.

Angus Ward Davis Sr. was born in Montreal in 1878, graduated from McGill University with a degree in mining engineering, and in 1898 he came west to the new discoveries at Rossland. He had to start at the bottom so his first job was mucking – shoveling the freshly blasted rock into carts. He worked in several similar positions before he was able to use his engineering expertise. After serving in WW1, being decorated,

and attaining the rank of Major, Angus joined the engineering staff of the Consolidated Mining and Smelting Co in Trail. It was likely helpful that CM & S Co.'s Selwyn Blaylock had been a classmate of his at McGill.

Angus married and settled in Nelson with his family, and most fortunately for us, he wrote his first-hand account of his half-century in mining in all parts of BC. Shortly after his death his memoir was published in serial form in *The Western Miner* magazine between June 1949 and July 1950. Sadly it has yet to be published as a book. However the Kootenay portion is included in Affleck's book, and a copy is available at our East Shore library in Crawford Bay. In his introduction, Affleck wrote, "Major Davis' memoirs dealing with his pre-World War 1 experiences in the Kootenay District and surrounding areas remain as one of the

most delightful and interesting works on BC mining. Those who peruse the pages of Major Davis' work will understand why the author was one of the most popular figures of his time in BC mining circles."

Highly recommended reading: Greg Nesteroff's blog, "The Hotels of Pilot Bay", from Greg's "The Kütne Reader: Adventures in Kootenaiana", <https://gregnesteroff.wixsite.com/kutnereader/blog/the-hotels-of-pilot-bay>.



Photo: Garth Norris of Pilot Bay (far left), shows his copy of the 1897 Pilot Bay townsite map to (L-R) Greg Nesteroff, Ron Welwood and Alistair Fraser during our tour of Pilot Bay heritage sites in 2010. Photo: Steve White



Early 1890s view of the Pilot Bay smelter with its telltale twin chimneys and the beginnings of the townsite. Steele & Co photo, Canada Dept. of Mines and Technical Surveys, Library & Archives Canada PA-017824

## EPIC 1000 CYCLE RACE

by Tom Lymbery

Dr. Lennard Pretorius of Kamloops confirms that the extremely tough EPIC 1000 cycle race following the Trans Canada Trail has close to 80 entrants for 2021, after being cancelled by COVID-19 in 2020. Front runners left Merritt on Saturday June 26 and tackled the Gray Creek/Kimberley Pass on June 28, headed to the finish line in Fernie and completing over 1000 kilometres.

Once again it was possible to follow individual contestants online by going to <https://trackleaders.com/bcepic21>. Perhaps this years winner will be a lady!

## Tom Sez

by Tom Lymbery

Gray Creek Store has a diesel generator that comes on automatically when there is a power failure so all store operations including propane will continue uninterrupted. Dave Lymbery organized and installed this most needed system.

There are many Invasive Plant signs on the north shore and many are near thimbleberry and other native plants. We presume they are for the yellow broom but I couldn't see even one next to that bush.

The Gray Creek Hall spring work bee saw a good turnout and got an amazing amount of cleaning and tidying both inside and out.

With so many people vaccinated we can expect that before long there will be many places where those who don't have proof of vaccination will be refused admission. Those against vaccination should look at photos of those in iron lungs suffering from Polio that was so quickly suppressed by Salk vaccine.

If *Mainstreet* was able to employ a commissioned advertising sales person perhaps we could have some idea of the hours the Cabin Restaurant at Kootenay Bay is open – also the Gourmet at Balfour?

That invasive bug that has killed all of the larger birch trees is very active this season, invading apple and cherry trees as well as all the birch regrowth.

At last THE TRANS CANADA TRAIL has officially been changed back to its real name after the abortive effort to make it The Great Trail, which had no designation as to what country it was in. All who donated to the Trail refused any donations to the Great Trail and this finally convinced the return of the True name.

29 years of the Valley Voice newspaper are now available on line through a BC history digitalization project. Wouldn't it be wonderful to have all of the past *Mainstreet* issues available? Also the other East Shore papers going back to the *Bluebell Miner*?

Our Kootenay lake Chamber of Commerce now has a paid executive director – Farley Cursons. There are so many projects to improve life on our Eastshore - Tree thinning for fire protection and very needed Community Forests for Crawford Bay and Gray Creek that will protect our water supplies.

What did Prince Charles do to antagonize Creston so that they ripped his name off the school?

## GRAY CREEK PASS REPORT

by Tom Lymbery

Dave drove me in his ATV up to the 6800 foot summit on Fathers Day June 20 where we found good ATV track though the last bit of snow just this side of the top. With bright sunshine vehicle traffic was possible Tuesday June 22, 2021.

No trees or rocks on the road and 7 Kimberley motorcyclists reported the entire route was excellent. Epic 1000 cycle race from Merritt to Fernie had about 80 riders with front runners reaching Gray Creek Monday June 28. This was cancelled in 2020 but operational again this year with so many vaccinated.

Barefoot Handweaving



Spring moisture and sunshine have created colour inspiration ...

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



## 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.*

### From My Window

This morning I remembered the lessons newly born children and animals face, and how vital they are. I sat down with my morning tea and looked out the front window. In the newly blooming sedge a flicker of movement alerted me to a new fawn sheltering there. The air was hot, the sun hard, and shortly afterwards the fawn gingerly picked its way to the big spruce tree, looking for shelter. The branches were too close to the ground, and it made its way down the side of my house, where there's more shade. It's still there, sheltered and away from the road, with passing people on their bikes, and dogs off the leash.

A doe had wandered around my yard a couple of days ago. I thought she was looking it over. Yesterday she picked her way along the street, slowly and carefully. I wondered, since this is still June, if she was about to have a baby. She didn't look particularly big. Apparently last night she gave birth. Of course, today she is not around, though she will be nearby. This is a fawn's first day, and its first lesson: to be still and out of sight. The smell of the mother, particularly the lingering scent of the birth, attracts predators. Newborn fawns have little smell of their own after they're cleaned. To protect this small beauty, the mother stays away for a day or two, only returning at night when she thinks it is safe to feed her new baby.

If you come across what you think is an abandoned fawn, leave it alone. Take note of where it is sheltering, and return in a day to see if it is still there or not. The

mother won't be far away, unless something has happened to her.

This is one of the harder lessons that newborns face, and there are many in the first year of their lives. Humpback whale calves, for instance, travel thousands of miles to the south to new feeding grounds, sustained by the mother's milk. On the return, the calf is weaned and must go without food for a long time as they migrate further north. The journey is perilous, as first lessons often are, with orca and other dangers along the way.

Octopus young are on their own from the moment they hatch. The ones that survive are those who look for safety immediately, even if that is nothing more than sticking bits of sand to their tiny bodies to disguise themselves. Some try to shelter themselves in abandoned shells. These are the ones that survive.

Wood ducks and barnacle geese have hard lessons as well. Before they can eat they have to follow their mothers out of the nest. Wood duck mothers leave their newly hatched young, located in a hole in a tree as high as fifty feet off the ground. She calls to them from the forest floor and they have to follow the sound of her voice. They've learned it while they were still in their shells. They plummet to the leaf strewn ground in the hopes of food and safety. If they're lucky, and the mother duck has chosen her nest wisely, they will drop onto a thick ground cover of dead leaves, like cushions, and survive. Then they follow her to the nearest water. Only then will they eat their first meal.

For barnacle geese the plummet is worse. The geese's nests are a couple of hundred feet up the side of a rocky cliff. These young, too, have to follow the parents' voices, and literally take a leap of faith, trusting in their parents' choice. Some do not survive. If they are lucky, they will miss the rocks as they fall and land in the water where their parents are waiting. Amazingly, even from that great height, the ones who

land in the water usually survive.

Meerkats are a species that invest a great deal of time in teaching their young. Once they're old enough to leave the den, the parents, aunts, and uncles, show them where food can be found. They will also bring them live scorpions, one of their main sources of prey, with the stingers first carefully removed, then teach them how to kill and eat what remains of the insect.

Cheetahs will bring live food to their cubs, once they're weaned, in order to teach them how to hunt and kill. It's a terrible practice, but that's how the species survives, unfortunately. One of my cats was a very good hunter. I adopted her from a farm in Alberta, and the owner of the farm used to watch the mother cat teach her young how to kill. She would bring them an ordinary garter snake and show them how to stun it with the hard swipe of one paw and then snap the head from the spine with her teeth. Unfortunately, her daughter was later alarmed by anything that looked like a snake. For all of her life, she tried to kill any pencil or pen I was foolish enough to leave laying around the house.

I once lived in Saskatchewan in a very treed yard. Wrens liked to nest under the eaves. One year they woke me very early in the morning with raucous and insistent chatter. These are small birds with strong voices, and they were teaching their young how to fly. I watched them from my window, showing the young birds how to scale the bent branch of a shrub, chattering at their heels, prodding them on with little pecks at their toes, as the chicks reluctantly sidled up the branch only to be pushed off once they reached the top of the arc. They learned quickly, and safely; there were a lot of dead leaves next to the rocks, cushioning their fall.

Animals have a variety of ways to pass on their life skills, their knowledge and culture, to their young. The lessons are often harsh, but their young learn them. "Survival of the fittest" has created generations of smart species that now know how to survive.

## For the Love of Genre

by Sharman Horwood

### The "What If" Game

Alternative history has long been popular among speculative fiction enthusiasts. In this sub-genre, a particular historical fact is changed, and a story is imagined from that point on. This type of fiction goes back as far as the first century B.C. in which Livy imagined an alternate 4th century B.C. world. In it Alexander the Great survives and subsequently invaded Europe, as he had originally planned. More recently Philip K. Dick's *The Man in the High Castle* is another great example (made into a series playing on Amazon Prime at the moment). In it, Hitler's Germany, along with Imperial Japan, win World War II. They subsequently occupy a split North America: Japan taking the western regions, and Germany occupying the eastern. The ensuing story follows the resistance fighters trying to drive the enforcers out of a heavily occupied North America.

Mary Robinette Kowal has created an alternate history in space exploration. She starts it in her recent trilogy, beginning with *The Calculating Stars* (2018), its sequel *The Fated Sky* (2018), along with the final novel, *The Relentless Moon* (2020). All three novels have won awards, with good reason. The first begins with a woman who was a pilot during WW II, Elma York is a pilot and a computer for the national space agency, much like the historical computers who actually did the work at that time, as described in *Hidden Figures* (2016, a very good film of the real women who worked for the space agency in the 1950s).

However, in Kowal's first novel in the series, in 1952 a meteorite slams into Earth, hitting Washington directly and wiping out much of the eastern seaboard. This effectively destroys most of the eastern U.S. government and infrastructure, as well as the major population centres. The meteorite causes a heavy cloud layer that will create a runaway greenhouse effect within

the near future, probably within the next fifteen years. People must leave Earth and colonize other planets, like Mars, if humankind is to survive. However, many of the people on Earth don't believe this, and the space agency, along with the world governments, have an ongoing battle convincing them this is the case. The subsequent two novels focus on this struggle, with the racial and sexist struggles plucked right out of 1950s culture. The women pilots become Lady Astronauts in order to publicize the space program, and the African American pilots are ignored. Their struggle is the hardest in all three novels. Because they are black, they are not trusted and throughout they are constantly pushed aside, denied promotions, and blamed when there is sabotage or miscommunication.

The third novel, *The Relentless Moon*, is the best of the three, though the first two are very good. One of the Lady Astronauts, Nicole Wargin, is the focus of this tale. She is a former WW II pilot, and the wife of a congressman. She faces social obligations as his wife, creating a public persona that is skilled at maneuvering around difficulties in Kansas--the new Washington--as well as within the U.S.'s space agency. She faces the same sexism issues as she works to become a valued astronaut within the space program. She perseveres in order to satisfy her own desire, which is to pilot ships in space. Her biggest motive, however, is saving Earth. It is facing what could be an Extinction Event. The space program's success is important.

At the start of the novel, while three ships are heading for Mars, she is stationed on the moon within a small colony of astronauts and scientists. They face the difficulties of surviving in this alien environment. They also face resistance instigated by the Earth Firsters, a terrorist organization determined to convince the world governments they must "repair" Earth, that they must save everyone, not just the fortunate ones who will flee to an alternate colony on Mars.

A saboteur starts causing problems with the equipment. Air filters have been tampered with. Equipment

malfunctions at key moments. The plants growing in the only small free space under the dome are damaged. A shuttle is sabotaged, and there is also the threat of bombs. Plus they all get ill. They quickly learn that whoever is doing the sabotage will kill in order to cause the settlement to fail. Clearly one of the colonists on the moon is an Earth Firster.

Nicole Wargin's task is to discover the saboteur and save the colony. The novel is thus a spy thriller. Prior to WW II, she was in a Swiss finishing school. The school doubled as a training centre for government agents, and Nicole has to use these skills to determine who is responsible. A difficult task: only scientists and skilled space explorers are there on the moon. The culprit has to be one of them. The Earth Firsters on Earth are causing problems there, too, including sabotage directed at the space agency.

My one complaint about these novels is a small one. Unfortunately, Elma York and Nicole Wargin both have social anxiety issues: Elma has panic attacks and both have eating disorders; Nicole has anorexia. Overall that leaves a sense in the reader that the women have more weaknesses than the men. Nonetheless, they are still champions, both well developed characters and very good at what they do.

Kowal herself has won many awards (see Wikipedia). All three of the novels have won several, and *The Relentless Moon* is a finalist for the popular Hugo Award, to be awarded at WorldCon in December. I hope it wins, and that Kowal writes more in the series.

The novel is well paced, and very well researched. Kowal thanks NASA and its astronauts and engineers for their help in making this a very realistic depiction of space exploration. In this third novel, I was left with a sense of possibilities rather than failures.

All three novels are a good summer read, either on the beach or late at night. Enjoy.





pebbles  
by Wendy Scott

## Riondel Summer Solstice

This summer solstice is a bit messy. The magnolia has already scattered its petals all over the grass, now tiny green worms dangle from delicate threads to gather puff balls of pollen on the fly. But white roses surround our front window and red peonies bloom in the back garden.

If I look back twenty-five years, I see another late June and a veritable snowstorm of cottonwood pollen. I see a stopping place beside the ocean on Vancouver Island. A leaving and a beginning. In two busy months, our Ladysmith house became part of our many memories of Vancouver Island. As we sat on the grass, beside the ocean the moon spread a crinkled path across the bay. A few cormorants, sleek and black, perched on pilings, but the ravens had already flown inland as they always did, to roost at dusk in the hills behind the town. There was a sudden scuffle in the underbrush as a small animal -- one of many rabbits perhaps -- decided to take cover. Night settled around us. The hillside behind was quiet and in the darkness we could hear the distant call of a nighthawk. We wondered when we would see this ocean again.

The moon shone across many more waters as we headed north and east touching the rolling hills and strings of lakes in the centre of our province. We passed through the Rocky Mountain Trench on one of the worst roads I have ever been on. Construction had turned the highway into something resembling a boulder strewn beach. But it was a thrill to come out of the Rockies into golden fields of canola; to cross and re-cross the twisting Pine River; to marvel at the breathing space of a wide sky, and know we were still in our mountainous and well-treed province of British Columbia (may it remain this way).

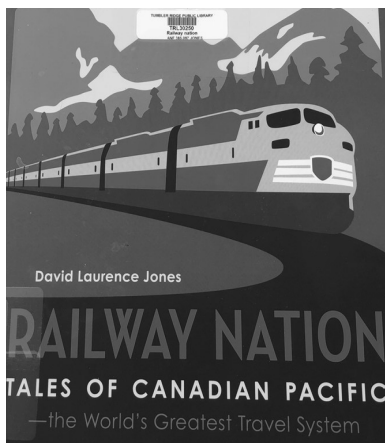
By the time we stopped at Cameron Lake, the sun had dropped behind low hills on the opposite shore, leaving a golden rim around a long, flat cloud. It was nearly nine o'clock, but the sky still held a soft, pale blue. Evening lingered. The wind softened. The lake lost its wrinkles and became a smooth mirror for a bright summer solstice moon.

This was the beginning of an adventure that included stays in several RV Parks in a 27-foot Fifth-wheel, and our journey across Canada in time for Thanksgiving dinner in Nova Scotia and down the east coast through the Southern United States to enjoy another Thanksgiving dinner in Alabama -- from there we continued into a warm Mexican winter.

And now we have come full circle and returned to BC and Riondel. It is June again and soon to be July. Those little green worms are dangling from the magnolia. Since they are all over town, I think I'll call them \*solstice worms\*.

## Book Reviews

by Tom Lymbery



**RAILWAY NATION, TALES OF THE CANADIAN PACIFIC** -THE Worlds Greatest Travel System, by David Laurence Jones, Heritage House, 292 pages, \$34.95

This is not just another rail book but a summary of what was truly named "The World's Great-

est Travel System where you could visit the CPR ticket office in the Madden Hotel on Baker Street in Nelson and purchase transportation to almost anywhere in the world on CPR trains, steamships and hotels.

Chapters on School Cars and Dental cars that served smaller communities who did not have these services. Building luxury liners to cross both the Atlantic and Pacific oceans led to enormous marine operations. The CPR series of 10,000 ton freighters lasted until the advent of much larger container ships.

Led by manager William C. Van Horne who saw the potential for bringing European tourists to the vistas of the Rocky Mountains hotels such as Banff Springs were accompanied by small cottages, even tents in remote locations. Bringing Swiss Guides to make mountain climbing safe and possible was another of Van Horne's ingenious ideas. See a photo of the Tram that took customers up to Lake Louise before better connections came.

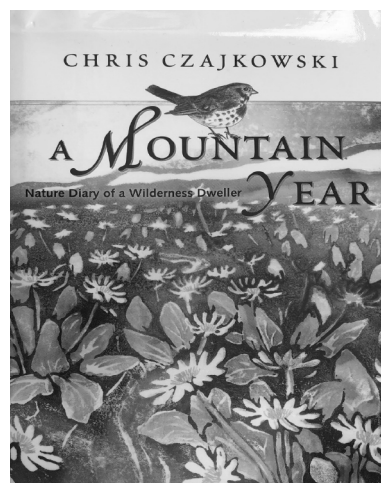
Photos of teen age telegraph deliverers waiting for the next call and many more of the log stations and chalets. You will read of CPR operations you had forgotten.

Service in both wars cost many ships lost to torpedoes, along with the many valiant mariners who went down with their ships. Company encouraging fundraising to help the war effort is something I hadn't previously heard of.

The foundation of Canadian Pacific airlines was fraught with problems because of the protection Ottawa placed on its Trans Canada Airline. Prevented from competing in Canada led to manager Grant McCornachie seeking routes to South America. Australia and China, make it a worldwide operation long before Air Canada expanded.

Very readable and engrossing, unlike those rail books endorsed by rail buffs.

**A MOUNTAIN YEAR -NATURE DIARY OF A WILDERNESS DWELLER**, by Chris Czajkowski, Harbour Publishing, 177 pages. \$9.99



This a most delightful book, with the text separated by colour drawings of birds and full pages of high altitude mountain flowers, water-colours bright with reds, greens, blues and more.

I have read and reviewed many of Chris Czajkowski's books but this one is something special

-- and how can Harbour market this hardcover for only \$9.99? The setting is entirely around Nuk Tessli lake high in the Chilcotin wilderness, only accessible by ski

or float plane.

Chris Czajkowski was a WORKER -- building her rental cabins with an Alaskan Chainsaw Mill that many fear to tackle. But most of all she finds unusual flowering plants, butterflies and birds and sketches and paints these clearly..

## Blast from the Stacks Riondel Library News

Muriel Crowe, Shirleen Smith & the Riondel Librarians

In the immortal words of the Bugs Bunny theme song, "Oh what heights we'll hit! On with the show this is it!" Yes, eager library patrons, the Riondel Library is re-opening as part of the BC Covid Restart Plan Step 3 (see the BC Covid Restart Plan web page for more details). Basically, as long as the province hits her vaccination numbers (c'mon folks, get the jab!) and the infection rate stays low, we're good to go. We can't think of a better reward for our year and a half of good behaviour: a trip to the library! Can you?

Here's the scoop:

- Riondel Library reopening beginning Saturday July 3
- Entrance through East door (facing Eastman)
- Masks are mandatory (you got this!)
- Library will practice strict social distancing (no reading over other patron's shoulders!)
- Limit of 5 patrons in the library at one time
- Limit of 20 minutes if other patrons are waiting (you can always get back in line)
- Our take-out service will continue as well
- No computer access at this time, sadly
- Library hours: Monday, Wednesday, Saturday 10 am to 12 pm.
- The return slot is always open! (except when it flaps shut. You know what I mean)
- And: you can continue to bring in your batteries for recycling

And now, the immensely popular What Book Am I? puzzle contest - exclusive to our *Mainstreet*-reading library patrons. This contest's fabulous prize is a gift certificate to Ladybug Coffee (at Kootenay Bay ferry terminal)!! Last month's anagram was successfully un-twisted by Doreen Nault. Congrats, Doreen! Here's this month's puzzle:

Riondel Library's Young Adult section recently received a new book about one of the Kootenay's favourite BIRDS! Name that bird to enter this month's draw.

Hint: unscramble this word to reveal a local attraction named after the bird: "FRYER"

Good luck Riondel Library Patrons! We look forward to seeing you (in your masked phiz) in the Library!

**Library hours & Contact:**

hours: Monday/Wednesday/Saturday 10-12 am  
phone: 250-225-3242  
email: the\_librarian@bluebell.ca

**Next Deadline:**

**July 28, 2021**

**www.eshore.ca**

**mainstreet@eshore.ca**

**Next Deadline:**

**July 28, 2021**

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**mainstreet@eshore.ca**



## East Shore Community Reading Centre

by Librarian Taryn Stokes

Happy July to everyone! If you are looking for a place to pop in and beat the heat - the East Shore Community Reading Centre is the place to be on Tuesdays and Saturdays between noon and 3PM. It is a great place to browse for new and favourite books while enjoying a quick break from the sun. Come on in and find a great book to enjoy on the beach! We had 209 items checked out in June so far, and 27 new items added to the catalogue. New books include *Unfinished Business* (JA Jance), *When We Are Broken* (Luanne Armstrong), *Malibu Rising* (Taylor Jenkins Reid) and *The Other Black Girl* (Zakiya Dalila Harris).

In June the East Shore Community Reading Centre served 41 patrons and in May we served 46 patrons. Over the last twelve months we served 90 distinct patrons for a total of 2,923 checkouts. It is always a pleasure to see a brand-new book being checked out - there is a book here for everyone (and hopefully more than one). We also have a request book, so if you don't find your favourite author we can order it in as a new book or have it brought in as an InterLibrary Loan from another library in British Columbia. When you need a break from reading and have reached the end of Netflix, there is also a large selection of DVDs to choose from.

Here are a few of the favourite new releases in the last six months. *Spin* (Patricia Cornwell), *Do No Harm* (Christina McDonald), *All the Colors of the Night* (Jayne Ann Krentz), *Win* (Harlan Coben), *Long Call* (Ann Cleeves), *Death with a Double Edge* (Anne Perry), *Jonny Appleseed* (Joshua Whitehead), *Six Weeks to Live* (Catherine McKenzie), *21st Birthday* (James Patterson) and *Project Hail Mary* (Andy Weir).

Now that summer is here and plans can be made for visitors and guests, consider stopping in to pick up some gently used paperbacks for beach and shady patio reading. Great reads to be found for the small price of a donation! Enjoy your summer.



### RETREAT CABINS

Need some time to retreat on your own or with a loved one?

Our short-term or long-term Retreat Cabins provide a cozy, stunning space to allow you to work remotely, create or simply be.

Contact Yasodhara Ashram at [info@yasodhara.org](mailto:info@yasodhara.org) or go to our website: [yasodhara.org/retreat-cabins](http://yasodhara.org/retreat-cabins)

## I FIND NO WORDS ....

A poem by Josie Ahearn June 2021

I find no words for my response  
To residential school crimes.  
I find only tears, sorrow and grief.  
How many atrocities have been hidden  
Behind religious words and clothing  
How many are buried nameless  
In this land called Canada  
One little, two little, three little....  
CHILDREN, some still babies  
Children who will never know:  
The joy of riding a bike  
On a warm spring day  
Chasing illusive butterflies  
From flower to fragrant flower  
Eating fresh bannock with Kokum  
Learning language with Moshum  
Dancing in traditional regalia  
A lifetime with a sweetheart  
Children of their own  
The honor of becoming an elder  
Who are you little ones  
Who are your families  
Did you die all, together  
Consumption, measles flu  
Or did you die alone  
Years apart from each other  
Are you free from the nightmare  
Of your final days here on earth  
They say you are with God  
But isn't that the same God  
Your perpetrators served  
So many secrets unknown  
Will governments pay to reveal  
Will churches pay and repent  
Will we ever be given a response  
Beyond tears, sorrow and grief

## New Equipment at Enchanted Playground

Do your kids or grandkids like to swing like monkeys and climb like spiders? We celebrate the arrival of two brand new nature-inspired additions at the Enchanted Playgarden at the Crawford Bay Park: a six-sided Spider Web Climber, and some log Monkey Bars! These were funded through a successful Columbia Basin Trust 'Basin PLAYS' grant, awarded to the East Shore Alliance Supporting the Early Years (EASEY).

The pieces were installed by Charles and Ellie Reynolds with help from other local parents, and the invaluable assistance of YRB and Mark Johnston.



## Yasodhara Ashram Programming

Submitted by Nicole Plouffe for Yasodhara Ashram Society

We are pleased to announce that we will be opening our doors to vaccinated and unvaccinated people through our one, two and three week Restorative Retreats at the Ashram.

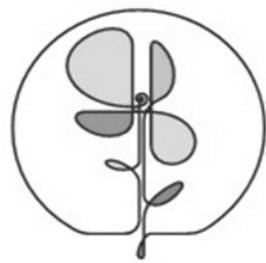
Longer programs have been running such as our Yoga Development Course (YDC) and Karma Yoga Program which required people to quarantine for two weeks, but this will be the first time where vaccinated people can stay without the required quarantine.

Over the past year, we have been a small group of residents, Karma yogis and YDCers reminiscent of the days where the Ashram was a more intimate group of people pulling together to teach, learn and keep the Ashram going. As residents, we have taken on many new hats but have learned to thrive within the limitations.

We continue to grow in many ways and as Swami Lalitananda said in a recent email sent to our community, "This is a time of adapting to change, just like we adapt to spring sunshine, spring rain or cold wind. We are being with what is. And yet in this very season, the light lingers with a promise of renewal. There is learning and teaching. Living and loving. Being together in the ways that we can..."

As we are guided with what is next, we look forward to the time when we can open our doors wider. If you have any questions, please reach out to us or go to our website, [yasodhara.org](http://yasodhara.org), for information about our upcoming Restorative Retreats, Yoga Journey or our online offerings. For now, we remain closed for drop-in visitors. Sending out Light to our East Shore community and beyond.

*Next Deadline:*  
*July 28, 2021*  
[www.eshore.ca](http://www.eshore.ca)



SUNNY  
WOODS

**JULY HOURS:**

9AM TO 5PM

Wed-Mon (closed Tuesdays)

**Fresh Organic Produce and  
Gourmet Condiments from Wildy  
Delicious Specialty Food  
Company—new this month!**

Perennials, flowers, trees, seeds, local meat and eggs, giftware, garden décor, pet supplies, garden supplies and more!

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*Next Deadline:*  
*July 28, 2021*



# Self Healing Through Chi Kung

by Zora Doval

Our times are challenging - so I hear and read. We just lived through a Blood Moon combined with lunar eclipse which some astrologers characterize as something akin to a tsunami of emotions. This is apparently magnified by some particles sent by our Sun into the direction of our planet. Add to this the recent Chinese rocket's deteriorated orbit with a subsequent crash of tonnes of debris into our atmosphere and the image of impending doom readily emerges.

Oh, this mixture of doom is not complete without the Covid 19 and the related conspiracy theories. In other words, the general feeling many people share with me is that "we" (humanity) are in deep trouble. In spite of all the advances of modern medicine many diseases are rampant. Cancer is a true plague of this century that kills so many friends and neighbors. And then there are strokes, aneurisms, heart attacks, diabetes, Parkinsons, Alzheimers, to name a few.

Meanwhile medical science has found solutions to many of these killers; some are very resistant to any treatment. There is no doubt in my mind that the decline in the quality of environment and wrongly directed technologies are some of the root causes. So is modern diet and stressful lifestyle. Many people are genuinely worried for the fate of the human race and I think they have many reasons to be worried. Science and technology makes bold promises to fix humanity's problems.....but they are just promises. As humans we are trying to "fix" or "overcome" nature....but hey, Mother Nature is a force that cannot be easily subdued according to human whim.

In the ancient teachings of Taoism it is believed that humans ought to work "with nature" rather than trying to "subdue" nature. We can establish a balanced relationship with the Great Nature; we can learn to listen to her calls through the calling of the birds; we can perceive her messages in the lightest breeze and also in the thundering storms; we can harmonize ourselves with the flow of her seasons, can perceive her innate intelligence when we see the migrating birds finding their home without fail, equipped with some mysterious GPS not yet understood by science. This, I believe, is a question worth asking: what is it, this mysterious GPS that not only guides the flight of birds but also urges humans to eternally search for that mythical "home", for the "paradise", for the "nirvana" if you are Buddhist, for the "heaven" if you happen to be a Christian and for the "garden of Eden"?

If we are honest with ourselves, we will see that this GPS is nature's and humankind's striving to get back to the Source Energy, call it what you will: God the Almighty, Father, Son and Holy Spirit, Abba (sorry, not the popular rock group!), Allah, Great Goddess, Mahashiva or Great Tao. Although the names are many, the Source Energy is unified and dwelling in Oneness. Its essence and foundation is LOVE.

To be in oneness with creation is everybody's birthright. We can be in harmony with nature and her flow, we can find happiness within ourselves. We can heal our innumerable diseases. The time proven practices of Chi Kung are guaranteed to restore health in the body and mind. They are not hard to do. They bring feelings of bliss and renewed energy almost instantly. They give amazing results when practiced over a longer period of time.

What precisely can you gain from practicing Chi Kung? A good question indeed. Without any exaggeration it can be said that daily practice of Chi Kung will

- increase your energy, stamina and zest for life instantly
- increase your creativity and improve your imagination

- boost your immune system
- start addressing any chronic/long standing issues with your physical/emotional health
- improve your mood and cure any mood fluctuations
- boost your optimism and enthusiasm
- cure depression and anxiety issues
- also cure insomnia
- and a host of other psychological/physiological health issues

If you have health issues and wish to improve your life, if you prefer to live a life of bliss instead of a life of misery, you are willing to practice 15 - 45 minutes daily, you are welcome to join me for a Chi Kung practice 2-3 times a week. I will teach the very rare practices of Korean GiCheon - a very beautiful and powerful set of exercises that can improve most of the chronic conditions and heal almost everything. This system is somewhat reminiscent of the Shaolin system, in that it works vigorously to quickly open the Yin and Yang channels of the body thus ensuring an unobstructed free flow of energy throughout the body. I studied this system with a Korean Master. You will feel as strong as a lion in your physical body and you will have a sense of unobstructed joy and happiness in your mind. You will not need to read books on nutrition - you will simply know what to eat and how much and when. You will definitely not need the sleeping pills because you will sleep better than a baby after each training. Your digestion will become stronger and your metabolism steady. The flow of nutrients through your body will be like a river, strong and steady. You will never have to fear another anxiety attack or a bout of depression. You will live in the present moment.

Now, Shaolin and Gicheon practices are generally considered quite extreme. meaning that we are asked to practice barefoot both in summer and winter, outdoors rather than indoors, often submerged in cold water. These "extreme" practices are only meant to bring us in closer contact with the natural environment and by doing so open our energy channels. Once the channels are open, life becomes quite exquisite. We become more acceptant of what is and stop insisting on our preferences. We start going with the Great Flow (= Tao). If these type of practice are not your "cup of tea" you can opt for a less severe and more gradual system of the 7 Lotus Chi Kung. This is a totally different system of Chi Kung that has been designed specifically for the modern person wishing to liberate while living the lifestyle of modern trappings.

Both systems will give you greater energy, stamina and positive outlook. You will be happy and healthy. Your sexual energy will be enhanced. Your energy will be positive. We will be practicing outdoors, by the water, in the water. I am looking forward to training with people who genuinely wish to improve their lives. Please call for schedule: **250.777.1856**.

## The Fitness Place

Open Again!

7 days per week

5:30am-10:30pm

The regulations will be the same as before, with a MAXIMUM of six people at once, socially distanced.

We will not have supervisors at this time. Please pre-book your gym time by texting Amy at:

**587-434-8770**

Email [eastshorefacilities@gmail.com](mailto:eastshorefacilities@gmail.com) for more info.

# East Shore Hospice

by Barb Kuhn

East Shore Hospice is sending an invitation for volunteers to join our team. We provide companionship for the dying and respite for their caregivers. A willingness to listen and be present, and a clean background check are some of the requirements for those providing this service. It is free of charge to those who are dying and their caregivers.

Training will be provided for volunteers. We have very few people at the moment, so we need your help to keep our services going. The need for hospice care will be increasing in the near future, due to the demographics of our population.

If you would like to help us care for the dying in our community, please call Susan Dill at East Shore Hospice.

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.

## Memorial Wall

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

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

## Vaccination Report

by Kim Young

On June 4, 5 and 6 a Covid 19 Vaccine Clinic was held at Crawford Bay School. I am pleased to report that 812 doses were administered!

A HUGE Thank You goes to the nurses and administrators from Creston Public Health, the Covid 19 Rapid Response Team from Vancouver, Interior Health, the nurses and nurse practitioners who travelled here from all over the Kootenays, as well as our local medical professionals, Doreen Nault, Nicola Candy and Sharon Webster.

Thank you also to Principal Sara Wick and the Crawford Bay School custodial team who hosted the event and ensured we had everything we needed to make it a success, Steve from Mountain Eagle Security for his help maintaining order all weekend as well as to Margaret Crossley for providing some much appreciated treats.

A special shout out to all those in the community as well as the East Shore Kootenay Lake Covid 19 Community Support Facebook Group who helped us spread the word. AND last, but definitely not least, another HUGE thank you to my friends and co-organizers Peggy Skelton and Dr. Liz Barbour.

May we all have a healthy, happy and safe summer.

July 2021 Mainstreet 17



**SERVICES DIRECTORY/CLASSIFIEDS**

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

**AUTOMOTIVE/MARINE**

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

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

**BUS SERVICES/ANNOUNCEMENT**

**ARTISAN'S SHOPPE** - Circle of Friends, open 11am to 3pm, Thursday-Saturday, Riondel  
**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)

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

**SAMURAI HARDWOOD FLOORING:** Sales, Installations, Tile, Stairs and Millwork www.samuraihardwood.com 2505513764.

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

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

**PERSONAL CARE/HEALTH**

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

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

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

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

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

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

**PROVINCIAALLY REGISTERED HCA** - Christian McStravick providing confidential, home based support for individuals, and their family members. Specializing in personalised home health care, respite care, and hospice care. Servicing Boswell to Riondel. Please contact Christian via phone:250.225.1955 or email:christianmcstravick@gmail.com

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

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

**REGISTERED MASSAGE THERAPIST:** Harreson Tanner - Over 40 years clinical experience. Treatment of Lumbo/Sacral Strain, Whip Lash, Frozen Shoulder, Migranes/Headaches, TMJ problems, & Stress. No doctor referral required. 250.505-6166.

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

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

**WILLIAM MORRIS, PhD, DAOM,** offering astrological consultations combining 40 years of clinical practice weaving Chinese medicine, Astrology and Sound Healing. wmorris33@gmail.com 250-225-3518

**RENTALS/ACCOMMODATION**

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

**RESTAURANTS**

**CRAWFORD BAY HALL & COMMUNITY CORNER BUILDING** - available for community events, wedding receptions, workshops etc. Non-smoking facilities. bookings@cbhall.ca

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

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

**YARD/LANDSCAPING/SITE PREP**

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

**CLASSIFIED ADS**

**BUSINESS ANNOUNCEMENTS**

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

**BUSINESS SERVICES**

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

*Next Deadline:  
July 28, 2021*

**Massage Therapy**  
**Harreson Tanner, RMT**  
*Over 40 years clinical experience*



\* Knowledgeable \* Skilled \* Experienced  
For appointments, call 250-505-6166

• Planning a wedding?  
• Holding a meeting?  
Consider renting the  
**BOSWELL MEMORIAL HALL**  
Booking/info: Karen Lee at 250.223.8686



**"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.

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

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

**A good Driving Record\***  
&  
**Your Auto Insurance**

The opportunity to save on your auto insurance with RoadStar Gold is available at this point in history! \*RoadStar Gold savings are for those customers who have retained their 40% CRS discount for more than 11 years in a row.

**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



# 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 appts. 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.**

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

**DOCTOR /NURSE DAYS: July 2021**

**July 1, Thurs:** STAT, clinic closed  
**July 2, Fri:** No Coverage  
**July 5, Mon:** No Coverage  
**July 6, Tues:** Dr Piver/Jayme Ingram  
**July 7, Weds:** Dr. Moulson/Jayme Ingram  
**July 8, Thurs:** Jayme Ingram  
**July 9, Fri:** Jayme Ingram  
**July 12, Mon:** Jayme Ingram  
**July 13, Tues:** Dr Piver/Jayme Ingram  
**July 14, Weds:** Dr. Moulson/Jayme Ingram  
**July 15, Thurs:** Jayme Ingram  
**July 16, Fri:** Jayme Ingram  
**July 19, Mon:** Jayme Ingram  
**July 20, Tues:** Dr Piver/Jayme Ingram  
**July 21, Weds:** Dr. Moulson/Jayme Ingram  
**July 22, Thurs:** Jayme Ingram  
**July 23, Fri:** Jayme Ingram  
**July 26, Mon:** Jayme Ingram  
**July 27, Tues:** Dr Piver/Jayme Ingram  
**July 28, Weds:** Dr. Moulson  
**July 29, Thurs:** No Coverage  
**July 30, Fri:** No Coverage  
NO WALK-IN SERVICES  
APPOINTMENTS ARE REQUIRED

**EASTSHORE FRESHWATER HABITAT SOCIETY AGM**

On July 5 at 10 am. Held at Mackay Park Beach, Boswell. Everyone welcome.

**KOOTENAY LAKE LIONS CLUB**

Will be back selling burgers and home fries for 2022. Looking forward to seeing everyone then!  
Have a Safe and Happy Canada Day 2021



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



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

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

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

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

Web: [www.eshore.ca](http://www.eshore.ca)

**ADVERTISING RATES**

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

\$45 - 3.25w X 2.5t

\$50 - 3.25w X 3t

\$55 - 3.25w X 4t

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

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

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

\$115 - 3.25w X 10.25t

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

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

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

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

Sample Sizes - more sizes available.

Column Width: 3.25 inches - double width: 6.75

inches - full width: 10.25 inches

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

Classified Ads: \$5/first 30 words,

10c/word additional

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

**FOR FULL COLOUR, ADD 30%**

**Next Deadline:  
July 28, 2021**

**CHURCH/MEETING CALENDAR**

**RIONDEL COMMUNITY CHURCH**

Everyone welcome.

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

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

**HARRISON MEM CHURCH, ANGLICAN**

Crawford Creek Rd., Crawford Bay

No services at this time.

For info, please contact Rev. Leon Rogers: 250.402.3225

**KOOTENAY LAKE COMMUNITY CHURCH**

A Lighthouse on the East Shore

Come & join us Sundays at 10 am.

Coffee fellowship after the service.

Pastors Richard and Ramona Dannhauer  
16190 Hwy 3A, Crawford Bay: 250 505 8286

**YASODHARA ASHRAM**

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

**MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL**

Fr. Lawrence Phone: 428-2300

Sun Mass at 2pm.

**CHRISTIAN SCIENCE CHURCH SERVICES**

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

**MEETING PLACES**

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

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

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

**ALCOHOLICS ANONYMOUS:** Meets every Sunday at the Crawford Bay Hall on Wadds Road at 7:15 (1 hour meeting)

**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
Osprey	9:40 pm	10:20 pm





ImmunizeBC



Interior Health

## Vaccinated outside of BC? Need to update your records?

*New Provincial process to update your immunization record*

### Updating your records



- If you have already received one or both doses outside of B.C., go to <https://gov.bc.ca/vaccinerecord> to update your immunization records.
- You will be asked for the following:
  - A personal health number
  - Proof you have been vaccinated outside of B.C. (i.e. immunization card or doctor's note)
  - An image of your official vaccination records
  - Personal contact information.
- If any information is missing or entered incorrectly, you may be contacted.

### Accessing your records



Your immunization records will be entered into the Provincial Immunization Registry. This usually takes about two days.

Once entered in the Provincial Immunization Registry you can access your immunization record online through [Health Gateway](#). Registration to [Health Gateway](#) is required in order to access your records.

To register go to: <https://www.healthgateway.gov.bc.ca>

### Still need your second dose?



**Get your second vaccine dose**

If you received your 1<sup>st</sup> dose of the COVID-19 vaccine out of province/out of country and you are seeking your second dose within BC:

**Step 1:** Register in [ImmsBC](#) using the link: <https://www.getvaccinated.gov.bc.ca>

**Step 2:** Update your vaccine record using the link: <https://www.gov.bc.ca/vaccinerecord>

**Step 3:** Once your record has been updated in the Provincial Immunization Registry (this may take up to 2 days) you will be invited to book your second dose appointment when you become eligible. Eligibility is determined based on the date you received your 1<sup>st</sup> dose. If you are not registered in ImmsBC you will not receive an invite.

**Note:** Updating your immunization record does not automatically register you in ImmsBC.



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Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

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

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

**Sample Sizes - more sizes available.**

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

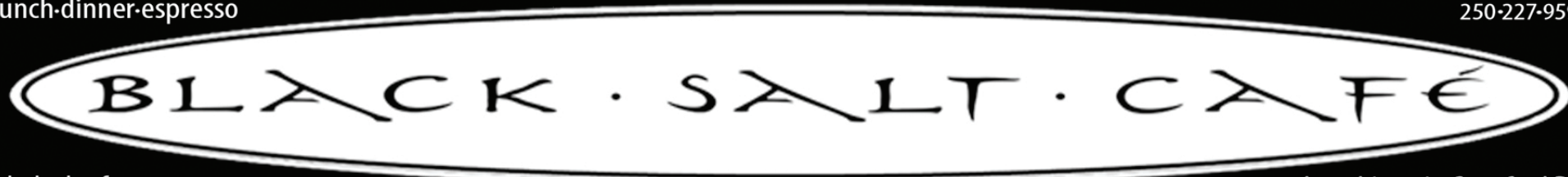
**Services Directory:** \$5/month, up to 3 lines.

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

**FOR FULL COLOUR, ADD 30%**

lunch-dinner-esspresso

250-227-9596



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

your eastshore bistro in Crawford Bay

**THANK YOU! You can STILL...**



Huge, heartfelt thanks to the wonderful donors and supporters who have given generously over the past month or two. It warms us to the core to know that you care about the future of this beautiful locally-owned, independently-run community newspaper.

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](http://www.eshore.ca) or...

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

- ⇒ Paypal
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Go to [www.eshore.ca](http://www.eshore.ca) for more information.

Thank you, Mainstreet supporters & community.