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The East Shore Mainstreet

KOOTENAY LAKE BC

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



Starbelly Jam Music Festival
presents:

Antidoping!

Reggae music from Mexico to the world!



Where: Crawford Bay Hall

When: Saturday, July 16

Doors: Open 6 pm, showtime 7:30 pm

Tickets: \$25 adult advance, \$30 adult at door, \$20 youth advance, \$25 youth at door. (Kids aged 12 and under are free)

Tickets online at www.starbellyjam.org or at Dog Patch Pottery in Crawford Bay.

Food and drink: Kimchi Kitchen food truck will be on site. This is an all-ages event. Please, no drugs or alcohol at the event.

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2 stages

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Saturday, July 23

@ Green Bubble Gardens - 15964 Hwy 3A
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Mainstreet Meanderings

by Editor Ingrid Baetzel

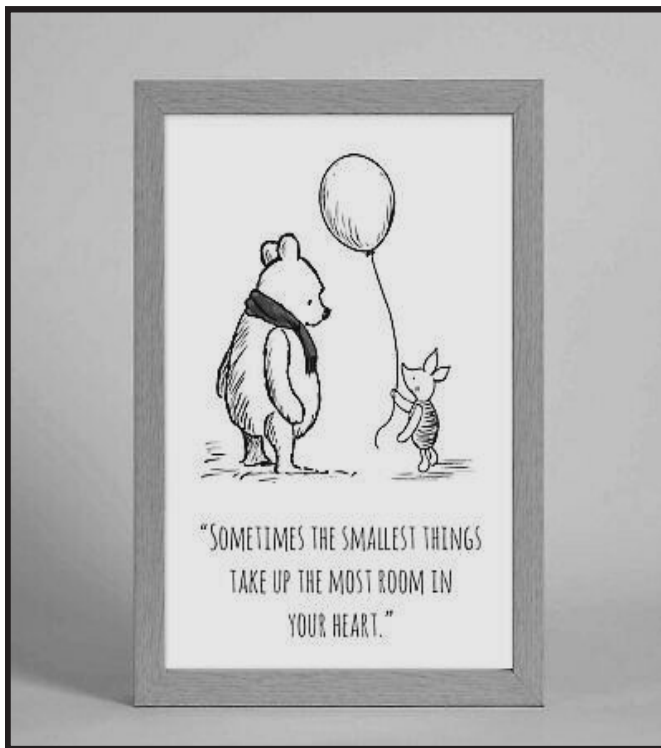
Balance

I recently started a new job and am struggling to balance both my work here as an editor (ad/sales manager, graphic designer, delivery person, layout team, A/R and billing person, and all the other jobs that *Mainstreet* entails) and this new position as manager of The Lakeview Store. The new job is challenging, exciting, and opening up my mind to new pathways and learning. I'm loving it and grateful for the opportunity. However, I'm finding the balance tricky and am weighing my options for the future. I guess I'm going for full transparency here and going to just let those reading this know that there is a lot in the balance right now, and I don't know what the future holds for *Mainstreet*. I am hoping that she lives forever, but I don't know if I will be the one doing the ongoing CPR.

I'm writing this to start the conversation. I want this community to know that I love it, and I cherish my role in it as editor and connector. I have written about the difficulty of keeping print media alive in this digital era, about supporting the *Mainstreet* to express the desire to keep it going, and many of you have been wonderful and supportive for a very long time. However, I also want you to know that the paper is still going because it is the definition of a labour of love. It matters and it is important and the pressure to not let it fail is intense. Sometimes, I struggle to really breathe under the pressure.

I've been doing this for over twenty years, which is

a good long haul, and I'm ever-grateful for all that the job has brought me. I sometimes wonder if it's time for something else or someone else. I have anxiety and a pit in my stomach at even the idea of letting it go, but it is a possibility. Nothing is decided... this just may be a thought that needs to be out there and see if there is some beautiful hidden resolve to the hanging question that I've been living with. I want to be open with the readers about where my head is at. Who knows what the next few months or years will bring or where any of us will be? This is my singing query into the wind... because you matter and your thoughts matter, and maybe you've got the answer that I'm looking for. And maybe there is no answer, but there is movement in voicing thoughts, and that's all I will do here, for now.



Letters to Editor

SHOWING UP

Dearest friends and relations,

I want to offer my heartfelt gratitude to all of you who stepped up and in to care for me while I was deeply injured and unable to care for myself. From the first responders and their timely and professional care to the meal makers, drivers, garden planters, message writers and heart space holders that brought me relief, nourishment, company, rest and compassion. I cannot thank you enough.

As I find my strength and joy again, I am taking this experience into my heart to grow resilient and better able to show up for those that need help from me when life gets stormy and painful.

I'm happy to know that there is so much goodness here on our bright and beautiful shore of generous hearts. I celebrate that.

Tina Cradock-Henry, Gray Creek

COMMUNITY SUPPORT NEEDED

Dear Friends,

Our young Kootenay Bay neighbor, Danyell Rosenbaum, is in need of some community support.

Danyell grew up on the East Shore and graduated from CBESS in 2013.

In April, 2017, her father, Wolfgang Rosenbaum passed away, leaving his wife, Carla, and daughter, Danyell, on their own and not in good circumstances, as they were to learn.

After the dust settled from this loss, Danyell registered for college and moved to Vancouver. Unfortunately, at home, Carla was suffering from grief and developing health issues. In March, 2021, she sent Danyell a message asking her to come home. Her right leg was being amputated. She needed Danyell to help

and care for her during recovery.

Danyell couldn't work and care for Carla at the same time. She and her mother believed this was a temporary situation, that Carla would literally get back on her feet again. Danyell, however, needed to stay in order to care for her mother's wound.

However, Carla developed another wound on her other foot. Unfortunately, that wound didn't heal, and Carla lost part of her other leg, leaving her a double amputee.

What was bad became worse. Carla developed a blocked carotid artery. After a further scan, it became clear that an advanced, aggressive form of cancer had spread throughout her body. That, unfortunately, took all of Carla's strength and light, & ultimately her life.

Danyell was left in a very difficult situation. While Wolfgang was sick, neither Carla nor Danyell was able to care for their home. They also didn't have access to a working vehicle. Since Carla's passing, Danyell has been attempting to get a driver's license to have some mobility, and get the house into good condition so that it will be livable, or at the very least sellable.

At this time, Danyell is in need of financial help. Any donations will go toward legalizing ownership of her family home, funeral costs, and essential cleanup around the property. If you are able to donate, please e-transfer your donation to her email account: danny.girl.rosenbaum111@gmail.com. Anything you can give would be very much appreciated.

Danyell would like to thank those of you who have already donated. She would also like to thank the people in her life who have given her their help and support.

Friends of the Rosenbaums



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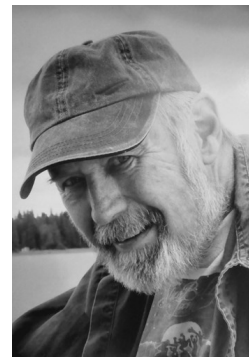
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or Best Yet, Email to: mainstreet@eshore.ca
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 The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake.

Next Deadline:
July 27, 2022

John Smith Memorial

July 12, 3pm, Crawford Bay Hall

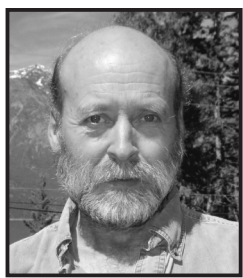
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RDCK Area "A" Update

by Garry Jackman, Regional Director

Agriculture

The Creston Valley and portions of the East Shore have a long history of food production, thanks to our mild climate and relative abundance of water. Over time the viability of shipping food from the East Shore to larger markets became an issue as production of fruit and other crops in valleys with rail service or better connectivity by road took over much of the market share. Still, the potential to produce food remains and the ability to sell into more localized markets, through farmers markets and partnering initiatives such as the Creston Valley Food Hub Food, offers hope for a recovery of local food production beyond what is currently underway in the areas immediately surrounding Creston. For better or worse, inflationary trends driven by high fuel and other supply chain costs actually levels the field for the small local producer who intends to serve the local community.

Aside from support through peers (if you are fortunate to have a supportive relationship with an established producer), there are a number of other supports available including the Kootenay Boundary Farm Advisors, the Young Agrarians, Fields Forward and the Food Hub as mentioned above. Another group to check out is the Central Kootenay Food Policy Council. One service they provide is the publication of the Central Kootenay Farm Directory, now in its fifth year. It is available at tourist info centers, libraries, markets and some local food stores. There is also an online version.

At its inception, the Food Policy Council was formed under local government (in parallel to the for-

mation of the Kootenay Boundary Farm Advisors) but now the organization is independent with a diverse board of directors tackling issues from both a policy and practical/hands on perspective (such as with the annual guide). They are looking for a volunteer to join their board as an East Shore/Area A representative. You do not need to be a food producer, as the council is comprised of people working in growing, processing, sales, education and many other aspects of our food chain. If you are interested please drop me a note. If you are an Area A resident in the Wynndel area you may also be interested in the agricultural advisory commission. I can provide more information on request.

Emergency Services

With fingers crossed we are seeing a slow melt of the high snow pack for this time of year, so far avoiding the localized overland flooding we have seen with similar late snow pack conditions in the past. We have had intermittent flood watch alerts in our region, during which times field crews were on round the clock watch, monitoring the creeks or areas of highest concern and responding to specific concerns as they were raised. The last week of June will be the test as a warm front moves through the region. Thank you, by the way, to those who called in to report an unusual change in flows for the creeks in their neighbourhoods. A drop in flow can mean a blockage above is building up to a risky level before a breach, while even a dirtier than normal flow can be indicative of a slide that needs to be investigated.

Rain has also kept the fire hazard rating to low levels through to June 22 when I wrote this article. That said, many residents are looking for advice and supports to "fire smart" their properties and/or communities where a cluster of houses may need to rely on one another to reduce overall risks. Over the years the RDCK has built inhouse capacity to assist residents and community groups. The Columbia Basin Trust has also committed resources, in both funding and knowledgeable personnel, to assist residents. The following is an excerpt from their newsletters:

"In partnership with the Province of BC, the Trust is offering a funding opportunity that strengthens wildfire resilience and wildfire risk reduction through the Community Resiliency Investment Program – Columbia Basin Wildfire Resiliency Initiative. Funding is available for eligible projects that build community capacity and contribute to wildfire resiliency, including activities related to the seven FireSmart disciplines:

- *fuel management demonstration and innovation projects*
- *planning for the application of cultural and prescribed fire on local government-owned land and/or First Nations land*
- *capacity-building activities at the local level so communities are empowered to manage risks and implement solutions.*

...discuss your project with a Wildfire Advisor as you develop it and ensure it meets program requirements. Email us at wildfire@ourtrust.org to connect with an advisor. More information on this program, including the program guidelines, are available at: ourtrust.org/wildfire."

Brief Notes

The Town of Creston and the Kootenay Lake Chamber of Commerce each hosted discussions around housing in the past month. At the direction of the province, all regional districts completed housing needs studies recently. These can be used to support applications for new projects or expansions to existing facilities. A common link for all of us between these discussions is our key staff person under the Economic Action Partnership. Send me a note if you want contact info or more details.

A group is forming in Creston to access additional child-care funding. They are aware of the underutilized space which is part of the community facilities at the Crawford Bay School. It looks as though one local champion is stepping forward to see if we can join the efforts to obtain funding. Connections with our school trustee and administration need to be re-established so we can move forward. 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.

East Shore Men's Shed is OPEN

submitted by Mike Barradell-Smith

Last fall the seed of an idea to start a Men's Shed here on the East Shore was planted. Over the winter and through the spring that seed has grown through the hard work and commitment of many, many supporters. We are now proud to announce the opening of our impressively kitted out Shed (see picture to lower right) in the basement of the Riondel Community Centre and share our plans to become a significant Community asset.

Working with the Men's Shed Association of BC and United Way, we were able to secure significant grant funding to make this possible. Of course, money, in itself is never enough to get something like this off the ground. A committed group of volunteers with a vision of what value a Shed can bring to the community is essential too.

Our Shed is a shared space version of the workshop in the basement, garage or backyard that has long been a part of the Canadian way of life. Its purpose is to offer men access to a wood and metal working shop with a large table saw, chop saws, lathes, router table, planer, multiple sanders, a metal cutting band saw and all the usual handheld power tools enabling men to work alongside other men on activities which give a sense of purpose and value. Smaller tools will be available on loan to members. In this friendly space, men share their knowledge, experiences, and skills to work on their own or community projects.

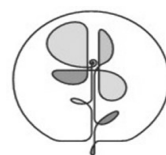
Over the winter and spring our group of volunteers worked to secure tenure in the basement of the Riondel Community Centre, commence improvements to the space and fill it with tools. These came through a mixture of donations and purchases. It is necessary here, to say a huge thank you to all who have contributed, far

too many to mention individually, but without whose help we would be nowhere near where we are today. In fact, avid readers of *Mainstreet* may remember that in the December article that we had published we were expecting it to take a couple of years to get to this stage. Our funders are particularly pleased with the level of local engagement and the speed with which we have established our physical presence, which bodes well for future grant applications.



Currently, we meet at 10am every Wednesday at the coffee shop opposite the Riondel Community Centre and if you are interested in joining us, please drop in for a chat and we'll buy you a cup of coffee. We are also planning an Open Afternoon in the summer so anyone can come and see what facilities we have. Alternatively call Brett Pilling (587 227 9141) or Mike Barradell-Smith (250 505 9393) or email us at mensshedkootenays@gmail.com for more information.

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Hidden Taxes

by David George

More Better at Home

As I learned for last month's column, Better at Home provides non-medical services for people who need help with every day tasks such as transportation to medical appointments, grocery shopping and delivery, housekeeping, some home repair, or even just a friendly visitor. You must have a BC Personal Health Number, which is free if you are over the age of 19, and have resided in this province for three months.

Core funding for Better at Home is provided by United Way and the Government of British Columbia. The organisation providing these services for the East Shore is Valley Community Services Society in Creston, which was established in 1996.

It is a non-profit society and a registered charitable organisation, which means that donations can receive a federal tax donation certificate. Look at its website at www.valley.services and if you wish to donate, click on the Donate button in upper right. You may donate once, or monthly, and should specify the donation is for Better at Home.

To use Better at Home services you must be registered. This may be done through East Shore Coordinator Rebecca Fuzzen, phone 250-505-6717, or you may email her: betterathomeeastshore@valley.services. Rebecca's position is part time, so do not worry if you have not received a phone call or reply for a couple of days.

Volunteer drivers are needed and welcome, and must submit driving record and a criminal record check in addition to having a reliable vehicle. Current

rate of compensation for volunteer drivers is 56 cents per kilometre.

The Therapeutic Activation Program for Seniors, or TAPS, is planning events on the East Shore in the Crawford Bay area in addition to ongoing events in Boswell. For more info: call 250-428-5585 or email taps@valley.services. Information is also being posted on Facebook and in *The East Shore Mainstreet*.

"TAPS provides seniors with an opportunity to come together, participate in community activities, connect, support each other and take pleasure in life. TAPS is supported by community donations, receipt of grants, donations, in-kind and volunteers. All contributions are well used and appreciated." Donations may be made online through the Valley Community Services Society website.

While still thinking about services for seniors on the East Shore, take a moment to appreciate the front line work and advocacy done on our behalf at our East Shore Community Health Centre by our two receptionists, Kathy and Doreen, who do so much more for us than sit behind a desk and answer the phone. Thank you, Kathy and Doreen!

One may well wonder how much of our hidden tax dollars are spent on the Canadian Broadcasting Corporation each year. It is difficult to come up with exact figures, but a cost per Canadian for the whole of the CBC, seems to be around \$34. It is worth remembering that, at \$34 per Canadian, per year, CBC/Radio-Canada not only delivers incredible value, it is still one of the lowest-funded public broadcasters in the world.

Even if one does not pay for any of the subscription services of the CBC, there are plenty of free online services available, such as Radio One, CBC Music, and CBC Sports.

Lately I find myself listening to CBC Music, which used, long ago, to be the stereo network. Also, CBC Sports has been carrying live, and replayable, many

world tournaments and meets such as rugby, swimming, track and field: all sorts of sports, many of which are played by Canadian teams qualifying for world competitions including the Olympic Games.

Since direct television on air broadcasting ended around 2010, some of us who resist satellite dishes and do not much like most of the standard fare available for a fee, have turned to online sources for free entertainment. I have been a supporter of the Knowledge Network here in BC, and find that it has so many good shows available that it is a rare day when I cannot find anything of interest to view.

Here is what it has to say about itself—"Knowledge Network is British Columbia's public educational broadcaster supporting lifelong learning by providing quality programming through television, internet, mobile and other technologies. Knowledge Network is a Crown corporation, created in 2008 under the Knowledge Network Corporation Act." In fact it has been around since 1981, originally on air. Knowledge Network requires a free account to view their programs, but is very happy to receive donations, which can be made online. One can also watch many of the American PBS stations for free, although donations will give extra benefits.

KOOTENAY SOUND HEALING CENTRE
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Wednesday 7:00PM
 Friday 7:00PM
 Sunday 12:30PM



theresa@kshc.ca to register
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www.kootenaysoundhealing.ca

Riondel Fire and Rescue Blotter

by Fire Chief Cory Medhurst

June was a crazy month for rain combined with active snow melt bringing the possibility of flooding throughout the region. As a result of weather warnings and rising water levels, the Regional Emergency Operations Center (EOC) activated in Nelson to begin creek watch. Crews were tasked with watching creeks throughout the region, including here on the East Shore. 2 members from Riondel monitored creek levels from La France Creek to Tam o Shanter for 2 days during the height of the rain. Our creek levels were high, but did not rise higher, or pose a risk as they have in the past. Our crew was put on standby at the end of the month once again in the event that the warmer weather brought down an unusual amount of snow melt from the mountains. We are hoping that we are done with the threat of flooding for the season.

We have heard a rumor that summer might actually happen this year, briefly. With the temperature on the rise and warmer than normal weather beginning to be reported throughout the province we'd like to remind everyone to stay safe in the heat. As a result of the heat dome and subsequent injuries that occurred last year, the Province is planning ahead and so should everyone. Remember to check in on elderly neighbours and those with mobility issues during the hottest times of the day and always stay hydrated. Outdoor physical activity should be done during the cooler mornings or early evenings; be like the Greeks and siesta midday in the shade. Here are some useful tips borrowed from our federal government's website Canada.ca: **Cover up.** When the UV Index is 3 or higher, protect your skin as much as possible. Wear light-coloured, long-sleeved shirts, pants, and a wide-brimmed hat made

from breathable fabric. When you buy sunglasses, make sure they provide protection against both UVA and UVB rays. **Limit your time in the sun.** Keep out of the sun and heat between 11 a.m. and 3 p.m. The UV index in Canada can be 3 or higher during those times. When your shadow is shorter than you, the sun is very strong. Look for places with lots of shade, like a park with big trees, partial roofs, awnings, umbrellas or gazebo tents. Always take an umbrella to the beach. **Use the UV Index forecast.** Tune in to local radio and TV stations or check online for the UV index forecast in your area. When the UV index is 3 or higher, wear protective clothing, sunglasses, and sunscreen, even when it's cloudy. **Use sunscreen.** Put sunscreen on when the UV index is 3 or higher. Use sunscreen labelled "broad spectrum" and "water resistant" with an SPF of at least 30. **Drink plenty of cool liquids (especially water) before you feel thirsty.** If sunny days are also hot and humid, stay cool and hydrated to avoid heat illness. Dehydration (not having enough fluids in your body) is dangerous, and thirst is not a good indicator of dehydration. **Avoid using tanning equipment.** There is no such thing as a 'healthy' tan. Using tanning equipment damages your skin and increases your risk of developing melanoma, the deadliest form of skin cancer.

Have a look at all of the resources our Provincial government have at <https://www.healthlinkbc.ca/more/health-features/beat-heat> and stay safe and healthy this summer.

June calls to date are as follows:

May 30 – A boating accident in Boswell had 2 members attend to assist Paramedics with patient care and scene support. With the address being outside of our regular First Responder boundary, our Dispatch did not initially send the call to our department. The Paramedics attending were able to contact the Fire Chief who then generated a call, having members meet with the other emergency crews on scene; including Dr Sparrow from KERPA (Kootenay Emergency Response Physicians Association) who was flown in

via helicopter for BC Ambulance. Unfortunately the patient could not be revived. Our heart felt condolences to the family and friends.

May 31 – A call for medical assistance in Pilot Bay saw 6 members attend. 3 members arrived in personal vehicles and were able to assist Paramedics with patient movement before the rescue truck arrived. The crew on scene called off the remaining crew who proceeded to turn around and head back to the station.

June 2 – 5 members responded to a medical emergency in Crawford Bay. The address given was attached to Kokanee Chalets with no further information. Members on scene informed dispatch that they would have to search over 60 spots in the campground and chalets to find the incident. Luckily, just as Paramedics arrived one of our crew met a lady who then directed the crew to a chalet. Members waited at scene to see if help was required and returned home when it was determined that their assistance was not needed.

June 6 – A grease fire on a BBQ at a residence in Riondel had 3 members respond to assist the homeowners. Luckily the fire had been extinguished prior to the crew's arrival, and although there was another incident related to the fire but not requiring medical or fire attention, the crew returned to quarters in time for bed.

June 7 – 7 members responded to another confusing address in Gray Creek for a medical emergency. The address came in around the Lakeview Store, but after searching the campground the crew was informed that the access to the address was on Crown Creek forest service road. Members arrived and assisted a patient who had fallen from a ladder and required care until the Creston ambulance arrived. Our local ambulance was out of service this day.

June 14 – A call for a medical emergency in Crawford Bay had 7 members respond. Initial crews on scene assessed the situation to find out that the person that 911 was called for was alert and refusing medical attention. Members responding in the rescue truck



Hacker's Desk

by Geoffroy Tremblay

Cultural Emergence

My most profound meditation experience happened when I tried the least. I remember telling myself, "I won't try too much as I am not focused today. I'm here, participating, and that's good enough." Letting go of expectations paved the way to one of the most profound experiences in many years.

It was a good realization and reminder that the meditation process is not a built-up toward a goal but a letting-go, an acceptance that all I need is already here. Most of my daily activities are build-up, like learning piano, building my business, and working with clients. Even my self-worth is often calculated by my writing, drawings and music productivity - a concept I should revisit.

We have lost this innate trust in ourselves and replaced it with hourly wages, productivity and consumerism. We always need more from ourselves and from our surroundings. Happiness is this unreachable state at the pinnacle of a mountain of material possessions and self-improvement. It mirrors our economic system, which requires constant growth to sustain itself. That alone is not sustainable.

All this makes it hard to believe we can one day get there. A sustainable, healthy relationship with ourselves, our community, and the planet, based on who we already are.

Since the 70's, people have been experimenting with a new way to grow food. Agriculture is yet another unsustainable activity that we have created. Yet when you look at nature, which has always provided food, shelter, and medicine for all who live in harmony with

it, it makes you think that there are probably other ways of being that would be more sustainable. These new agricultural ways have been termed permaculture.

"The goal of permaculture is to create harmony with ourselves, between people and with the planet." This is a quote from the book *People and Permaculture* by Looby Macnamara.

Permaculture looks at what is already there and helps inform a design that will be sustainable, harmonious, and abundant. Design is an essential word here. When you design something, you take different elements there to build a system. You don't need to re-invent anything; you simply can bring other parts and re-mix them for a specific goal. How could I apply this to my evolution?

I mostly viewed permaculture to be a gardening/food production system. But as the name implies, it can be used to benefit any culture. Looby Macnamara took that concept and applied it to humans. From there, she co-developed a system called Cultural Emergence.

What is Cultural Emergence?

"Cultural Emergence is an invitation to create cultures of personal leadership, collective wisdom and Earth care. Emergence initiates breakthroughs that expand our thinking and enable us to build a personal and collective resilience and embody new ways of being and interacting. It nourishes and empowers us to design the world we want to live in."

Although there are many systems out there to help be part of the change, I found that the way Cultural Emergence is brought forward some practical tools.

It is revisiting the wisdom of our society that existed for thousands of years. The knowledge that took its inspiration from nature and applied it to human life.

I discovered Cultural Emergence through my friend Lee Reidl, and we decided to co-facilitate a design workshop on it. Melina, Lee Reidl and I will be host-

ing a retreat this summer and what brought us together is this concept of cultural emergence. Lee has received the training from Looby and will lead the way in this design training. Melina will lead the group in yoga practices to support and inspire the work. I will teach meditation, yoga Nidra and dream yoga practices.

Read more about our new collective and this summer retreat here: <https://hansa3.org>

Next Deadline:
July 27, 2022

Barefoot Handweaving

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were called down midway to scene and returned to quarters. The crew on scene waited for Paramedics to arrive and take over care.

June 20 – An urgent medical emergency in Riondel had 1 member respond to assist Paramedics. When the member arrived to the station, the ambulance had already assessed the patient and was heading out of town with lights and sirens. Our member returned home to bed.

With flood season hopefully behind us, and warmer weather ahead, the South East Fire Center will be prohibiting Category 3 open burning throughout the Southeast Fire Center as of Thursday, June 30, 2022. This prohibition is being put in place in order to prevent wildfires caused by Category 3 burning and to protect public safety. This prohibition will remain in place until the public is otherwise notified. Specifically, prohibited activities that would constitute a Category 3 open fires include: **any fire larger than two metres high by three metres wide, three or more concurrently burning piles no larger than two metres high by three metres wide, burning of one or more windrows, and burning of stubble or grass over an area greater than 0.2 hectares.**

Let's all do our part this summer to reduce the risk of wildfire on the East Shore, keep an eye on our forests and remember, to report a wildfire or a suspicious fire call 1-800-663-5555 05 *5555 on your cell phone. To register your burn pile call 1-888-797-1717 (it's free and is a service that provides the Province and emergency services with the locations of intentional burns). Together we can protect the best shore.

If you find yourself itching to help your community and meet a great group of peeps, come and join our team of professional volunteers, we meet every Thursday night from 7PM-9PM at the fire hall in Riondel. Go online to www.rdck.ca/EN/main/services/fire-services/volunteer-as-a-firefighter.html and fill out the application, hope to see you at practice soon!

Sarah Nicole Kozlowski
Registered Massage Therapist
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Yarns From the Back Alley Shepherdess

by Barb Kuhn



On Wednesday afternoons, it is really pleasant to sit in front of Cabin restaurant in Kootenay Bay, just carding wool and spinning it into yarn. Darren has graciously allowed me to sit at a picnic table and

do this. I love to spin behind my home in Riondel, but sometimes the spinning wheel likes to go on the road!

One never knows who will stop by and ask me what I am doing. People, young and old, some having not seen someone spin wool in several years, some never having seen it before, are curious. I keep forgetting that it isn't a usual thing.

Spinning is very relaxing, almost like meditation. I learned to spin in Montana after ordering my wheel through a local shepherdess. My friend Barb, also a nurse where I worked, encouraged me to learn. She had been spinning for years and had made some gorgeous sweaters and socks. She knitted and spun every chance she got.

We belonged to a group called the "Mission Valley Spinners" and met once a week. Some of the women had been spinning all their lives. Some had taught their husbands to spin and it became an obsession for them. Somewhat of an addiction. A good one.

It's hard to set aside the time to spin at home; it's easy to get distracted by other things. That's why I like to drive to Kootenay Bay on Wednesdays. It forces me to do something I enjoy. It's also the chance to talk to people that would not otherwise cross my path. You never know who is going to get off the ferry on this side!



Category 3 Burning Prohibited in the Southeast

CASTLEGAR - Effective at noon on Thursday, June 30, 2022, Category 3 open burning, as defined in the Wildfire Regulation, is prohibited throughout the Southeast Fire Centre, which includes the Rocky Mountain Natural Resource District and the Selkirk Natural Resource District.

The BC Wildfire Service is implementing this prohibition to help prevent wildfires caused by Category 3 burning and to protect public safety. A map indicating the areas affected by this prohibition is available online: <https://ow.ly/CQoN50JE94t>.

This prohibition will remain in place until the public is otherwise notified. Specifically, prohibited activities that would constitute a Category 3 open fire include:

- any fire larger than two metres high by three metres wide
- three or more concurrently burning piles no larger than two metres high by three metres wide
- burning of one or more windrows, and
- burning of stubble or grass over an area greater than 0.2 hectares

Anyone conducting a Category 3 fire anywhere in the Southeast Fire Centre's jurisdiction must extin-

guish it by noon on the Thursday, June 30, 2022 deadline. This prohibition will remain in place until the public is otherwise notified.

This prohibition 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.

A poster explaining the different categories of open burning is available online: <http://ow.ly/ZGi650JE8an>

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

You can follow the latest wildfire news on:

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

Contact:
Fire Information Officer BC Wildfire Service
Southeast Fire Centre: 250 318-7715

40 Years of Sunday Soccer

by Bob Schutter

It began 40 years ago at the little field behind the Crawford Bay Hall.

The tree planters were swarming BC for a place to live and some English folks and me, a Dutchman, thought it would be fun to run around with a ball on the smallest of small fields. Soon enough we had enough players to fill up the field. The ragtag beginning club was called The Northern Lights, but when they moved to the new field the name changed to Eastshore United. It is hard to imagine that we had tournaments on that little field, and with teams from all over the Kootenays. When the ball went over the side fence, there would often be a 5 to 10 minute search to retrieve it from the gully below. When the new field and the Crawford Bay Park were developed (a million thanks to Johnny Edwards), we gladly moved over to play on the giant field.

As of today, there are still three founding members playing every Sunday - namely John Edwards, Ted Wallace ("The Wall" as goaltender) and me playing right wing. As always, the team consists of all ages and genders. There is a magic that happens when playing with people from the community. Teams are chosen by standing in a circle and calling out one, two, one, two. Sometimes trades happen to make the teams more equal in strength. And, just like how it started 40 years

ago, one side goes shirtless and the other not (often when the sun is strong that changes at half time). We still use last goal wins rules to determine which team wins the day. (That is when the real competitiveness comes out.) Calling your own foul is also a wonderful lesson in honesty. The occasional barbeque organised by Jake Kelly and the gang have further made Sunday soccer a truly wonderful event. Never mind the toonie shoot out (which happens after the game). It is as fun



Ron Smythe (left), Del Detmar (facing, centre), back of Bob Schutter, back of Simba, two unnamed women and Foster on goal.

to watch as it is to participate in. You don't even have to play the game to take part in the toonie shootout. Anybody can play for the often-lucrative pot of toonies.

Sometimes we could use a couple more players, but the moveable goals can accommodate any number. We also have a great spectator stand, so come and watch some fun and excellent soccer.

I am 72 now and although I cannot outrun the younger ones anymore, I can still score on occasion. Today our team is still made up of folks as young as 10 and as old as 73. We all have fun. Of course, when there is a trophy to be won somewhere in the Kootenays, we have an elite team.

Sunday soccer fills a hole in the generation gap in our community. It is an effective way to stay physical and in shape. It has facilitated countless friendships.

So here is to staying in shape! Life is too good to waste. Here's to 40 more years of ESU!

JOB POSTING:

EAST SHORE YOUTH NETWORK

PROGRAM COORDINATOR(S)

South Kootenay Lake Community Service Society is seeking a Program Coordinator (or two people to job share) to be responsible for the development, implementation, evaluation and supervision of recreational, cultural and social programming for youth, as well as front line facilitation. Outdoor recreational experience is an asset since the Youth Network has various outdoor equipment such as kayaks, camping gear, and snowshoes.

The Duties:

- Develop, promote, implement and evaluate recreational, cultural and social programs and special events for youth aged 12-18 residing on the East Shore of Kootenay Lake.
- Administrative/operational duties, supervision of staff & volunteers, managing social media and outreach, finances, reporting and more...
- Design/implement events in collaboration with youth and parents
- Work with oversight committee on furthering their goals and attend Youth Network advisory committee meetings
- Approximately 20 hours per week for one person or 10 hrs per week for two people

The Candidate(s):

- Characteristics: flexible, fun, responsible, respectful, good listener & communicator, strong leader, able to collaborate, self-directed, team player.
- Required: BC Driver's License, Criminal Record Checks and Drivers Abstract, Technology and Social Networking skills
- **Assets:** Experience working with youth & doing program development, experiential facilitation, Lifeguard and First Aid training.

The Position:

- Sept 1st. Job can be shared between two people.
 - Competitive wage starting at \$25/hr
- Please submit a cover letter and resume before July 31st by email to skootenaylakeccss@gmail.com
- Application deadline is July 31, 2022**, interviews scheduled soon after.

Questions may be directed to Garry Sly at 250-505-2634 or at the email above.

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**Next Deadline:
July 27, 2022**



Thoughts from the Frog Pot

by John Rayson

Changing Face of Medicine

In the last column, I highlighted the increasing concern expressed in many quarters with the lack of family physicians available for patients across Canada. I attempted to indicate that this is in fact not a recent “supply chain” issue but was long in the making.

We in Canada consider that we have the best health care system in the world: in fact, we are only #1 compared to the United States but rank 35th in the world if we measure against all other countries. Such measurement take into account multiple factors including surgical wait times, access to physicians, number of physicians, number of diagnostic machines, hospital beds per population and life expectancy to name only a few.

We have an aging health care system of which the basic principles were articulated by then Canadian Health Minister, Monique Begin in 1985. Canadians have not had a proper debate on health care since; in fact, basic questions have not been discussed: does public funding imply public delivery (eg. hospital care)?

Today, we have an aging population with an increasing complexity of disease problems being admitted to hospital with the need for a marked increase in sophisticated care. In addition, we have an explosion of chronic disease states such as type II diabetes, hypertension, chronic lung disease, obesity and others

requiring increasing outpatient care and monitoring. We continue to attempt to address these issues via the same model and refuse to discuss the possible need for wholesale change. The usual hue and cry; “we do not want a two tier system like the U.S.”; that is, a private system for those with company plans or wealth and another for the rest. Please note, I am not suggesting we should have a two-tiered system such as the U.S. but we do need to evaluate our present system and look at what is happening in other parts of the world. We spend approximately 10% of GDP on health care and thus should deliver better care.

In order to deliver primary care, we have physicians that by and large are paid on a fee-for-service model. This model means that each physician is an independent contractor and is thus responsible for their own staff, office and all other aspects of running a business.

In B.C. our government has embarked on a course of Urgent Care Facilities to be staffed by Nurse Practitioners and Family Physicians. They have rolled out this system without solving the issues of the relationships between Nurse Practitioners and Family Physicians and in fact are having great deal of trouble in recruiting the necessary family physicians. In addition, they do not seem to have addressed the issue of emergency care and the need to have medical personnel available 24 hours per day.

I am in favour of a system which provides round the clock care for patients and do not feel that family physicians must be on fee-for-service. In addition, the system should be team based and include nurse practitioners plus others such as medical assistants, dietitians, physiotherapists and others to name only a few. However, such change would require a rethink of the whole system, including payment and the relationships between various members of such proposed teams. Just think, the government would then have to run physi-

cian offices and be responsible for staffing, hours etc. plus ensure that the system is efficient and effective. A daunting proposal to say the least.

Considering the above comments and the necessity for change, I leave you with a quote from Harold Wilson, Labour Prime Minister of Great Britain from 1964-70 and 1974-76: “He who rejects change is the architect of decay”.

Next Deadline:
July 27, 2022

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for more info.

Tales From Shprieland



by Heath Carra What Afterlife is Right for You?

This is what I've been wondering lately, and quite frankly, the options are all a bit overwhelming. I mean, when the 21 grams of soul matter departs from the human body, many people choose to go for the standard heaven or hell combo, and I understand the appeal. It's a straightforward left-right decision. Plop your deeds on the scale and accept your just reward or punishment. What could be simpler? Clear cut, no fuss, no muss, reap what you sow. That's all fine and dandy, but for some it's a little too thou-shalt-not.

So why not shop around for something with a bit more of a classical flavour then. Let the Valkyries lead you on to Valhalla, frolic with Freyja in her Fólkvangr meadow, go get yourself ferried across the river to Hades, or pack your entrails into a canopic jar and run unencumbered in the Fields of Yalu. If you're looking for a getaway from the rigours of existence on this physical plane, then there are countless options available for your eternal holiday.

So maybe you're not a traditionalist. Maybe disambiguating back into the energetic elements of the universe could be fun. Imagine flowing back into oneness with the consciousness soup that exists somewhere in the spectrum of universal dark energy. Just a fluctuation on the oscilloscope or something. Sounds a bit ticklish, doesn't it?

Or you could shrug off this mortal computer-simulated coil and become a virus haunting the code. Just a ghost in the machine, dwelling in the digitized death-scape - a shadow cast on the cave wall of the holographic universe.

Or maybe the fractal nature of reality is what you'd prefer. Something where the body falls away, and you're left with spirit and its vaporous hyper-soul, shifting by degrees up and up, becoming more ephemeral with each iteration. A bit more rarified with each passing until you reach some great unseen apotheosis of lightness of being where you're insubstantiality itself, so perfectly nothing that you're everything - you've become ultimate density, and thus you play out the pantomime of eternal return.

Of course, if circles are your thing, you could just take another spin in the recurring loop afterlife - have a do-over of the life you've just left. Deja vu you. Groundhog day on repeat. Go ahead, argue with your friends that you have free will. Again!

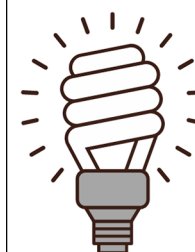
Speaking of parallel universes, there really is a rich variety of life after death options for the hereafter connoisseur. There's the popular universe where time moves backward, for example. Un-die into your new life and watch all of your memories come racing up toward you as the future disappears back into the great not-yet-ness.

But if that all seems like a little too much, why not just go for some good old reincarnation. Bet your karma, spin the roulette wheel, and try your luck in a different body back on the earth we all know and love. Come back as Elvis. Come back as a squid and trawl the Mariana Trench with your tentacles. Or come back as lichen on a tree and stretch your fungal filaments through the forest. Just keep in mind that reincarnation comes with its own hazards too. There was that time I reincarnated as a mosquito, and I met myself from a previous life. I mean, I was starving, and it was my blood anyway, so I thought, what's the harm, right? Smack! Paradoxes - they're a killer.

Settling your affairs straight in the event of your death only makes sense, so why not take your arrangements one step further. Don't let your afterlife be an afterthought; plan for your eschatological tomorrow today. I mean, you don't want to be trying to make up your mind in some liminal bardo station with an impatient ticket master at a kiosk and a restless lineup of the recently deceased scratching at their toe tags and grumbling behind you as you scrounge in your eyes for coins. Prepare today for the journey of a lifetime. Ask your local ferry boat driver what afterlife might be right for you.



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July 27, 2022
www.eshore.ca

Starbelly Jam Music Festival presents:

Antidoping - Reggae Music from Mexico to the World!

**Saturday, July 16
at the Crawford Bay Hall**

Antidoping is a 10 member Mexican reggae band formed in 1992 in Coyoacan, Mexico City. This year Antidoping celebrates 30 years of making music with their tour, Rumbio al 30 Aniversario, and will be launching their new album in late 2022.

Antidoping fuses roots reggae, ska and Caribbean rhythms with an urban flavour. They are considered an outstanding Reggae reference in Mexico and are one of the most important genre-related groups in Latin America. Antidoping has been an active member of the Razteca reggae movement in Mexico, sharing the stage with many different artists, including Israel Vibrations, Alpha Blondy, The Skatalites and many other important reggae and ska bands.

They have launched seven albums and have travelled extensively across the Mexican Republic, South America, Canada, the United States, and have toured Europe twice.

We are so fortunate to be able to see Antidoping play in Crawford Bay as they will be here to do some



writing and relaxing in nature with band mate and Mexico / East Shore local musician, Kenji Fukushima. Starbelly Jam Music Festival is so excited to be organizing this event for the community. We expect the show to sell out early so please don't wait on getting your tickets.

EVENT DETAILS

Where: Crawford Bay Hall

When: Sat., July 16

Doors: open 6 pm, Showtime 7:30 pm

Tickets: \$25 adult advance, \$30 adult at door, \$20, youth advance, \$25 youth door. Kids aged 12 and under, free

Tickets available online at www.starbellyjam.org or at Dog Patch Pottery in Crawford Bay.

This is an all-ages event. Please, no drugs or alcohol at the event.

Food and drink: Kimchi Kitchen food truck will be on site with their most popular menu items for all diet types (gluten free, meat, vegetarian and vegan options) and refreshments. Please show your support.

There will be some discounted Starbelly Jam merchandise for sale at the event, cash sales only. Let's celebrate!

mainstreet@eshore.ca
www.eshore.ca

stay connected! Until next time, may the rhythmic eco - echo of The Wilds remain, renewing our love for the earth, sea and sky we call home.

If, like your humble hosts, you want more of The Wilds, you'll enjoy these links:

www.VoicesOfNature.ca

www.ArtistResponseTeam.com

www.TheWildsBand.com

Coffee House #3 once more illustrated that music connects community like nothing else. Thank you for spreading the word about these strange new Coffee Houses ... they are catching on! Shout out to The Wilds, to ArtConnect, to our courageous Open Stage artists, and to you, dear music lovers of the East Shore ... YOU are making it happen!

Next Deadline:
July 27, 2022

Sarah Nicole Kozlowski

Registered Massage Therapist

SarahNicoleRMT@gmail.com

***Myofascial Release, Joint Mobilizations,
Neuromuscular Techniques and
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ArtConnect presents Series of Three One-Woman-Shows Coming to our Shore

by Zora Doval

**Ellie Reynolds play "The Way They Came..."
Saturday, July 2, 7.30 pm**

At the ArtConnect Society we are very happy to see that our community is embracing the former Harrison Memorial Church as a new musical venue for more intimate concerts. Our last concert featuring the energetic local Zabel Trio was a great success... sold out with standing ovations! With Isabelle Drolet's amazing voice and repertoire including Aretha Franklin and Janis Joplin, with Morgan Rael's masterful guitar voicings and Patrick Alexandre's vibrant bass lines it was a very lively show indeed. Although the day was rainy, the mood at the church was high, inspirations kindled.

We are now in anticipation of a small series of one-woman-shows coming to our little church. First in the series is "The Way They Came..." written and performed by local writer/performer, Ellie Reynolds of Gray Creek. She will perform her extremely witty play on Saturday, July 2, at 7.30 pm. Please don't miss this event. The play is very well written and well acted. Like all good theater, your belly will hurt from laughter (the sort of pain I am always willing to endure) but your cheeks might get wet from tears also. Super honest stuff...

In August we will feature the second in the series of one-woman-shows by Katrina Kadoski, also a playwright, a singer, an actor etc. Later in the season we might have a third play by another multi-talented woman. Now, this is truly exciting to me: to see how many amazingly talented women are creating most daring and brilliant works of art and willing to share with the public.

In July, we will feature weekly yoga sessions with our dedicated local yoga instructor Melina Cinq Mars. She will hold sessions on Wednesday evenings 7.00-8.15 pm, on a drop-in basis. Consult our website for details and cost. Melina will create a safe and sacred space for inner exploration, weaving yoga postures with breath awareness, visualisation, energy cleansing and grounding meditation.

**Kurt Loewen at the Harrison
Monday, August 1, 7.30 pm**

If you cannot make it to Kaslo Jazz festival this year but enjoy seriously good music, you may welcome this opportunity to taste some of the Jazzfest's menu. After his appearance in Kaslo, Starbelly Jam music festival was able to book Kurt Loewen for a more intimate performance at the Harrison Memorial Cultural Centre. He will play some of his "deeper music", a collection of piano centered ballads with lyrical focus on presence, change, addiction and recovery. Beautiful, potent music, deeply honest. I know, it will be Monday night, but come anyway. The doors open at 6.30 with the show at 7.30. ArtConnect is very thrilled to host the first of Starbelly's concerts at the Harrison. We hope that our collaboration with the Starbelly festival will grow in the coming years. Deep gratitude to the artistic direction for gracing the church building with this extraordinary talent (some of you may remember Kurt when he was part of the Tequila Mockingbird orchestra). Tickets are at Dog Patch Pottery and on Starbelly's website.

There are other creative ideas brewing in the society. We are hoping to soon present our first visual art show as our mandate suggests. We are also thinking of launching a series of talks focused on healing practices. These will include talks on herbalism, diet, supplements, Ayurveda, Taoism and Chinese medicine. We also like to have a special writer's and poetry night, a rummage sale to raise some much needed funds and more. For updates visit our website at artconnect.cc. Tickets for ArtConnect events are available online, at Crawford Bay Market, at The Lakeview and Destiny Bay.

ArtConnect's Third Coffee House was a Wild One!

by Paul & Mary (Wherpeter)

As hosts, we felt the fear. The Open Stage portion of the May 28 third Coffee House looked skimpy, with only one brave artist registered to perform. Accomplished pianist Rebecca Fuzzen had also given the first ever Open Stage performance at March 26 Coffee House premiere, so it was no surprise when her glorious ivory tickling once more wowed the crowd.

As the applause rang through the centre, the two of us whispered to each other, "Now what?"

On cue, in strolled Boswellian vocalist and playwright Ellie Reynolds with her son Elijah! Ellie met our pleas with a spontaneous vocal solo of three sweet songs - in three different languages!

Ken Wilson doubled our entertainment, combining the bright piano notes of his own compositions, and his signature comic banter! Wherpeter's three tunes took us into the Coffee Break, where folks connected over coffee before the Feature Act, The Wilds ... and Wild they were!

The evening flew by as Surrey, BC's unparalleled pair - Holly Arntzen & Kevin Wright - rocked it out for the planet! They had us smiling, laughing, dancing and singing along with their lush vocal harmonies and unique instrumental mix of keyboard, cajon and dulcimer. Carrying the Indigenous messages, "Chowiyes" (rise up!) and "Xwithet" (wake up!), this perfectly paired duo deftly rolled music, ecology, education, entertainment and action into one unforgettable evening, responding with a rousing encore for our largest Coffee House crowd yet!

Holly & Kevin took us to heights beyond our Wild-est dreams! They also noted the good people vibe of Harrison Memorial Culture Centre, and promised to

Starbelly Jam Music Festival presents:

Kurt Loewen - solo performance

Monday, August 1

at Harrison Cultural Centre, Crawford Bay



Kurt Loewen is a songwriter, producer and multi-instrumentalist. He previously spent much of his career in music writing, performing and traveling with The Tequila Mockingbird Orchestra.

Where: Harrison Cultural Centre (16074 Crawford Creek Rd.), Crawford Bay

When: Monday, Aug. 1

Doors: Open 6:30 pm, Showtime: 7:30 pm

Tickets: \$10 (+ gst) advance, \$15 door

Tickets available online at www.starbellyjam.org or at Dog Patch Pottery in Crawford Bay.

Please consider bringing a cushion to make sitting on the old church pews more comfy.

Starbelly Jam Music Festival presents:

Kurt Loewen - Solo Performance

Mon., August 1 at the Harrison ArtsConnect Venue, Crawford Bay

Kurt Loewen is a songwriter, producer and multi-instrumentalist. He previously spent much of his career in music writing, performing and traveling with The Tequila Mockingbird Orchestra.

Loewen's most recent EP, Anyway, is a collection of piano centered ballads with the lyrical focus on presence, change, addiction and recovery.

Promo: linktr.ee/kurt.loewen

EVENT DETAILS

Where: Harrison ArtConnect Venue (16074 Crawford Creek Rd.), Crawford Bay

When: Mon., Aug. 1

Doors: open 6:30 pm, Showtime: 7:30 pm

Tickets: \$10 (+ gst) advance, \$15 door

Tickets available online at www.starbellyjam.org or at Dog Patch Pottery in Crawford Bay.

Please consider bringing a cushion to make sitting on the old church pews more comfy.

**Next Deadline:
July 27, 2022**

Intimate & Traditional Wedding Venue

Just what you're looking for! A small, historic, former church.



16004 Crawford Creek Rd

www.artconnect.cc for photos and details.

Riondel Arts Club

by Sharman Horwood

Yesterday was the Summer Solstice, and with today's showery but warm weather, we are finally about to see summer.

The Arts Club is active, and we welcome anyone who is interested in art. We have a mosaics group that meets on Thursday, and a general art group that gets together every Tuesday. We paint in watercolour or acrylic paints, or we draw. We are also open to ideas on other ways of creating art. There is a drop-in fee of \$10, which would go toward a membership if you decide to join. Come by and see what we do. We also have a selection of paintings hung in the Community Centre hallway for viewing.

On Tuesday afternoon, at 1:00, Gerald Panio gives an art lecture in the Seniors' room of the Community Centre. On July 5th, Gerald will give a lecture on the great Muslim architect, Mimar Koca Sinan. On July 12th, there will be a video on Mary Cassat, an American painter and printmaker. She was one of the few women who exhibited with the Impressionists, and is known for paintings that focused on the bonds between mothers and children. On July 19, Gerald will give a lecture on the Inuit artist, Pitseolak Ashoona, one of the first Inuit artists to create autobiographical work, about Inuit life. On July 26th, there will be no lecture. Gerald Panio's presentations are always fascinating, and everybody is welcome.

I hope your July is warm and full of summer pleasure. It is also a great time to create!



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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WILLPOWER presents the 'Gratitude Festival'

submitted by Will Chapman

A single day of music and festivities 'for the local community, by the local community.'

We (Will Morris & Will Chapman - aka WILLPOWER) came up with an idea to produce an event here in our own backyards for people to gather, dance, and experience a variety of things offered by their neighbours.

After two years of division, isolation, and uncertainty, we felt it was important for us to reconnect as a community, and celebrate all the things we have in our lives to be grateful for.

Originally we planned to host our event in Crawford Bay Park, however, after three weeks of emails and a formal application, the parks board was unwilling to rent it to us. We have found another home at the Sunnywoods Garden Centre (Green Bubble Gardens) 15964 HWY 3A, Crawford Bay, BC V0B 1E0.

We'll be having an assortment of local musicians playing all day long - both acoustic & electric, covering many genres. There are already people interested in presenting breath-work, yoga, Qi Gong, and other assorted workshops, etc. throughout the day. WILLPOWER has partnered with the South Kootenay Lake ArtConnect, (who operate and host events at the Harrison Memorial Cultural Centre) in order to broaden the scope of our event. With their assistance, we've secured some much-appreciated financial support from the RDCK (to cover hard costs), and have also applied to the Columbia Basin Trust. None of the performers are being paid for their talent, and because of all these factors, the event is FREE to attend.

Would you like to get involved? As long as your intention is to offer something without expectation, compensation or a desire for profit, we are open to hearing what you feel you'd like to contribute to enrich our event. NOTE: This is not an opportunity for involving people who wish to engage in commerce or 'business'.

If you live right here on the Eased Shore (between Boswell to Riondel) and feel you have something to offer, we're all ears.

Just email us: thegratitudefestival@gmail.com.

We thank the RDCK and Columbia Power for their generous financial assistance.

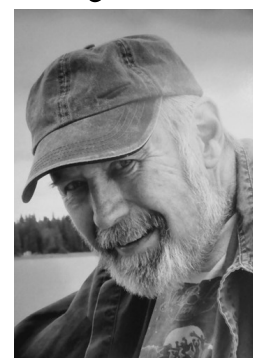
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The date is Saturday, July 23.

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RDCK Recreation Commission No. 9

CALL FOR GRANT APPLICATIONS

Non-profit groups can submit recreation grant-in-aid applications to the Rec 9 Commission by no later than noon (12pm MST), Friday Sept 02, 2022. Late applications will not be considered for Fall Grants.

Online submissions only will be accepted. Please visit the RDCK website for Recreation grants to apply.

<https://rdck.ca/EN/main/administration/grants/recreation-grants.html>

The Rec 9 meeting to review applications is scheduled for Thursday Sept 8, 2022 at 2 PM. In person at the Community Corner in Crawford Bay or via WebEx teleconference. The login details will be posted on the RDCK meetings page.



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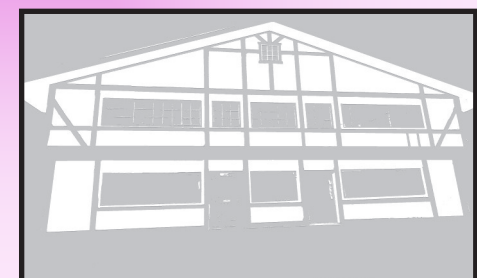
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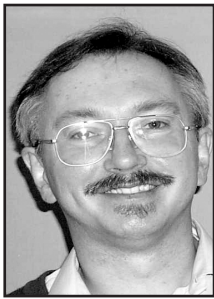
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Seldom Scene

by Gerald Panio



My grandparents, both on my father's and on my mother's side, came to Canada with the early wave of Ukrainian immigrants in 1905. My dad's father, Demko Panio, was born in western Ukraine in a village 70 km northeast of Lviv. My dad's closest friend in Castlegar was Jim Chapman, a B.C. Tel linesman who was also a superb Ukrainian storyteller and an amateur historian. When we played pool in the basement it never ceased to amaze me how Jim and my father seemed to draw from a bottomless pool of Ukrainian folk sayings to punctuate every story they told.

Two of my cousins fronted The Panio Brothers, one of the most popular Ukrainian dance bands in Saskatchewan during the 60s and 70s (check them out on YouTube). And I'm pretty sure that I heard stories about the great Ukrainian poet Taras Shevchenko long before I'd heard of Leonard Cohen or Walt Whitman.

Until recently, I thought that the saddest Ukrainian story I knew was the fact that I lost my ability to speak Ukrainian when my family moved from Saskatchewan to Castlegar in the early 60s. With the best of intentions, my parents wanted me to "fit in" with the new culture. They saw focusing on English with me at home as the gateway to success. Although I had grown up bilingual until the age of four, my Ukrainian slowly faded. Now, however, my loss of the language pales against the tragedy of seeing Ukraine engulfed in a war the likes of which I naively thought I'd never see in the 21st century. A war based not on ideology or religion, or even long-standing ethnic hatreds, but on naked greed and the lust for power.

In 2019, the Ukrainian filmmaker Valentyn Vasyanovych wrote and directed *Atlantis*, a grim, dystopian film which has proven to be heartbreakingly prescient. It's now streaming in a subtitled version on the Criterion Channel. *Atlantis* is set in the year 2025, one year after the end of a war between Russia and Ukraine. The setting is the Donbas region of eastern Ukraine which, as I write this, is now being turned into the horrifying post-apocalyptic landscape imagined in the film.

The film's central character is Serhiy (Andriy Rymaruk), a veteran of the Russia-Ukraine war who, along with his best friend Ivan (Vasyl Antoniuk) is trying desperately to adapt to civilian life. Both ex-soldiers suffer from PTSD, and still take guns and life-size metal targets out into the countryside to prepare themselves for the next war. Serhiy and Ivan work in a massive steel mill set in a landscape of mud and earth, utterly devoid of vegetation, laced with mines left behind by the Russian invaders. The Ukrainians have won this round, but it's a pyrrhic victory. Dozens of destroyed mining sites and industrial plants are poisoning the water and land. Vehicles and machinery

break down as they're pushed past their limits and supply chains are nonexistent. Workers live in apartments stripped so bare that they might as well be prison cells. "Damaged" is the best word to describe everyone and everything. Even the steel mill is being closed down by absentee American capitalist owners, who make their hollow promises of "reconstruction" in English on a giant 1984-style screen in the workers' cafeteria.

Ivan works as a welder in the blast furnaces; Serhiy drives a water truck that services vehicles connected to the plant. There's a scene of brilliant black humor where Serhiy finds a new use for his truck, some gasoline, and an abandoned bucket from a giant excavator. It's the only smile the film offers. Any movie that starts with thermal imaging of an execution is not out to put you at your ease.

Driving back to the plant one day, Serhiy ends up towing a van driven by two people working with a forensics team to locate and identify bodies buried in shallow graves where the fighting was most intense. It's the grimmest kind of job, seemingly hopeless, yet offering the dead at least the chance to have their fates

known, their last story told. Serhiy is drawn to one of the van's drivers, Katya (Liudmila Bileka), who was in her pre-war life an archaeology student. When Serhiy learns that those on the forensics team are volunteers, he offers to act as a driver on his days off. As Serhiy and Katya work together, speaking for the dead, in a dying land, life reasserts itself through the need for primal human contact.

Visually, *Atlantis* is a marvel. There are only 28 shots in the entire film, an extraordinary statistic when one considers that the average feature film has been 1500 and 5000 shots. I think there's only one tracking shot in the entire movie. What this means in practice is that Vasyanovych frames his shot, plants his camera, and watches the action unroll in front of him. He deliberately forces the audience into a spectator's role. We're not in the action; we're watching it happen and trying to understand it. No close-ups; only an occasional two-shot. This kind of filmmaking has an eerie effect, but demands patience from the viewer. Imagine standing in front of a powerful painting like Goya's *The Third of May 1808* and seeing the characters begin to move in front of your eyes. Ironically, Vasyanovych's style reminds me of that of the great Soviet director, Andrei Tarkovsky, in films such as *The Sacrifice*. One would be hard-pressed to find a less mobile camera outside of the early silent and sound films, and some avant-garde experiments. Vasyanovych was his own cinematographer and editor, working his magic to create visual poetry from the least likely ingredients: a visual symphony of heavy industry, empty landscapes, and endless rain.

Atlantis has no musical score. None. Not a note. What it does have is one of the most effective soundscapes outside of a Coen brothers movie. Every sound—be it a shovel into dirt, gunshots, a boot walking on broken glass, the labored breathing of lovers—counts. Vasyanovych doesn't use music because he's orchestrated something equally effective without it.

Death is everywhere in *Atlantis*. But the film ends with life. That is not a spoiler. It's the reason you want

to watch this film. It is the future that the victims and survivors of the current war in Ukraine need to feel is there for them, for their country.

You can begin with *Atlantis*. Don't end there. Send in a donation to the Red Cross, to Doctors Without Borders, to the United Nations Refugee Agency (UNHCR), or to any other organization that is helping the people of Ukraine.

If you want to go darker, you can read Timothy Snyder's *Bloodlands: Europe Between Hitler and Stalin* (my choice for the saddest book in the world) and Anne Applebaum's *Red Famine: Stalin's War on Ukraine*.

If you'd rather move towards the light, browse through some Taras Shevchenko or Ivan Franko. Find a copy of Canadian journalist Myrna Kostash's *All of Baba's Children* or William A. Czumer's *Recollections About the Life of the First Ukrainian Settlers in Canada*. Lindy Anne Ledohowski's 2008 PhD thesis, *Canadian Cossacks: Finding Ukraine in Fifty Years of Canadian Literature in English* is available online. And you can't go wrong tracking down a copy of Jim Chapman's nostalgic novel about a larger-than-life Ukrainian hero homesteading near Smoky Lake, Alberta, at the turn of the last century. *The Horseman of Shandro Crossing* was written under Jim's given Ukrainian name of Yuri Kupchenko. His tale incorporates a lifetime's worth of fascination with Ukrainian history and the lives of Ukrainian pioneers on the Prairies.

And even if Valentyn Vasyanovych didn't need music, nothing's stopping you from streaming a couple of Panio Brothers polkas and kolomeykas.



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Hall Board News

by Susan Hulland

This month's column is full of 'Thanks' to many individuals and several community businesses.

Park Clean Up Day:

Seventeen volunteers, including three young women and a Mom from the Eastshore Youth Network showed up, worked very hard and made a huge difference to the look of our park. Many things were accomplished.

The Children's Playground was de-rocked, mowed, trimmed and raked in preparation for fall zone improvements to soon be made by Charles & Ellie Reynolds.

The tennis courts had brush cleared from both inside and outside the fence while other volunteers finished a huge clean up of the building formerly known as 'the park kitchen'. Prior to Clean Up Day garbage and defunct appliances from it were taken to the dump by Doug Blackburn and Dave Hough of Steel Wheels.

Many cubic yards of branches and debris from the nearby cedar trees were raked from behind the kitchen, storage shed and pavilion and removed by Paul Hindson of Kokanee Chalets and RV Campground.

Volunteers rebuilt two of the park's entry gates. The other two gates will soon be finished which will allow us to stop unauthorized entry and camping on the grounds. Another one of our park's good neighbours, Bryan Anger of Crawford Bay RV Campground, has donated time and materials to this work.

Gardens near Community Corner were cleaned up, the park's feature trees were pruned and there is now a newly painted wooden picnic table back in service on the patio.

A huge thanks to: Makayla James Davies, Sophie Gilbertson, Mackenzie Brouwer and her Mom, Marlene, Kym Blackburn, Wayne & Marilyn Campbell, Cherry & Garry MacLagan, Carol Blackwell, Heather Sandilands and Crawford Bay & District Hall & Parks Association directors Leona Keraiff, Nicole Schreiber and Susan Hulland for participating in Spring Clean Up Day. The event was a heartwarming display of community support for the valuable public spaces that belong to us all.

On the weekend before Clean Up Day, Starbelly Jam volunteers eliminated and reorganized materials they had in the park storage shed and it's now a lot easier to access the chairs and tables for events taking place in the Fraser Pavilion. Thanks for being good renters, Starbelly!

Boat Launch

After many months we have finally had the wrecked truck removed from the parking lot at this site in Kootenay Bay. This took a lot more time than we anticipated as we got no cooperation from any of the vehicle's former owners whose id was left in the vehicle! The RCMP told us because the truck was not currently registered to anyone they could not help us. In addition it took time because we were trying to find ways to NOT have to pay the \$500 towing fee originally quoted by two regional wreckers. In the end Chris of Scrap King in Creston did us a huge favor and accepted the vehicle at no charge to us. Hats off to Chris and no thanks at all to the vandals who were responsible for the truck ending up there in the first place.

Next Deadline:
July 27, 2022

Memories & Musings

by David George

In 1981 Sonja and Siggy Witmoser opened Crawford Bay Building Supplies at the junction of Wadds Road and King Road opposite the school. David and Lea George bought the 10,000 square foot building in 1989 and soon provided space for other East Shore businesses and organizations including: The Kootenay Clothing Company, The Eastshore Library, The Kootenay Lake Environmental Education Centre, Guiding Hands Recreation Society, Harreson Tanner, RMT, and the Kootenay Lake Chamber of Commerce. The Georges' purchase enlivened that part of Crawford Bay and as soon as they moved into a suite which was built in the former custom woodworking shop they officially became the Crawford Bay Hall's nearest neighbours!

"During that summer, I helped sand the floor of the community hall across the street, and that began a relationship Lea and I have had with the hall.

"We served as hall board members before the hall and parks boards merged. I think Bill Hampson was board chair then. The hall had served as the school gym years ago, and when David Zaiss, Jim Donald and I sanded about a quarter inch off the fine Fir floor, some of the old basketball court lines were still visible.

"At about this time, the School Board asked us if we would like to go in with a purchase of a 95 percent efficient propane gas furnace at the same price they were paying for four to upgrade the school heat. We said yes, and I think it cost about \$2,500. That was an upgrade from an oil furnace which was itself an upgrade from burning coal, with a hopper feeder Don Caston used to fill when he was maintenance person for the school. The new gas furnace was installed, but we did not know that it produced so much water. We had to provide a bucket and sump pump, as the hall basement had no floor drain.

"The propane furnace did not require a chimney, just two plastic pipes. One day in early spring, the old hall chimney collapsed from snow or ice sliding from the roof. This happened about 20 minutes after a school bus had left the spot the bricks fell onto. Lea and I later bought the bricks from the hall and used them as borders for some of the planters in our garden around the castle. Also in the 1980's the Hall Board bought two identical stoves for the hall kitchen from Vance Home Furnishings in Creston

"Lea and I soon became involved in a medieval re-enactment group called the Society for Creative Anachronism, hence the modified sign we put on the building now reading Crawford Bay Castle, Est.1980. We made our own costumes, sometimes finding items in thrift stores or by sewing our own after purchasing good cheap wool ends from West Coast Woolen Mills in Vancouver.

"Many medieval themed events were held in the Castle, and many also in the Crawford Bay Hall and on the hall grounds. Feasts were frequent, and at one such, we had more than 100 people in the space which is now the East Shore Library. Other feasts were held in the community hall. The main attraction of using the hall was that there was lots of room for cooking, seating at long tables and dancing all under one roof. At one of them, our former family physician Liz Barbour was belly dancing and met her present husband Michael.

"There was an educational component built into many of the medieval events, some of which were specifically designed as mini university sessions and local residents were invited to take part. Participants from afar often stayed in the community for several days and this was a boon to many of the local businesses."

TOM SEZ 2022

by Tom Lymbery

After 40 years of fireworks we have finally come to the end. Thanks to Issy Snelgove for 25 years and Christy Musil for all the paperwork needed. Thanks to Bob Fiedler and Cory Medhurst and all the Fire Department members who set them off. I also remember Issy Snelgove barbecuing hotdogs at the beach before the fireworks. Local businesses and generous people also donated to the fireworks funds. Our Kootenay Lake Chamber of Commerce was the sponsor for years.

I got a copy of *History Hunting in the Yukon* by Michael Gates from the Nelson Library and on page 18 I found "graduate student Frances Roback" listed as part of a party in 1972 to hike down the Tatshenshini River, searching for an abandoned first Nations village. I knew Frances had spent time in the Yukon so was most interested to find this reference.

My grandfather, Walter Lymbery played for Nottingham Forest Soccer club years ago so I was excited to find that Notts Forest has had a winning season and will play next season in the Premier League – the first time since 1999.

At Lakeview Village in Nelson we can hear loud bangs from the new ferry construction site. Do they have to hammer when they prepare to weld another ferry section together? We can see the site from the 4th floor here but not why there are such loud bangs.

Kootenay Lake Lions will provide a bang up Canada Day at the Crawford Bay Park with their delicious burgers, fries and ice cream, popcorn and more. The Many Bays Band, directed by Donnie Clark will be joined by the Creston Band making 30 all playing together. After the event at the Fraser Pavilion they will all travel to Creston where all 30 will play together at Millennium Park. WOW!

We hope to set off a box of Parachute Brigade daytime fireworks, soon after the singing of O Canada – these go up over 100 feet and then release a parachute with a Canadian flag on it.

Canada is proposing printing warnings on each cigarette. Why not make all cigarette papers black – like a smoker's lungs?

One lady found her kids wouldn't consider eating Brussel sprouts – but when she called them baby cabbages they ate them with delight.

Surrey gangsters have come up with an economic silencer for their pistols – hold a large turnip in front of their gun, which effectively cuts off the noise. What it does for the accuracy is another matter.

GRAY CREEK PASS REPORT

Last year, 2021 the Pass opened to vehicles on June 10th. This year my guess is July 14, 2022. Latest ever opening was July 23

Late spring and high snow levels make it unlikely that the early cyclists of EPIC 1000 will be able to cross to Kimberley on June 26. First time they will have to divert by Creston and Cranbrook on their way to the finish line at Fernie.

However it will be interesting to see what the predictions of a hot week from Saturday June 26 will produce. Unusual streams flooding parts of the Pass?

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.

Neanderthals: Intelligent or Not?

Studies on Neanderthal bones and other relics have raised questions that scientists have not been able to answer. Early theories about Neanderthals based on the shape of their skulls, a view many scientists think was “based in racist ideology,” says João Zilhão, from the Catalan Institution for Research and Advanced Studies at the University of Barcelona. Furthermore, many of the original scientists looked at Neanderthals from an evolutionary standpoint based on progress, thus colouring their view of Neanderthals.

In 1864, geologist William King introduced this new species, *Homo neanderthalensis*. He examined the skull that had been found in the Neander Valley, Germany, a decade before, and he wasn't very kind about “our extinct evolutionary cousins”: “I feel myself constrained to believe that the thoughts and desires which once dwelt within it never soared beyond those of a brute” (*LIVE Science*, “How Smart Were Neanderthals?” by Megan Gannon, Mar. 23, 2019) This view has persisted, possibly due to Neanderthals' shape and stature. Early researchers thought Neanderthals “were the embodiment of primitive humans . . .” points out Fred H. Smith, a physical anthropologist at Loyola University in Chicago. He went on to say that Neanderthals “were believed to be scavengers who made primitive tools and were incapable of language or symbolic thought” (*Smithsonian Magazine*, “Rethinking Neanderthals” by Joe Alper, June, 2003).

Now Neanderthals are frequently called our “evolutionary cousins.” DNA studies show that they shared about 99.8% of our genetic code (*Discover*, “Neanderthal Brains: Bigger, Not Necessarily Better,” by Bridget Alex, Sept. 21, 2018). This included genes necessary for brain growth and possibly language. In terms of biology, they were similar enough to have interbred with *Homo sapiens*--that's us!

--in several places and times between 40,000 and 100,000 years ago. We carry Neanderthal genes. Also, Neanderthal brain size is slightly larger than *Homo sapiens* because of the shape of their skulls. Neanderthal skulls are longer than *Homo sapiens*. However, there are other factors that determine intelligence, like body size, neuron density, and how certain areas of the brain are “enlarged and connected.” One interesting factor is that Neanderthal brains grew more slowly than *Homo sapiens* brains, which may also have influenced the development of their intelligence.

Humans and Neanderthals do have a common ancestor. However, about 500,000 years ago the two species diverged. Modern humans became “tall and lean” while Neanderthals remained short and stocky. (Males were approximately 5 feet, 4 inches tall, and 170 pounds; females were about 5 feet, 1 inch, and 145 pounds.) Further, “some scientists also suggest that Neanderthals had relatively better vision,” based on the size of orbits, or the holes in skulls for eyes” (*Discover*, “Neanderthal Brains: Bigger, Not Necessarily Better,” by Bridget Alex, Sept. 21, 2018). *Homo Sapiens*' brains might have emphasized smell or developed larger cerebellums, “making us better at information processing,” which may be another false assumption.

Nonetheless, scientists cannot assess Neanderthal intelligence based only on skull size and shape. As with dinosaurs, without the brain tissue, or the Neanderthals themselves, their intelligence cannot be determined. What we can do, though, is examine their artifacts and what we know of their behaviour.

Neanderthals lived throughout Europe and parts of the Middle East. They lived in small groups, possibly of around 20 individuals. They relied on hunting to feed themselves. (Most predators either live alone or in small hunting groups in order to find enough prey to sustain the group.) There is evidence in the quantity and type of healed fractures in their bones, that later groups were killing larger, more dangerous animals for food. The fact that these wounds healed shows that Neanderthals cared for each other. The group had to bring food over a period of time to the wounded so that they could recover: “research suggests they fashioned tools, buried their dead, maybe cared for the sick and even conversed” (*Smithsonian Magazine*, “Rethinking Neanderthals” by Joe

Alper, June, 2003). Certain sites show scores of tools made to cut up the flesh and divvy it between each other, a kind of “butchery.” Neanderthal hands were also more dexterous than previously believed. A study published in *Nature* in March, 2003, says Neanderthals could touch their index fingers and thumbs, making them quite dexterous.

Neanderthals in many instances buried their dead. This doesn't necessarily mean they were religious. The dead were buried without any grave goods, which may have meant that they were protecting the bodies from wild scavengers, like hyenas. However, that they did so also suggests that they cared for their relatives.

Neanderthals were also artistic. (You can see photos of some of their artifacts on *Wikipedia*.) One is a decorated king scallop shell from Cueva Antón, Spain. They also used ochre, a reddish clay pigment, to decorate either themselves or the hides they wore. In 2012, a research group examined sites through Eurasia, finding many raptor and corvid bones. These species are not normally eaten; only their wing bones had been processed, suggesting that the feathers had been plucked for personal adornment (*Wikipedia*). Furthermore, as of 2014, several sites showed “deep scratches” on the floors of these places dating back 39,000 years (photo on *Wikipedia*). “Whether or not these were made with symbolic intent” isn't clear, but the “discoverers have interpreted [them] as Neanderthal abstract art” (*Wikipedia*).

Neanderthal hunting skills, their desire for decoration and art forms, all suggest that they were intelligent. “Remnants indicating the systematic use of fire and stone ring constructions” also indicate they may have been as intelligent as *Homo sapiens* (*Smithsonian Magazine*, “Neanderthal Cave Art Suggests They Were Smarter Than We Thought,” by Dirke Schulze-Makuch, March 7, 2018). Why they disappeared isn't clear. The possibility of climate change, the disappearance of game, could explain that disappearance. Small groups of 20 or so individuals is a small gene pool, and would not have been enough for Neanderthal generations to thrive. Combine this with the growing *Homo sapiens* population, and together these could have caused Neanderthal extinction. (If you're interested in Neanderthals, Canadian writer, Robert J. Sawyer wrote a readable, but fictional series, beginning with *Hominids: The Neanderthal Parallax*.)

For the Love of Genre

by Sharman Horwood
The Price of Success



Ernest Cline is a fortunate, talented man. His first novel, *Ready Player One*, was issued on August 16, 2011, after a publishers' bidding war. The audio version was released the same day, narrated by Will Wheaton (mentioned in the novel), a *Star Trek: The Next Generation* star, as well as an avid gamer. A year later, the book received the Alex Award, from the Young Adult Library Services Association. Stephen Spielberg directed the movie, released in 2018.

The category of Young Adult novels is a grey area, and becoming more so. In the past, YA fiction, in all genres, were shorter novels, with the main characters well below the age of 18. *Ready Player One*'s character is almost 19, so the novel straddles this indefinite edge. The Harry Potter novels were all aimed at a lower age, but after the first two, the content became more adult than teen or tween; adults were reading the books as much as younger people. Nowadays, novels such as Sarah J. Maas' YA novels are promoted in the adult section of bookstores as well as in the “children's” area. Assigning *Ready Player One* to the YA category of fiction doesn't do the novel justice. It is about video games, but there are adults who are still playing computer games. They would enjoy Wade Watts' character development as he matures as well.

In the novel, in 2044, “the real world has become an ugly place” (Frontispiece). Poverty is rampant, and most people are forced to live in *stacks*: towers of motor and mobile homes wedged into steel scaffolding (pictured on the novel's cover). This is where the orphan Wade Watts lives, along with his aunt. She gets

food credits from the government to support him. It is a grim world. For Wade, video games are his escape: “all I had to do was tap the Player One button, and my worries would instantly slip away” (p. 14). Like everyone else in the stacks, he has reason to worry, forcing a stronger bond than usual between boy and games. As he says, after he presses that button, “life is simple.”

In 2044, the internet has become very complicated. James Halliday, a character similar to Bill Gates, has created “the greatest videogame contest of all time” (p. 52). Halliday created OASIS, a multidimensional virtual reality in which gamers immerse themselves, feeling what they're experiencing as well as seeing and hearing it. In effect, this computer technology has replaced real experience. For Wade, it is his “playground and [his] preschool, a magical place where anything was possible” (p. 18). School courses are all taught on OASIS, the schools themselves existing on other created worlds. On the internet, students and teachers teleport themselves to class.

When Halliday passes away, he is fabulously wealthy. He doesn't have any family, and in order to pass on that wealth, he creates a contest inside OASIS. He embeds it in 1970s and 1980s style scenarios, along with the vintage games and movies of that time. Gamers must solve the clues and pass the levels in order to find a hidden Easter egg. Whoever finds it first wins Halliday's fortune.

Wade is about to graduate from high school, but like many teenagers, he has plans: he will find James Halliday's hidden egg. If he does, Wade will become enormously wealthy. He has become a *gunter*, a slang term for “egg hunter.”

Sounds simple, but of course, succeeding isn't. In one level, Wade--who calls his avatar Parzifal--has to respond with the correct responses to a dialogue from a 1970s movie. The test is also rigged so that he cannot look up the movie's script or watch it while he is

challenging this step. His answers must come from his memory. At another level, he has to play a vintage game of jousting with a skeleton avatar Halliday has embedded into the step. Fortunately, Wade knows the movie, and has played the game before, many times.

The game levels are gruesome and difficult. As Parzifal, Watts begins the contest. He has prepared for this for years. However, so have thousands of other *gunters*, including a group called the *sixers* who have formed an association to combine their knowledge as well as their skills. They give Parzifal a choice: join them or they will kill his family.

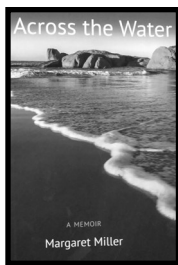
Of course, Wade does find romance in the game. Watts has had a crush on a female gamer, Art3mis, for some time. They become friends because of the competition, and form a platonic romance. She doesn't disclose her real identity to him, however, which could turn out to be anyone. Wade is certain it won't be an overage, obese truck driver named Gus. Wade cares for the real Art3mis.

Cline's world building is intricate. He has a good eye for the technological development that takes place in the novel, as well as a clear understanding of an orphaned eighteen-year-old's problems. Wade's gaming experience, for instance, is a kind of imprisonment: it can be confining. In order to solve the puzzles, Wade has to spend all of his time immersed in the games. The novel is also loaded with nostalgia for the movies and music of the 1970s and 1980s. The contrast between 2044 and that real age does bring home the starkness of the changes that the modern world is now beginning to experience.

This novel is a good read for anyone curious about the world of gaming. It is a very different experience than our current reality, and full of “magical” probabilities that are sometimes good as well as bad.

BOOK REVIEW

by Tom Lymbery



Across the Water, a Memoir by Margaret Miller, High Ridge Press, 157 pages, \$25

This memoir has an interesting story, an Australian lady who meets a Canadian man in Australia, comes to Moberly Lake in northern BC to get married, and they finally settle in West Creston.

But she keeps close contact with friends and family in Australia, and frequently travels “Down Under” to see them, and also brings them to visit in West Creston, including children. So many who move to Canada don’t keep the family connections like Margaret Miller does.

Edited by Luanne Armstrong and designed by Warren Clark of Boswell this book combines stories of Growing up in a large city, Sydney, Queensland, with the delights of finding a secluded swimming beach at Next Creek, on the western shore of Kootenay Lake.

Margret Miller tells her story of growing up in Australia, where her father is a small town doctor and her love of swimming in a hot country. Swimming in what she calls the winter season, cooler than the extreme heat of summer. On a holiday trip to Tahiti she meets a Canadian man who talks her into a cycling tour.

In Moberly Lake she finds that she cant continue extending her visitors permit, so the only solution is to become Canadian by marriage. Established in the Kootenays she has to wait more than 20 years to become naturalized as Australia didn’t permit dual citizenship.

When she finally was able to become a Canadian Citizen she was able to be accepted at a ceremony in Creston – and she gives us a vivid description of this important event, and the others that were accepted at the same time.

ES Reading Centre

by Taryn Stokes, Librarian

Happy July and Happy Summer!

Our Children’s Summer Reading Program started on June 25! We are inviting kids to check out a library book and then tell us about it when they bring it back. The kids can write the name of the book for us to post around the library (or even draw a picture about the book). We have some ice-cream coupons to local ice cream places (Screaming Cream and Ladybug Coffee) in Kootenay Bay) to celebrate finished books; these will be available while supplies last. Thank you to Screaming Cream Ice Cream at the Crawford Bay RV Park and Ladybug Coffee in Kootenay Bay for their contributions!!

In June we had 174 items checked out and served 39 unique patrons. I am so happy to see that our patrons served has increased from last month - it is another sign that summer is truly here. We also welcomed five new members. We added 22 new items this month, including some much appreciated donations. We have another summer themed book, *28 Summers*, by Elin Hilderbrand. This novel tells, as the title suggests, 28 summers in a woman’s life. Each year is highlighted with some tidbits of life during that year including politics, world events and entertainment. It was a neat format taking the reader on a quick “blast through the past” of recent years. Two interesting non-fictions books are Angie Abdou’s *This One Wild Life*, and Lauren McKeon’s *Women of the Pandemic*. The first book is a memoir of a mother and the summer hiking adventures she takes with her daughter in the Kootenays. The second book is a snapshot of various Canadian women who served in various roles on the frontlines during the last two years of the pandemic. Both are relevant and timely reads.

The East Shore Community Reading Centre is open Tuesdays and Saturdays between noon and 3PM. We can be reached at 250-777-1492 or via email at escomlib@gmail.com. Our address is 16234 King Road, just across from the Crawford Bay Hall. Library cards are available to residents free of charge. We are pleased to host the Hospice Library collection at our location as well. Take care and happy reading to all.

Riondel Campground Update

by RCCSociety Board

The Riondel Community North Bay Park and Campground is open and looking forward to having you visit. We have been here for 60 years, but just this year we’ve given the location the name North Bay Park and Campground. Day use at the park is encouraged, and we have parking, picnic tables, and fire pits available as well as the use of campground washrooms and water taps.

For those wishing to camp, we now have an easy to use online booking system. Go to riondelcampground.ca and click on Click Here To Book.

We are happy to introduce our manager, Luchy Labelle. Luchy will welcome you warmly and work to make your park and camping visit a great one. She can be contacted at campground@bluebell.ca We are also happy to have Dee Gilberton returning to her role as Administrator, and she can be reached at rccsociety@bluebell.ca.

We will be hosting some events through the summer, including a Market, Music in the Park, and participating in the Columbia Basin Tour and Riondel Daze. Come and enjoy!

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Tom’s Corner

by Tom Lymbery

40 Years of Fireworks

Our store always stocked some fireworks – mostly 35 cent rockets on a stick. But all this changed in 1957 when Russia launched Sputnik. Then every boy wanted to build rockets, so Ottawa imposed restrictions and changed what was available. For the BC Centennial celebrations in 1958 we brought in some of the newly available mortars in 2” cardboard tubes. I was to set some off over the lake at the Gray Creek Hall, and George Hill said he would put a box of sand



Gina Medhurst’s photo of the 2018 Canada Day fireworks display in Crawford Bay, courtesy of Gina.

in his boat to do the same. The mortars came with 36” fuses, but these were INSTANTANEOUS. George nearly jumped out of his boat.

In 1982, Bill Fraser learned that grants were available for Canada Day fireworks. Canada Day festivities at Crawford Bay Park were expanding, so we applied for a fireworks grant and set some off from the Crawford Bay beach. Bill even found an extra grant for an event in French, so that helped.

Isabel Snelgrove stepped up and took over the problematic paperwork to apply for the federal grants. She and others asked for donations from local businesses, as the grants were based on matching local funding. Issy remembers the Gendrons, Boltons, McCharles, and Gladys and Doreen canvassing in the early years.

While I was buying mortars and rockets, I learned that a Canadian had designed the Aquatic Fireworks. When an Aquatic mortar was fired at a 45-degree angle, it would drop in the lake and then come back up again. SPECTACULAR! At first I rounded up some help to fire the display from the Crawford Bay beach, using smaller display pieces followed by larger ones from the foot of the airstrip. Ron Turner and his sons were most helpful with the beach project. At the finale, they had youngsters line up to receive a 24” sparkler to parade around with.

Later on, we learned the only people who were allowed to set off mortars up to 6” were Fire Department personnel. So we enlisted the Riondel Fire Department, and they were most helpful. More regula-

tions kept coming, and only by stretching things were we still able to set off the Aquatic fireworks. Riondel Fire Chief Bob Fiedler acquired his certification to be allowed to supervise his crew, but the Aquatic fireworks needed Level Two certification which was not possible for Bob to obtain.

One year a clearing fire which had been smoldering underground burst out on July 1st. The Riondel fire crew was fully engaged and couldn’t come to the airstrip. So (s-s-h-h) Sean Cummings and I had to do the duty.

When Covid came we had to suspend the fireworks event due to restrictions, but once restrictions were loosened in 2022 the Canada Day fireworks event could resume. However, after serving so many years, Bob Fiedler was unable to keep up his certification. And since the large mortars are only available when there is a certified person, and no

one had been able to obtain one in our district, we have come to the end of 40 years of fireworks.

However, thanks to the Kootenay Lake Lions, the Canada Day festivities at Crawford Bay Park will be back this year in full force. The program will begin at 11:00 am with the singing of O Canada at the flags. Delicious burgers and fries will be on the grill, along with ice cream, soft drinks and popcorn. Thirty members of the Many Bays and Creston bands will perform together in the Fraser Pavilion under the direction of Donnie Clark while kids’ games are underway. Everyone is welcome.

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SKLCSS Update

submitted by Garry Sly

The East Shore TAPS program has been hosting two TAPS days per week throughout the month of June at community centers on the East Shore. East Shore TAPS is a senior's social program where people can come out to socialize and enjoy lunch together.

In July, we will be in Boswell on Tuesday July 5 and Tuesday, July 19, Riondel on Tuesday, July 12 and 26, Gray Creek on Thursday, July 7 and Thursday, July 21 and Crawford Bay on Thursday, July 14 and Thursday, July 28.

Our TAPS team of Ginger Leclerc, Tina Kane-Calender and Shawn Ryks, look forward to seeing you at our weekly events. Posters will be soon be up with the July schedule and you can always check our Facebook page, East Shore TAPS program.

Big thank you to Vienna Doenni and Matt Carss. They will be leaving their positions as the East Shore Youth Network Coordinators, and we are grateful for all of the fabulous programming that they have done and for all of their contributions to local youth and to the community. We are currently looking for a new Youth Network Coordinator(s) so, if anyone is interested, please email Garry Sly at skootenaylakecss@gmail.com for more information.

Many thanks to Columbia Basin Trust, the RDCK and Community Gaming Grants for continuing to support our programs and projects. Thank you as well to the individuals who donate to our local programs.

Next Deadline:

July 27, 2022



Managing Bug Bites and Histamine Intolerance Naturally

by Maya Skalinska M.H., R.H.T. Master

Bugs love to bite. Most commercial bug sprays contain DEET, a highly toxic chemical. It is important to limit the amount of toxins you're allowing your skin to absorb. There are several herbal remedies that will repel bugs without the negative side effects that toxic build up can create.

I find Essential Oils (EOs) work best. Basil EO has been used to repel mosquitos by many cultures around the globe. Other botanicals studied and used for centuries include citronella, lemongrass, eucalyptus, lemon balm, spike lavender, catnip and geranium. Generally, EO preparations will protect you for up to 3 hours, and if it's a hot day, or you're exercising and sweating, you may want to reapply more often. As with any EOs, always do a patch test to make sure there's no adverse reactions. Its best to mix the EOs with a carrier oil like jojoba, grapeseed or any oil you use in your kitchen. Citronella is not recommended for children under two years of age.

There are numerous studies showing that neem oil is as effective as commercial products based on DEET. You can dilute neem oil in other oils such as coconut or jojoba and add your favorite EOs mentioned above to the mix. I strongly suggest smelling the neem oil before you purchase it, as it does have a very distinctive smell.

Fighting off the bugs is important, but bites still happen. More and more people are developing his-

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tamine intolerance. This happens when the histamine accumulates faster than it can be broken down, which creates unpleasant symptoms such as major swelling or welts. Some other common symptoms are asthma, anxiety, eczema, bloating, headaches and sinus congestion. We always need some histamine in our bodies, but when its job is done, it should then be broken down by adrenaline or two enzymes: diamine oxidase (DAO) and histamine N-methyltransferase (HMT). Unfortunately, this does not always happen. So, if you do swell up more than usual, try to avoid alcohol, black, green and mate teas as they block the DAO enzyme. Also avoid foods that contain histamine. Generally, they are processed foods with food coloring, canned foods, cured meats, and most fermented foods. Other histamine release triggers are additives such as nitrates and sulphites, avocados, bananas and sadly, chocolate, just to name a few.

For natural medicine, nettle leaves, holy basil and reishi mushroom are my favorites for an anti-histamine effect. Flavonoids such as quercetin found in capers, berries, red onions and dill, plus kaempferol found in cruciferous vegetables, and luteolin found in thyme, sage, celery and parsley all work well. It may be easier to purchase a supplement to reach therapeutic dosage, unless you love eating lots of veggies. Additionally, Vitamin C, and B complex are also helpful.

To soothe your skin, relieve the itch and decrease your swelling, try tea tree oil, arnica, calendula salve or comfrey root poultice. Peppermint EO will cool the irritation and witch hazel will speed up healing.

Histamine intolerance does not just manifest itself through bug bites. Causes are anything from genetic DAO/HMT insufficiency, leaky gut syndrome, nutritional deficiency or simply over ingestion of histamine foods. If you think you may be affected, you may want to contact an accredited holistic practitioner.

Maya is a registered Herbal Therapist with CHA of BC. She offers Iridology, Herbal Medicine and Nutritional Consultations in Crawford Bay and Nelson. For more information please email: mayaskalinska@yahoo.com

Interior Health Reminds You to be Prepared for Hot Weather

TH WIDE – Environment and Climate Change Canada has issued special weather statements for several parts of the province, with daytime temperatures in the Interior ranging from the low to mid 30s. This is not a heat warning or an extreme heat emergency, but we will experience the first high temperatures of the summer. The warmer weather will also cause rapid snow melt, leading to high rivers and streams throughout the province so please keep water safety in mind this weekend.

The first high temperatures of the season can lead to some people overheating because they are not yet acclimatized to warmer weather. There are some basic steps you can take to ensure you and your family remain safe and healthy during warmer temperatures.

Additional heat information is available on the Interior Health public website. The BC Centre of Disease Control (BCCDC) also has a broad range of heat-related information on its website, including information on the different types of heat alerts, how to prepare for warmer temperatures, symptoms of heat-related illnesses, those most at risk during warmer weather, and ways to stay cool.

Preparing for hot weather:

Identify a cooler space in your home and prepare it so you can stay there at night, if possible. You may need to change daily living arrangements.

Find an air-conditioned spot close by where you can cool off on very hot days. Consider staying with friends or family or find places in your community to spend time such as movie theatres, libraries, community centres, or shopping malls.

Check that you have a working fan. If you have an air conditioner, make sure it works.

Install awnings, shutters, blinds, or curtains over your windows to keep the sun out during the day.

Practice opening doors and windows to move cool air in at night and shutting windows during the day to prevent hot outdoor air from coming inside.

Get a digital room thermometer to keep with you so you know when your home is getting too hot.

Your health:

Spray your body down with water, wear a damp shirt, take a cool shower or bath, or sit with part of your body in water to cool down if you are feeling too hot.

Drink plenty of water and other liquids to stay hydrated, even if you are not feeling thirsty. Take it easy, especially during the hottest hours of the day. Stay in the shade and use a broad spectrum sunscreen with SPF 30 or more. Signs of overheating include feeling unwell, headache, and dizziness. Take immediate action to cool down if you are overheating. It is important to remember that overheating can lead to heat exhaustion and heat stroke. Signs of heat exhaustion include heavy sweating, severe headache, muscle cramps, extreme thirst, and dark urine. If you are experiencing these symptoms, you should seek a cooler environment, drink plenty of water, rest, and use water to cool your body.

Heat stroke is a medical emergency. In the event of a medical emergency, British Columbians are advised to call 9-1-1. However, it is also important to use 9-1-1 responsibly to avoid overwhelming the system.

BC Emergency Health Services in partnership with ECOMM is reminding British Columbians to only dial 9-1-1 for serious or life-threatening injuries

When to call 9-1-1:

In general: when there is chest pain, difficulty breathing, loss of consciousness, severe burns, choking, convulsions that are not stopping, a drowning, a severe allergic reaction, a head injury, signs of a stroke, a major trauma. More specifically related to hot weather: severe headache, confusion, unsteadiness, loss of thirst, nausea/vomiting, and dark urine or no urine are signs of dangerous heat-related illness.

If you have a less urgent health issue: You can call 8-1-1 and get connected with a nurse at HealthLinkBC. Or, if you can do it safely, you could go to an urgent care centre or clinic.

That way, our highly trained emergency medical dispatch staff and paramedics will be available for people who need their services the most.

There are also online tools at healthlinkbc.ca including a "Check Your Symptoms" tool.

Hospice News In The Moment

by Maggie Kavanagh

It has been difficult for many who lost loved ones over the last two years. Many were having to wait to be together and grieve, and to celebrate the life of that special person they love dearly.

I recently attended a celebration of life for a dear friend. It was a beautiful tribute. And I found myself pleasantly surprised to discover how fresh and in the moment feelings flowed so freely almost a year later. We cried, we laughed and we truly celebrated a beautiful life. I was so touched by the music, the stories and poems shared. I thank everyone for inviting me in to that special, forever sacred space so full of Love.

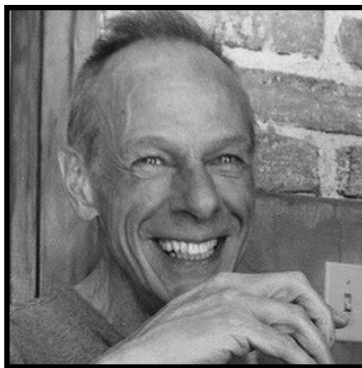
East Shore Hospice volunteer care is free of charge and is available in your home. Hospice care does not replace nursing care, home support or any other professional service. A hospice volunteer can be a caring listener with an open heart and mind, who is also comfortable sitting in silence with a terminally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

If you or someone you know is in need of Hospice Care or you would like more information, please contact Susan Dill East Shore Hospice Coordinator at the East Shore Community Health Center by calling the Hospice Office at 250 227-9006 or Hospice mobile 250 551-4915 or at Susan's home 250 227-9350. Hospice related books are found in the Crawford Bay reading room – Library; with hospice books on care, grief and mourning.

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

Notice of Passing

Richard "The Duke" Gagné
June 27, 1953 - May 27, 2022



Richard was born and raised in Saskatoon, Saskatchewan by his parents Joseph and Joyce Gagné, alongside his 7 siblings.

In the 1980's he moved out to the west coast, working in film as a greensman

and prop designer. An occupation which paid him to pursue his dream of scouring thrift shops and antique stores. He had abundant knowledge about the quality, history, and era of every object he found. Beautiful summers and a thriving mountain life brought him to Gray Creek, BC. Plants and nature took over. The East Shore of Kootenay Lake became his paradise.

He was a man with a huge heart and the brightest mind. A kind soul that would quickly become friends with any animal or human around him. A man you could rely on for his wisdom, a witty conversation, and the best cup of coffee you've ever had. He was an eccentric botanist, a ping pong wizard, a master Go player, and an artful wordsmith with a wicked sense of humour.

Through lessons of his own life experiences, Richard led by example. To never hold a grudge, always err on the side of generosity, create peace where you can, and to help others without expecting anything in return. He left big footprints on many hearts. A true legend in this small town.

Wherever you may be now Richard, I'm sure it's beside a roaring fire, curled up with Patches, Boh and Tooz on the couch, a slice of chocolate cake, and the biggest smile on your face. Love you forever.

Richard is predeceased by his parents, Joseph and Joyce, his sister Gail, and his nephew Dylan. He is survived by the love of his life, Katie Dean and their beloved dog Coco. He is also survived by his siblings MaryLynn, Louise, Gary, Allyson, Jocelyn, and Marcelyn; his brothers-in-law Peter and Alex; his nieces and nephews Monté, Mark, James, Michael, Jesse, Rhett, Kennedy, Ace, Charles, Joe, Will, Julie, Cole, Ryan, Ethan, and Joyce.

Notice of Passing

Cathy Rockwell



Born December 5, 1954, passed away on January 3, 2022 in Gray Creek, B.C. at 67 years of age, a resident of Gray Creek, B.C.

Celebration of Life was held at 1pm, Friday June 17th, 2022, Creston Seniors Centre, 810 Canyon Street, Creston, BC

In lieu of flowers, friends and family can make a memorial contribution to the Crohn's and Colitis Foundation of Canada, 11198-84th Ave, Nordel Mall., P.O Box 33060, Delta, B.C. V4C 8E6

*Did you know?
Notices of Passing are
free in Mainstreet.*

Seniors, Let Us Unite by Carol Johnson

Freedom convoy protestors showed us
What most of us knew all along.
Though we listen to other opinions, still,
The far right are very wrong.

White people are far from superior,
They merely belong to the throng
Of caring and valuable humans,
Skin color no measure of who should belong.

In our beautiful, inclusive, magical world,
Sharing, loving and tolerance
Are truly the measure of worth.

So Canadian Seniors, let's tell the world
We stand together for the right
Of every human who does no harm
To live, love, thrive and belong.

We stand for inclusion, fellowship, peace and respect.
We do what we can to help people connect.
We know freedom means choosing the right thing to do
So all can share freedom, not just a few.

CANADA WILL BE FINE
WE'LL HOLD THE LINE

Memorial Wall
Whether your loved one has scattered ashes, was buried elsewhere or was 'beamed up', the **Memorial Wall in Gray Creek Cemetery** can mark their time here.
Visit the unique woodland cemetery on Oliver Road South and contact **Tom at lymbery@netidea.com** for a handsome brass plaque.

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Wildfire Information Line

1.888.3FOREST

Burn Registration Line

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*Next Deadline:
July 27, 2022*

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

BUS/ORG SERVICES/ANNOUNCEMENT

CIRCLE OF FRIENDS ART & CRAFT SHOP, Riondel, BC. Open Thursday, Friday and Saturday from 11:00 am to 3:00 pm, June 30th to September 5th

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

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

CONSTRUCTION/CONTRACTORS/TRADES

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

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

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

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

PERSONAL CARE/HEALTH

ALEXIS PHILLIPS, M.A., R.C.C. - Registered Clinical Counsellor specializing in complex trauma, relationship issues, grief & loss, anxiety & depression. Apptmnt/consultation, call 250-509-0368. Email: alexandrillianephillips@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 - Confidential palliative care support for individuals living with life threatening illness, support for their loved ones. ES Hopsice can provide trained volunteers to provide respite care to give family caretakers a break and provide companionship for the patient. Contact Susan Dill: East Shore Hospice Coordinator via the Health Centre: 250.227.9006 or cell 250.505.4915 or home at 250.227.9350. Hospice related books on care, grief and mourning are available. eastshoreshospice@gmail.com

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

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

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

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

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

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

SUSAN SNEAD: Massage practitioner using tuning forks, foot reflexology and energy balancing to create a balanced full body massage and tune up. Astrological counseling with 40 years experience. Bach Flower and other flower essences available. For appt: call 250.225.3520.

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

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

RENTALS/ACCOMMODATION

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

RESTAURANTS

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

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

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

YARD/LANDSCAPING/SITE PREP

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

mainstreet@eshore.ca

CLASSIFIED ADS

BUSINESS ANNOUNCEMENTS

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

BUSINESS SERVICES

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

Want to Contribute?

www.eshore.ca

mainstreet@eshore.ca

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: Melody Farmer
at 250-223-8443

Next Deadline:

July 27, 2022

www.eshore.ca

NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

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

BULLETIN BOARD

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

*** BULLETIN BOARD * BULLETIN BOARD ***

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

EAST SHORE HEALTH CENTRE
Call 227-9006

See BELOW for doctor and nurse practitioner days

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

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

HEALTH PHONE NUMBERS

ES Health Centre: 227-9006

Community Nursing:
1.800.707.8550 Ext: 2 then Ext 3

Mammography:
1.800.663.9203

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

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

PRIMARY CARE PROVIDER

DAYS: JULY 2022

June 1, Fri: STAT HOLIDAY

July 4, Mon: Jayme Ingram NP

July 5, Tue: Jayme Ingram NP

July 6, Wed: Jayme Ingram NP

July 7, Thur: NO COVERAGE

July 8, Fri: Jayme Ingram, NP

July 11, Mon: NO COVERAGE

July 12, Tue: NO COVERAGE

July 13, Wed: Jayme Ingram NP

July 14, Thur: Dr. Moulson/Jayme Ingram

July 15, Fri: NO COVERAGE

July 18, Mon: Jayme Ingram, NP

July 19, Tue: Jayme Ingram, NP

July 20, Wed: Dr Moulson/Jayme Ingram

July 21, Thur: NO COVERAGE

July 22, Fri: Jayme Ingram

July 25, Mon: NO COVERAGE

July 26, Tue: NO COVERAGE

July 27, Wed: Dr. Moulson

July 28, Thur: NO COVERAGE

July 29, Fri: NO COVERAGE

**NO WALK-IN SERVICES
APPOINTMENTS ARE REQUIRED**

CANADA DAY CELEBRATIONS 2022

Kootenay Lake Lions Club will be hosting the 2022 Canada Day celebrations at the Crawford Bay Park. Festivities start at 11:00 with the singing of Oh! Canada. Burgers, Famous fries, Drink and Ice Cream. Music by local musicians from Creston and area at the Frasn Pavilion. Come out and have a burger, listen to the music, say hi to your friends & neighbors!

Intimate & Traditional Wedding Venue

Just what you're looking for! A small, historic, former church.



16004 Crawford Creek Rd

www.artconnect.cc for photos and details.



Crawford Bay Hall & Park Facility Rentals

Crawford Bay's Community Hall, Community Corner Building and Park Pavilion are now available for rent.

Info: bookings@cbhall.ca

Dreamscape Landscaping

- Lawn care -Landscaping
- Garden irrigation
- Fruit Tree Pruning
- Spring cleanup
- Monthly services



Call Adam 778-651-3681

cannonmoves@gmail.com

Hours of Operation Resource Recovery Facilities

Crawford Bay Transfer Station
May 1, 2022 – November 5, 2022
9:00 am – 3:00 pm
Sunday, Tuesday & Thursday

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



rdck.ca
250.352.8161 | wastedept@rdck.bc.ca

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH

Everyone welcome.

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Come & join us Sundays at 10 am.

Coffee fellowship after the service.

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

YASODHARA ASHRAM

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

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Fr. Lawrence Phone: 428-2300
Sun Mass at 2pm.

CHRISTIAN SCIENCE CHURCH SERVICES

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

MEETING PLACES

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

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

PARENT ADVISORY COMMITTEE

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

ALCOHOLICS ANONYMOUS:

Every Wednesday Night.

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

BALFOUR		KOOTENAY BAY		
Winter	Summer	Winter	Summer	
6:30	6:30	7:10	7:10	AM
8:10	8:10	9:00	9:00	
9:50	9:50	10:40	10:40	
	10:40		11:30	
11:30	11:30			
	12:20	12:20	12:20	PM All times are Pacific (PST).
1:10	1:10		1:10	
	2:00	2:00	2:00	
2:50	2:50		2:50	
	3:40	3:40	3:40	
4:30	4:30		4:30	
	5:20	5:20	5:20	
6:10	6:10		6:10	
7:50	7:50	7:00	7:00	
9:40	9:40	8:40	8:40	
		10:20	10:20	

Osprey 2000 • MV Balfour

The summer schedule is generally in effect from the third week of June until after the Labour Day weekend.
All times are Pacific Time (PST).

FREE SWIM To Survive

DROWNING
PREVENTION
SURVIVAL
SWIMMING
LIFE SAVING
SKILLS

**MAX 15
PARTICIPANTS
PER SESSION
SIGN UP
REQUIRED
UPON ARRIVAL**

KIDS/FAMILIES/SENIORS

Locations/Dates/Times:

- July 10, 1-2:30pm - Nakusp Municipal Beach
- July 11, 1-2:30pm - New Denver
- July 12, 1-2:30pm - New Denver
- July 13, 1-2:30pm - Kokanee Creek Park
- July 14, 1-2:30pm - Riondel
- July 15, 1-2:30pm - Twin Bays
- July 16, 1-2:30pm - 6 Mile Beach
- July 18, 1-2:30pm - Shoreacres
- July 18, 3-4:30pm - Crescent Valley Beach
- July 19, 1-2:30pm - Slocan Beach



Our mission is to give
lifesaving skills to as
many people possible



LIFEGUARD
OUTREACH SOCIETY



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

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

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

Email: mainstreet@eshore.ca

Web: www.eshore.ca

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

\$175 (1/3 page) - 6.75w 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.

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

FOR FULL COLOUR, ADD 30%

Can we help you with an Insurance Quote?

Auto, Property, Business, Recreational & Travel
Property, Liability, Business Interruption Coverage



CRAWFORD BAY
kootenayinsurance.ca
16030 Hwy 3A, P.O. Box 98
Crawford Bay, BC V0B 1E0

CONTACT:
T: 250 227 9698
TOLL FREE: 1 844 467 8748

HOURS:
Mon to Fri: 9am to 1pm,
2pm to 5pm
Sat: Closed
Sun: Closed

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Your Local Electricians
Commercial, Residential
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brandon@turlockelectric.ca



EAST SHORE INTERNET SOCIETY

HIGH-SPEED INTERNET

1 (844) 776-3747

www.eastshoreinternet.ca

Central Kootenay Lake's community non-profit ISP.

Ladybug Coffee

at the ferry landing in Kootenay Bay
Open 6:30am-3pm, 7 days a week, all year

- Oso Negro Coffee and Espresso
- World Famous Breakfast Sandwich
- Fresh Baking
- Daily Homemade Soups and Specials
- Frozen Dinners and Soups
- Awesome Team

Don't rush to make the ferry,
come early, relax,
have a coffee and a bite to eat,
enjoy the moments,
Life's always good
at the Ladybug.



The worlds longest free ferry comes right to our door

We're the unofficial Greeter, for the East Shore,

There's always a smile and a how do you do?

At the Ladybug window, as you fill up your brew.

When your breakfast is ready we'll call you by name,

You'll taste why that sandwich, leads us to fame,

With a muffin and coffee, you're on your way,

As the Ladybugs wave and say "have a great day!"

Follow us on Facebook for Events and Ladybug Happenings
Life always tastes good at the Ladybug.