

\$2.38
+ GST =
\$2.50

YEAR 26, NUMBER 6

JUNE 2016

The East Shore Mainstreet

KOOTENAY LAKE BC

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



Drone photo of Crawford Bay, south to the Selkirk and Purcell ranges ~ Bohdan Doval Photography

in this issue:

June Horoscope: 4

ESIS AGM: 5

CBESS Grads: 6

RVFD Catches Wildland Fire: 6

Firesmart Workshop: 9

Golf Season Upon Us: 19

Alanda Greene Honoured: 18

the mainstreet is online!

www.eshore.ca

RETURN

UNDELIVERABLE ITEMS TO:

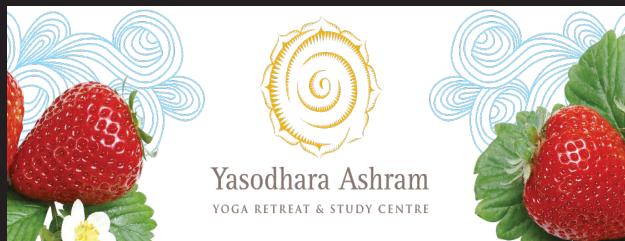
The East Shore Mainstreet
Box 140, Crawford Bay, BC V0B 1E0
Agreement#: 40718537

your 100mile mortgage

2.65%* 5 Year Closed Fixed-Rate

A Nelson & District Credit Union **100 mile mortgage** secures you a **great rate** on your mortgage. You also have **comfort** knowing **decisions are made locally** and you will **feel good** seeing your **community benefit** from your choice.

*Terms & conditions apply. Visit www.nelsoncu.com or email us at 100milemortgage@nelsoncu.com for details.



Yasodhara Ashram
YOGA RETREAT & STUDY CENTRE

STRAWBERRY SOCIAL

Saturday, June 25, 1-4 pm 527 Walker's Landing Road,
Join us for strawberries, used 5 minutes from Kootenay Bay Ferry
book sale and family-friendly (250) 227-9224
community! www.yasodhara.org



Hours:

7am to 2pm,
Tues - Sun

250.777.2537

Bakeshopcrawford-
bay@gmail.com



Mainstreet Meanderings

by Editor Ingrid Baetzel

Hand up if you're a busy person. Hand higher if you're exhausted, worn out, over-extended and bordering resentful.

Now, put that hand down and stand up and raise both your hands to the sky if you are aware of your bounty, grateful for your engagement, aware of what you take on and empowered by your place in this world and the work that you do.

I did it - quite literally. I stood up and stretched my arms to the sky right after I wrote that line. The reason? A reminder to myself... a reminder to be present in my choices and grateful for the abundance of activity and responsibility in my life.

At a recent meeting, a community member said something that took my breath away. He said, "I have time for this and I'm going to see it through." It was like a warm wind swept through the room and the mood brightened intensely. These words had a power to them and helped me in a shift to re-evaluate how I see my busy life.

I've found myself getting cranky at friends and acquaintances complaining about how busy they are. We've often even ended up in a pissing-match style of banter, throwing schedules and to-do's in each others' faces as some sort of competition to outdo the other in how much we have on our plates. This brings out something I don't like in myself. A whiny quality that isn't seeing my life for its richness, rather focussing on the work and struggle in the negative (although that work and struggle is all of my own choice and doing).

I have the power and privilege to CHOOSE my schedule... to choose to have children, to choose to

have a job, to choose to sit on committees and work for our school community. I have chosen my hobbies and my community service. I am socially rich and I live in glorious abundance of activity, engagement and CHOICE.

Now, I know some people have to work their tails off to just get by or to get ahead and that leaves them next to no time to make these same choices. That is yet another reason for me to shine gratitude on this area in my life. I could certainly be working more in a paying job; I could live elsewhere and be substantially more financially free and healthy. But this is what I know. I have enough. I choose this. I am grateful. You can sit down now. Your arms are probably tired.

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

OPEN:
 Mon-Thurs: 9-6:30 Fri/Sat: 9-7
 & Sun: 10-5

Bottle Depot: Thursdays & Sundays, 10-3

Don't forget to check out our weekly specials!

Stock up for your summer fun!

Phone: (250) 227-9322
 Fax: (250) 227-9417
 Email: cbstorebc@gmail.com

OFFICE DESK

Box 140, Crawford Bay, BC, V0B 1E0

Editor: Ingrid Zaiss Baetzel (since 2002)
Retail Distribution, Subscriptions, Advertising, Layout:
 Ingrid Zaiss Baetzel
 (Subscriptions: \$40/year within Canada, \$50 to the US, and \$75 Internationally)
 Phone: 250.227.9246/250.551.7697
 Email: mainstreet@eshore.ca
Proof Editor: Doreen Zaiss
Writers: Community

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

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

Copies every issue: 700-1000

The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake, written by community volunteers. Send in July 2016 issue items by:
Next Deadline: June 22, 2016

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

SIMPLY SPOTLESS WINDOW CLEANING

Window Cleaning, Moss Treatment, Gutter Cleaning, Roof Sweeps

15% off spring window cleaning

Mike Brown
 250.551.6884

simplywindowsss@gmail.com
 Simplyspotlesswindows.com

Lake Leathers

For some there's therapy; for the rest of us there are motorcycles.

Darla Garrett ~ Rider, Artisan and Leatherworker
 16082 Crawford Creek Rd, Crawford Bay, BC - 250.505.3016

LAZY CROW PRODUCTIONS PRESENTS

DARK FIRE CLOUD & THE LIGHTNING BAND

NEW KEYS PLACE
 FRIDAY JUNE 17TH, CRAWFORD BAY B.C.
 Summer 2016
 Western Canadian

SPIRIT MUSIC REVIVAL TOUR
www.darkfirecloud.com/dates

CHECK OUT THE BANDS NEW CD RELEASE
ORIGIN NATURE & DESTINY

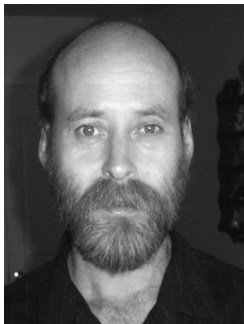
ZYDECO REGGAE PARTY
 FREE SONG DOWNLOAD WWW.SOUNDCLOUD.COM/DARK-FIRE-CLOUD *POSITIVE

NEWKEY'S PUB - Crawford Bay
FRIDAY, JUNE 17
250.227.6911

KOOTENAY OUTDOOR LIVING

- *Hot Tubs
- *Swim Spas
- *Patio Furniture, Heaters
- *Lump Charcoal BBQ'S
- *Wood-Fired Pellet Grills
- *Propane and Natural Gas Grills

250-368-5552
www.kootenayoutdoorliving.com



RDCK Area "A" Update

by Garry Jackman,
Director - Area "A"

MONEY FOR ALL OR THE GAME OF GRANTS: A few weeks ago the provincial government announced the intake for applications for a \$60 million fund (\$20 million per year over 3 years) for rural communities. The fund is primarily for economic development and job creation projects. Over the past several weeks I have seen several proposals, three involving Area A, being pulled together to meet the typically short turn around time given to make applications. The application which I believe will make it into the stream with fairly good chances for receiving funds is being sponsored by Kootenay Employment Services (KES) and will focus on supporting some of the ongoing economic initiative such as Fields Forward plus build on the information coming out of the recently completed business survey. The other two applications will likely not go forward, but the conversations and energy generated around the concepts may be carried forward to look for other funding sources.

The KES proposal would bring the Lower Kootenay Band, electoral Areas A, B and C together with the Town of Creston to create a core group to work on projects. Area A would still retain autonomy to pursue other economic development initiatives, as would the other partners. The applications are due on May 31 and results would be known in the fall. The KES proposal is in the order of a half million dollars, with a relatively small amount of \$10K per year for two years being sought from Area A.

Overall I would prefer the grant process NOT be operated in this fashion. The short deadlines always favour incorporated municipalities (towns and villages) over electoral areas due to our requirement to wait for a monthly cycle for approvals. In the case of this fund the applicants may be societies, such as KES, which at least partially takes the pressure off the cycle of local government meetings. Still, the competitive process over a short time frame does not necessarily lead to the best ideas receiving funds. At least now that the first intake is complete and the general criteria are known for future intakes some deeper thought can go into the next round of applications in the fall.

A more predictable funding stream would allow for better planning and more time to build partnerships. If the provincial government wants to transfer more money to local government then they could simply build on the model of federal gas tax or other existing transfers.

BC HYDRO OPERATIONS REPORT:

On May 24 staff from BC Hydro along with the US Army Corps of Engineers (who operate Libby dam) and the US Fish and Wildlife Service gave their first operational briefing of the season at Creston. They showed charts on the highly unusual runoff pattern for this spring, some of which I went over last month. The rapid snow melt in March resulted in the specified level for Kootenay Lake under the International Joint Commission (IJC) Order on Kootenay Lake not being met by about 2 feet. This prevents farmers from draining their fields on both sides of the border and delays planting. It also throws a wrench into the works for anyone wishing to work along the foreshore during low water. The reporting on the IJC will take place in the fall.

As I referenced last month, you can see the pattern for this year's snow melt by going to the BC River

Forecast Center site. You can look at Redfish as an example by going to http://bcrcfbc.env.gov.bc.ca/data/asp/realtime/asp_pages/asp_2D14P.html

This year Redfish went from tracking all time record high snow packs for most of February and March to setting all time record low levels for the end of May.

In addition to reviewing the runoff, the Hydro folks indicated that we are probably at peak lake level right now around 1748 feet (ie as of the last week of May onwards) and that they will try to hold the lake level steady at this elevation for most of the summer.

MAY BOARD MEETING:

I believe I have noted in the past that all of the RDCK Board agenda packages and minutes are available at RDCK.ca. Look under the 'government' section and then under 'meetings, agendas, minutes'. There is also a 'news' section on the home page.

THINKING STRATEGICALLY ...

Last month I put out a list of the sorts of requests for services that I see from month to month and asked for comments on what you consider to be the highest priorities. Along with your thoughts, would you support increasing staff or budgets for consultants to move more quickly on some items, or what items would you identify to defer while your priorities are dealt with first?

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

Creativity, Community, Conscience
mainstreet@eshore.ca



Hidden Taxes

by David George

Gouge the Tourist Time Again

Yes, it's that time of year again, when gasoline prices are put up specially for long weekends. We just returned from a trip to Calgary, where gas prices were averaging 92.9 when we arrived on Wednesday before the Victoria Day weekend. We bought some at once, knowing what would happen by Friday. Ten cents more per litre is what happened, up to a dollar twelve point nine all through the weekend. Down again by Wednesday, of course. Same sharp rise here at home, but no decrease yet. Despite the oil sands temporary shutdown, there is still a global glut of oil.

We need some sort of stability here, such as price control, IMHO. Pierre Trudeau tried it years ago, along with wage controls, but prices for most things crept higher, and one consequence of the wage controls was that my salary at CBC Vancouver was frozen for three years. Perhaps Justin Trudeau will try something similar but better. One may hope.

CBC Radio 2 Ads? No thanks!

Three years ago CBC Radio 2 was given permission to place commercials on air. Not Radio 1, mind you, just what used to be called the stereo network, where classical music used to reign. Now before 9am and after 3pm it's mostly pop, but still available online as well as on air in some cities. In addition, there are many streams of all sorts of music available 24 hours.

Some of the early attempts at ads were stupid, and did not fit at all with the programme content. Mind you, they were mostly just before or after the hour, and did not happen in the middle of shows.

The present deal for ads on Radio 2 expires this August. Now the CRTC has been asked by CBC's Radio 2 and the French ICI Musique to allow paid

advertising through 2018 with up to four minutes of ads in each hour. I submit there are good reasons for all of us who care about the CBC to oppose this request. Our almost-new federal government has agreed to restore funding to the CBC over the next five years, to the tune of \$675 million. This surely eliminates any need to sell on-air ads, which only raised \$2.4 million instead of the \$10 million expected during the last three years.

It is bad enough that we have commercials on CBC television. We could have adopted the British system of taxing the television set itself, which is why the BBC does not have ads.

Commercial-free CBC radio had existed for more than 30 years. The CRTC is accepting comments from the public until June 22nd. Make your voice heard!

Get in touch with the CRTC, <http://www.crtc.gc.ca/> choose French or English, or go directly to <http://www.crtc.gc.ca/eng/archive/2016/2016-191.htm> and find in one of the online pages a Submit button, which will enable you to oppose the application. It is a little complicated, but I urge everyone who cares about our CBC to do this before June 22nd.

Tragedy for The Hip

Since 1984, The Tragically Hip, Canadian band led by a man twenty years younger than I am has released thirteen studio albums and is very popular throughout our country. Now Gord Downie has incurable brain cancer. He can still sing, however, and the band will go on a final tour this Summer, giving eleven concerts in ten cities across Canada. Here is the schedule:

Man Machine Poem Tour Dates

- * July 22: Save-On-Foods Memorial Cnt, Victoria
- * July 24: Pepsi Live at Rogers Arena, Vancouver
- * July 28: Rexall Place in Edmonton
- * Aug. 1: Scotiabank Saddledome in Calgary
- * Aug. 5: MTS Centre in Winnipeg
- * Aug. 8: Budweiser Gardens in London, Ont.
- * Aug. 10: Air Canada Centre in Toronto

- * Aug. 12: Air Canada Centre in Toronto
- * Aug. 16: First Ontario Centre in Hamilton, Ont.
- * Aug. 18: Canadian Tire Centre in Ottawa
- * Aug. 20: Rogers K-Rock Cntr in Kingston, Ont.

Tickets go on sale June 3; get them if you can, then go out and rent the film *Men with Brooms*, in which *The Hip* appear as a curling rink.

More Doctor Doctor News

Aside from the Practice Readiness Program, which enables foreign-trained doctors to work in BC after an assessment program, there was the A GP For Me program, which wound up a little while ago. It was supposed to provide access to a doctor for everyone in BC who did not have to one. We look now at the president of Doctors of BC for 2015-16 on the website, and an excerpt from his recent blog.

"Dr Charles Webb is a Vancouver-based family physician who largely focuses on Geriatric General Practice – a specialty he says chose him. Earning his medical degree in South Africa, Dr Webb arrived in Creston, British Columbia 25 years ago, where he was a GP Anesthetist and department head at Creston Valley Hospital, before moving to Vancouver two years later to set up his own practice."

He says: "We know that a total of 103,000 vulnerable patients have been matched with a doctor so far under this initiative. Another 60,000 people were attached to new doctors when their GPs retired or left their communities. And those numbers are still growing as many local initiatives are just hitting their stride. Did we find doctors for everyone who wanted one? No, we did not. The reality is there is no easy solution to this challenge. Our patients are aging and need to see doctors for medical treatment more often. Their issues are complex and need more time. We are seeing more doctors retire each year than ever before, and that trend is only growing."

See more of his blog at: <https://www.doctorsofbc.ca/presidents-blog/> and look for another edition of "Hidden Taxes" next month.



June Horoscope

by Michael O'Connor

****Send Michael an email saying you read your horoscope in the**

Mainstreet and any feedback you might like to share and receive a \$20 coupon on your next reading, by phone or in person.**
sunstarastrlogy@gmail.com

Tip of the Month:

The New Moon in Gemini occurs on June 4. It hosts an exciting alignment of planets including an exact triple conjunction of the Sun, Moon, and Venus. Furthermore, Jupiter, Saturn, Neptune, Pluto and the Moon's Nodal axis are all in close aspect to this king, queen and princess alignment. Basically, this will activate a pivotal cycle for many.

A core feature of the themes indicated is linked to relationship fronts. Personal/romantic, social/cultural, and collective/economic activity will escalate. We can expect a lively and animated time complete with a noticeable increase in exciting new ideas and perspectives on the social airwaves.

In other respects, June will prove to be a go-ahead month for many people and in many ways. In some respects, relationships recently initiated will enter into their net effective stage. Yet, long-standing involvements may well end. Of course, life is all about beginnings and endings, but this month will likely manifest as more than usual of both.

(Read more in my Newsletter. Sign-up is free on my website + links to previous issues.)

Aries (Mar 21 – Apr 20)

Attending to a variety of fronts should be keeping you busy now. Staying focused and clear on your priorities may be a challenge but is a must. You are determined to make some key moves that count in a practical way. Circumstances are directing you to be more fully awake and aware. Decipher if denial is messing with your plans.

Taurus (Apr 20 – May 21)

As if suddenly you are busier than ever. Things were slow-moving not so long ago but over the past several weeks the pace has increased measurably. New interests are gaining your attention along with a growing list of responsibilities. All the while others in your life are making extra demands on your time as well. Keep breathing.

Gemini (May 21 – Jun 21)

The spring time rush is underway. Ironically for you, the planetary influences are directing you to slow down. This counter measure could work beautifully for you. The time is right to explore and investigate. It may prove wise however to double check the facts before you buy or sign. Deliberate as necessary.

Cancer (Jun 21 – Jul 22)

A time of rest and retreat is upon you. You can still be productive, yet if you take on too much now you could feel moodier than usual and even experience burn-out. How can you recharge your batteries without falling behind on things? Sleep a little longer, indulge in a nap, read more and generally enjoy doing less for a while.

Leo (Jul 22 – Aug 23)

You are in a creative roll and it includes making new connections. These may be actual new friends and associations, but they could also be linked to increasing your access and exposure on the web. Either way, you are keen to broaden your horizons in order to realize dreams that have likely been brewing for some time.

Virgo (Aug 23 – Sep 22)

Focusing to make some real power moves in your public and professional arenas, is a central theme now. This includes obtaining new knowledge, skills and tools. You are beginning to see a bigger picture. It may feel as though you are emerging from a fog that descended a few months ago, perhaps even longer. Trust the timing.

Libra (Sep 22 – Oct 22)

Fresh input, new realizations, and inspiring illuminations are guiding your focus now. As if you climbed to a higher point, you can now see what not so long ago was obscured. This is prompting you to do some investigative work as well, to get more facts. Balance social opportunities with rigorous studies, like an ace student.

Scorpio (Oct 22 – Nov 21)

Sometimes circumstances require us to shift in reverse. This may be one of those times. Recovering lost ground and/or opportunities is the high side of it. Yet, you may feel the need to make certain sacrifices for a greater good. Balance your ambitions with a deep and meaningful sense of contribution.

Sagittarius (Nov 21 – Dec 21)

Relationship opportunities are coming to the fore for you now. Some of these could be purely social while others are business related. Regarding business and possible investments, it may prove extra important now that you exercise a constructively critical approach. Are the prospective returns worth your time and money?

Capricorn (Dec 21 – Jan 19)

Like scrolling through your cell phone contact list, many thoughts are going through your mind. In addition to the facts, your imagination has been ignited. The result is that many creative ideas are coming to the fore. This cycle will not last so be sure to take note now. Brainstorm now and take action later.

Aquarius (Jan 19 – Feb 19)

A creative, playful and fun cycle has begun. It may not be what you have time for all day, but hopefully,

you can weave more play into your day. The focus could get more serious in a few weeks so fill your tanks now. Meanwhile, returns for past efforts are flowing in so be open to receive.

Pisces (Feb 19 – Mar 20)

Tending to things close to home continues. Getting your house in order will provide a foundation for success in every respect over the coming months, let alone days and weeks. The more fronts you can attend to, the better. Clean the corners, clear the clutter, give stuff away, establish an effective routine, and tend to your garden...

Michael O'Connor
 Life Coach Astrologer
 sunstarastrlogy.com
 sunstarastrlogy@gmail.com
 250.352.6871
 Affirmation*Inspiration*Vision*Strategy



Tara Shanti

Sustainable Retreat Center, B&B

Bed and Breakfast, Yoga Classes, Retreats

134 Riondel Rd, Kootenay Bay, BC
 Maggie Kavanagh & Gord MacMahon
 1-250-777-4868

Weekly Drop-In Yoga Classes
 Tues & Thurs 9:30am-11:00 \$10 per class (first class complimentary).
 All levels welcome
 Please park at bottom of driveway...

ESIS AGM

(East Shore Internet Society Annual General Meeting)

June 14, 7pm

Crawford Bay Hall

All subscribers/members welcome
 Surveys must be completed by May 10.

lunch-dinner-esspresso 250-227-9596



blacksaltcafe.net your eastshore bistro in Crawford Bay



Hacker's Desk

by Gef Tremblay

It was in the spring of 2001 and I had just been fired from my job and was stepping out of an unhealthy relationship. The only thing I could do to barely make a living was to work night shift at a corner store in a poor neighborhood of Montreal. It felt quite depressing, but one morning after an eventful night, I met a girl. Was it her dirty nails, or her street kid look? I couldn't tell, but I was really attracted to her. She was just off the street and made a movie about her transition to live in an apartment - a movie that I went to watch in a youth-on-the-street shelter. I don't particularly remember the movie, but there was a yoga class advertised for the next morning and I was strongly attracted to this class.

The next morning, I met with my first yoga teacher. Joan the Yoga Lady is how she presented herself and she was limited by her contract to not make personal contact with the students. Strangely, my previous sensual attraction that brought me here, morphed into the discovery of yoga, as if it was all a divine plan to get me to start the practice. Joan Ruvinsky was teaching yoga for the youth in the street and it seemed that my run down look was enough for the staff of the center to open their doors to me. It didn't take long for me to realize that Joan was quite a special teacher. For one thing, I quickly realized that I didn't have to ask questions verbally; I would simply think about a question and somehow during the class she would answer.

Joan studied yoga with Jean Klein, a French yoga teacher who studied with Krishnamuti and Krishnamacharia as well as many other teachers. The teaching coming from that lineage is what is called a non-dual-

istic approach. Most yoga lineage can be defined as dualistic and non-dualistic. To explain the difference in a really simple manner: in the dualistic view of yoga you practice yoga to unite yourself with nature, the light or the reality that surrounds us. In the non-dual tradition, the path is a path of realization of being part of this wholeness, there is less of a getting toward unity, and more of a realizing that we are already there. It's not a huge difference, but it does bring about a completely different way of practicing yoga. It creates a gentle exploration of yoga but also brings in a really deep understanding of the mystical teachings of yoga and tantra.

One of the practices that was central to her teaching was body sensing yoga. In this gentle exercise, the practitioner is invited to move gently in and out of each yoga posture. The focus of the practice is to sense our bodies in this globality around us, dissolving who we think we are and letting our senses connect to our higher self through movement.

After a couple years of learning yoga with Joan, and having upgraded from a corner store job to a local bakery job, I left Montreal with the ideal of changing my life patterns (which was mostly to make money and party at this point) and trying to become myself. During travels that lasted over two years, Joan closely followed my evolution through regular email contact, as I was performing particularly intense yoga practises on a daily basis. She later invited me to discover Yasodhara Ashram. Joan was always telling her students to try out a few teachers to make sure one understands the relationship with a teacher. When I first came to the Ashram, Joan was also a great online help, supporting me through my best friend's suicide. She interpreted this tragic loss as a major change in my life and spiritual evolution, which was deeply comforting.

Back from my travels, I conducted two retreats with Joan, bringing teachings of the Light and also practic-

ing Thai massage while at these retreats. Later we also studied the Yoga Sutra of Patanjali for over two years, with teachings from Richard Miller who is another student of Jean Klein. But then I stopped our regular meetings and classes and I've seen her one last time to have tea with her in Montreal. On our way walking back to her place, a huge metal panel, twice the size of both of us, flew down from a building under construction and crashed a few feet from us. I remember looking around us, seeing the construction workers, still in shock but not understanding at first. Then we realized that we could have easily been cut in half if that panel would have landed just a few feet closer. I wondered why we found ourselves in this extreme situation...

For some reason I've always had the feeling that one day I would go and spend more time with Joan to continue my training in body sensing yoga, but last month Joan passed into the light and at the same time any further possibility of teaching faded away. I am forever grateful for the gift of the path that Joan offered me and I know that she will be missed. Thank you, Joan.

ESIS In June

Upcoming Annual General Meeting and More

by the East Shore Internet Society Board

This month, the Connecting Canadians project continues to unfold as new equipment makes its way into the field. We are also busy planning for the upcoming Annual General Meeting:

2016 ESIS Annual General Meeting
Tuesday, June 14, 2016
7:00 - 9:00pm
Crawford Bay Hall

Last month we invited ESIS subscribers to complete an online survey in which we asked: what's working well?, what could be improved?, and what would you like to hear about or discuss at this year's AGM? Thanks for all the input! We've themed the data and it's loud and clear that subscribers want to hear: an update about the plans/timelines/output/costs of the Connecting Canadians expansion project, more about how speeds and packages will evolve thanks to the network upgrade, ESIS' financial health and how that connects to package costs (basic cost, overages, installations, etc), and generally how the organization is functioning. The Board developed the agenda based on member input, which you can see on ESIS' website: www.eastshoreinternet.ca.

We hope all subscribers can attend the Annual General Meeting in order to vote on some upcoming resolutions and the Board of Directors. All active ESIS subscriber accounts will be entitled to one in-person vote (e.g. a household gets a single vote, but if you have three different accounts at the same address, three votes are available).

Update @theeastshore.net Email Accounts:

This is a reminder that in reviewing ESIS' current service offerings and the human resources required to maintain our existing service, in January the ESIS Board decided to no longer include email services as part of its packages. This is a growing trend for small Internet Service Providers such as ours and in order to maintain a strong capacity as an Internet Service Provider, the Board has voted to also move in this direction.

Therefore all those who are still using an @theeastshore.net email account are encouraged to setup a free third party account with a service like Gmail, iCloud, Yahoo, or Outlook. On August 1, 2016 your emails will stop working, so we recommend you make the change sooner rather than later.

In earlier communications the board erroneously referred subscribers wanting to keep their @theeastshore.net email account to Bob Carter. Keeping your @theeastshore.net email account is not currently an option. Please forward questions, comments, or concerns about this issue to board@eastshoreinternet.ca

Sunny Woods

Garden Centre



New owners, Alex Mayer & Susan Brown, welcome visitors to

COME AND SEE OUR SELECTION OF:

TREES, PLANTS, FLOWERS, SHRUBS,
 SEEDS & GARDENING RELATED ITEMS,
 SEASONAL FRUITS & VEGETABLES, PET FOOD,
 GIFTWARE, AND LOCAL ORGANIC MEATS

BEDDING PLANTS ARE NOW IN!

Hours: Open Every Day, 9-6
250-227-9506 / 250-505-0847

Get away from it all . . . just get spoiled!



Come and enjoy one of our private lakefront sod-roofed cottages in an alpine setting on beautiful Kootenay Lake.

All rates include a delicious four-course dinner and breakfast buffet for two.

We are adult oriented. No phones. No TV. Sorry, no pets allowed. Located on the east shore midway between Creston and the Kootenay Lake Ferry

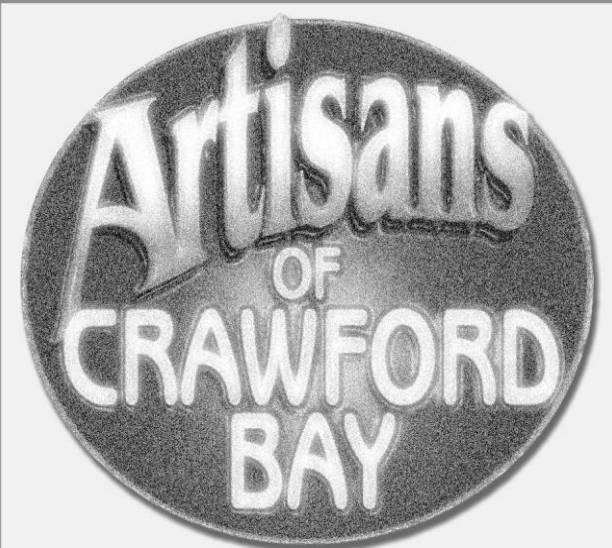
11935 Highway 3A Destiny Bay BC V0B 1A3
 (250)223-8234 or 1-800-818-6633

Open May 19th to September 6th

Our fully licensed dining room is open to the public by advance reservation.

Guest rooms and vacation rentals are also available.

www.destinybay.com



Meet the wood carver, the weaver, the broom maker, the enamelist, the potter, the blacksmith and more.

A hotbed of creativity
~open most days in May

info: 250.227.9467 or 9655 or 9245

www.artisansofcrawfordbay.com



Grads of 2016



RIES FOWLER

What is your history with the East Shore and CBESS? *I moved here from Elkford at the beginning of my Grade 7 year. I've thoroughly enjoyed the time I have spent here. We are able to have unique opportunities at Crawford Bay School that I doubt many other schools get, such as hikes to Glaciers, a humanitarian trip to Mexico and exchanges to Quebec. I mean come on, how many other schools get continuous fun like that? Everything from trips to Shakespeare Festivals in Summerland to White Water Rafting down rivers in Slocan, Crawford Bay has always been a school that makes learning interesting and engaging. I really hope Crawford Bay School will remain a super exciting school to attend for many years to come.*

What are you plans for the future? *I have been accepted into the Theatre program at the University of Victoria. So unless I get hit by a meteor or something unfortunate, that is my plan for the fall. I would like to get a degree in acting and then see where that takes me. So I'll mostly likely spending the next 4 years in Victoria. I'll be back to visit lots though.*

Message to impart/quote: *Yes, there are two paths you can go by, but in the long run There's still time to change the road you're on.*



RAQUEL VAN RY

What is your history with the East Shore and CBESS? *I moved to the area in June of 2015. To be honest I wasn't expecting to love it so much here! I've met some amazing people and made some great friends, not to mention how beautiful it is here!*

What are you plans for the future? *I plan to take a gap year after high school to save up for university, I hope to pursue my passion for the arts and get a Bachelor of Arts degree, after that, well I suspect I'll enjoy it.*

Message to impart/quote: *Life is 10% what happens and 90% how you react to it.*



JULIA MIDDLEBROOK

What is your history with the East Shore and CBESS? *I moved to Riondel from Winlaw about 3 years ago. Crawford Bay school has definitely been an experience, and I'm glad that I came here.*

What are you plans for the future? *I plan to attend post secondary school in the fall, I will be taking university arts and sciences.*

Message to impart/quote: *Beware of destination addiction.. A preoccupation with the idea that happiness is in the next place, the next job, and with the next partner. Untill you give up the idea that happiness is somewhere eles, it will never be where you are.*

Next Deadline:
June 22, 2016
mainstreet@eshore.ca
www.eshore.ca



FÉLIX WEDGE-DARCHEN

What is your history with the East Shore and CBESS? *I've attended Crawford Bay School all my life.*

What are you plans for the future? *My career goal is to become a structural firefighter in BC, and potentially move back to the area.*

Message to impart/quote: *"Old enough to know better, young enough to do it again."*



JESSICA RIDEOUT

What is your history with the East Shore and CBESS? *Moving to the East Shore of Kootenay Lake from Cochrane, Alberta seven years ago was the best thing that happened in my education. I started at CBESS at the end of my grade 5 year in 2009. The last seven years have contained the best experiences in my life, including: going to NASA Space Camp in 2011, going on the Humanitarian Trip to Oaxaca, Mexico in 2013 and many more. All of these experiences helped me develop leadership skills and have taught me how to be an empathetic person.*

What are you plans for the future? *I have been accepted into the Early Childhood Education Diploma Program at Okanagan College in Kelowna for the 2016 fall semester. I plan on attending the two year program and finishing with my ECE Diploma. In the future, I'd like to work in a professional child care facility and one day open my own child care center.*

Message to impart/quote: *"Nothing is really over until the moment you stop trying." – Brian Dyson*

YOUR HALL IS AVAILABLE!
 For community events, wedding receptions, workshops... you name it!
Booking: Kathy Donnison - 250.227.9205
CRAWFORD BAY HALL
Your community hall
A non-smoking facility

ESIS AGM
 (East Shore Internet Society Annual General Meeting)
June 14, 7pm
Crawford Bay Hall
 All subscribers/members welcome
Surveys must be completed by May 10.

An Amazing Hike Over the Gray Creek Pass

by Tom Lymbery

As mentioned in last month's *Mainstreet*, Felix Antoine started his most ambitious early season hike from Revelstoke on May 1 with his pack dog Coco. Here is the story in his own words:

"The journey so far has been amazing! Day 2 was Mount Sproat near Revelstoke and involved 11 hours of hard work. Started at 600 metres then up to 1800 where 2 metres of snow made snowshoes mandatory. Coco was very comfortable on the snow as it was very heavy. Then we went down the north side of the snowline at about 1300 m. where we slept. Next morning we bushwhacked for 2 hours to find a safe way down to the creek, which I forded with water to knees.

From there its been logging roads and Highway 31 through Beaton, Trout lake, Gerrard, Poplar Creek, Meadow Creek, Cooper Creek, Argenta, and Johnsons Landing. Long days, 8 – 11 hours on the trail. Then yesterday we bushwhacked from Birchdale to Clute creek and met Derek and Camille who kindly offered bed and a boat ride in the morning across the mouth of Campbell River. I had been through lots of bushwhacking and didn't feel like gambling with Campbell. They



dropped me off right at the beach and I bushwhacked up to catch Powder Creek FSR that took me to Riondel with no problem.

I have lots of blisters. My dog is skinny and she lost her pack with most of her accessories. Other than that we are doing well. I am still thinking of taking the old powerline. Leaving the lake and sleeping at 1000 m. The next day leave early, go up and back down as low as possible. Do you think fording Gray Creek is doable? How many times would I need to for getting back to the main Trans Canada Trail? What it boils down to – what distance would I need to cover in one day to get from 1000m coming from the west to 1000m on the east? I say 1000m because higher than that and it gets very cold for my short haired hound."

Felix had ordered supplies (especially dog food) shipped ahead to Beaton, Argenta, and Cedar Grove in Gray Creek where he spent the night of May 7. Unfortunately I was in Vancouver so missed seeing what he and Coco carry – sleeping bag, tarp and supplies? He carries on with his report ---

"I am sitting at the Marysville pub having the greatest beer and burger of my life – ha ha! The pass was much easier than I thought it would be. I left at 5.30 am Sunday from Cedar Grove. At 7.30 I was seeing snow for the first time at 1550 metres. Crossed Gray Creek on the old power line route and by 11 am I was

up and back down to the Gray Creek FSR on the other side. I hit patches of snow on and off from 1650 m to 1400 m.

Then I f—ked up and shortly after the red building at a creek crossing I took a wrong turn that led me along the old power line on the wrong side of Redding Creek. After 1.5 km on that road I came to the river and realized it is too strong to be forded. Bummer! It was 5 pm and I had already walked over 40 km. So I turned around and walked like a mad man for two more hours to cover up my mistake.

We camped at 1300 m and woke up to a dust of snow in the morning. Coco was cold, I was fine. So today we walked and we walked and we walked – this time on the right path all the way! Long story short we did 100 km in two days. Saw one bear and many deer and got to places in the mind that I hadn't visited yet.

Coco is skinnier and I'm pretty beat up and I won't lie! And we are here in Marysville and that's what its all about. I love it! Thanks for all the helpful information, Tom. You have been my eyes in Gray Creek. It was a big part of my trip and I'm glad it went well."

Felix and Coco are at a meditation centre near Bull River taking a break for a week or so to recuperate – which both really need. It is hard to believe that they hiked through snow and cold for over 55 miles. He plans to tackle the North Kootenay Pass next. When he reaches Pincher Creek he will change to a bike with a trailer for Coco to cross the prairies.

Next Deadline:
June 22, 2016
mainstreet@eshore.ca

Riondel Races to the Rescue: Volunteer Fire Fighters Extinguish Wildland Fire in Gray Creek

RDCK press release

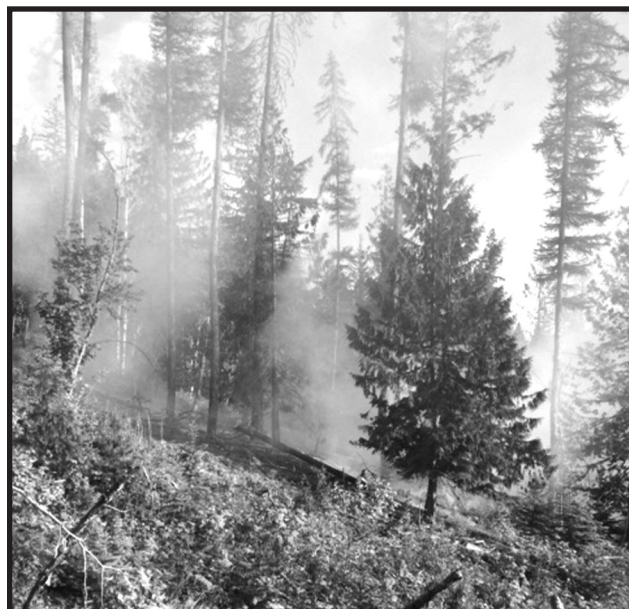
Fast-acting fire fighters with the Riondel Volunteer Fire Department extinguished a wildfire in south Gray Creek before it razed out of control the evening of May 16.

Although the fire was out of the fire department's jurisdiction, seven volunteers raced to put out the one-acre blaze which was growing quickly by the time the crew arrived.

"We were able to contain the fire, and essentially put it out before Forestry personnel arrived," said Riondel Fire Chief Cory Medhurst.

The fire fighters used their wildland truck, which was acquired last year for wildfires. "This serves as a good reminder that wildfire season is early and upon us," said Chief Medhurst.

The RDCK reminds residents to call 1-800-663-5555 or *5555 toll free on most cellular networks to report a wildfire. Alternately, you can report a wildfire by calling 9-1-1. For up-to-date information on fire prohibitions, fire danger rating, and current wildfires, please visit <http://bcwildfire.ca/index.htm>



REPORT A WILDFIRE
***5555 on a cell or 1.800.663.5555**
Wildfire Information Line
1.888.3FOREST
Burn Registration Line
1.888.797.1717
Southeast Fire Information Officer
1.250.365.4014
Visit www.bcwildfire.ca



Trail Etiquette

by Farley Cursons, ESTBA Projects Director

The best reason for following proper trail etiquette is that it keeps you and other trail users safe. If you want a more self-serving reason, it ensures that mountain bikers will continue to have trail access. Another reason is that it's just the right thing to do.

If you're new to mountain biking, take some time to learn some basic trail etiquette skills; it's expected of you by other trail users. If you're an old hand, take some time to review.

A few general rules: Bikes yield to everyone on the trail! Yielding usually means stopping and stepping aside so that another trail user can get past you. On very wide trails or gravel roads, you may be able to safely yield by riding far to one side...this depends on the specific situation and the type of trail user you are passing (more on that later). Blasting a line off-trail around another user is not yielding.

Yielding always means slowing down as you pass the other trail user. Always. Bikes are intimidating when bombing down trails at high speeds. This freaks people out and makes them angry. They're not always sure you're in control and they definitely don't want to feel threatened or in danger. Slow down when you pass someone, especially when overtaking (coming up behind them).

Announce your presence, especially if you're overtaking someone. A lot of times, people are in their own little universe when you come up on them. You think they hear you, but they don't. Having a large, fast moving object suddenly fly by you in your peripheral vision triggers a primal fight / flight response. People who think they're about to be dinner for a saber toothed cat (the primal prey response) also act unpredictably and can jump right in front of you causing all kinds of chaos. Announce your presence at a considerable distance. The faster you're going, the further away you announce. Try to just give a non-confrontational 'Hello!' to get their attention. Then follow up with something like 'Can I get by you?' or 'On your left / right.' Slow down considerably as you pass them. If overtaking someone in a narrow or technical area (especially another cyclist) ask them if you can get by when they get a chance. They shouldn't have to instantly dive off of the trail to let you by.

Judge your 'subject' before yielding or overtaking. This is less obvious, but if you're coming up on someone who looks to be a seasoned cyclist/hiker/trail runner or other 'outdoors-person' they're probably going to be aware of what's going on and know what to do as you pass. They probably won't be freaked out by you overtaking them and probably won't do anything unpredictable. If you're coming up on what looks to be a beginner cyclist who is in way over their head, a school field trip, bird watching club, or any other group that doesn't exactly look like they spend a lot of time on multi-use trails, give them a lot of warning, time, and space. In certain situations (like beginner cyclists) waive your right of way if it looks like they will have trouble yielding to you. Just use common sense and put yourself in their shoes.

Acknowledge other trail users as you pass. Nothing is seen as more of a chump move than to just blow past someone without acknowledging them. Say 'hi' or 'thanks' or smile, or wave or nod your head; anything to acknowledge the other human who is sharing the trail with you. It doesn't matter how hardcore you think you are or how much of a dork you think they are. It doesn't matter whether you've got the right of way or who's passing whom. Just say 'hi'. It's also considered good form to let another user know whether you're by

yourself or part of a group so they can be prepared for other riders to pass them soon. A simple 'one more behind me' or just 'one more' is sufficient. If you're alone, you can say 'just me'.

For the love of all that's holy, don't stop in the middle of the trail. Especially on descents, especially on blind corners on descents. If you have a mechanical, need to answer the phone, have a snack, or talk with a friend you're come across, get completely off the trail to do it. If you stop in the middle of the trail, you are risking your good health and the good health of the rider who's going to plow in to you at mach 10 because they can't see you. Also, other users shouldn't have to change their line to get around you if you're stopped. Get off the trail.

Speaking of blind corners. Slow down or announce yourself when traveling through blind areas. A bell is good here but or maybe just a simple "HUP HUP!" as you approach a blind corner. When you have a good line of sight look WAY up the trail so you can see what's coming.

Ok. Now for a few Specific rules as they apply to specific trail users. Hikers: Hikers fall in to different categories. There are the seasoned ones, and the ones who are inexperienced and out for a weekend stroll. You have to yield to hikers. That means stopping and letting them by...especially big groups. Everything mentioned in the preceding paragraphs applies to hikers. However, many hikers will give up their right of way to let you by just because it's easier and gets you out of their hair faster. This doesn't mean that you should bear down on them and force them to get out of your way. Announce yourself and slow down and if they step aside, continue on. If they don't, stop and let them pass. I've stopped for (and talked to) hikers on the trail and most are surprised when I stop. A lot of the ones I've talked to will flat out say that it's easier for them to step aside and let a cyclist by than it is for the cyclist to stop and they prefer it that way. But...interestingly enough, they get upset when they do give up their right of way and you don't acknowledge it. If a hiker steps aside for you, thank them! If they don't look like they want to give up their right of way, you have to yield. Simple. Also, be careful when overtaking kids or dogs...they can be unpredictable, be ready for it.

Trail Runners: Trail runners are awesome. They usually seem to have it together and are pretty easy to get along with on the trail. Trail runners are like cyclists. Unlike hikers, they're traveling at high speed (some of them are really fast) they're in the zone, and they don't want to stop any more than you want to. They're also concentrating on picking a line through rocky and technical areas so that they don't break an ankle. If you are passing a trail runner (going opposite directions) stop and yield to them. Sometimes they will wave you through and give up their right of way but don't count on it.

If you are overtaking a trail runner, announce your presence, slow down, and ask if you can pass. They will probably have to stop and step off the trail for you to pass and you may have to wait for a suitable passing area. Don't just blow by them, every trail runner I've ever talked to hates that; don't be a jerk. By the way, if a trail runner is faster than you, let them by. I've had my butt kicked by countless trail runners on steep and technical climbs. There will probably come a time that a trail runner is faster than you. Deal with it. Get over yourself, and let them by.

Other mountain bikers: Honestly, most of the issues that arise with trail etiquette come from other mountain

bikers. You have to yield to the uphill rider! Period! If you are traveling downhill, you have no rights. You yield to everyone and everything. Yielding means stopping and giving the uphill rider space and time to get by. The uphill rider should not have to stop or change their line to get around you. Period. Don't be the jerk who plays chicken with an uphill rider and 'yields' at the last second when you see that you haven't intimidated them into getting out of your way. If you want a clean run down a descent, wait until it's clear. If it's too busy, go somewhere else or ride at a different time.

If you're overtaking another mountain biker, slow down, announce yourself, and give them time to find a place to let you pass. They may have to stop and get off their bike and they probably don't want to do that anymore than you would want to do that. Be patient, it will only take a few seconds to get by them.

Equestrians: Equestrians get their own rules and they're really pretty simple. Horses are herbivores and they think that everything wants to eat them. Because of that, they're skittish and they don't like big things that move quickly.

Here's the deal with equestrians: If you see horses up ahead (whether you want to overtake them or pass them going the opposite direction), stop where the rider can see you and announce your presence. Do this at a considerable distance if at all possible.

If you are coming up behind a group equestrians and want to overtake them, here's what to do after you've made initial contact with them:

SUNSET SEED COMPANY



*Your Complete Farm,
Garden & Pet Care
in Creston, BC*

250-428-4614

NOW OPEN! We look forward to seeing you.

1628 Canyon St, Creston (right next to 7-eleven)

Give the rider time to respond and position their horse. They will probably want to get off the trail a ways and turn the horse so it can see you. Some may want to dismount the horse. Only proceed to pass the equestrian when the rider has given you the

ok. Usually, once they get the horse where they want it, they'll tell you to come through. Ride very slowly past the equestrians and everything should be alright. If a horse spooks when you go by, Just stop and wait for the rider to get control again. They should tell you when it's safe to proceed. Put a little distance between you and the equestrians before you resume full pace. Just for insurance. If you are passing equestrians head on (going opposite directions): Once you've stopped and made initial contact, you may just be able to stand by the side of the trail and let them pass. The rider may take the horse off trail and wide around you or they may come right up the trail next to you if there's no room to go wide. Give them as much space as you can and keep cool as they go by. Don't make any sudden moves or dig through your backpack, or anything like that. Don't expect herbivores to be predictable. Once the equestrian(s) get by you, Give them a little distance before you ride away. Horses don't like weird things going on behind them, If you try to take off the instant a horse clears you and it hears your shoe snap into the pedal or just the crunch of gravel from your tires, it can spook. Let them get 50-100 feet down the trail before you resume.

A few exceptions and final thoughts: There are some exceptions to all of this (except with equestrians) and that is that any trail user can waive their right of way at any time, including you. If someone lets you by, great. If not, let them by. Communicate with others on the trail and let them know what your intentions are; a little communication goes a long, long way toward understanding and living with other trail users and ensuring that mountain bikers don't lose access to trails. See you on the trails!



Community Champion Workshop Wednesday June 15, 7pm @ Crawford Bay School

submitted by Farley Cursons

Whenever residential, industrial, or agricultural developments are located within or near wildland settings with natural vegetation, they are at risk from wildfire. We call such areas the wildland/urban interface (WUI), or interface for short. Fires that have the potential to involve buildings and wildland fuels or vegetation simultaneously are known as interface fires. An interface fire can ignite within a building and spread to nearby forests or, more commonly, spread from burning vegetation to engulf homes, farms, or industrial installations. Forested and wildland areas are highly desirable places to live. What makes them so attractive, however, also makes them hazardous. While vegetation is an amenity for residents, it is nothing more than a source of fuel for a fire. The economic and social impact of interface fires is immense. Every year, tens of thousands of Canadians are placed on evacuation notice or evacuated from their homes and places of work because of the risk of wildfire. Prevention and control of interface fires presents many unique challenges. These challenges demand that communities take collective responsibility for the problem, and that we develop new attitudes towards fire. All members of the community need to cooperate to implement novel approaches that resolve fire problems in the wildland/urban interface.

Across Canada, more than 8,000 wildfires are fought each year, burning over 2.1 million hectares – these figures are growing, and forecast to continue increasing. With increasing frequency, these fires involve urban, industrial, and recreational developments. Urban sprawl into areas of dense natural vegetation (fuel) is rampant, as is the migration of people seeking homes in more remote and forested settings. Fire in these areas is a natural occurrence, and wildfires are tough to control. As development increases, lives and property will be threatened as never before. We need to be better prepared, and reduce the potential for our neighborhoods to ignite due to wildfire.

Early spring found the headline news featuring stories about wildfires threatening whole communities in northern BC and Alberta, the wildland/urban interface problem is widespread on the East Shore too. Wildfire events in developed areas all too frequently turn into disasters – but this doesn't need to be the case. There are solutions – and bringing FireSmart practices to our communities can reduce the risk of wildfire losses significantly. Let's not allow our community to fall victim to wildfire.

The East Shore FireSmart Community Champion Workshop will be held on Wednesday, June 15, 7pm at a The Crawford Bay School. The general public is welcome to attend this free event. Workshop participants can be ordinary citizens but can also include community planners, elected officials, builders, landscapers, woodlot owners, emergency response managers, and local fire officials.

Farley Cursons, the East Shore's Local FireSmart representative will facilitate the workshop and Riondel Fire Chief, Cory Medhurst will be available to field questions and discuss scenarios. The Fire Departments Wildland Fire Unit will also be on site.

Within the workshop will be a Recruitment Presentation. The purpose of the Recruitment Presentation is to attract and enlist Community Champions - persons willing to lead their neighbors in attaining FireSmart Community recognition status. The 30 minute presentation "FireSmart: Breaking the Wildfire Disaster Cycle" is designed to raise resident awareness of Wildland Urban Interface (WUI) issues and provide safety-minded citizens with the knowledge to work with neighbors and fire professionals.

Community Champions take the initiative to begin the process of becoming a recognized FireSmart Community, an honor conferred by FireSmart Canada to neighborhoods, subdivisions and small communities that take the initiative to plan and implement effective wildfire mitigations. Queens Bay is a recognized FireSmart Community.

The FireSmart Canada Community Recognition Program is a grassroots initiative that zeroes in on the hazards that make a community vulnerable to wildfire, and provides local residents with a framework for planning and implementing locally adapted solutions. The program includes many educational and motivating tools that residents will find useful in making their homes and the surrounding community resistant to wildfire losses (i.e. FireSmart).

Special thanks to the RDCK for sponsoring LFR training for this initiative and the South Kootenay Lake Community Services Society AKA Community Connections for sponsoring the event facility.

To learn more about the East Shore Community Champion Workshop contact Farley Cursons at 250 354 8553 or e-mail interface.strategies@gmail.com



Local Emergency Response Needed

submitted by Laverne Booth
Learning Hub

How will you respond if we have a fire, flood, or some other emergency this summer? Are you willing to lend equipment, radios, trucks, hoses, excavator, flat deck, tractors, trailers, pumps, generators, emergency lighting, or other equipment if needed?

The Emergency Sub-committee of the East Shore Health Society is creating a list of these local resources to add to the RDCK resource list. You may be contacted in the next few weeks or you could offer equipment by contacting Cory Medhurst at 250-551-1352 or Laverne Booth at 250-227-9218 ext 5518 (leave a message) or email eslearningplace@gmail.com.

Would you like to be on an emergency phone tree for your local area? If so, please phone or email the contact people above.

For more information, contact Garry Jackman at 250-223-8463

Individual Preparedness: Grab 'n' Go Kit

provided by Emergency
Management BC

Food, Water & Tools

- Water (4 litres per person per day and pets)
- Flashlight and Batteries
- Food (3 days, does not need refrigeration)
- Portable Radio and Batteries
- Infant Items-Diapers, Bottles, Canned Milk & Food
- Wrench (shutting off valves)
- Pet Items: Food, Water, Leash, Kennel
- Rope, 6 metres
- Manual Can Opener
- Duct Tape
- Paper or Plastic Plates, Utensils
- Multi-Blade Knife
- Alternate Cooking Source, with Fuel
- Candles/Holder/Matches
- Shovel

Health & Safety

- First Aid Kit
- Whistle
- First Aid Manual
- Emergency Blanket/Sleeping Bag
- Medication (3 day supply)
- Sturdy Shoes
- Eye Glasses / Contacts and Solution
- Work Gloves
- Dentures
- Lg. Garbage Bags (Rain Protection
- Personal Hygiene Items - Tooth Brush, and Waste Disposal)
- Toilet Tissue, Anti-Bacterial Wipes
- Water Purification Tablets
- Clothing- 3 day supply, season suitable
- Tent

Important Papers/Miscellaneous

- Insurance Papers (scan/digital photos)
- Map
- Copies of Personal Identification
- Extra House and Car Keys
- Family Documents/Photo Album
- Numbers for RCMP, Fire and Ambulance
- Cell Phone
- Cash
- Name/Number of Out of Area Contact(s)
- Paper and Pencil
- *Zip Drive or Memory stick for Important Documents / photos of home (before/after)
- Children's Toys
- Playing Cards

Emergency Preparedness Websites

- EMBC (Emergency Management BC) <www.emergencyinfbc.gov.bc.ca>
- ESS (Emergency Social Services) <www.ess.bc.ca>
- Provincial Forest Wildfire Information <www.bcwildfire.ca>
- Regional District Central Kootenay <www.rdck.bc.ca>

Forest Protection Branch, Regional District
Central Kootenay: 1.888.336.7378 press 3
for Kootenay Info.

Tune into local radio stations for current
emergency information



**Community Connections
More on Grant Opps
by Greg Blackwell**

Interested in Economic Development ???

Are you an individual or belong to a group that is inspired by possibilities on the East Shore? Do you have a project idea that will help to develop the local economy or add value to your community? Don't forget about the Area A Economic Development Grant available from the Regional District of Central Kootenay. These grant applications are reviewed by the Area A Economic Development Commission who are a group of East Shore individuals that can provide valuable feedback on your application and/or potentially fund your project. Take a look at the grant application at <http://www.rdck.ca/EN/main/administration/grants/area-a-economic-development-grant.html>

Check out these May 2016 news releases from Columbia Basin Trust:

Recreation Infrastructure Grants Announced - Next application deadline: July 11, 2016

"Whether you enjoy lawn bowling or golf, take to the back country on foot, skis or bike, or prefer to hit a tennis ball or pickle ball, dozens of expansions, improvements and new developments to the spaces that keep you moving are on their way. Thanks to Columbia Basin Trust's Recreation Infrastructure Grants, 42 projects around the region are getting over \$3.5 million in support. Learn more and download the guidelines at cbt.org/recreationapply."

Also from CBT ... "The Trust is pleased to welcome Kaylyn Gervais to the role of Community Relationships Manager for Columbia Basin East. Kaylyn will replace Lynda Lafleur as our East Shore Representative and we look forward to meeting and working with her. Her role is to build and foster relationships with communities and organizations in their areas, and work with them to determine how the Trust can best support community priorities. See CBT's welcome to Kaylyn at www.cbt.org"

And from the East Shore ...

We would like to take this opportunity to thank Lynda Lafleur who has supported the East Shore for the last several years and has provided us with tremendous value and support. From so many of us who have worked with and appreciated Lynda, we feel fortunate for all that you have done to help us and wish you nothing but continued success as you continue your work at CBT.

More grants from BC Rural Networks at www.bcruralnetwork.ca

BC Ferries Sport Experience Program- Intake is OPEN. Applications for ferry vouchers must be received at least 12 business days before first day of travel -Through the BC Ferries Sport Experience Program, BC Ferries and viaSport provide travel support to eligible not-for-profit sport organizations and athletes.

REAP British Columbia Rural Interest Award-Deadline June 30, 2016-The REAP British Columbia Rural Interest Award aims to support rural students in UBC Medical School by providing additional financial support during the years of training. For students applying upon completion of 3rd Year Rural Family Practice Clerkship, Integrated Community Clerkship or 4th Year Rural Electives. Selection will be announced by September 1st, 2016.

British Columbia Training and Education Savings Grant- Various Deadlines Dependent on Age-Families in British Columbia are encouraged to start

planning and saving early for their children's post-secondary education or training programs. To help, the B.C. Government will contribute \$1,200 to eligible children through the B.C. Training and Education Savings Grant (BCTESG).

If you are thinking of having Community Connections sponsor your grant application please contact us early so we can do a good job of supporting you!

To contact Community Connections www.cconnections.ca or call or email our Administrator Greg Blackwell at 250-227-9218x5505 or cell 250-509-0751, at skootenaylakecss@gmail.com or blackwellgregw@gmail.com, or drop by our office 1-4pm Wednesdays at Crawford Bay School.

Pancake Breakfast a Great Success!

by Nancy Galloway

The Pancake Breakfast Fundraiser for Fort McMurray held at the Crawford Bay RV Park on Sunday, May 15, was a tremendous success, raising \$2,340 for the long-term renewal of Fort McMurray. We've had some of the evacuees through here, and when they heard that, they were so grateful.

Much was due to the generosity of the community, who scarfed down pancakes on a beautiful sunny day and gave from the heart.

But much of the success was due to the generous donations from Lakeview Store, Gray Creek Store, The Market, Leslie Whitney, the Kootenay Lake Chamber of Commerce, Wedgwood Manor and Pam and Gerry Newcomen of Newkey's. Cindy and Bryan Anger of Crawford Bay RV Park really came through, donating not just a lovely location, but a fantastic cooking space which made everything run beautifully.

Many thanks to all who came together to help another community in need.

Fields Forward Update

by Paris Marshall Smith

Curious about what's happening with Fields Forward? Maybe you are even asking what is Fields Forward...

There is a Regional Community Picnic happening on June 18 at Splash Park (Centennial Park) in Creston - all are welcome! Fields Forward is hosting this celebration to share its successes from the last 6 months. Come on out to learn more about what Fields Forward is doing and how you can get involved.

Fields Forward is a food and agriculture initiative built on a model of collaborative partnerships that serves communities from Yahk to Riondel. In other words, since its launch in January of this year, a network has been built of over 80 public, private and community organizations and businesses, 60 + meetings have been held and nine working groups are organized and active, addressing key food and agriculture related issues in our region. To give a sense of what the network has been up to, here are some highlights:

Tomato Plant Fundraiser! This year the annual Tomato Plant Sale was adopted by the Fields Forward Food Education working group, who in partnership with Dan McMurray Seed Bank, Brunham Greenhouse and Cartwheel Farm, grew 225 heritage plants as a fundraiser for school based food and agriculture education. Last Friday, May 20th, parents, students, community members and teachers gathered at Erickson Elementary and raised over \$600. The money will support the creation of a school garden at Erickson Elementary. In addition to working with Erickson Elementary, the Food Education group is also working with Yaqaan Nukiy School and Crawford Bay Elementary and Secondary School.

10 Mainstreet June 2016

Land for Orchard Workers! The Fields Forward Labour working group has found a place to build a campsite for this season's orchard workers. A couple has generously come forward and offered a portion of their land for 25 campers. The working group is delighted by this positive step towards creating a welcoming place for the hundreds of orchard workers that come to our region each year. Still in the process of sorting out the details, the group will soon be making an announcement. In the meantime, the group is looking for support to help create safe and healthy accommodations.

- Propane tanks & propane
- Bicycles
- Picnic benches
- Deep freezers & fridges
- Garbage bag & dumpster
- Dump fees
- Lawn games
- Cooking equipment
- Barbeques
- Tents (like at the Farmers' Market)
- Signage

\$1200 of food up the lake! On May 18th, the Fields Forward Food Access group marketed and distributed over \$1200 of eggs, flour, asparagus and honey to the East Shore. Partners in this successful for-profit run included Just-a-Mere Organics, Yasodhara Ashram, Black Salt Cafe and many individuals. The goal of this group is to find a way for smaller producers to come together and share the costs of distributing food to neighbouring markets. The group learned a lot from this experience and has the intention to do another run mid-June. Please be in touch if you have a product to sell and would like to collaborate on shared distribution. We are looking for strawberries, eggs, greens, meat.

Food Tours all summer long! Starting the first week of July, the Creston Museum in partnership with the Fields Forward Food Culture working group will be hosting twice a week tours through Creston & District. Building on the success of last year, this year's tours will expand to Yahk and Riondel, include more orchards and farms and have a greater focus on the diversity of what is grown and produced in our region. For more information, contact the Creston Museum.

So please join in the Community Picnic and learn more about how we can strengthen food and agriculture in our region. All working groups will be present to share their efforts and invite your input.:

- Food Education
- Food Sustainability
- Food Infrastructure
- Food Labour
- Food Culture
- Food Extension & Training
- Food Access
- Food Co-Marketing
- Food Farmers' Market

There will be live music, games, surprises and prizes. Come out with your family and friends. Bring your picnic or enjoy our local food truck fare.

For more information - paris@fieldsforward.ca or 1 855 660 5432 ext. 423

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

CRAWFORD BAY HALL
Your community hall

A non-smoking facility

~Imagine the Opportunities~

There are amazing investment opportunities all around us. Did you know that Imagine Kootenay (imaginekootenay.com) features several fantastic East Shore business ventures/investments on their website, and for free? Did you know that all it takes to peruse these opportunities is access to the internet (and an email address for more detailed information)? Our beautiful East Shore is resplendent in successful and highly creative businesses. Owning a business in the region and living your dream lifestyle is now easier to accomplish than ever. Imagine Kootenay features work, lifestyle and investment opportunities in a one-stop-shop setting, making navigating simple and relatable. Investment opportunities on the East Shore will be featured here over the next three to four months. Make sure you visit imaginekootenay.com for more info! Community Connections at skootenaylakeccs@gmail.com or 250-227-9218x5505 can also provide more information or help you input your opportunity



Junction Creek Hub

Prime highway frontage in Crawford Bay! Pub, Restaurant, Bakery, Coffee Shop....

Prime commercial development property suitable for a variety of uses: pub, restaurant, bakery, coffee shop, laundry facilities, gallery, studio, rental accommodations etc...

Situated on 4.81 acres in the heart of year round recreation country quadding, hiking, biking, boating, kayaking, snowmobiling, skiing etc... The property is level and partially cleared, 300 feet of road front on the popular artisan strip in Crawford Bay. 300 feet of creek side with a beautiful view. Large parking lot.

The main building is 5600 square feet. 2000 main floor (Pub/Restaurant) includes 3 bathrooms. 2000 basement (unfinished). 1600 3rd floor – residence. 1.5 bathrooms. Built in 2000 to commercial spec. Large commercial septic.

Upgraded commercial kitchen: fire suppression system, overhead hood, propane 6 burner with oven, large flat top grill, deep fryer, 3 sandwich prep tables, plates, bowls, cups, glasses, bakeware pans, utensils, glass washer, ice machine, pizza oven, pizza by the slice warmer, walk in cooler, 3 line capacity draught system, large screen t.v., Point of Success program and computer POS system. Liquor primary licence with family food service and off-sales endorsement.



Deer Ridge B&B

B&B or Retreat - Artisan Row in Crawford Bay

Looking to semi-retire or run a home based business? This tastefully appointed architect designed, nearly new home is located on over an acre in the Artisan Row of Crawford Bay and may just be your answer. The upper level has a separate living space with 5 bedrooms and 4 bathrooms making it a perfect B&B setup or retreat opportunity. A large bright 16' x 24' studio is located off the main floor and was run as a pottery studio, but could also lend itself to many other possibilities. Fantastic exposure with ample parking and highway access while being close to restaurants, bars, artisan shops, Grocery store, Kokanee Springs Golf resort and, of course, fabulous Kootenay Lake. Start living the dream of the Kootenay lake lifestyle today.

This attractive Gable fronted residence, built in 2008 is both modern and immaculate and has a full width veranda with multiple French doors so you or your guests can take advantage of relaxing outdoors. Although currently run as a Bed and Breakfast this property would also make a luxurious single family home...bring the in-laws, there's plenty of stylish space for everyone

Book now for your personal tour!



Gravel Pit/Acreage

Gravel Pit / Acreage for sale in Crawford Bay, BC. This is a 16 acre licensed gravel pit for sale, with or without equipment. We have approval for a 3 lot subdivision. There is an older double wide mobile on the property. The property is bordered on 2 sides by crown land and there is abundant wildlife in the area. The equipment is priced separately and includes a tandem axle Mack dump truck, IH single axle dump truck, John Deere 544 B tire loader, Hitachi LC 270 Excavator, CASE 850 track loader, Kolman gravel screen plant and screens, Grizzly for screen plant, 3 conveyors (35', 60', 70'), and a 35 KW generator. The equipment can be purchased individually or all for approximately \$190,000, connect with the contact named here for details.

Next Deadline:
June 22, 2016

...and you will have seen the world

by Elisa Rose



imaginekootenay
Your better life



Buying? Selling?

Have a business/commercial property to sell on the East Shore? Want to invest here? Know someone who does? YOU could be listing with imaginekootenay.com for FREE to increase your results and/or exposure ...and there's no obligation.



Call 250-227-9218 ext 5505 and we'll help to make your listing potential bigger & broader.

Need help with your business? Have a business idea to explore?

Community Futures is your small business expert.

We offer business loans, business management workshops, business library & more. Unemployed? Ask about the self-employment program.



Call Alison Bjorkman at 250-428-6356 to book a free appointment in Crawford Bay... www.futures.bc.ca

Growing communities one idea at a time.

CUSTOM HOMEBUILDING
DESIGN SERVICES
REMODELING



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

Turlock Electrical Contracting Ltd.
Your Local Electricians
Commercial, Residential
Over 15 Years Local Experience

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

Ph: 250.2279688 Cell: (250) 551-4671
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.

Junction Creek Hub
Pub & Family Bistro



Hours: June 7 onward:
Tues-Sat: 10-10 (pizza only 8-10)
(open later upon request or for special events)
Sunday Brunch: 10-2 (pints & pizza till 8)
Closed Mondays

JUNE EVENTS!
June 4: Fort Mac Fire BENEFIT 2pm
Beer and Burgers BBQ, 50/50 cash draws and 2 golf package prizes. Live music through the day, dance to DJ Will D'Beats 8-midnight.
100% of proceeds donated to Canadian Red Cross.

The Hub is minor-friendly (if accompanied by an adult) until 8pm!
250.227.9339



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

OPEN:
*Mon-Thurs: 9-6:30 Fri/Sat: 9-7
& Sun: 10-5*

Bottle Depot: Thursdays & Sundays, 10-3

Don't forget to check out our weekly specials!

Stock up for your summer fun!

Phone: (250) 227-9322
Fax: (250) 227-9417
Email: cbstorebc@gmail.com

Lake Leathers
For some there's therapy; for the rest of us there are motorcycles.



Darla Garrett ~ Rider, Artisan and Leatherworker
16082 Crawford Creek Rd., Crawford Bay, BC - 250.505.3016

Kate Page, Proprietress
Book ahead: 250.505.6950

SAPPHIRE HAIR SALON
16210 Hwy 3A, Crawford Bay
UNIT NINE



Next Deadline: June 22, 2016
Creativity, Community, Conscience




Kokanee Springs Golf Resort

In conjunction with Lake Leathers is pleased to present:
"Celebration of Motorcycling" - June 10/11
Special room rates for motorcyclists.
Friday Night Patio Party featuring Southern BBQ menu & entertainment by Howlin' Dan - 6-10pm
Saturday Steak BBQ w/ entertainment by High As Mountains, 6-10pm
Hotel guests will have access to free rental clubs if you want to play a few holes. Show off your ride on Saturday afternoon and win prizes!
Leather fashions and accessories by Lake Leathers.
For Further Info: 250.227.9226

Special Theme Nights through the season: Everyone welcome!
Fridays: Patio Party: Southern BBQ menu: In-House Smoked Brisket. Entertainment by Jurassic Mike
Saturdays: BBQ - 8oz Striploin w/ fixings

We invite you to check out our website (kokaneesprings.com) & like us on Facebook.



Get Rewarded Here!
vicinity

Spectacular Golf, Epic Adventures, Unforgettable Experiences



Are you
SERIOUS
about
getting a
job?

Get the skills to succeed...get Job Ready!

**Program Starts June 6 - 10, 2016
in Crawford Bay**

This free week-long program will help you prepare for and get work. Learn tips and tricks for preparing a great résumé and creating a lasting impression during job interviews.

Interested? Contact KES at 428-5655 to arrange an intake appointment in Creston or Crawford Bay.



Kootenay Employment Services
119-11th Ave N, Creston BC
Toll-Free: 1-855-428-5655
www.kes.bc.ca

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

250-227-9315
graycreekstore.com



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

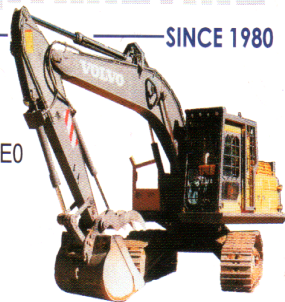
- **The sunshine is on its way! Can you cool it?** We can, 6 cans at a time. Perfect for boat or beach!
- **Sunshades** for your car or truck are now in stock.
- **Beach Umbrellas** and towels arriving any day.
- **Don't forget** straw hats & gardening gloves
- **Back by Popular Demand:** everyone's a contractor for the month of June. Check with Steve for contractor pricing on your next project!
- **Stay Tuned** for our anniversary sales in July



PLUS: WETT inspections & Free In Home Consults

GRS CONTRACTING
— SINCE 1980 —

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



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

grscontracting@gmail.com

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

All specs of gravel & drain rock
Discounts for entire job.

PICNIC

AT THE SPLASH PARK

FIELDS FORWARD
Growing More Together

ALL ARE WELCOME!

Saturday June 18th 1:00 - 4:00

Come to Creston for food & agriculture fun!

for more information contact Fields Forward - paris@fieldsforward.ca

RIONDEL MARKET

Hunting and Fishing Licences

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

Winter Hours
Mon. - Sat. 9am to 6:30pm
Sun. 10am to 5pm
250-225-3214

LAST EVER REUNION

by Tom Lymbery

I had a notice in the mail of the LAST EVER North Shore College lunch and get together in May of this year - this was a boy's boarding school that I attended for one year 1942-43, so I knew I couldn't miss this last chance to meet schoolmates from long ago. The school was on 29th Avenue in North Vancouver and when you are spending 24 hours a day you create a lifetime bond. Small school - about 25 boarders and 15 day boys but the owner and headmaster Paul Dale took great care of us.

This event has been attended each year for over 70 years and at one time drew about 40 old boys but last year it was down to seven. Some 20 years ago they looked to the future and purchased a bottle of expensive, 12 year old scotch whiskey that was brought out on display at each years event. It had a brass plate "for the Final Four", so it being the final year, we did open this well preserved artifact and all had a snort or two.

We had all made a big effort to be there - John Edmond from Ottawa, Ian Fisher from Victoria, George Pinsky from Calgary and I had ridden the Greyhound to Vancouver. We all had a great discussion of our



school days - remembering the green porridge we had each morning - Dale felt this was beneficial so had powdered grass added to our breakfasts. Once we got used to it we enjoyed it and hoped for second helpings. (Powdered green grass - none of the type that people smoke today.)

Many of those who were sent to boarding schools came from isolated communities where the local school only went to Grade 8 - who wanted to send a teenager to board in a town? Boarding schools had supervision and team sports, such as soccer or rugby to keep us busy and fit. George Pinsky probably came the furthest as his father was a fur trader with a general store in Fort Resolution, NWT. His sister had attended the same Vancouver girls' boarding school as my sister, Alice. Ian Fisher's mother was Bill Fraser's sister so he lived in Crawford Bay. On one trip on the Kettle Valley steam train he and I shared an upper bunk, which was a luxury we didn't often have on that 24-hour trip. The cost was about \$2.50 I think. Several boys came from the Gulf Islands - the other alternative was to struggle with Correspondence Courses to complete high school, like Rolly Trenaman of La France.

We also experienced wartime Vancouver with the sound of riveting all over North Van as 10,000 ton Park

freighters were being built to try and keep up with the continuing loss of ships to U Boats in the North Atlantic. We often saw one being launched beside the North Van ferry. In 1942 rationing was just coming in - for gasoline, butter, sugar, meat and tea.

At this event many wondered what the cost was for boarding and day boys. My parents never threw anything away so after I came home I found a 1941/42 prospectus for North Shore College. I have sent this to some of those asking.

For senior boarders the charge for one year was \$450. One of our teachers went on to fame - Joe Plaskett for his painting, mostly of still life. Student Bob Switzer became a well known radio and CBC TV personality. He passed away in 2015 so his wife Joley graciously came to our 2016 event.

Photo credit Joley Switzer

July 25—29, 2016

FIVE FUN-FILLED DAYS

There is something for everyone at Medley! Take one course or several- learn UKULELE, MARIMBAS, HARMONICA, GUITAR, or PERCUSSION take an ART COURSE—LANDSCAPE ART, YANTRA ART, SKETCHINGjoin in GYMNASTICS...THEATRICKS...YOGA.... DANCE.... ART OF SONG... PAPER MAGIC....and more!

THE BEST VACATIONS ARE CLOSE TO HOME.

www.medleyartscamp.ca

250-225-3333

Thank you..... East Shore Community Branch
Area A EDC and Rec 9 NELSON & DISTRICT CREDIT UNION Logically, Locally.

Tom's Corner

by Tom Lymbery
Vancouver By Greyhound



Considerable changes have happened in Vancouver the last few years - possibly the most visible are the bike lanes on the busy streets of downtown. Most are next to the traffic but many are alongside the curb, with cars parked between the lanes and the traffic - drivers have to walk across the bike lane to the parking meter

Not a movie theatre to be found on what used to be Granville Street's Theatre Row - the Orpheum and the Vogue are still there but not showing movies. Crowds of pedestrians stepping by the seated panhandlers, among the frames for locking bicycles. Lots of benches for those waiting for buses which are the only traffic allowed on this street.

Side streets used to have some family homes but these have entirely been replaced by towering condo buildings. Telus has a giant new building that has replaced the parking lot at Richards and Georgia - now the parking has gone 100 feet below ground. Telus towers over the four story Kingston Hotel that I had expected would be gone. When in Vancouver I have stayed at the Kingston for about 40 years, since the old Alcazar Hotel was replaced by a BC hydro office complex.

14 Mainstreet June 2016



Greyhound to Vancouver in one of the new navy blue coaches which I found more comfortable - more leg room, leather seats, wifi and at your seat a 110 plug in to recharge your cell phone. Smaller depots like Nelson, Castlegar and Grand Forks have free books to help yourself to, While Grand Forks has a lady looking after a sale room stocked with locally made gift items including knitted bikinis. The stop over at Kelowna has a new Chinese café for your lunch. Because of declining ridership the night bus to Vancouver from Nelson has been dropped leaving the day trip only.

In my many trips to the coast I had always taken the night one. This was my first daytime ride west - and it was a tour of southern BC - seeing the forest fire devastation at Rock Creek. Spring flowers with fields of yellow black eyed susan / balsam root as well as penstemon peeked out of the rocky roadsides. The Coquihalla toll booths have all been removed, but I did see one of the former rail bridges now in service for cars.

We need the Greyhound service for those who don't want to fly as well as for the times that the Cancelgar airport isn't viable. I could have flown but liked the bus tour - Greyhound perhaps could attract more traffic by working on the tour angle. Every bus pulls a large trailer load of express - the late Ron Martin of Gray Creek told me that when he worked at the Calgary Greyhound office the trailer idea came from Australia. And since it serves both Canada & the US there is no metrification - even the coach's temperature is listed in front of the driver in Fahrenheit.

Some of the front seats are reserved for those with mobility or hearing problems, as well as unescorted young people that the friendly drivers keep an eye on. As well Greyhound has given free trips allowing run-aways to return home.

Tom Sez

By Tom Lymbery

July 1 is a Friday this year. So Dominion Day celebrations at the Crawford Bay Park followed by the fireworks at the end of the airstrip will see bigger crowds than ever. Just pray there's no fire ban in 2016.

With Nancy and Andre leaving for Ecuador who can we find to replace the great job Nancy has done helping with the games at the park on July 1.

Getting a passport (new or renewal) has been much improved by the office in the Chaka Mika Mall in Nelson. They will review your application to see that it's correct and send it off for you.

I can highly recommend DeVito's at 411 Hall Street in Nelson – they replaced the heels on Christy's favorite pair of shoes - Shoe Repair is back! They have a great selection of footwear and fitted me with a size 4E as I have very wide feet.

Did you know that Fort McMurray is a hamlet? It seems impossible with a population of 80,000 but Alberta classifies many towns as hamlets – using a different terminology than other provinces.

Who has heard of Grandby, Quebec? Many years ago we sold "Grand Bee Chewing Gum – the gum that makes Grandby famous."

Excellent to have our forklifts updated by a local heavy duty mechanic, Ante Glavurtic who has a home in Riondel.

Look carefully for the license plate number if you see a vehicle ahead of you throw out a cigarette so that you can phone the RCMP. People are still doing this most dangerous habit. Call *5555 on your cell phone if you see smoke.

Did everyone get their census forms completed? This is so important – we need to reverse the apparent slide in our local count (many more new houses but fewer people?)

I was able to watch Global TV set up at the Nelson Rail Station for the six o'clock news – saw Chris (who is 6'3") and Mark Madriga doing their thing – amazing what it takes to coordinate this.

Kalesnikoff is suspending logging up Croasdaille Creek over the summer – sensible move as that hillside will be too dry and dusty.

It's surprising to see stores selling Firemaster brand bundles of firewood from the BC coast – in Arizona as well as Balfour. This is waste wood from log booms in the Fraser River. Firemaster was one of our stove suppliers at one time.

Volume of treated lumber continues to grow business for our lumberyard and allows us to maintain our very competitive prices.

It's 30 years since Expo 86 and also the year the Coquihalla Highway opened. How many trips did you make to Vancouver to see Expo?

Britain is putting a tax on sugary soft drinks, and putting the revenue into kids games and activities. In the hopes of counteracting obesity.

Welcome to Pilar Potela and Arnoldo Ramirez from Costa Rica – the new owners of Wedgwood Manor. We wish them every success.

Japan is the world's largest user of LNG – a ready market for BC. We also appreciate the use of LNG instead of the coal fired power plants on the west coast.

E-books have their place but they haven't taken over the reading public as much as expected. Many still prefer to have an actual book in their hands.

Medley Arts Camp Features Instructor Ron Halliday

submitted by Nicole Plouffe



If you have been looking to learn guitar or harmonica this is the perfect time. Ron Halliday shares his knowledge and skills in courses offered to 9-13 year olds or 14 plus for guitar and 9 years and older for harmonica. He will also be offering a wonderful course called Nature Art to 6-9

year olds where he will take pencils in hand, wander outdoors, strive to see more, and bring more nature back to your drawings. Ron will assist in improving drawing skills, and help you achieve a more realistic result.

Ron is an accomplished performer, vocalist, multi-instrumentalist, and visual artist. He has worked professionally in the arts for over 30 years. For over a decade he has been instructing groups and individuals. He is funny, engaging and inclusive. His experiential knowledge and stories make it easy to learn.

Ron has performed professionally at some of western Canada's best stages, including: sax soloist at The Jack Singer Hall with Quebec's dance company La, La, La Human Steps; the Edmonton convention centre with the Jenny Allen Band; the Chateau Lake Louise with the Andy Mitchell Band; the Chinese Cultural Centre in Calgary with The Gypsy Bandits; and many more. Ron was also a feature performer on "The Morning Show" program on channel seven television. He currently lives in Rossland, BC. For more information on this incredible artist, please visit his website at <http://artlinkbc.ca>.

To Register for Ron's course or any of the other Medley Arts Courses please visit <http://www.medley-artscamp.ca>.

EASEY Natural Playground Update

by Ellie Reynolds, Coordinator

For those of you interested in an update about the Crawford Bay Park Natural Playground Project - here it is. Have we forgotten about and abandoned the project? NO! We have applied for a few additional grants, the results of which are at this time still unknown, but the basic plan is to use the funds we have raised to complete at least stage one of the playground installation this summer, with possible stage two completion later in the fall if we are successful with these current grant applications.

Would you like to be part of this revitalization project that will permanently improve our park and quality of life for East Shore and visiting families and children? We are looking for volunteers for build days as well as donations of smooth large boulders for landscaping, cedar logs of various lengths and diameters for log installations. Cash donations from individuals, associations or businesses are also extremely welcome (donations over \$200 will be acknowledged on permanent playground signage). You can make your donations at our branch of the Nelson & District Credit Union, or via Community Connections, Box 182 Crawford Bay. Thank you to everyone who has supported this project so far. We can't wait to get started.

THINKING OF SELLING YOUR PROPERTY?

CHECK OUT WHAT TEAM CRESTON CAN DO FOR YOU!

- Provide you with a prelisting info package, outlining what we will do to help sell your home. **NO OBLIGATION**
- Provide information on how to prepare your home for sale.
- Show you how a **VIDEO TOUR** is an open house that is available all day every day.



Shelley Voight
Managing Broker/Owner
250.254.9599
svoight@telus.net



www.teamcreston.ca
250.428.9040



Wayne Dunbar
Personal Real Estate Corporation
250.428.1400
waynedunbar@gmail.com

Eastshore Circle of Friends Society

by Muriel Crowe

The Eastshore Circle of Friends Society opened their doors on May 21 to start the summer season. May, June and September will be weekends only changing to seven days a week for July and August.

Many of your favourite artisans are back and there is room for more. The only restrictions are that you must be a full or part time resident of the Eastshore and age 19 or older. Younger people must be sponsored by an adult member. Please contact Beth Alguire @ 225-3414 or Sherrie Sutcliffe @ 225-3331 for more information or drop into the shop to talk to a volunteer.

We are in the process of a small renovation which is creating more display space and an area that will be dedicated to demonstrations with a possibility of workshops in the future. We have three special events planned for the summer as well as demonstration days featuring artists and artisans who are members. Watch for signs, cable notices and our web page under riondel.ca for these events.

This shop owes a very large thank you to Columbia Basin Trust, RDCK, the Riondel Commission and Garry Jackman as well as all the spouses and friends who have donated, carried, cut or hammered as well as lending a shoulder or an ear. You are too numerous to name but please accept our heartfelt gratitude

Creativity, Community, Conscience

mainstreet@eshore.ca

June 22, 2016 Deadline

NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

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

Call 250.551.1352



Seldom Scene
by Gerald Panio



I'm always grateful when people take the time to talk to me about movies they've recently watched or remember vividly from the past. This month's film was one of two that my neighbor recommended from the current Netflix catalogue. Leila Djansi's *Ties That Bind* (2011) is a fine window into the current African filmmaking scene and into some of the social issues that attract the attention of directors/actors in Africa's vibrant film industry.

I confess to being largely clueless when it comes to African cinema; one of my biggest regrets is deciding not to purchase a sale package of contemporary African film classics from Kino International back in the days when the Canadian and American dollars were on par.

I feel a little less guilty when I see that the chapter on African cinema in the otherwise-excellent *Oxford History of World Cinema* is 6 pages out of 766, that the great Senegalese director Sembene Ousmane isn't even mentioned in classic film texts like Gerald Mast's *A Short History of the Movies* and David

Borwell's *Film Art: An Introduction*, and that the Internet Movie Data Base has 48 movie reviews for the 1951 film noir *He Ran All the Way* versus 1 for *Ties That Bind*. There's definitely a balance to be redressed here. Netflix can certainly help, as can a trip to stores such as Conie's African Market and B & B African General Merchandise in Burnaby.

Director/Producer Leila Djansi was born in Ghana in 1981. She first became involved with film at the age of 19, when a script she'd written was made into a movie. She attended the National Film and Television School in her home country,

and continued her studies in the United States. Her independent production company, Turning Point Pictures, is focused around social issues and, although based in Los Angeles, continues to make films in Ghana through a daughter company based there. Some of these films also draw upon the resources of the exploding movie industry of neighboring Nigeria. Labelled "Nollywood," the Nigerian industry now ranks second in the world. Nollywood produced a mind-boggling 1844 films in 2013, with \$3.3 billion in revenue. (Not surprisingly, Ghana's own thriving movie industry has its own appellation: Ghollywood.)

As a woman straddling two vastly different cultures, Djansi's work highlights the challenges faced by a talented young woman unafraid to challenge the status quo and draw attention to harrowing and heartbreaking injustices. When asked in an interview what inspired her to focus on social issues, Djansi said, "To be a voice really. When my father died, because my sisters and I are all girls, we were asked not to talk. The male members of

the family were making plans and bringing us bills. Finally I resisted. The outcome was not pleasant. If only an avenue of communication were there, things might turn out better. A lot of times we are scared to say things because we are afraid to lose love, lose respect and other things but in the end, it does hurt us anyways. I think we have to start communicating....I am very, very happy I can be a voice to the voiceless. That is the main purpose of [Turning Point Pictures]. To be that voice. To tread where normally people are scared to because of what they'll lose."

With that kind of a vision, it's not surprising that Djansi should have written Ghana's first Gay/Lesbian rights screenplay (*The Sisterhood*), or that *Ties That Bind* should feature three strong female performances and call its male protagonists to account on issues ranging from pusillanimity to child rape. At the same time, Leila Djansi's empathy and storytelling abilities keep her work from becoming strident soapboxes. Small wonder that, between them, her two films prior to *Ties* (*I Sing of a Well*, *Sinking Sands*) garnered 21 African Movie Academy Award nominations—winning five.



The storyline of *Ties That Bind* centers around a young Ghanaian doctor, Buki Okansey, who is repairing a dilapidated medical clinic in the rural region of Kroboland. The clinic has the reputation of being haunted, and is shunned by local villagers. On her way to begin work on the clinic, Buki runs into Adobea Onyomena, an

old childhood friend. The old friendship is renewed, but the two women embody radically different paths in life. Buki is a well-traveled professional woman with no time for any hint of stifling African machismo or superstitions. Her fiancé Lucas is another young urban professional. Adobea never left her village, abandoned her education to marry early, and has a feckless husband firmly under his mother's thumb.



Both women struggle with the issue of bearing children. Buki tells Lucas (John Demelo) that the fact that she can't bear children will doom their relationship. She claims that she'll be shunned, that Lucas's mother will call her a witch, and that

the stigma of her barrenness will preclude Lucas from ever successfully running for public office. Lucas insists she's exaggerating, but you can see he has his own doubts.

Adobea's definitely not barren; her tragedy is that her children are stillborn or die in their infancy. (Canada's infant mortality rate is 4 per 1000 live births; Ghana's is 36—even with a universal health care system.)



Adobea's mother-in-law accuses her of poisoning the children with bad karma, and in one of the film's most powerful scenes orders her to strip naked in front of her relatives so a medicine man can perform a kind of preventative exorcism on her. Ghana may officially be 70%

Christian, but here as in other regions of Africa a very old mindset around witchcraft, sorcery, and curses lives on into the 21st century. If its destructiveness is clear in Adobea's case, it's horrifically more so in that of another village woman whose husband attempts to cure his AIDS in a way that defies comprehension.

Buki is played by Ama K, Abebrese, one of Ghana's most high-profile actresses. Most recently, she starred

in the powerful, multiple-award-winning drama about child soldiers, *Beasts of No Nation* (2015). Nigerian-born Omotola Jalade-Ekeinde plays Adobea. Jalade-Ekeinde is one of Africa's most high-profile actresses, a Nollywood pioneer, with over 300 films in her resume—as well as writing credits, a current reality TV show, and significant philanthropic work.

The third major role in *Ties* is played by American actress Kimberly Elise. Theresa Harper is Buki's peer, a professor of Anthropology, whose earlier life was warped by an abusive childhood and who is struggling to reconnect with the daughter she abandoned shortly after that daughter's birth.

Djansi could have thrown all three of the women in her film into a tragic arc that left the viewer, in Djansi's own words, "consumed by darkness." She's not that kind of a filmmaker. Windows of hope open up in each of those three lives. Although there's no guarantee that they'll stay open, we can be thankful that there's a new generation of African filmmakers like Leila Djansi who continue to both curse the darkneses they see and shine lights into them.

The MAINSTREET-

Contact: Ingrid Zaiss-Baetzel

Phone: 250-227-9246 Fax: 250-227-9264

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

E-mail: mainstreet@eshore.ca

***ADVERTISING RATES**

\$35.00 - 3 1/4" wide by 1 3/4" high

\$40.00 - 3 1/4" wide by 2 1/2" high

\$45.00 - 3 1/4" wide by 3 1/4" high

\$50.00 - 3 1/4" wide by 4" high

\$55.00 - 3 1/4" wide by 4 1/2" high

or 6 3/4" wide by 2 1/4" high

\$65.00 - 3 1/4" wide by 6" high

or 6 3/4" wide by 3" high

\$85.00 - 3 1/4" high by 9" high

or 6 3/4" wide by 4 1/2" high

\$100.00 - 3 1/4" wide by 10 3/8" tall

\$130.00 (quarter page) 5 1/4" wide by 7 1/2" tall

\$150.00 (third page) - 6 3/4" wide by 7 1/2" high

or 3 1/4" wide by 14 1/2" tall or 10 3/8" wide by 4 1/2" tall

\$225.00 (half page) - 10 3/8" wide by 7 1/2" tall

\$400.00 (full page) - 10 3/8" wide by 14 1/2" tall

Sample Sizes - more sizes available.

Column Width: 3 1/4 inches - double column

width: 6 3/4 inches - full width: 10 3/8 inches

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

Classified Ads: \$5/first 30 words,

10¢/word after the initial 30.

**** 30% MORE FOR COLOUR ADS****

THINKING OF SELLING YOUR PROPERTY?

CHECK OUT WHAT TEAM CRESTON CAN DO FOR YOU!

- Provide you with a prelisting info package, outlining what we will do to help sell your home. **NO OBLIGATION**
- Provide information on how to prepare your home for sale.
- Show you how a **VIDEO TOUR** is an open house that is available all day every day.



Shelley Voight
Managing Broker/Owner
250.254.9599
svoght@telus.net



www.teamcreston.ca
250.428.9040



Wayne Dunbar
Personal Real Estate Corporation
250.428.1400
waynedunbar@gmail.com

Riondel Reading Centre

by Muriel Crowe

We are surrounded by written words in the library. Yet here I sit wondering which ones I will use today and will they have any meaning for anyone but myself. I could tell you a long involved story about having my finger amputated but again would that mean much to any other than myself. Probably not.

Perhaps I could tell you about things in our library that you may not know. Unlike the Creston Library we still have many dictionaries and thesaurus (should that be thesauri?) We have many copies of different reports from the BC Ombudsperson and we have part of the BC building code in print. You can recycle small batteries here, the container is in the hall where we have many magazines that you can take. We hold copies of the magazine *Canada's History* right back to the beginning when it was called *The Beaver* and published by the Hudson's Bay Company. Back to the mention of Creston – they cleared out the reference section because that is all available on line – you don't use the computer? Just ask one of those young people to help but you might have to spell it for them.

Please drop in and borrow some words from us though you will have to take them in multiples. Some other odd things we hold are those music books that were used by some schools in conjunction with a radio broadcast back in the fifties. If you would like one please let me know. I'm having a hard time throwing them out. We also have a cassette player and some cassettes of books to give away. I may have to treat those like zucchini – don't leave your car windows down.

EAST SHORE PHYSIOTHERAPY



- Full Assessments
- Home Programs
- Gentle Treatments

Health Center, Crawford Bay

Anna Rose (250) 227-9155
BScPT

Credit Union Supports Library Library Recognizes Long-Standing Volunteer, Doris O'Dine

by Dave Hough

Local NDCU branch manager Susan Tesoriere presents Doris O'Dine with a donation to cover the Crawford Bay Reading Centre's internet fees.

Doris has volunteered her time to the library since 1977 when founder Charlotte Blanke and volunteers Peggy Tugwell and Beth Ludlow started it; that's 39 years and counting. Doris has seen many changes from the "cubby hole" at the Crawford Bay Hall to today's location complete with public internet and Cloud computing.

In fact many of the library volunteers can count their service in decades and will be present at the AGM on Thursday evening June 23 at 7pm.

BOOK REVIEW

by Tom Lymbery

THROUGH THE EYES OF SERIAL KILLERS – Interviews with Seven Murderers by Nadia Fezzani, Publisher Dundurn, 288 pages, \$21.99.

The author probes the minds of seven serial killers in person, by phone and in letters, as many of these incarcerated people are prolific writers. Her style differs from Ann Rule as Fezzani persists in trying to find out what triggered these tormented murderers.

She hoped to interview Clifford Olson but he refused her request – unfortunate as he was our closest to home Canadian serial striker. So the ones she does contact are US killers (possibly also they are more accessible than locked up Canadians). Fezzani spent years on this project, getting horrifying story after horrifying story of the indecencies they wreaked on their victims.

But she probes mostly into their childhoods and growing years, finding that most suffered from wrathful and alcoholic parents, including one who was unable to attend school to learn to read and write. This book is well worth reading as serial killers fascinate so many – I never seem to stock sufficient copies of these and then they are out of print. If someone reprinted the book on the West Creston Killer I am sure it would be a fast mover. I seem to remember he did away with five or six people – taking a bite out of most of them.

We have yet to hear of a book on the Highway of Tears murders – since an alert RCMP constable followed up on wheel tracks in the snow on a logging road off highway 16 and was able to apprehend and charge a man who had committed several serial abductions. If it does appear I will have to make sure we order many copies.

WRONG HIGHWAY – the Misadventures of a Misplaced Society Girl by Stella T. Jenkins, Hancock House Publishers, 360 pages, \$24.95

A true story of a Victoria lady who has four children by her first husband, divorces and then falls in love with a younger man who loves the bush, a trapper and long distance hiker. This horrifies Stella's straight laced parents who barely speak to her for some years. Not only is Bob Smith at 5'2" shorter than Stella by 4" but he has a rebellious nature that doesn't endear him to many people. Also all too conscious of his height he doesn't want to have his photo taken when he is standing.

Stella took her two youngest children to follow Bob to Smithers and hopes to be able to continue working in the Government Agents office as she has status in BC Government employment. Since this was about 1951 Smithers was small and isolated at that time. After Smithers their son Mark is born and they move to the Yukon where both obtain employment at Log Cabin for BYN (British Yukon Navigation) which operates the trains between Whitehorse and Skagway. Stella becomes a cook for the crew while Bob becomes a gandy dancer (replacing ties on the track) The maintenance crew are delighted to have a baby at the bunkhouse.

Bob is an ingenious woodworker – making unusual wood furniture, but most importantly an easily portable combination of crib / play pen for their young son. Almost by himself he builds a log home when they move to Clinton, BC.



The MAINSTREET

Contact: Ingrid Zaiss-Baetzel

Phone: 250-227-9246 Fax: 250-227-9264

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

E-mail: mainstreet@theeastshore.net

** ADVERTISING RATES

\$35.00 - 3 1/4" wide by 1 3/4" high

\$40.00 - 3 1/4" wide by 2 1/2" high

\$45.00 - 3 1/4" wide by 3 1/4" high

\$50.00 - 3 1/4" wide by 4" high

\$55.00 - 3 1/4" wide by 4 1/2" high

or 6 3/4" wide by 2 1/4" high

\$65.00 - 3 1/4" wide by 6" high

or 6 3/4" wide by 3" high

\$85.00 - 3 1/4" high by 9" high

or 6 3/4" wide by 4 1/2" high

\$100.00 - 3 1/4" wide by 10 3/8" tall

\$130.00 (quarter page) 5 1/4" wide by 7 1/2" tall

\$150.00 (third page) - 6 3/4" wide by 7 1/2" high or 3 1/4" wide by 14 1/2" tall or 10 3/8" wide by 4 1/2" tall

\$225.00 (half page) - 10 3/8" wide by 7 1/2" tall

\$400.00 (full page) - 10 3/8" wide by 14 1/2" tall

Sample Sizes - more sizes available.

Column Width: 3 1/4 inches - double column width:

6 3/4 inches - full width: 10 3/8 inches

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

Classified Ads: \$5/first 30 words,

10¢/word after the initial 30.

** 30% MORE FOR COLOUR ADS**

- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL HALL

Booking/info: Judy @ 250-223-8664



Located above Crawford Bay School gym - second right on Walkley Road.

Elevator available if steps are a problem.

Our Hours

8-10 am Monday - Saturday

6-8 pm Monday - Friday

Call during open hours: 250.227.9218, ext: 5542

Richard Carver Award Winners Announced

Alanda Greene is One submitted by Anne DeGrace



jury looked at ways in which the writers engaged with their communities.

Alanda Greene is a teacher, writer, illustrator, and author of the novel *Napi's Dance*, published by Second Story Press. She's at work on a second novel.

Said the jury in a written statement, "Alanda has shown dedication to fostering many aspects of the creative spirit within her community. In her own writing she applied hard work and sensitivity to her research to produce her first novel."

Greene was delighted to receive notification of the award. "To be acknowledged by writers and readers in my own geographic territory is quite uplifting. I feel deep appreciation for this nomination."

Donna Macdonald's memoir *Surviving City Hall* was released this spring, and she has two more writing projects on the drawing board. The jury recognized her "unwavering commitment to the arts, as she truly does embody the spirit of the Carver Award."

Macdonald remembers Richard Carver, who served on the Arts Council, the Nelson Library board, and who was a regular at Nelson City Council meetings. "Richard was such a force of creative energy—I could feel it while talking to him," she says. "He was a unique and lovely man, and receiving this award in his name means a lot to me."

Richard Carver was a lover of the arts and the Kootenays, and he was invested in the community. After his death in 2009, the Nelson and District Arts Council created this award in his honour; the Elephant Mountain Literary Festival came on board in 2015. Past recipients were Darcee O'Hearne, Jane Byers, Susan Dancer, and Avi Silberstein.



Macdonald and Greene will receive their awards and read from their work at Elephant Mountain Literary Festival's 100-Mile Gala on Thursday, July 7 at 7:30pm at the Hume Room in Nelson's Hume Hotel.

The evening also features winners of the Kootenay Mountain Culture Magazine fiction competition, CBC personality and author Grant Lawrence, and children's author and jazz chanteuse Jill Barber. Tickets are available at www.emlfestival.com.

Two Kootenay authors will share the 2016 Richard Carver Award for Emerging Writers, sponsored by the Nelson and District Arts Council and the Elephant Mountain Literary Festival. The jury elected to award the honour jointly to Kootenay Bay novelist **Alanda Greene** and Nelson memoirist **Donna Macdonald**.

The jury was charged with selecting an emerging writer with at least one published book who showed dedication to their writing practice. Additionally, the

Volunteers for BC Bat Counts

press release

The Kootenay Community Bat Project (KCBP) is seeking volunteers for the annual BC Bat Count. This citizen-science initiative encourages residents to count bats at local roost sites. "Bat counts are a wonderful way for residents to get involved in collecting important scientific information" says Leigh Anne Isaac, Coordinator for the KCBP. "No special skills are needed, kids can be involved, and you can relax in a deck chair while counting."

This year the annual BC Bat Count will help the BC Ministry of Environment (MoE) collect baseline data on bat populations before the devastating White Nose Syndrome fungal disease affects bats in the province.

"White Nose Syndrome is estimated to have killed more than six million bats since it was first discovered in eastern North America a decade ago," says Dr. Purnima Govindarajulu, MoE biologist. "In March 2016, the disease was detected just east of Seattle. This has greatly increased our urgency to understand bat populations in BC. We need the public's help to census local bat populations. The summer of 2016 may be our last year to obtain population estimates before White Nose Syndrome causes widespread declines in western North America."



Next Deadline: June 22/16

Volunteers wait outside a known roost site, such as a bat-house, barn, bridge or attic, and count bats as they fly out at twilight. They record the final number along with basic information on weather conditions.

Ideally, 1-2 counts are done between June 1 and 21 before pups are born, and 1-2 more between July 21 and August 15 when pups are flying.

"We know relatively little about bats in [your region] including basic information on population numbers" says Isaac. "This information will be extremely valuable, particularly if it is collected annually. If people

want to get involved but don't have a roost site on their property, we will try to match them with a roost site nearby."

Funded by the Habitat Conservation Trust Foundation and with support of the BC Conservation Foundation, Columbia Valley Local Conservation Fund, and the Columbia Basin Trust, the KCBP provides information for people dealing with bat issues on their property or have questions about how to attract bats. To find out more about or to register for a bat count, or to get assistance dealing with bat issues, visit www.bcbats.ca, call 1-855-9BC-BATS ext. 14 or email us at kootenay@bcbats.ca.

COMMUNITY HEROES

a Mainstreet Feature

Who have you seen doing great things? Who gives back to their community with a full heart? Who deserves a nod? Send the name of the person you'd like to recognize and a brief description of why you think they hold the esteemed title of... Community Hero!

Garry Jackman for being a true and caring steward of the lake and region. Your dedication to the area and to matters that most directly impact residents does not go unnoticed.

People who nominate others as heroes - for expressing their gratitude and respecting community members enough to sing their praises publicly. More, please!

Matt Winger for all his tireless work to make the SEVEC exchange in May such a great success. You went above and beyond. Thank you.

Massage Therapy
Harreson Tanner, RMT
Over 30 years clinical experience



* Knowledgeable * Skilled * Experienced

For appointments, call 227-6877/505-6166

The Mainstreet

*CREATIVITY,
COMMUNITY,
CONSCIENCE*

June 22 - Deadline

www.eshore.ca

Get Ready Golf Riondel Father's Day Tournament Sunday - June 19

by Glen Kinder

Riondel Golf Course continues to improve with renovations to the clubhouse deck and a new cart shed, thanks to the efforts of Nils Anderson and a crew of volunteers.

Every aspect of the course will be in great shape for the upcoming Father's Day Tournament on Sunday, June 19.

For your \$50 entry fee, besides 18 holes of golf, you get a light breakfast, lunch and steak dinner. In the past we've managed to have enough prizes for every participant thanks to the generosity of many local businesses and regional golf courses.

There are two separate scoring groups; those with a Golf Canada Handicap and those without. (Callaway scoring)

For more information and to enter, contact the Riondel Golf Course @ 250 225 2384.

At this time I would also like to encourage all new folks to the area to consider becoming a member of the Riondel Golf Club. Membership is \$400 per year. Last season a few members managed to get in a game every month of the year.

Our Men's Day group meets every Thursday for 18 holes, teeing off @ 12:30 (be there by Noon) and the Ladies tee off at 10 a.m. every Wednesday for 9 holes of golf. Everyone is welcome to attend these groups. You don't have to be a member. Riondel is a great place to learn how to golf, yet can challenge the lowest of handicaps. Our website: Riondelgolf.com.

Golf Kokanee Springs Ladies Day

by Shelley Bumanis

The 2016 Ladies Day season runs each Tuesday this year until the course closes. We're moving our tee times forward for the rest of the year to a 10:30 start time so plan to meet up at the pro-shop by 10 when we set up foursomes, find out what the game is and determine which hole is going to be our KP. We also play skins (one tie all tie) for those that choose to participate.

Kokanee Springs is offering a great rate on Ladies Day. You pay only \$50, including cart to play 18 holes or \$30 including cart if you can only join us for 9 holes. Please note: both the 18 and 9 hole rates only apply to those participating with the Kokanee Ladies Golf Club. Kokanee Springs also wants to help you improve your game by continuing with the complementary weekly golf clinics that start at 9:45 down on the range before the start of each Ladies Day.

For those interested, there is a sign up sheet in the pro-shop, drop by and add your name or call the pro-shop @ 250-227-2005 by noon on Mondays to have them add your name. If you have an index/factor or know your handicap for the course include that as well. If it's a last minute thing and you're available to golf, stop by and we'll fit you in.

All calibers of golfers are welcome to join our Ladies Days. It's a great way to meet new friends, practice your swing and have a few laughs.

Join us, the more the merrier.

Health & Happiness

by Dr. Sid Kettner

Why Move? Part II

Last month we discussed the need for our generation to get moving again. Regular exercise drastically reduces the incidence of chronic diseases like heart disease, stroke, diabetes, cancer, arthritis and others. It results in less depression, anxiety, Alzheimer's Disease and chronic fatigue. Now some extra benefits will be shared.

It increases energy, muscle strength and endurance—even for shopping and household chores. Moving our bodies delivers nutrients and oxygen to all areas, particularly the heart and lungs. They in turn are strengthened to equip the extremities for climbing stairs, playing with grand children and the brain is better supplied to offer better balance, thus less falls. Exercise also promotes better sleep. There is less struggling to fall asleep and less likelihood of awakening during sleep. This deeper sleep allows us to awaken more refreshed and with a better mood.

And all of this can be fun. "Fun?" you say. How can the "work" of exercise be fun? Well, it gives us the chance to unwind. Many exercises are pleasurable—walking, cycling, swimming, tennis and golf, for example. Time spent outdoors in nature "recreates" us as we move around the track or swim at the beach. Exercise gives us time to connect with family and friends. It can be done at any age and in various social settings like the Boswell or Creston hiking clubs. And if ever bored—we can try a new activity—there are lots of choices. But the greatest choice is to either not do it and risk chronic illnesses versus choosing to do it and thus look forward to immediate and future wellness. Choose wisely!

Guidelines are: 30-45 minutes per day five days a week. Intensity should be to the point where you just begin to huff and puff. If you wish to be more specific, it should be at a heart rate of $0.7 \times (220 - \text{your age})$. Or you can use a pedometer and aim for 5,000 to 10,000 steps per day. Just finished my 10,000 a few minutes ago. It is best if done with others—for fun and accountability. But be sure to check with your MD first if you are over 40 and have an EKG as well. This is especially true if you have a history of heart disease, diabetes, high blood pressure, severe arthritis, fainting spells or any chronic health problems. Be sure to have adequate hydration (8 oz of water every 20 minutes), weather-appropriate clothing, comfortable shoes and a safe area in which to "move with fun." See you on the road or in the water!

Creativity, Community, Conscience

website: www.eshore.ca

Creston Skate Park Closed for Good

RDCK press release

CRESTON— The skate park at the Creston and District Community Complex has been closed permanently due to condition and safety risks to users, the RDCK advised today.

The RDCK is committed to replacing the skate park. Funding has been allocated in the 2016 budget to begin planning site selection, preliminary design and cost estimates for a new facility.

"The RDCK Directors determined that spending significant money on temporary repairs at the old park wasn't the best use of resources," said Larry Binks, Chair of the Creston Valley Services Committee.

"The plan is to prepare for a new and modern skate park by getting the community engaged and prepared for funding and partnership opportunities"

The existing park will be demolished and removed from the Creston and District Community Complex in 2016. RDCK staff will be working on planning and design for a new skate park in the next few months.



**Creston
Veterinary Clinic**

Your Hometown Vet

1 (250) 428-9494

**Mobile veterinary clinic available
in Crawford Bay.**

Please call Creston Veterinary Clinic to book
appointment & for more details.

**NEW LOCATION! We now have our clinics
at the Crawford Bay Motel, Unit 6**

**Mobile Clinic Dates:
June 14 and July 12**

Need help with your business? Have a business idea to explore?

**Community Futures is your small
business expert.**

We offer business loans, business management workshops, business library & more. Unemployed? Ask about the self-employment program.



Call Alison Bjorkman at
250-428-6356 to book a free
appointment in Crawford Bay...
www.futures.bc.ca

Growing communities one idea at a time.

Next Deadline:

June 22, 2016



pebbles by Wendy Scott The Story Jar

What do we put in mason jars other than memories of summer – the sweet strawberries, tangy rhubarb, and deep red rasp-

berry jam – all these to be discovered anew when the world is tucked under winter's chilly blanket – what else? Why pebbles, of course – multi-coloured, round, smooth, rough, gray, white, black, blue pebbles.

Jane Seifrit had such a mason jar. She collected pebbles from the beaches of her Kootenay lifetime. Little stones from Six Mile and Willow Point brought back the smell of apple blossoms and the shape and colour of ripe apples in the fall; pebbles from Riondel's North Bay added their colours and shapes until the jar was in danger of an avalanche of memories. Jane tumbled her pebbles. A smooth, round hand-ful spoke to Jane of the Sally Anne Thrift Shop in Trail; Fruitvale's meat market; the Horseshoe Bay Ferry; the Sunshine Coast and that unexpected adventure in Thailand.

Tomorrow is a holiday and there's a good chance that your visitors – especially any small ones – will rush off to the beach and then, as evening falls, reluctantly return with a pocket full of pebbles – or maybe a canvas bag-full and you will be faced with a dilemma of tears and must lend your visitor another bag for all the marvellous birthday gifts she found yesterday at Riondel's Circle of Friends Craft Shop.

But there's one more day to fill before she departs for home and that will involve the requisite Crawford Bay tour, and the necessity of yet another canvas bag.

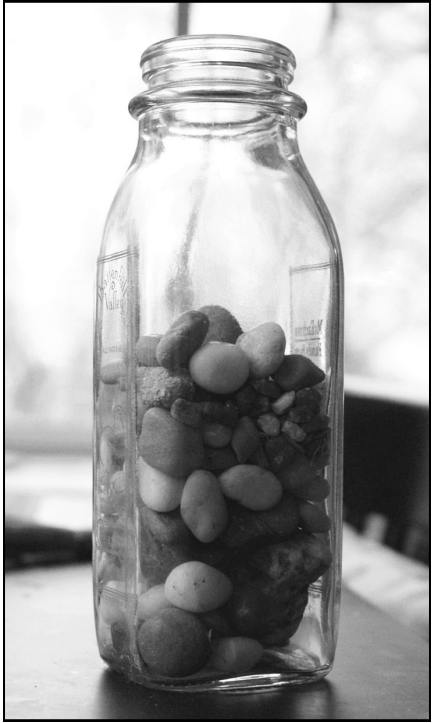
When you pick a pebble from a beach, it fits into your hand and becomes a rosary of sorts—a worry bead—a talisman and unless it is tossed back immediately to the beach it will turn up on a windowsill, on a bookcase, a nightstand, a kitchen counter, bathroom shelf, desk drawer, but it will not return to that beach. You might as well give up and start that mason jar right now.

The Atlantic Ocean has tumbled Canada's East Coast beaches since before the Mi'kmaq Indians became caretakers and long before they greeted and guided white sailors from across the sea. The ocean has obeyed the moon's decree and brought very high tides to Cape Breton and Nova Scotia and scattered tiny pebbles and shells the size of a child's fingernail on the long white sand beaches.

As a child I attended a birthday party where one of the gifts was a box covered with such shells. I did not know which exotic shoreline gave birth to those multi-coloured gems, but I would secretly covet that box, then not so secretly scatter hints for the next few birthdays and Christmases until fuzzy mohair sweaters, rhinestone bracelets, and a transistor radio (yes it was a while ago) took over. At the time I knew nothing of the beaches that hosted those tiny technicolour gems.

But before that box came almost within my grasp there was a heap of pebbles that will remain as my fondest and earliest memory of a special, hidden place. The property – 2/3 of an acre at Cedar Cottage in Vancouver – was enclosed by a tall wooden fence. My secret place was hidden behind three long rows of raspberry canes in the back corner beside a pile of pebbles as high as the fence. I've no idea where they came

from or why they were in that spot, but I do know they remained for at least sixty years after I left Cedar Cottage. Two years ago, while visiting Vancouver, I was curious enough to stop by the property. A townhouse complex had replaced the original beautiful three storey home, but on that day I could not leave without looking in that back corner. What a strange feeling – everything around me was unfamiliar, but there in the corner the pile of pebbles remained. I laughed, tears threatened, so I sat beside them and let the memories flow.



Childhood can take on odd dimensions when viewed from a distance of decades. It's best to be selective and enjoy the good bits. I found my corner; held the warm stones in my hands; listened to the past; put back the pebbles and moved on.

I never did receive a shell-covered box, but I know the pebbles of my childhood – those ancient bits of volcanoes, landslides and earthquakes are secure, as eternal as a pebble can be, and unique. And very soon, as the weather warms, I'll take a walk to the Riondel beach and maybe start a mason jar of my own.

*But you never knew
until you passed through
some of your own doors
how things looked
from the top of the stairs*

-Tereus Scott

the aim of life is to
live, and to live
means to be aware,
joyously, drunkenly,
serenely, divinely
aware (henry miller)

[Louveciennes]
[March 2, 1932]

[Henry]
The woman will sit eternally in the
tall black armchair. I will be the
one woman you will never have...
Excessive living weighs down the
imagination: we will not live, we
will only write and talk to swell
the sails.
[Anais]

New Substance Use Beds Planned For Interior Health Communities

IHA press release

An additional 73 substance use treatment beds are on their way to communities throughout Interior Health (IH). The new beds are part of IH's plan to meet the Province's 500 Substance Use Spaces Initiative and will support and enhance existing substance use treatment services across IH.

"These new beds for Interior Health are part of a large provincial initiative to improve care outcomes for individuals living with substance use challenges," said Health Minister Terry Lake. "The beds will provide a safe and supportive environment for clients and are part of the Province's commitment to add 500 additional substance use spaces throughout British Columbia by 2017."

Of the 73 beds, 57 will be support recovery beds providing clients a safe, substance-free setting while they await residential treatment, return from residential treatment or transition to a more stable lifestyle. The remaining 16 beds will be withdrawal management beds (detox) supporting adults (12 beds) and youth (4 beds) through the early stages of withdrawal from alcohol and/or other substances.

"Improving outcomes for mental health and substance use clients is a top priority for Interior Health," said IH Board Chair Erwin Malzer. "These additional treatment beds for both adults and youth represent a significant improvement and will help ensure appropriate levels of supports and services are available to those requiring them."

The first round of the competitive procurement process will be posted to the BC Bid website next week for the creation of the 57 support recovery beds which includes four support recovery beds to be provided by an Aboriginal organization. Following a period of evaluation, IH anticipates the contracts will be awarded in summer 2016.

"We're in the process of building a system to further support mental health and substance use health-care teams across Interior Health," said IH Mental Health and Substance Use Executive Director David HARRY. "We currently have 121 substance use treatment beds and the addition of these 73 new beds will allow us to better provide integrated specialized care planning and services in collaboration with clients and their families who have complex substance use issues."

The second round of the competitive procurement process will be for the creation of the eight adult withdrawal management beds in the Kootenay Boundary. The third and final round will be for the creation of the four youth withdrawal management beds. There is no competitive procurement process planned for the four adult withdrawal management beds in the Thompson Cariboo as those beds are expected to be IH-operated. Overall completion of all 73 beds is anticipated for spring 2017.

IH is focusing its resources on five key strategies which will shift the system away from hospitals and towards care being provided in a community setting. One of these strategies is directed at improving primary and community care outcomes for mental health and substance use clients.

Interior Health is committed to promoting healthy lifestyles and providing a wide range of quality health-care services to more than 742,000 people living across B.C.'s vast interior.

For more information, visit www.interiorhealth.ca, follow us on Twitter @Interior_Health, or like us on Facebook at www.facebook.com/InteriorHealth.

Remembrance Garden

by Wendy Scott

Clean up time is here again. The end of May will bring activity to the pathways, not only to clean up and spread new cedar chips from Nils and Bonnie's generous green bags, but to admire the new bench – crafted by Miroslav Doval, stained and polished and ready. In a few days – before you read this – it will be secured on two concrete slabs towards the back of the garden.

Last week as I came through the garden George Grimstad was cleaning his wife, Virginia's, bench. Soap and water is all that's needed on these thick cedar planks. They seem to glow of their own accord with the warmth of memory.

Take a look and while you're at it, see if you can spot the seven new marble plaques and that brand new bench.

Many thanks to Miroslav for installing so many plaques, building a beautiful bench, repairing others and keeping a watchful eye on the garden throughout the year.

The current cost of engraving and installation is \$175.00. Other questions? Let us know.

Wendy: wmescott@gmail.com - 250-225-3381

Muriel: mcrowe@bluebell.ca - 250-225-3570

Peggy's Legacy

by Wendy Scott

...this is not paradise/ dear adam dear eve/ but it is a rung on the ladder/ upwards/ towards a possible/ breathtaking landscape...

-Dorothy Livesay

Bomb shelters are not cafés of choice, but during the Second World War with sirens, blackouts, and air raids, they were vital havens if a person lived in a targeted area such as the city of London. Peggy, like many young British women, lived and worked in London. When war was declared in 1939 it became more difficult to function in a carefree manner; however it was more exciting as well and a busy time. Since there was suddenly an abundance of soldiers with no families to support them, many women took part in organizing parties, dances, and billets. Peggy was no exception, and even though the war was causing much distress, she felt it was time for her and her husband, Clive, to start a family. They chose to move three hundred miles northwest from London to Carlisle in Cumbria on the edge of the Lake District. They would travel on a train crowded with army personnel and pulled by a steam engine powered by coal.

There, in the midst of Roman history, Peggy gave birth to her first child, Colin. Carlisle Castle, built in 1092 and in continuous use since that time, still housed a British regiment, so even though Peggy was far removed from London, she could still keep an eye on the welfare of British soldiers and in the next few years, give birth to two more children, Meg and Sharman.

After the war Clive and Peggy moved to Bournemouth on the southeast coast of England and in 1951 rivers, lakes and the smell of the sea followed Peggy from England to Canada, and I imagine her first sight of the St Lawrence River was reminiscent of her home in London by the Thames.

The sea, however, was not close by when Clive and Peggy relocated again – this time to the big skies of Lethbridge in Alberta. But as happened with many skilled and talented arrivals from England, Clive and Peggy found work where it was offered – Clive joining his brother to swing a hammer and build houses until he was hired by the CPR and moved with Peggy to Nelson. This could be what encouraged Peggy's interest in clocks – of which she had many. Even though trains may not always run on time, their schedule is precise and Peggy's meticulous mind would enjoy the precision.

With the demise of the CPR in Nelson, Vancouver was the next destination of choice and became home for nearly twenty years until retirement edged closer and yet another sea voyage – albeit short – tempted Peggy's roving eye.

On the southern tip of Vancouver Island, barnacled boulders meet the high surf of the Pacific Ocean. Unlike Bournemouth with its miles of soft sandy beaches, this is a wild coast where whales breach offshore and boarders ride the breaking waves. Peggy's adventurous spirit had brought them this time to Sooke, a place of contrast where narrow trails lead amongst giant trees to sheer cliffs and roiling potholes; it is also a place where visitors can take high tea at Point No Point Restaurant and gaze across Juan de Fuca Strait to the Olympic Peninsula and the United States. It's a place where pickers search for the perfect mushroom and lupins paint meadows purple in the spring; a place where sunsets touch evening's ripples with every shade of a painter's pallet, and Peggy's pallet and brush were always at ready.

It is no wonder that Clive and Peggy spent several years surrounded by this wild magic. There is no end to the perfect spots for an easel to sit or for that matter, for a rowboat to launch – after all, you get a different view off shore.

And if sailing is the order of the day, that's better still. Pender Harbour on the Sunshine Coast was a frequent get-away, but sailing the rugged coast of Vancouver Island with her son and daughter-in-law was perhaps the most memorable of Peggy's many jaunts.

The shores of Kootenay Lake may not be as wild as the Pacific or the Atlantic, but if a person cares to venture down to the beach on a cool February day when the lake is low, and the weeds on the shore lay flat and wet, it's possible to catch the smell of salt that lingers from a time when an ancient sea covered this place.

Peggy was tempted, and when encouraged by their family, Peggy and Clive moved yet again to settle in their Riondel home. Peggy's fingers conjured Kootenay moments of light and colour. The elusive sprites of memory that linger, appear and leave again were caught by Peggy and released with her pencils, her pens, and her paint; captured by this gently affirmative woman they continue to delight.

A consummate artist, Peggy's creations on paper were, to her, like her own children and never left her side unless she came along as chaperone. But Peggy's dog, Molly, had her own schedule too and took Peggy away from the house and out of the garden to walk her own route regardless of the weather. An honourable duty for the four-legged friend whose mistress is progressing through her ninth decade, but will not quite make it to Christmas.

Peggy's paintings and portraits are still here in Riondel and now, perhaps, they might travel to different walls, maybe to different towns, or even as Peggy did, across the sea to another land.

No matter where they go, Peggy's memories and visions of colour and life will accompany and rest – graciously – on some as yet unknown, but friendly and welcoming wall.

May their journeys be as interesting and far-flung as Peggy's and may they hear the laughter and the tears of lifetimes lived and add to the joy and wonder of many generations.

PEGGY HORWOOD
1918-2015

The MAINSTREET-

Contact: Ingrid Zaiss-Baetzel

Phone: 250-227-9246 Fax: 250-227-9264

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

E-mail: mainstreet@eshore.ca

*ADVERTISING RATES

\$35.00 - 3 1/4" wide by 1 3/4" high

\$40.00 - 3 1/4" wide by 2 1/2" high

\$45.00 - 3 1/4" wide by 3 1/4" high

\$50.00 - 3 1/4" wide by 4" high

\$55.00 - 3 1/4" wide by 4 1/2" high

or 6 3/4" wide by 2 1/4" high

\$65.00 - 3 1/4" wide by 6" high

or 6 3/4" wide by 3" high

\$85.00 - 3 1/4" high by 9" high

or 6 3/4" wide by 4 1/2" high

\$100.00 - 3 1/4" wide by 10 3/8" tall

\$130.00 (quarter page) 5 1/4" wide by 7 1/2" tall

\$150.00 (third page) - 6 3/4" wide by 7 1/2" high

or 3 1/4" wide by 14 1/2" tall or 10 3/8" wide by 4 1/2" tall

\$225.00 (half page) - 10 3/8" wide by 7 1/2" tall

\$400.00 (full page) - 10 3/8" wide by 14 1/2" tall

Sample Sizes - more sizes available.

Column Width: 3 1/4 inches - double column width: 6 3/4 inches - full width: 10 3/8 inches

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

Classified Ads: \$5/first 30 words,
10¢/word after the initial 30.

** 30% MORE FOR COLOUR ADS**

Next Deadline:

June 22, 2016

Getting some Summer Holidays?



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

Our Hours:

Tuesday - Friday 9 am - 5 pm

Closed from 1 - 2 pm

Saturday 8:30 - 12:30

Kootenay Insurance Services Ltd.

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

Next Deadline:

June 22, 2016

www.eshore.ca

SERVICES DIRECTORY

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

AUTOMOTIVE/MARINE

EASTSHORE AUTOMOTIVE - Service & Repair 250-227-9370

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

BUSINESS SERVICES

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

CONSTRUCTION/CONTRACTORS/TRADES

GRAY CREEK MECHANICAL - Marine Repairs and Surveyor: Serving the Eastshore since 1994 15295 Oliver Rd. Gray Creek. 250-227-9285 - Jerry or Sharon

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

STEEL WHEELS - Septic systems planned & installed. We dig too, mini hoes for you. Dave/Donovan. 250-227-9646.

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

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

PERSONAL CARE/HEALTH

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

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

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

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

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

GERALDINE ALTER - MESSAGES & WELLNESS FOR WOMEN - European deep tissue, energetic reflexology, Breuss spine-vertebras massage, relaxing massage, hot and cold stone therapeutic massage, Reiki. I am a certified professional therapist in Europe, over 15 years practice, 250-227.9890.

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

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

SUSAN SNEAD - MASSAGE PRACTITIONER: Certificates/training in Ayurvedic massages, Reflexology, Polarity Therapy, Acutonics Practitioner Level 4, Fibonaccituning fork alignment, Astrological Counselling. 250- 225-3520

RESTAURANTS

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

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

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

YARD/LANDSCAPING/SITE PREP

INTERFACE WILDFIRE PREVENTION STRATEGIES: Services: Assessment & Abatement of Wildfire Hazards, Brushing, Thinning, Limbing, Clearing & Removal, Prescribed Burning, Multi-Use Trail & Access Road Clearing/Maintenance, GPS Services, Rooftop Sprinkler Systems. Farley Cursons: 250.354.8553. Certified/Insured.

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

SUNSET SEED COMPANY



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

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

Creativity, Community, Conscience

CLASSIFIED SECTION

BUSINESS ANNOUNCEMENTS

Insurance Certification requires professional chimney installation - we are the Pro's - Gray Creek Store, 250.227.9315

BUSINESS SERVICES

Fax service, photocopies, (withnoPST/GST)TomLymbery - Notary Public, 250- 227-9315, fax 227-9449, 250.227.9448 for Notary Public.

EVENTS/NOTICES

EASTSHORE FRESH-WATER HABITAT Society AGM - Wednesday June 15, 2016. 7PM at Kootenay Lake Community Church basement. All Welcome

NOTICES AND ANNOUNCEMENTS

MEDLEY ARTS CAMP - July 25-29 Registration began April 1, 2016! Visit www.medleyartscamp.ca

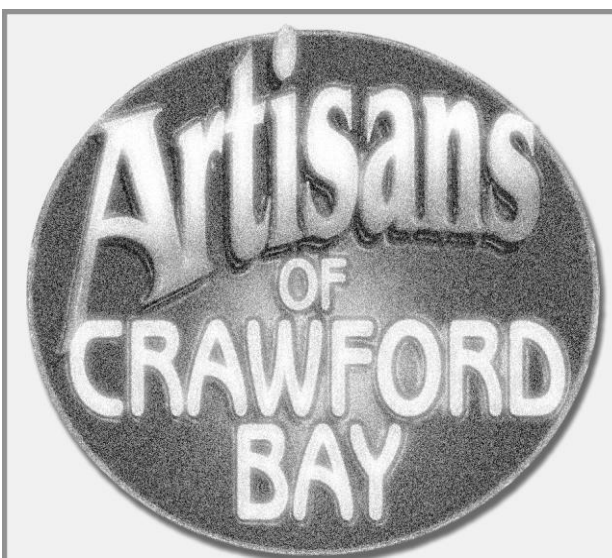
WEEKLY HATHA YOGA with Melina for all level. Monday at the Community Corner, 9:30am to 11am, \$10 drop-in. Thursday at the Boswell Hall, 9:30am

to 11am, \$10 drop-in. Mats available. For more info 1.877.782.2843, melina@yinyogi.com.

Guiding Hands Recreation Society's Tipi Camp would like to graciously thank the Nelson and District's Credit Union Eastshore Branch for their \$2,000.00 contribution to our bursary fund. The bursary fund is used to send kids to our WISE teen and kids' camps whose families may not have the means to do so. We are grateful for the years of support the Credit Union has given us and appreciate their support to our community.

MEDLEY ARTS CAMP - July 25-29. Online registration at www.medleyartscamp.ca as well as details of courses & instructors. Or register by phone, 250-225-3333. Too much fun to miss!

ES LIBRARY AGM The annual general meeting of the Eastshore Community Library Society will be held starting at 7pm Thursday the 23rd of June in the library in Crawford Bay Castle. All are welcome.



Meet the wood carver, the weaver, the broom maker, the enamelist, the potter, the blacksmith and more.

A hotbed of creativity ~open most days in May

info: 250.227.9467 or 9655 or 9245
www.artisansofcrawfordbay.com



Tara Shanti

Sustainable Retreat Center, B&B

Bed and Breakfast, Yoga Classes, Retreats

134 Riondel Rd, Kootenay Bay, BC
Maggie Kavanagh & Gord MacMahon
1-250-777-4868

Weekly Drop-In Yoga Classes
Tues & Thurs 9:30am-11:00 \$10 per class (first class complimentary).
All levels welcome
Please park at bottom of driveway...

Next Deadline:
June 22, 2016
mainstreet@eshore.ca

BULLETIN BOARD

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

CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

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

EAST SHORE HEALTH CENTRE Call 227-9006

See calendar for doctor days - Doctor hours are from
9:30am to 4:30 pm. Please call 227-9006.
Interior Health Authority, Community Care Nursing
and Home Support Services - 250-352-1433.

PHYSICIAN COVERAGE FOR June 2016

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

Sorry, no hours provided

Please Note: Lab hours 7:30 - 10:30 am, Weds

Call to make appointments at 227-9006

on doctor days and Thursday morning.

Tues, Weds & Thurs (8:30 to 12:30)

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

BOSWELL HALL HAPPENINGS

Yoga: Thurs, 9:30-11:00 am. Marilyn Arms 250-223-8058

Tone & Trim Fitness: Mondays & Fridays 9am. Darlene
Knudson 250-223-8005.

Vinters: June 8, 7pm. Jeanne Kay Guelke: 250.402.3391

Book Club: June 9, 2pm. Melody Farmer: 250.223.8443

Quilters Guild: June 14, 1pm, Linda Brown: 223.8607

SPECIAL EVENTS - BOSWELL HALL

Quilt Show - Saturday June 4 1:00-4:00:

Linda Brown 250-223-8607

Father's Day Breakfast - Sunday 22:

Melody Farmer - 250-223-8443

Canada Day Dinner - July 1 6:00pm.

Linda Cassidy 250-223-8341

Dinner: Saturday August 13 6:00pm. Live Band!

ESKLCHS AGM

East Shore Kootenay Lake Community Health Society
Annual General Meeting, June 23, 2016, 7 pm, The Learning
Place, Crawford Bay School. Members of the Society and
the public are invited to attend the Annual General Meeting
of ESKLCHS. The meeting will include a summary of the
last year's activities and achievements of the Society dedi-
cated to the health and well-being of East Shore residents,
and the election of Board members.

ES LIBRARY AGM

The annual general meeting of the Eastshore Community
Library Society will be held starting at 7pm Thursday the
23rd of June in the library in Crawford Bay Castle. All are
welcome.

GRS CONTRACTING

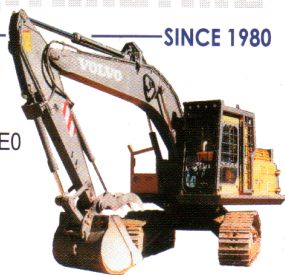
Glenn Strom
Aaron Strom
Box 101, Crawford Bay BC V0B 1E0
Phone/Fax 250-227-9679

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

grscontracting@gmail.com

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

All specs of gravel & drain rock
Discounts for entire job.



Buying? Selling?

Have a business/commercial
property to sell on the East
Shore? Want to invest here?
Know someone who does?
**YOU could be listing
with imaginekootenay.com
for FREE to increase your
results and/or exposure
...and there's no obligation.**



Call 250-227-9218 ext 5505 and we'll help to
make your listing potential bigger & broader.

The PAC Box

Your Parent Advisory Council is working hard
as a liaison between school and families and
would like to take a moment to let you know
about what's going on...

PAC MEETING: The next PAC meeting is June 3 at 7pm
in the school library. All parents and guardians wel-
come. If you have an item to discuss, please contact
Ingrid at 250.227.9246 or mainstreet@eshore.ca

PAC WINE AND CHEESE: Please join us at the Commu-
nity Corner on June 13 for a PAC Wine and Cheese
event to meet other parents, learn about what PAC
does and discuss opportunities. 7pm. All parents of
CBESS students welcome!

HOT LUNCH/HL MANAGER: Chef Tyler welcomes input
and help/volunteers. If you have questions/comments
for the Hot Lunch Program, you can email hot lunch
manager Palma at cbesshotlunch@gmail.com.

NOTES: Don't forget that there is now a cap of 10
meals put on the number of lunches that a student can
have on credit. We appreciate your cooperation!

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Mountain Standard Time -
Winter Schedule in effect mid-June 2016

Vessel Name	Terminal		Kootenay Bay	
	Summer	Winter	Summer	Winter
Osprey 2000	6:30 am	6:30 am	7:10 am	7:10 am
Osprey 2000	8:10 am	8:10 am	9:00 am	9:00 am
Osprey 2000	9:50 am	9:50 am	10:40 am	10:40 am
MV Balfour	10:40 am		11:30 am	
Osprey 2000	11:30 am	11:30 am	12:20 pm	12:20 pm
MV Balfour	12:20 pm		1:10 pm	
Osprey 2000	1:10 pm	1:10 pm	2:00 pm	2:00 pm
MV Balfour	2:00 pm		2:50 pm	
Osprey 2000	2:50 pm	2:50 pm	3:40 pm	3:40 pm
MV Balfour	3:40 pm		4:30 pm	
Osprey 2000	4:30 pm	4:30 pm	5:20 pm	5:20 pm
MV Balfour	5:20 pm		6:10 pm	
Osprey 2000	6:10 pm	6:10 pm	7:00 pm	7:00 pm
Osprey 2000	7:50 pm	7:50 pm	8:40 pm	8:40 pm
Osprey 2000	9:40 pm	9:40 pm	10:20 pm	10:20 pm

Summer schedule in effect mid June 2016
when MV Balfour begins.

CHURCH CALENDAR

RIONDEL COMMUNITY CHURCH

JUNE 2016 SCHEDULE

June 5: Canon Jim Hearne - 11am

June 12: Derrick Smith, 1pm

June 19: Ramona Dannhauer, 1pm

June 26: Brenda Panio, 11am

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

For information call Christ Church Creston 428-4248

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

HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

For info, please contact Karen Gilbert: 227-8914

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Come & join us Sundays at 10 am.

Coffee fellowship after the service.

Pastors Richard and Ramona Dannhauer
16190 Hwy 3A, Crawford Bay 250.227.9444

YASODHARA ASHRAM

Satsang (non-denominational, "in the company of the wise"),
each evening 8pm. Everyone welcome, 250.227.9224

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Reverend Thomas Kakkaniyil Phone: 428-2300 Fax: 428-4811

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

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.

Meetings begin at 10 am, every Sunday. Info call, 250-227-9522

CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church, 8151 Busk Rd, Balfour

Sundays, 9:30 am - All welcome For info, call: 250.229.5237

Creativity, Community, Conscience

mainstreet@eshore.ca

Next Deadline: June 22

MEETING PLACES

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

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

For More info call Lion Mike Jeffery - 250-227-6807 or Lion David
George at 250-227-9550 or Lion Jim at 250-227-9622.

TOPS - Take Off Pounds Sensibly: meets every Monday morning
at 8:30 am in the Kootenay Lake Community Church basement.

Call Myrna for more info: 227-9420

PARENT ADVISORY COMMITTEE

(PAC) Meetings held at 7 pm at the Crawford Bay School
on (usually) the second or third Monday of the month. (or Tues)
Call Ingrid to be put on the agenda - 250.227.9246

Next PAC Meeting:

June 6 and Wine/Cheese June 13

June 2016 Mainstreet 23

JUNE 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			Bingo, Rio CC, 6:30pm Volleyball, 7pm CBESS	Yoga w/ Melina Bos Hall, 9:30-11 Tara Shanti Yoga, 9:30-11am	EVERY FRIDAY: Karate, CBESS, 6pm	Fort Mac Benefit, The Hub, 2pm onward.
5	6	7	8	9	10	11
Tipi Camp Silent Auction, CB Hall	Yoga w/ Melina - Comm Corner, 9:30-11am	Tara Shanti Yoga, 9:30-11am	Bingo, Rio CC, 6:30pm Volleyball, 7pm CBESS	Yoga w/ Melina Bos Hall, 9:30-11 Tara Shanti Yoga, 9:30-11am	Celebration of Motorcycling, Kokanee Springs Resort	Celebration of Motorcycling, Kokanee Springs Resort
12	13	14	15	16	17	18
	Yoga w/ Melina - Comm Corner, 9:30-11am	Tara Shanti Yoga, 9:30-11am Creston Vet at CB Motel ESIS AGM, CB Hall, 7pm Lions Mtng, 7 pm	ES Freshwater Mtg, KLCC 7pm Firesmart Comm. Champion Workshop, CBESS, 7pm Bingo, Rio CC, 6:30pm Volleyball, 7pm CBESS	Yoga w/ Melina Bos Hall, 9:30-11 Tara Shanti Yoga, 9:30-11am	Dark Fire Cloud, Newkeys	Fields Forward Picnic in Splash Park, Creston
19	20	21	22	23	24	25
Father Day Toumey, Riondel Golf Course	 Yoga w/ Melina - Comm Corner, 9:30-11am	Tara Shanti Yoga, 9:30-11am	Bingo, Rio CC, 6:30pm Volleyball, 7pm CBESS MAINSTREET DEADLINE	Yoga w/ Melina Bos Hall, 9:30-11 Tara Shanti Yoga, 9:30-11am ES Library AGM, 7pm	ES Health Society AGM, Learning Place, 7pm	
26	27	28	29	30		
	Yoga w/ Melina - Comm Corner, 9:30-11am	Tara Shanti Yoga, 9:30-11am Lions Mtng, 7 pm	Bingo, Rio CC, 6:30pm Volleyball, 7pm CBESS	Yoga w/ Melina Bos Hall, 9:30-11 Tara Shanti Yoga, 9:30-11am		

Junction Creek Hub
Pub & Family Bistro



Hours: June 7 onward:
Tues-Sat: 10-10 (pizza only 8-10)
(open later upon request or for special events)
Sunday Brunch: 10-2 (pints & pizza till 8)
Closed Mondays

JUNE EVENTS!
June 4: Fort Mac Fire BENEFIT 2pm
Beer and Burgers BBQ, 50/50 cash draws and 2
golf package prizes. Live music through the
day, dance to DJ Will D'Beats 8-midnight.
100% of proceeds donated to Canadian
Red Cross.

The Hub is minor-friendly
(if accompanied by an adult) until 8pm!
250.227.9339



Are you
SERIOUS
about
getting a
job?

Get the skills to succeed...get Job Ready!

**Program Starts June 6 - 10, 2016
in Crawford Bay**

This free week-long program will help you
prepare for and get work. Learn tips and tricks for
preparing a great résumé and creating a lasting
impression during job interviews.

**Interested? Contact KES at 428-5655 to
arrange an intake appointment in Creston
or Crawford Bay.**



Kootenay Employment Services
119-11th Ave N, Creston BC
Toll-Free: 1-855-428-5655
www.kes.bc.ca

ADVERTISER	PAGE	ADVERTISER	PAGE
Kootenay Outdoor Living	2	Artisans	5
Lake Leathers	2,12	Bake Shop	1
Medley Arts Camp	14	Black Salt	4
Newkeys	2	Boswell Hall	17
PAC	23	Classified Ads	22
Riondel Market	13	Community Futures	11,19
RVFD	9	Crawford Bay Hall & Parks	6
Sapphire Hair Salon	12	Crawford Bay Market	2,12
Simply Spotless	2	Credit Union	1
Strawberry Social	1	Creston Valley Realty	15
Sunny Woods	5	Creston Vet Clinic	19
Sunset Seed	8	Destiny Bay	5
Tara Shanti	4	ESIS	12
Turlock Electrical	12	Eastshore Physiotherapy	17
Library Hours:		Fields Forward	13
ES Reading Cntr:		Fitness Place	17
Tues & Sat: 12-3		GRS	13
Thurs: 7-9 pm		Gray Creek Store	13
Riondel Library:		Harreson Tanner	18
Mon: 2-4 pm,		Hulland and Larsen	12
Weds: 6-8 pm		Imagine Kootenay	11
Tues, Thurs, Sat:		Junction Creek Hub	12
10am-12:30pm		KES	13
Transfer Station Hours		Kokanee Springs Golf Resort	12
CRAWFORD BAY:		Kootenay Insurance Services	21
Sunday/Tuesday			
9-3, Sun, Tues, Thurs			
BOSWELL:			
Weds/Sat 11am-3pm			

your **100mile** mortgage

✓ **2.65%*** 5 Year Closed Fixed-Rate

A Nelson & District Credit Union **100 mile mortgage** secures you a **great rate** on your mortgage. You also have **comfort** knowing **decisions are made locally** and you will **feel good** seeing your **community benefit** from your choice.

*Terms & conditions apply. Visit www.nelsoncu.com or email us at 100milemortgage@nelsoncu.com for details.

ES Health Centre ~227-9006~

Drug & Alcohol: 353-7691 Child & Youth: 353-7691 Community Nursing: 352-1433
Public Health Dental Screening/Counseling: 428-3876 Hospice: 227-9006 Baby Clinics: 428-3873
Mammography Screening: 354-6721 Physiotherapy: 227-9155 Massage Therapy: 227-6877
For more on facility, call Kathy Smith, 227-9006

Transfer Station Hours

CRAWFORD BAY:
Sunday/Tuesday
9-3, Sun, Tues, Thurs
BOSWELL:
Weds/Sat 11am-3pm