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YEAR 27, NUMBER 6

JUNE 2017

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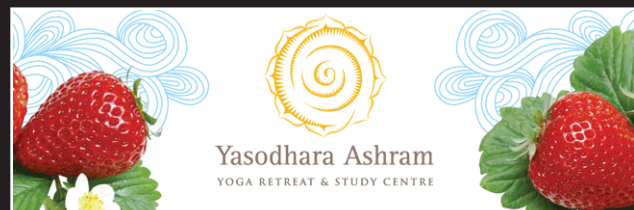
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Mainstreet Meanderings

by Editor Ingrid Baetzel

Ahhh, the *interwebs*... That elegant, deceptive and vast network of communication means, profit margins, productivity, adult videos, silly memes and selfies. It's more than huge – it's all-encompassing. It defines our time. Being connected has become an expectation in “developed” countries. Those who are not on social media, or have limited use with emailing and web-surfing, or even more rare, those who just aren't plugged in at all have become almost novelty humans, or are senior citizens who gracefully escaped the ravages of faceless communication.

We are balancing parenting, social lives, information over-flow and work on a giant digital scale in the clouds. We're wading our way through learning how to text emotively and be activists from our armchairs. We are facing new challenges in learning how to parent children whose eyes are perpetually down cast and glazed over, whose attention spans are running at deficits. They are evaluating their self-worth in a 2X4 inch rectangle, making sure that they are “liked” enough, that they've put themselves through the perfect filter to present a false version of themselves to be loved via emoji's and “ilysvm”'s and “omg-gurl-YAAAAS”-es.

It's not all bad. It really isn't. We are fast, we are proficient, and we are learning more about our world and surroundings than ever before. We can reach our loved ones in a dozen different ways – see them smiling and laughing back to us in video chats – we can trade information like lightning bolts of shared wisdom. We are super charged and sharing like the best-behaved kids on the playground.

So, what keeps it all ticking? Well, around these parts, a board of hard-working and very dedicated volunteers does. ESIS board members have made the daily running of this incorporated, not-for-profit community ISP into something smooth and hassle-free over the past years, and particularly this past year. Thanks to their work and the Connecting Canadians project, East Shore (and beyond!) residents are seeing generally faster service, much bigger packages, and overall improvements to accessibility to internet. The turn out at the recent AGM actually spoke to the positive good work of the board over the past year, in that there were fewer than ever before in attendance (big numbers generally means angry/frustrated customers), no friction, and a smooth and easy transition into a new board. Thanks to the three outgoing board members who have put in a ridiculous amount of time over the past year or so: Brian Philp, Mel Gale and Daniel Seguin. Welcome to the two new board members, Ivy Jeffery and Dave Blair. And finally, thank you to the four who agreed to stay on for another term, Fraser Robb, Rose Strom, Garth Norris and Richard Bertram. Your work is appreciated more than you might know.

Lastly, I couldn't help but note that there could not have been more than four or five people at the meeting under fifty years old (two of them were employees and one an outgoing board member). It is perplexing that, given the nature of this organization and the high-dependency upon internet for work and social reward, that there aren't younger people getting involved. Of course, parents of young and school aged kids are very busy – that's understood). But let this be a call out – like your internet? Get involved. Want to be on the cutting edge of the industry that defines our time? Step up, young un's. Thank you to all who keep things chugging and bleeping and transmitting. We do value you.

LETTER TO THE EDITOR

Dear Editor

A recent troubling incident has been the reported collapse of soil above a nuclear waste storage tank in Hanford, Washington. This site was central to the Manhattan Project and the development of the world's first atomic bombs. And the world, I fear, is not certain that the current US Commander in Chief is aware of the urgency of the required response in such a situation.

Wendy Scott, Riondel

East Shore Youth Society – Annual General Meeting June 15, 2017

by Mautz Kroker, ESYCS Board

Hello community, parents, youth, and other folks. We will be holding our AGM on June 15, 2017, at 5pm at the Crawford Bay School.

The East Shore Youth Council Society and local youth will report to you about the society and youth activities over the past year, the amazing funding program that Columbia Basin Trust has initiated and the intense and inspiring work our youth coordinators have done.


We will give you a look into ideas for next year and we would like to involve you in that. The AGM itself will take part at 5pm but from 3pm until 5pm youth will present to you their successes and fun projects and will offer some treats and food.

We are thankful for the potential that this Columbia Basin Trust Basin Youth Network Fund gives to our youth and community, including the wide range of fun events and playful and creative educational opportunities. Our kids do great; they jumped right in and are part of its design.

But we want and we need your support and engagement. Your kids need this too.

Please show up for the AGM and become a member of the East Shore Youth Society. Our long term goal is to extend this program for many years. We must convince Columbia Basin Trust that this program is the best investment in the future of our kids. We can do this with your engagement.

You parents whose kids will step into the youth program in the next years are called upon as well. Is



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your child 10 or 11 years old? They will soon benefit from all the good that that program offers. We'd love your ideas and thoughts.

There is no fee for membership ... just ideas and interest.

We would also ask for you to please consider being a part of the society's board. We are looking for directors. We are looking for one or two youth directors on the board as well who would represent the youth voice. All of you are welcome.




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East Shore Youth Council Society AGM

Are you a parent of an East Shore
youth who is aged 10-19?

We invite and encourage you to attend
our showcase event/AGM on
June 15, 2017, from 3-6pm

See what your kids have been up to over the past
year with the Basin Youth Network program
funded by Columbia Basin Trust...

See what's in store for younger kids who are ap-
proaching the age served by this fund (12-18 yrs)...

Look back on our successes & plan for the fu-
ture with us! Have your say, ask your questions,
consider joining the board for the upcoming year.
Minimal commitment required (a meeting per
month) & a great place to help guide the program
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RDCK Area "A" Update

by Garry Jackman,
Director - Area "A"

CBT COMMUNITY INITIATIVES PROGRAM (CBT-CIP)

As noted last month, the applications for the 2017 CBT-CIP were reviewed by our volunteer committee at the public meeting at the Gray Creek Hall on April 18. Recommendations went to the May 18 board meeting and the approved list for the entire RDCK may be viewed on the website (rdck.ca). Go to the administration tab then to "grants". There is a link to the list there. Grants were given to 239 organizations totalling \$1.455M. The Area A share of this was \$34.4K.

ASSET BASED RURAL DEVELOPMENT

I have touched on this topic a few times over the past months, at times under the heading of resident attraction. In my April submission to *Mainstreet* I noted the full time population for greater Creston has seen a steady increase, including an increase in younger community members. By contrast, Area A as a whole has seen a decline in the number of full time residents over the past four census cycles and our average age continues to rise. The Wynndel portion of Area A may be benefitting from the attraction of more year round job opportunities and relatively affordable housing which will help them attract and retain a slightly younger demographic than the rest of Area A. The aging trend is more accentuated as you look further north along the east shore.

People will move to an area for the amenities (recreation, schools, etc), for affordability, for work and to enjoy their surroundings. Although we do not have many year round employment opportunities we definitely have beautiful surroundings and many of the properties within Area A are very affordable compared to urban housing. We also have strong, supportive communities which may not be as evident to potential newcomers as in a more urban setting where a glance at a few bulletin boards or a local website may reveal a host of clubs, support groups or activities in the immediate area. It can just be difficult for a casual visitor to find out about events and opportunities to socialize or recreate. The same might be said for trying to find medical support, a contractor to help you with home renovations or yard work or even a ride when your vehicle needs repair and you realize how far it is to the store, ferry or even the neighbours house.

In this information age it is possible to put out information to the community at large without having to staple posters to eight or nine different bulletin boards spread along 80 km of highway from Wynndel to Riondel. Identifying what our amenities and natural attractions are, organizing the information and presenting it can be quite a challenge, however. An expert in research, computers and information management would go a long way to assist in the process. We are following this path, using a graduate student from the Selkirk College geospatial department to collate existing information, format a platform to display information and begin to populate the platform with data in groupings which will be easy to read on a home computer or mobile device. Ideally the information could also be printed out by a local business and handed to a resident or visitor who is not adept at using electronic information devices.

We have our graduate student over a four month period during which we will be contacting 'community champions' for targeted input followed by public meetings to discuss the tool which is being developed and how it can benefit visitors (who may become future residents) and locals.

To govern effectively, a party needs at least 45 seats in our 87 seat legislature, as one seat goes to the Speaker, elected by secret ballot, who does not vote, except in case of a tie. The Speaker does not have to be a member of the governing party, but one would have difficulty imagining any other party in this election giving up a seat.

So what will happen if no party has a majority? Coalition and minority governments have happened in BC, during and just after the 2nd World War. Minority governments are generally expected to last no more than two years.

The most likely coalition is obvious---an NDP-Green coalition, but that still numbers only 44 seats. One may speculate about a Liberal crossing the floor, but that would still be a bare minimum. The last Speaker, or the Deputy Speaker, also a Liberal, could agree to serve in a coalition, but that seems unlikely.

Who will form the next provincial government? That may possibly not be known until the end of May, although there is certain to be a lot of negotiating. The Lieutenant Governor can select a First Minister as Premier of the Province. This does not necessarily have to be the present Liberal one, although first chance may be given her.

The Liberals may try to govern with a minority, but they would almost certainly lose their first vote of confidence, which would be over the next budget. If that happens, the Lieutenant Governor could ask another party to form a government, or could call another election. An early election call could well rebound to the great disadvantage of the party causing it.

Whatever happens in the next week or two, we are almost certainly in for interesting or even fascinating times here in our province.

Hidden Taxes will be back next month with some comments about this election and perhaps even some information about how much of our tax money it cost.

RURAL DIVIDEND

Last fall, the RDCK Area A economic development commission sponsored a successful application to the Rural Dividend fund for \$10K towards phase 1 of our Enhanced Tourism Education Project. The goal of the project is to develop tourism experiences ranging from outdoor adventure (at different levels of challenges) to health and wellness with educational components. The educational component may be training received as the event (eg. back woods survival or safe kayaking) or it may be added interest information provided along the course of an event. An example of this could be a narrative on local history during a mountain hike. The phase 1 proposal was to research market potential for various activities and areas of education, short list programs and/or data to be developed and outline the phase 2 implementation with a request for a larger sum of funding to support the project.

A number of local partners (societies, businesses and volunteers at large) have put the finishing touches on the phase two application as of May 31 with a request for \$100K of Rural Dividend funding. We should know the results of the evaluation in a few months. If successful, the steering committee would consist of representatives from a core partnership. Funds will be held by the RDCK and can be directed through partners or other organizations to hire personnel to coordinate and gather information, develop programs and create the framework to disseminate information and build networks. Local groups such as historical societies, outdoor clubs, etc will be invited to provide input. The base mapping created through the resident attraction/asset based rural development project will also support the rural dividend project by providing a platform to display information on events, attractions and services around our area.

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



Hidden Taxes

by David George

Fascinating."

In the immortal words of Leonard Nimoy in his character of Mr. Spock, our 2017 BC provincial election has been and continues to be fascinating. Others have said that we live in interesting times.

Writing to friends by email just after May 9, my words were that we had an election in our province, and nobody won. Now, more than two weeks later, it still seems that nobody has won.

Why is this taking so long? Simply because with no party having a clear majority at the end of election day, all the absentee ballots needed to be received in 87 district offices and counted, but counting could not start until May 22, giving enough time for delivery of those ballots by mail. Well, how many absentee ballots are there? At first we heard there were about 30,000. Then the number rapidly inflated to 50,000, 100,000, and finally the best estimate today is 179,380.

Which riding is holding things up? One on Vancouver Island which had the NDP leading by nine votes on election day. The key riding is that of Courtenay-Comox and as of 5pm Wednesday May 24, a date formerly known as the Queen's birthday in the Victorian era, it still has not been declared for the NDP, although the absentee ballots have been counted, and the result did not change. The NDP leads by 189 votes. The minimum difference which would trigger a judicial recount in this riding is 59 votes.

As this is being written, the tally in that riding is: NDP- 10,886; Liberal- 10,697; Green- 5,351; and Conservative- 2,201; total votes: 29,135. This leaves the numbers of seats for the three parties the same as it was on May 10, with the Liberals- 43 seats; NDP- 41; Greens- 3.

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June Horoscope

by Michael O'Connor

Tip of the Month: A lot can happen over the course of a month, astrologically. This is especially true regarding the near planets, which include Mercury, Mars, and Venus and, although technically called "Luminaries", the Sun and Moon too. The Sun enters Cancer marking Summer Solstice on June 20 at 9:24 pm PDT. Mercury enters Gemini June 6 and then Cancer on June 21. Venus enters Taurus also on June 6. Mars enters Cancer June 4th. Jupiter turns Direct after 4 months of Retrograde. So, the first week of June features a lot of activity. Watch for synchronicities. Your Horoscope below provides the gist.

Aries (Mar. 21-Apr. 19): High energy levels and a steady focus support your goals this month. Building and renovating are featured. Whether it is your home, website, relationship...your call. Innovation and investments are featured. Measure twice...

Taurus (Apr. 20-May 20): Many projects, fronts and/or streams are keeping you busy. Creative expressions are inspired by beauty and intelligence. You are in the mood to get your hands dirty. Pay attention to the details, but don't get lost in them.

Gemini (May 21-June 20): You are ready to get back to work. You feel industrious and want to things done. Meanwhile, family affairs are highlighted. You want to love and be loved, forgive and be forgiven. This may require extra effort. Don't expect the same from others.

Cancer (June 21-July 22): Fresh starts require a tactical approach. Stepping back early on to reflect and think things through first is likely and wise. Yet impatience will push you to act, but could also press buttons in others. Find time to play with your friends too.

Leo (July 23-Aug. 22): A steady process of acquiring new skills and tools continues. Increasing your options and odds on career fronts is featured. Your work focus is directed inward and it will deepen yet. Clean-up inherited or learned, limiting patterns.

Virgo (Aug. 23-Sep. 22): Breaking through barriers continues. Whether they are social, political, psychological or financial, you are determined to succeed. This breakthrough may lead to new territory and then what? One victory at a time and one after the other.

Libra (Sep. 23-Oct. 22): You are in an adventurous mood. This can include actually going to new places or, at least, intellectual exploring. But it is leading somewhere and it looks like increased personal power. The time is right to take risks. Weave wisdom with knowledge.

Scorpio (Oct. 23-Nov. 21): A rather deep soul-searching process continues as June begins. It may well even extend a few weeks. You will begin digging deeper soon into the month. What you are after is your creative wellspring. Ask: How can I do what I love, for love.

Sagittarius (Nov. 22-Dec. 21): Balancing your working life with your social life is important now. Early on, work takes the lead. Social comes back quickly and even the score. Ambition kicks in and works to resume the lead. Social fights back hard, but odds are against it will win, but it will be close.

Capricorn (Dec. 22-Jan. 19): Paying attention to the details is a central theme now. It can be described as taking a sober look at things. The question is one of balance. Do you work too much or too little? The love of money is contending with the love of luxury.

Aquarius (Jan. 20-Feb. 18): A playful cycle is underway. It involves entertaining new ideas, concepts, and perspectives. The focus will shift to work and hobbies close to home. Frivolity is fun but creative self-expression will bring joy and a sense of achievement.

Pisces (Feb. 19-Mar. 20): The momentum in your public and professional life is building, steadily. You will be eager to get into the game again very soon. Entertaining new ways to make money is featured and could lead to innovations and/or investments.

Rooms/Office Space For Rent East Shore Community Facilities Rooms at Crawford Bay School

by Jakua Jordan

The East Shore Community Facilities Committee is offering three amazing rooms for rent that are perfect for either an office space or any kind of meeting or community class. We offer a competitive monthly rate or you can rent it for a full day or half day, or talk to us about further options.

We also rent the Fitness Place (upstairs gym) for any kind of fitness class (depending upon size). This space would be perfect for yoga classes, personal training or any of your fitness needs with use of the equipment.

The Family Place (home of the Strong Start program) is also available for rent outside of the Strong Start hours which are from 9:30-12:30 Monday, Wednesday and Friday. The Family Place room is perfect for any children's functions whether it be a children's class or a birthday party for your little one.

Rates are as follows:

- Monthly Rentals / Office Space is \$50/month for use one half-day a week.
- Daily Rentals: Family Place: \$50/day & \$25/half day
- Meeting Rentals: \$15-\$25/monthly meeting
- Community Class for Fitness Place or Office \$2/adult

For any more information on the rooms or to book a room please contact Jakua Jordan at 250-551-0198 or email me at eastshorefacilities@gmail.com.



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- East Shore Family Space - \$50/day, \$25/half day (must do clean up)

Meeting Rentals:

- \$15-\$25/monthly meeting

Community Class Rentals (fitness or offices):

- \$2/adult

For more info, to check it out, or to book, contact Jakua Jordan at 250.551.0198 or email eastshorefacilities@gmail.com.

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Hacker's Desk
by Gef Tremblay

Wireless Network & Health

It has always been common sense for me that if you pack a small antenna in an electronic device that can connect to other antennas kilometres away it might negatively affect humans on a biological level.

Human safety isn't always the first concern of capitalism. If we were, for years, to test new technologies, the market would stall and we would need to stop consuming new gadgets for a couple years, and clearly the human race cannot go on without buying a new iPhone every year.

The Federal Communications Commission (FCC) is one of the main organizations that could regulate the use of wireless networks, since one of their roles is to insure public safety. The new president of the FCC, Ajit V. Pai previously worked as a lawyer for Verizon. This makes him a lot more interested in blocking net-neutrality at the moment and creating competitive gain than consumer health and safety. The World Health Consortium (WHO) could come to help, but they rely on International Commission on Non-Ionizing Radiation Protection (ICNIRP) 1998 guidelines. Not only that, but the ICNIRP has dubious connections to the industry and it seems to be quite an old guideline when there are new technologies coming out every year.

Most of the research quoted in these guidelines tests the effects of wireless networks and brain

tumours. This research has been mostly inconclusive; they couldn't prove if it there was any adverse effects. From these results, some schools in Europe decided to ban Wi-Fi in primary and secondary school, which is a common sense approach. If you can't prove or disprove the health effect of a new technology, isn't it better to be safe until new research comes to light? But this research was the foundation for the FCC and other organizations to categorize Wi-Fi and cell phones as safe to use.

One of the problem with this research, is that they come up with new wireless technologies all the time and also most devices will use a blend of different wireless technologies. For instance, a cell phone can be using Wi-Fi signals using a few different bands, GPS connecting to multiple satellite at the same time, Bluetooth and finally the multiple cell networks from data HPS and multiple digital bands. That's quite a cocktail of radiation. Wireless devices have become ubiquitous, not only all around us, but all the time. I often find myself surrounded by my cell phone, a tablet and a laptop, watching an internet-connected TV show. Generally speaking, scientific testing only tests one type

of wireless radiation and observes only one specific effect. Another problem with this older research is that it focusses mainly on brain tumours, while other tissues and glands might be more at risk since there are not protected by the skull.

But I don't want this article to be about wearing tinfoil hats, or to delve into conspiracy theories, so I thought it was time to refresh a bit of what is going on with the scientific research on Wi-Fi and health.

On a side note, SciHub (sci-hub.ac) is a pirate proj-

ect that wants to democratize the university research. In a nutshell, university researchers aren't making money from their publications, yet to read them you have to pay. The publisher of these papers is not only making money off the universities, they are blocking access to really important research. The woman behind SciHub decided to change that and started distributing all these research papers for free. I personally think this is an important cause and you can read all about it at their site. Bear with me, this information will be useful later on.

Here are few elements that I found while researching news and developments on the subject:

In 2015, 190 scientists from 39 nations signed an appeal to pressure government and institutions to reposition themselves regarding Wi-Fi and cell phone effects on health. <https://emfscientist.org/>

I discovered a site that lists all research about health and wireless: <http://www.saferemr.com/>

You can access these papers by using the SciHub link previously listed, although a lot of research is openly available. Some of the conclusions range from the negative effects of cell phone radiation on the pancreas, the effects of Wi-Fi radiation on in-utero development, the carcinogenic potential of Wi-Fi studies on chick peas. There are many more papers to read from but one of the latest news releases from the California Department of Public Health is about 'Secret Cell Phone Safety Guidance'. That guidance that was created many years ago and has been kept away from the public for many years, mostly due to political suppression.

I believe that there is enough in that research to at least be careful about these new technologies. Now what can we do about it? Are we all going to die? Well yes, we're all going to die... eventually. But meanwhile here are few pointers that could help.

We can eliminate a lot of the wireless in everyday life. For instance, if you have a desktop computer sitting right next to your wireless router, you could simply connect it to your router. If you use your laptop most of the time at the same spot, you can also use a cable. If your laptop doesn't have a wired connection you can also buy an usb adaptor for it.

Keep in mind that your router is always on, but there is nothing stopping you from turning it off. You can unplug it, or next time you buy a router, you can use one with a switch. Some of them can also be programmed to turn on an off automatically at certain time of the day.

Your computer doesn't need to always be connected wirelessly. I'm writing this article completely disconnected. When I'll need to send it out, I'll plug it in the network (I've wired my whole house so I can go practically without wireless most of the time).

For cell phone usage, there are the basics of manually disconnecting the Wi-Fi/gps (which will also extend your battery life) use hands-free mode. Use a Bluetooth headset, use texting and minimize the use when the reception is bad.

What I would suggest the most is to use a precautionary principle. In case of doubt, let's be safe and lets not experiment with the people most at risk of radiation. Children and pregnant women for instance are cause of concern. I have a hard time understanding why we use a complete wireless network's in schools, even in kindergarten and primary school without any mention or concern about its effect. When other schools like Waldorf prohibit the use of any wireless devices in their school, I think it would make sense to play it safe.

Although I think wireless technologies are quite useful it's important to remember that the market will always push forward even if there might be some health issues. We don't need to look too far back: when advertising was publishing how doctors smoke Camels for instance. Now that we can't live without it, we must make the best of the choices and how we want to use it... and to decide if a school is the best testing ground for this technology.



Connecting Canadians Project: Board President Fraser Robb reviewed the high-level three-year project plan and emphasised the success that most subscribers have now been upgraded to new equipment. In the coming year, phase 3 of the project will see new towers as well as upgrades to some existing towers, bringing completion to the project, potentially ahead of schedule, by December 2017. Exciting news was shared that thanks for its expansion, ESIS has established a new client-base in Woodbury and looking to do the same in Procter. The increase in subscribers will help sustain ESIS with additional revenue. Fraser confirmed that the project is a success as a result of the work of many, with special thanks to ESIS staff's initiative and dedication as well as the many hours invested by the Board and members of the local community.

Elections: The members thanked outgoing board members Mel Gale, Brian Philp and Dan Séguin for their work over the past year and a half. Elections welcomed two new board members Dave Blair and Ivy Jeffery who will each serve a two-year term. Directors rolling over from the last board will serve a one-year term. The staggered terms are a result of a newly accepted resolution now in place to ensure institutional memory and a higher degree of board continuity. As a result of this year's elections, the ESIS board is now: Richard Bertram, Dave Blair, Ivy Jeffery, Garth Norris, Fraser Robb, and Rose Strom

The AGM was an evening to come together to celebrate this year's accomplishments and look to ESIS' bright future. It's also a time of year when we are reminded that ESIS is our society – it is only as healthy as the community that chooses to directly support it. It only continues thanks to the tireless efforts of those who choose to roll up their sleeves and help out. So, for those who like fast and reliable internet, please reach out to the new Board and ask "how can I help?" There are opportunities for folks of all ages and skillsets. Get involved!

For more information about the AGM and to download the presentation, please visit www.eastshoreinternet.ca.

Happy summer!



2017 ESIS AGM: Year in Review
by Daniel Seguin for the East Shore Internet Society Board

On Tuesday May 23, the East Shore Internet Society held its Annual General Meeting. A special thank you to the 30 plus members who attended. For those who couldn't make it, here's a summary of what you missed:

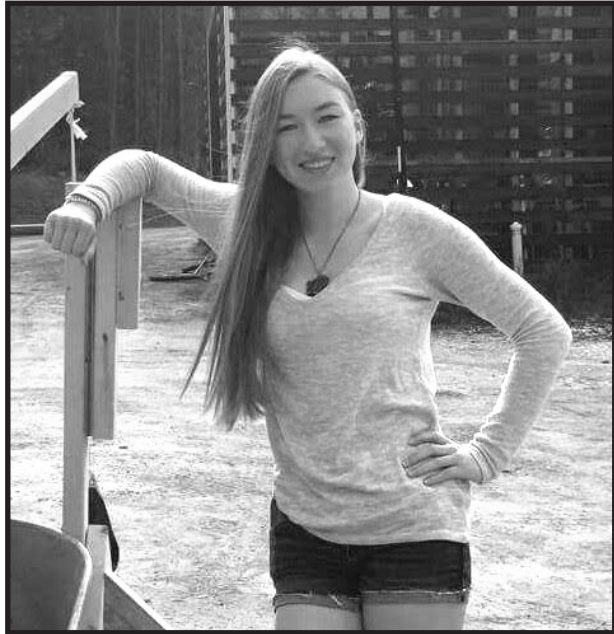
A Year in Review:

Garth Norris walked us through the last year, highlighting upgrades to the Blue Point access with a new fiber building, a tower rescue course ESIS' support team participated in, the generous grant of a truck by Simon Hann from Pilot Bay, a review of promises the Board made and followed through with from last year's AGM, as well as a look at the package upgrades made throughout the year. Overall, a very good operational year with many successes thanks to many people's involvement and commitment. Garth also took the opportunity to explain why the Board needed to raise the away rate back to \$20/month, how the away rate caps at \$100, clarified issues surrounding membership in the society and confirmed the Board is actively taking steps towards complying with the New Societies Act.

ESIS Treasurer Brian Philp shared 2016 financial statements, demonstrating how ESIS is currently managing the Connecting Canadians Project funds and how it is maintaining its financial health. With an overall net increase in its subscriber base, income was up from previous years. To the question "How are we doing?" he responded: "ESIS has money in the bank and doing well." Good news.



Graduates of 2017



MADISON ASHTON

What is your history with the East Shore and CBESS? *I have moved around quite a bit during my life between Riondel and Surrey and I have gone to many different schools, but Crawford Bay School has always been my favourite. This is the first school I ever went to, and I always imagined myself graduating from Crawford Bay School. I went to Crawford Bay School for most of my life, and I am glad I did. I met a lot of new people and gained many new experiences during my time in Surrey, but Riondel has always been my home. During my time at here, I was the President of Student Council, became a Youth Council board member and got involved in other activities. I have gotten very involved with many school activities at CBESS and after all my time and effort I am happy to be graduating. I am also very excited to be nominated as valedictorian.*

What are you plans for the future? *Following my graduation I am starting my Bachelors of Science at UBC this September, and will eventually get my PhD in marine biology. I wish to become a deep-sea biologist or work in marine conservation. I am also planning on going to Japan next summer which I am very excited for. Whichever career path I choose for myself, I want to be helping other people and the world.*

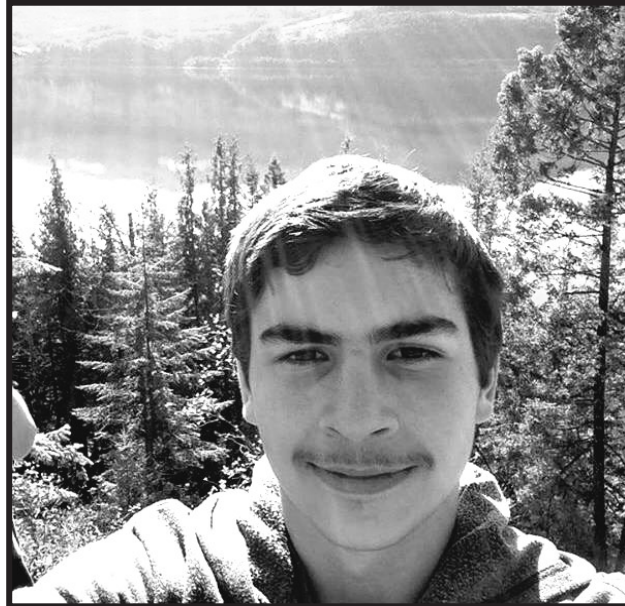
Message to impart/quote: *"If no one comes from the future to stop you doing it then how bad of a decision can it really be?" - Unknown*



PHYNN PAGE-DEAL

What is your history with the East Shore and CBESS? *I've been going to CBESS since Kindergarten, other than last year when I attended PCSS.*

What are you plans for the future? *I plan on graduating this year and working until February 2018, then I plan on going to Selkirk College at Silver King Campus in Nelson for Electrical Foundation*



JAMES DOUGLAS GREGORY DAVIDSON

What is your history with the East Shore and CBESS? *I've lived in Riondel my whole life and have attended Crawford Bay School since Kindergarten.*

What are you plans for the future? *I plan on going to Selkirk to further my education.*

Message to impart/quote: *"Hickeys aren't tacky" - James Davidson*



The PAC Box

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

PAC MEETING: The next PAC meeting is Weds, June 7. All parents/guardians of CBESS students are invited. Come talk about priorities, needs and what we do! Let's talk about how we support our students through programming and subsidies and how we can do it in a way that supports our busy lives!

GROCERY GIFT CARDS: Grocery Gift Card ordering deadline June 5th. Please order through Sandy at the school or by sending an email to cbess.pac@gmail.com

ANNOUNCEMENTS: HOT LUNCH program's last day will be June 2. Parents, please remember to pack lunch for the remainder of the school year.



OLIVER MCPHERSON

What is your history with the East Shore and CBESS? *I came to the school two years ago and learned things.*

What are you plans for the future? *I am going to Selkirk in February to do metal fabrication then I want to work up North.*

Message to impart/quote: *"Enjoy every sandwich" - Warren Zevon*



JAVIN LAURITZEN

What is your history with the East Shore and CBESS? *From kindergarten to graduation...*

What are you plans for the future? *Attend secondary school at Selkirk College in Nelson, B.C.*

Message to impart/quote: *"To the uneducated an 'A' is just 3 sticks." - A.A. Milne*

Next Deadline:

June 21, 2017



ARLO JAMES LINN

What is your history with the East Shore and CBESS? *I was born and raised in the Kootenays, I've been living in the same house in Riondel my entire life. I started attending Crawford Bay school in the fall of 2005. I remember really liking going to school, even to the point where I asked for homework from my first teacher, Janet Fleming. I have attended both the old school and the current one and I am one of the only students in the school to have attended Crawford Bay without leaving to go to another school. There have been good times and bad for me at Crawford Bay but I can't imagine myself ever leaving to go to a different high school.*

What are you plans for the future? *In the coming year I will be taking Electrical Foundation through Selkirk College. Between now and then however is mostly work, a little play, and then some more work.*

Message to impart/quote: *"We gaze continually at the world and it grows dull in our perceptions. Yet seen from another's vantage point, as if new, it may still take the breath away." - Alan Moore*

13 Students Competed, 17 Ribbons Came Home

by Matthew Winger for CBESS

Crawford Bay School has officially become a regional track and field powerhouse. At the East/West Kootenay Regional Track Championship we won three first place ribbons, three second place ribbons, and eleven third place ribbons. Here's how it happened.

For the last couple years, I've had a group of students say over and over that they want to start competing against other schools in athletics. We didn't want to scrape together just enough players to barely make a team and then get decimated by the competition; we wanted to pick something where we could be on a more even footing against any school. We can run fast, we can run without stopping, we can jump, and we can throw. So we decided to focus on track and field.

But how do you make a track team when you don't have a track, hurdles, a long jump pit, javelins, high jump mats, or a shot put? You show some East Shore ingenuity and you figure out how to best use what you do have. You start by mapping out your track course by measuring it out with pylons and birch logs, and you practice until your students can run a 100m sprint around a sharp corner in under 14 seconds, because that's just what you have to work with. Then you take your group and run at the beach for resistance training and to learn long jump technique... and they also learn how to line up a jump even when the hard-packed sand is sloped towards the water at 5 degrees (*as an aside -whoever is breaking bottles at campfires at the beach, you're really making things dangerous for our kids). Then you go to the Gray Creek Store and brainstorm with Rose Yopek the cheapest way to build hurdles out of 2x4's and PVC pipe, and you get the shop class to help assemble them.

The shot put we ordered got back ordered, so we had to go scrounging for a boulder around the right weight, and then you teach your athletes how to throw a big, heavy, literal rock as far as they can. We skipped all of the beginner techniques and went right into the advanced ones for discus because we had to get our throwers ready to compete against athletes who'd been practicing for five years already. No javelin...? Arlo Linn's a quick learner, and he gets to take nine throws, so we watch YouTube instructional videos and he can figure out the remaining finer details of throwing an actual javelin on competition day.

Crawford Bay hadn't competed at a district qualifying meet for years, so I had to start running event trials in gym class, timing it properly. We used this data from the "Crawford Bay Invitational" (a very exclusive and highly competitive track meet that takes place during PE warm-ups) to build our team and get our athletes slotted into their events. We were able to pick up our jerseys from Big Cranium just in time, and we were off to the regionals. At the Kootenay Zone Championship, we were competing against all of the schools in the Kootenays (both East and West). Our hardy band of 13 were up against Cranbrook, Fernie, Nelson, Golden, Mt Baker, Nakusp, Sparwood, and other schools. Mt. Baker Secondary had almost as many members on their high school track team (72) as we have in our entire K-12 school.

Our students represented our community exceptionally well. No other school cheered louder or helped each other out more. In the distance events we had students taking turns running on the grass on the inside of the track along with the runners to cheer them on and push them forward. Every single member of our track

Our Results from the 2017 Kootenay Zone Regional Championships

Athlete	Event	Result (time)	Place
Ben Anderson	Men 100 Meter Dash Gr. 8	15.33	12
	Men 100 Meter Hurdles Gr. 8	22.53	5
	Men Boys 4x100 relay Junior	1:02.50	3
Liam Borhaven	Men 100 Meter Dash Junior	15.23	11
	Men 200 Meter Dash Junior	32.77	8
	Men Long Jump Junior	3.65m	7
	Men 4x100 relay Junior	1:02.50	3
Izaak Cullinane	Men 100 Meter Dash Gr. 8	13.58	7
	Men 100 Meter Hurdles Gr. 8	19.50	1
	Men Long Jump Gr. 8	4.43m	1
	Men Boys 4x100 relay Junior	1:02.50	3
James Davidson	Men 200 Meter Dash Senior	29.59	7
	Men Discus Throw 1.75 kg Senior	22.64m	5
	Senior Boys 4x100 relay	54.60	3
Arlo Linn	Javelin Throw 800 gram Senior	20.60m	6
	Men Discus Throw 1.75 kg Senior	23.66m	4
	Men Shot Put 6 kg Senior	9.02m	4
	Men Boys 4x100 relay Senior	54.60	3
Oliver McPherson	Men 100 Meter Dash Senior	12.61	4
	Men 200 Meter Dash Senior	26.46	3
	Men Long Jump Senior	3.93m	9
	Men 4x100 relay Senior	54.60	3
Joli Mwinyi NT	Women 80 Meter Hurdles Junior	16.80	4
	Women 100 Meter Dash Junior	15.54	14
	Women 4x100 Meter Relay Junior	1:01.90	4
Maya Sly	Women 80 Meter Hurdles Junior	17.06	6
	Women 100 Meter Dash Junior	15.33	12
	Women 4x100 Meter Relay Junior	1:01.90	4
Elijah Vriends	Men 100 Meter Dash Junior	14.46	10
	Men 200 Meter Dash Junior	30.04	7
	Men 1500 Meter Steeplechase Junior	9:11.38	2
	Men Boys 4x100 relay Junior	1:02.50	3
Olivia Wedge-Darchen	Women 100 Meter Dash Gr 8	15.30	10
	Women 80 Meter Hurdles Gr 8	16.54	2
	Women Long Jump Gr 8	2.92m	12
	Women 4x100 Meter Relay Junior	1:01.90	4
Sarah Wensink	Women 1500 Meter Steeplechase Junior	6:38.49	2
	Women 400 Meter Run Junior	1:14.99	5
Jackson Wilkinson	Men 400 Meter Run Junior	1:01.27	3
	Men 200 Meter Dash Junior	27.11	5
	Men 4x100 relay Senior	54.60	3
Makayli Wilkinson	Women 80 Meter Hurdles Junior	14.89	1
	Women 100 Meter Dash Junior	14.47	5
	Women 200 Meter Dash Junior	30.85	3
	Women 4x100 Meter Relay Junior	1:01.90	4

team placed high enough to contribute points to our overall team score (i.e. got in the top 6). I don't think I've ever been more proud of your kids, East Shore. Thanks for letting me show off how awesome they are to everyone else.

From Maki Wilkinson, when asked about her experience at the meet: *I am super proud to be part of the CBESS track team. I am also thankful to Mr. Winger for helping us to meet our goals and to show us how amazing track and field can be. I am looking forward to next years track meet and hopefully qualifying for provincials again! Go CBESS!*



Arlo Linn at the shot put at the East/West Kootenay Regional Track & Field competition on May 18.

Next Deadline:
June 21, 2017

Pasta for Playground Event Delivers Carb Boost to Playground Fund

by Ellie Reynolds

It was almost two years ago to the day between our first big playground dinner and silent auction in 2015, the latest one we hosted on April 29th. A lot happened in two years. We scored our first big sponsorship with the Nelson and District Credit Union, got short listed for the first BCAA Play Here Contest which won us \$20,000, we were well supported from some other local business and service groups, and then came from the phone call from YRB wanting to help us with the loading, hauling, digging and site prep. We knew we had to begin work this Spring and wanted a final boost to our funds to make it happen - at least to the point that we could get started. Our event featured a delicious Italian feast, silent Auction, Magic Show with Angus, live music from The Bats, and cake and ice cream and good times with neighbours - just the things a Spring Community Fundraiser should be.

Thanks to the generosity of many - our event managed to raise \$3,375. Huge thanks to the following volunteers who helped make the event a success.

- Sarah from the Hub for preparing the amazing dinner and delivering it warm and ready to serve
- Kootenay Coop for donating the quinoa spaghetti and some sauce
- Crawford Bay Market for donating soft beverages
- Kitchen volunteers Maria Latouf, Jen Newcomen, Marion Johnston, Dawn Steeves
- The Bats for playing such a fun set to finish the evening off
- Leah Wilson, Jakua Jordan, Petra Bor, Christian McStravick and Lisa Scoreyko for set up and planning.
- Paul Hindson for being our Emcee
- Danielle Linn and John Edwards and John Leishman for being clean up super stars
- Gef Tremblay for the beautiful poster

Thanks to the following for donating to the Silent Auction. Please support these folks who have supported us and our kids:

- Kokanee Springs
- YRB
- Starbelly Jam Board of Directors
- Ainsworth Hot Springs
- Brandon Turlock
- Ben Johnson
- Blanche and Harreson Tanner
- Tara Shanti B & B
- Mojos
- Barefoot Handweaving
- Black Salt Cafe
- Dine n' Dash food truck
- Kokanee Chalets
- Gray Creek Store
- Norse Arts
- Shprie land pottery?
- Brian Boss
- Hair by Jen
- Arrowsmith Gallery
- Janaki Pogreba
- Nancy Galloway
- Deanna Smith
- Real Food Cafe
- Lorna Robin
- Dawn Steeves
- Christina de Pape
- Riondel Golf Course

8 **Mainstreet June 2017**

The Natural Playground is Alive!

by Ellie Reynolds

Have you driven past Crawford Bay Community Park lately and done a double take? Maybe you've even taken the scenic route to get a better look. On Wednesday May 17 YRB assisted us in our first big day building the playground. Digging our fall zones, delivering our equipment (that they had kindly stored for us in their Creston yard over winter) moving the equipment to our desired location. They did it with incredible skill, timing and good humour. We are beyond grateful for the help we have received from YRB - the in-kind donation of time, man and machine power have saved us thousands of dollars and we would be years away from building our dream park without their support.



Since then, we have, to date, been at the playground every day for a whole week now, working long hours with our three young children in tow, to make this playground happen. What we are doing, along with some help from exceptional volunteers, is transforming that space from something neglected and sad into something beautiful - that feels, sounds and looks good. We designed it for the senses, for colour, texture, shape, for sensuous play with musical instruments, sand, water, grass and wood. We hope it will become somewhere that families will gather (actually that's happening already). We want it to be a community-building space, truly used and enjoyed. The encouragement and appreciation we have received have helped us to continue to put in 10-14 hour days, for no remuneration, just for the joy of offering the community an exciting and unique play space, and the energizing feeling that comes from seeing our idea finally become wood and concrete and gravel and sand musical instruments- and come to life.

It's an amazing feeling to see change before your eyes in this way. The park looks so different at the end of each day - and lovelier than we could have pictured as we designed it on paper and on the computer CAD program. And the kids are coming! As parent volunteers show up, so do their kids and to watch them get so much from what we have installed thus far is very gratifying. I see lots of use in store for the season ahead. And adults are welcome to come and play too!

If I weren't so exhausted from a long day labouring at the playground I would write more. Indeed, I could, by now, write a novel about this particular playground and the story of its conception, development, hurdles, and triumphs - but I'll have to save that for next month's *Mainstreet* when the project is (hopefully) finished.

Crawford Bay New Playground Project	
Statement Prepared By: Community Connections	
Income and Expenses - All Transactions	
For the Period July 1/2013 to May 23/2017	
Income	
Grants Received (4)	35,110.00
June 2015 Fund Raiser	3,398.90
Kokanee Springs Resort	1,500.00
Sept 2015 Wine Raffle	1,008.75
C. Bay Hall & Parks Donation	427.60
Riondel Lions Club	1,000.00
May 2017 Fund Raiser	3,336.25
C.White Donation	1,000.00
Donations & Contributions	1,305.57
	48,087.07
Expense	
Playground Equipment	39,105.66
Playground Materials	6,209.32
Supplies for Events	206.63
Advertising	36.75
Administration	1,000.00
	46,558.36
	Excess or (Deficiency)
	\$1,528.71

Date: May 23, 2017

In the meantime, in the name of public acknowledgment of our donors and to satisfy some curiosity about how much this playground has cost, I'm enclosing a recent copy of our budget (above). The balance doesn't include some unpaid invoices, so really, we are close to having used all our funds. You can help us put finishing touches (benches, centre structure, signage, plants etc) with a donation. We have an online donation page (generosity.com/fundraisers/crawfordbay-playground) or you can donate directly at the Credit Union or leave cash or a cheque made to Community Connections with Sandy Watson at CBESS. There are still volunteer opportunities, please email easey01@gmail.com if you would like to step up for jobs large and small.

Next Deadline: June 21

New Gear for Youth Group



East Shore Youth show off their new hoodies (Canadian made, and very locally silk-screened by Melina Cinq-Mars' company *random.style* in Riondel.) The design is by Allison LaRose (with help by Zoe Baetzel). The black with gold logo hoodies are the latest fashion craze - expect to see more of them being worn around town by local youth.

Historical Comedy Nasookin

by Footlighters Theatre Society

An evening of laughter is in store for audiences when Footlighters Theatre Society opens its twenty-third season. Running June 22-24 at the Prince Charles Theatre, Nasookin is a new play offering both comedy and mystery.

"We're trying to make sure they're laughing from beginning to end, and still enjoy a plot that will leave them guessing until the end," says Jason Smith, who is directing the comedy.

Smith co-wrote Nasookin with Suzanne Chubb, with whom he previously wrote *Almost Golden*, which was named best production in Theatre BC's 2014 Kootenay Zone festival and outstanding community play at the provincial festival. On his own, Smith also wrote *The Stepsisters' Revenge*, the 2016 sequel to the troupe's 2014 production of *Cinderella*.

The inspiration for Nasookin came from Smith's years of volunteering at the Creston Museum, where he first learned of the CP Rail sternwheelers that ran on Kootenay Lake and Kootenay River.

"I thought it was really something else," he says. "The size of the Nasookin and the service it provided was a real shock — being served with white linen and watching the lake go by. It's unimaginable today."

Fittingly for a comedy, Smith and Chubb have populated the ship with a variety of eccentric characters that interact in hilarious and alarming ways. In the play, Creston tack shop owner Mary Carver (played by Jennifer Adams) strives to break into the world of high fashion by sneaking her way into the inner circle of Prince Edward (Peter Simon), who is actually an imposter running a con with the help of social climbers (Devan Coward, Anna Payne) attempting to extort money from visiting nobility (Ann Deatherage, Gary Atha).

Also on board are amateur Creston fashion models (Debra Mehrer, Brittney Boehmer, Zoe Marini, Cali Blackmore, Taya Blackmore, Meaghan Osborne), an eccentric shipbound playwright (Suzanne Chubb), and a battleaxe governess (Gail Kitt) and her three wards (Caleb Wells, Olivia Boehmer, Zoe Henderson). Their journey is overseen by the crew (Axel Marini, Arnold Hoeve, Caleb Olney) and their dangerously inept captain (Brian Lawrence).

The Nasookin — a sister to the SS Bonington on the Arrow Lakes and the SS Sicamous on Okanagan Lake — plied the waters of Kootenay Lake, delivering passengers from Kootenay Landing to Nelson from 1913-1930, and vehicles from Balfour to Boswell, and later Gray Creek, from 1931-1947. The ship was damaged beyond repair in 1949, and in 1954, the pilot-house and ladies observation deck were converted into what is now a residence on Highway 3A on Nelson's North Shore.

Under the guidance of Smith, assistant director Gilian Wells and choreographer Kate Webb, the cast have embraced their roles as they bring the era to life, with the 1927 setting one of social upheaval.

"It's a bit of a commentary on the 1920s and how that was the beginning of so many changes in the world," says Smith. "We see a little sample of how life was changing on the Nasookin — with a comical spin, of course."

Nasookin is the first production in Footlighters Theatre Society's 23rd season, and will be followed by a locally-written *Hansel and Gretel* in the fall, and *Rodgers and Hammerstein's Oklahoma* in the spring.

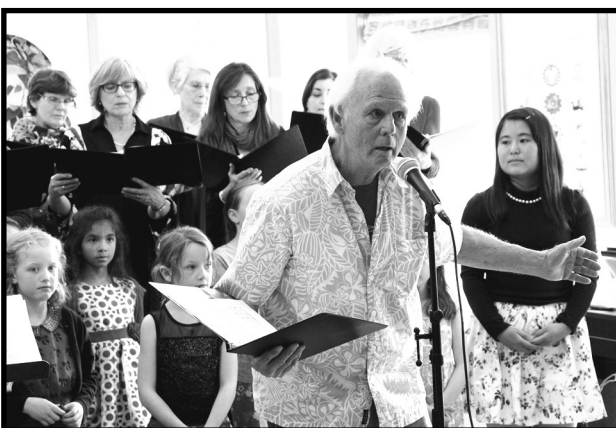
Spring Into Song

by Alanda Greene

Mixed generation gatherings were once the norm in communities. That has changed.

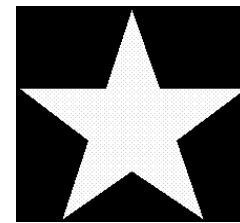
In our East Shore community, opportunities that bring many ages together still occur but for a group of mixed ages to gather in a common focus is rare.

Happily, such an occasion occurred April 29 at Yasodhara Ashram when an intergenerational choir performed, part of a delightful afternoon of music and song from the Many Bays Band and Many Bays Singers, joined by a group of 18 students.



An idea fostered by Margaret Crossley of Boswell inspired Deberah Shears and Donnie Clark to see if an intergenerational choir could emerge. These two went to the school for practices twice a week for four weeks. "I'd never taught singing to anyone who couldn't read yet," said Deberah. "It was wonderful. But I had to go home and have a nap after each rehearsal." Deberah and Donnie also rehearsed at other times with the band and singers, bringing the mixed ages together near concert time.

The Spring into Song event was by donation, a fund-raiser for the ashram's new Temple and attracted a packed house. The expressions of joy in song and music, on faces of listeners and singers and players, revealed the appreciation for this innovative and uplifting event.



Starbelly Stars

by Will Chapman,

Starbelly Stars (more introductions)

The Boom Booms

These 5 guys have a killer groove that is reminiscent of so many acts we've all known and loved over the years. Perhaps a bit old school; R & B., soul, latin/jazz, funk... If it's smooth, sexy and irresistible to dancers, these guys write and play it. Maybe you caught a little gig down at the Sasquatch in Creston, maybe you've seen the documentary they did when touring in Brazil, maybe you saw them headline at the Vancouver Jazz Festival? They're out there playing all the time, and their audiences get bigger by the month. They've just released a new album and we'll get to hear quite a bit of it. They've played SBJ before, and I thought it was about time to bring them back. Not only are they accomplished and full of smiles, they've created their own non-profit organization, 'The Music Tree' which donates a portion of all their profits to programs that support positive programs for youth, especially inner city youth. They've got heart, and they've got soul — in spades.

Govinda

I caught this guy performing at Shambhala a few years back. People were just mesmerized seeing his seamless integration of 'live and laptop'. He plays violin (really beautifully) blending in beats & pumping out contemporary dance grooves in a collection of subgenres now being labeled as 'bass music'. He was classically trained, but since he discovered electronic music, he's been constantly reinventing himself - blazing his own path throughout all the biggest electronic music festivals on the planet. Very seductive, with heavy bass and beats, all spiced with a Gypsy flair to keep it resonating with our sense of tradition. For me, it's 'modern electronic' music at it's finest.

The Arcane Garden

OK, I'm a bit biased, because this is a music project I'm involved in myself, since we started in 2008. We explore various musical genres of electronic music, while adding lots of fresh, certified organic ingredients. We also incorporate a lot of Egyptian & Arabic influences so our sound is deep, produced and quite heavily layered (usually referred to as Exotic Electronica). We're just releasing our 4th cd this summer. Some of our tracks are soothing and ambient, some are intense and driving — it's a real mixed bag, but you can always move to it. My wife Michelle is the singer. Her lyrics usually speak of her relationship with the natural world. At Starbelly this year, we'll be joined onstage by Ben Johnson (almost every ethnic instrument you've (n)ever heard of), Marty Carty (flute, sax & djembe), and some other special guests.

High Waters

A four piece 'Indie Rock' act from Ottawa. These talented songwriters and musicians are touring to support their first cd: *Goodnight Mara*. They're some of the youngest musicians at our festival this year, and this is their first time out West. I was really impressed when I first heard them. Their music suggested a wide range of inspirations; Jeff Buckley, King Crimson and Radiohead. There's not a lot of 'guitar based rock' at SBJ this year, but anyone who craves 6 electric strings ringing out loud & proud, will want to catch this band. These guys have great arrangements, really memorable musical hooks, interesting song concepts and lyrics, and most importantly, they have PASSION.

June 2017 Mainstreet 9

Next Deadline: June 21, 2017

CUSTOM HOMEBUILDING
DESIGN SERVICES
REMODELING

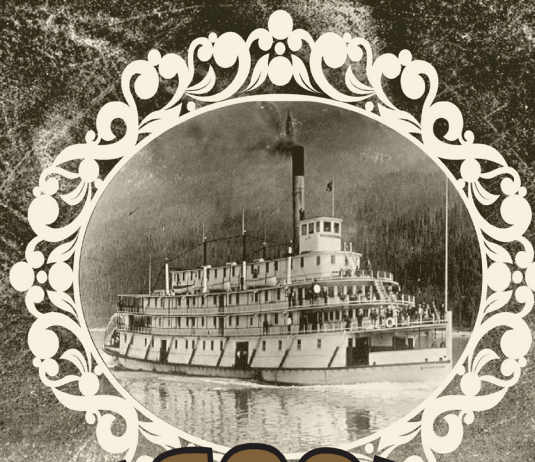


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FOOTLIGHTERS THEATRE SOCIETY PRESENTS



NASOOKIN
7:30 P.M.
JUNE 22-24
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Seldom Scene

by Gerald Panio



I've always thought that if I ever got around to reviewing a Greta Garbo film it would be *Queen Christina* (1933). That was my very first Garbo film, and it made quite an impression on me. I can still picture the closing scene after forty years. Lately, however, I've been watching the Greta Garbo silents—*The Saga of Gosta Berling* (1924), *Flesh and the Devil* (1927), *The Temptress* (1926), *The Mysterious Lady* (1928). And it's the latter that's become the subject of this month's column. No one would call *The Mysterious Lady* one of Greta Garbo's great films, yet this is possibly the movie where the young expatriate Swedish actress, Greta Lovisa Gustafsson, clearly demonstrated the qualities that would raise her into the exalted heights of the Hollywood firmament from which she'd never descend.

The Mysterious Lady was her sixth film for MGM in America. She was 23, and had everything going for her. The director, Fred Niblo, was more than competent. By the late 1920s silent film art was at a point of perfection where any decent director could tell a story with fluid camerawork, atmospheric lighting, striking use of close-ups & long shots, superimposition, minimal title cards, and creative tracking. All are in evidence in *The Mysterious Lady*. The Leni Riefenstahl-like court martial scene is a model of how to go over the top with style. The cinematographer was the gifted, astonishingly prolific William Daniels, whose first film was Erich von Stroheim's *Blind Husbands* in 1919 and whose last, 51 years later, was Stuart Rosenberg's *Move*. Daniels was the Director of Photography for 21 of Garbo's Hollywood pictures. He wrote: "I didn't create a 'Garbo face'. I just did portraits of her I would have done for any star. My lighting of her was determined by the requirements of a scene. I didn't, as some say I did, keep one side of her face light and the other dark. But I did always try to make the camera peer into the eyes, to see what was there."

And there was a lot there to see, even when the plot was as silly as *The Mysterious Lady's*. Garbo plays Tania Fedorova, a Russian spy operating in early 20th century Venice. Her mission is to seduce Captain Karl von Raden (Conrad Nagel), who will be travelling with top secret plans for delivery to the German government. Among the many absurdities of the plot is the fact that even though Karl's uncle Eric is head of the Austrian Secret Police, and knows his nephew has been totally compromised by the nefarious Ms. Fedorova, he still manages to unknowingly put Karl on the same Berlin-bound train with her. Karl's too much of a dorkus to (a) realize that Tania's actually fallen in love with him (b) stop her from stealing the plans from under his nose. That level of cluelessness makes Don Adams' Maxwell Smart shine by comparison. And even Agent 99 wouldn't have thought of infiltrating the enemy camp in the guise of a Serbian pianist and then blatantly giving away his presence to the very woman he's convinced is his sworn enemy. Let's try getting inside Karl's head: "Surrounded by my enemies, I'm going to get the stolen plans back by letting the woman who stole them recognize me immediately and....have me arrested and shot." This kind of thing would make Ed Wood blush.

It doesn't matter. Nothing matters after the first

moment we see Garbo lounging in an opera loge in a form-fitting Gilbert Clark gown, with rake-thin Karl von Raden staring at her like a mesmerized mongoose. This scene will shortly be followed by another extraordinary one with Garbo and a massive Roman bust in the foyer of her apartment (another little masterstroke from art designer extraordinaire Cedric Gibbons). She's alone, leaning against a stairwell, and the entranceway lights switch on and off to cast her in the kind of deep shadow that later film noir directors would make every femme fatale's *sine qua non*. To add to perfection, a few heartbeats later the power flickers and goes out. We get Garbo in candlelight and against a rain-flecked window pane. Karl's got about as much of a chance of controlling himself as a puppy in a roomful of slippers.

Greta Garbo has been referred to as "the extreme definition of stardom in the cinema" (David Thomson), "the quintessential embodiment of the Hollywood star system" (James Monaco), and "the greatest

romantic actress of both the silent and sound eras, in Sweden and in Hollywood" (Danny Peary). Roland Barthes wrote that she "belongs to that moment in cinema when capturing the human face still plunged audiences into the deepest ecstasy...where the flesh gives rise to mystical feelings of perdition." Marjorie Rosen said, "When Garbo made love, her partner seemed invisible...It was as if she were caught up on a crest of autoerotic intimacy, a self-caress, with her public as keyhole voyeurs." It's all here in *The Mysterious Lady*, "a heady erotic experience," with the voyeurism intact but, for once, without the perdition. One of

film's pleasures is the all-too-rare happy ending. If the hero's got about as much brains and sex appeal as his pencil-thin moustache, it's a small price to pay for a too-rare chance to see Ms. Garbo not go down with the (romantic) ship. I'm in wholehearted agreement with critic Richard Corliss's comments in his short study of Garbo's films:

"*The Mysterious Lady* is vintage nonsense, and most welcome. It offers us our first real opportunity to simply gaze at Garbo without having to avert our gaze from the suffocating seriousness pecking at her from both sides of the frame. It's the most enjoyable of her silent films, a lighthearted barnstormer of a show....Garbo herself has a good time here, relaxing between appointments with Hays-ordered doom. And, in this slight film, we can see

intimations of the kind of sophisticated comic actress she might have become if MGM hadn't set her adrift in a score of motheaten melodramas."

If poor Conrad Nagel doesn't really measure up as Garbo's leading man, the same can't be said of Gustav von Seffertitz as Russian spymaster General Boris Alexandroff. Definitely a guilty pleasure. The perfect heavy for a James Bond film, had one been around in 1928. In our first glimpse of evil Boris, he's fondling a big knife. He delivers the film's best line with diabolical gusto, telling a demoralized Tania, "I taught you everything you know, but I didn't teach you everything I know!" Bazinga!

The film's other memorable exchange, in the opening five minutes, is between von Raden and his libidinous fellow officer, Max Heinrich:

Heinrich: And just as we were about to kiss, her husband broke in!

Von Raden: And what did the husband do?

Heinrich: He pulled down the shades!

That kind of cynical repartee was a hallmark of the Jazz Age. Two years later, when the Motion Picture Production Code (aka Hays Code) kicked in in reaction to perceptions of Hollywood as a den of iniquity,



censors' scissors would put an end to any hint of overt immorality.

My version of *The Mysterious Lady*, issued by Turner Classic Movies, has a superb musical score by Vivek Maddala. The music's so good it makes one almost forget this is a silent film.

There is one sad note to *The Mysterious Lady*. At the time, Greta Garbo said it was her least favorite film. She may have been reacting to the fact that her Swedish mentor, Mauritz Stiller, was dying while she was working on *Lady*, and MGM refused to let her leave the country to visit him. Earlier, they'd refused to let her visit her dying sister. MGM was taking no chances. The previous year, after the success of *Flesh and the Devil* (1927), Garbo had asked for a raise in salary from \$600 a week to \$5000. When MGM balked, she went back to Sweden for almost a year—until the new contract was delivered to her door. It may have been experiences like this that gave the 36-year-old Greta Garbo the strength of will to walk away from Hollywood at the top of her game. And shine the brighter for it.

My parents, like many others, came to Canada and the Kootenays from other parts of the world. This is their story.

Dad, Of Course, Poached Part I

by Sharman Horwood

Dad of course had quite a different experience, a different war than Mum. His was disjointed, a different piece of the glass window. When he joined the forces, he signed up for the RAF and learned to fly a plane instead of a motorcycle. He was shipped to South Africa where he taught others how to fly. It wasn't easy. Not only were the lessons and experiences hard, but the planes themselves were not always reliable. The pilots had to wind down the landing gear when they were coming in for a landing. There were no instruments to tell them whether or not the wheels were down. Sometimes they weren't. The pilots then lost their lives in flames, never fighting in the war except to die after all.

Once the war was over, Dad never did fly again. He didn't trust the planes. Plaster and wood were good enough for him. And dry cleaning.

I have pictures of him, healthy and tanned in South Africa, because Dad, given where he was, used the time to get out in the sunlight, play as much tennis as he could, which he loved, and get around to see as much of the country before he had to return to the camp and the risky planes.

But the war did end, and Dad returned to England. And to Mum. The pieces I have of this time are of them making a home together, raising the children who were now about to go into nursery school, trying to prosper in a country digging itself out of a war that left them with little money, and few goods. Mum didn't take down the drawing room curtains as Scarlett O'Hara did, but she had Dad buy up army blankets to use for carpet on the stairs. At that time, Dad had a dry cleaning business, and he was a man who knew how to make good use of his advantages. After the war ended, shortages of chlorinated solvents meant that most dry cleaning was performed with petroleum-based dry cleaning solvents. Dad had a legitimate need for them for his business. He bought them quite legally. He was also able to sell some on the side to be used as gas, quite illegally, or exchange the fuel for meat or vegetables to feed his family. He did like to skirt around the laws a bit.

The war's end didn't mean that rationing ended with it. In fact, in many cases it was worse. People were desperate to get a square meal, our family as well as others, so of course Dad took up poaching. It amazes me now how so many of Dad's solutions for problems were often his preferred activities. Like fish-

Tom's Corner

by Tom Lymbery
Honeymoon Harris



Honeymoon Ranch is located north of Riondel - sorry but for the sake of the owner's privacy I can't give you details of the exact location. However if you had been able to visit in May, you would have seen the apple trees blooming in the bush on the property that Fred Harris planted in 1912.

Many years ago my father-in-law Hunter McClure was out in his fishing boat along the shoreline when he saw a For Sale sign on this property. He landed and was impressed with the site, and came home enthused about possibly purchasing. At that time there was no Forestry road north of Riondel, so the only access was by water. It was a dream but went no further.

I have a copy of *Nelson, Queen City of the Kootenays, an Historical Profile* by David Scott and Edna H. Hanic, published in 1972 by Mitchell Press. The book has a chapter on the fruit - growing era, including a page on Honeymoon Harris. My copy has the signature of Bob Foxall who was the manager of Associated Growers on Government Road in Nelson. This was the warehouse through which all of our cherries, apples, pears and plums were distributed, mostly to the Prairies. Nelson Creston Transport's daily "Cherry Special" truck made a quick trip to this warehouse during the 1930s and 1940s when cherries were a most important crop in Gray Creek.

Thanks to Terry Turner's and Susan Hulland's research for their 2002 book, *Impressions of the Past*, we know that Fred L. Harris, an American newspaperman, settled on his Honeymoon Place property around 1911. He arrived on Kootenay Lake at the height of the real estate boom of 1910 - 1913, when so many advertisements promoted the life of a orchardist all through the interior of BC. (Kootenay orchards are still a suburb of the City of Cranbrook.) However with Kootenay Lake's micro climate it was entirely possible to grow cherries, strawberries, apples, pears and plums with a bewildering abundance of varieties.

Terry's and Susan's book devotes a chapter to Harris, his ranch, and his land promotional schemes, including pictures of Harris and his Honeymoon Place ranch with about two acres of strawberries. There are several pages about Harris from his 22 page booklet, *Homeseeking*, that Dorothy and Bobby Graham Brown had preserved. We hope a copy will turn up somewhere.

Harris planted strawberries at his Honeymoon Place and invited prospective buyers to strawberries and cream. Apparently he was very active in Winnipeg inducing people to put money down on properties they had never seen which turned out to be up the Lardeau River - heavily forested, with rock bluffs, and no bridge across the river. The CPR Lardeau - Gerrard rail line made the district accessible to what Harris called *Gold Hill Orchards* near Bosworth. Harris's *Honeymoon Place* north of Riondel was easy to get to as the *SS Moyie* would land if you booked there..

Harris was by no means the only one promoting an easy life growing fruit on Kootenay Lake. J. T. Bealy published books in the same era. I can remember my mother getting one of Bealy's books from the Nelson library which gave many figures of the actual dollars to be made within a year or two of planting trees. Even in the 1940s that library copy had a sticker on the front cover proclaiming "Do not believe the profits from fruit growing that this book claims."

But Harris went too far with his claims. Apparently he hardly ever paid his workers who planted trees and strawberries at his Honeymoon Place, or even his hotel bills in Kaslo. *Impressions of the Past* shares many memories and opinions of Fred Harris, mostly not very favourable. One called Harris "something of a land shark", and there's a story from W A (Bill) Triggs of Nelson about working for Harris planting trees and

strawberries for several months but never being paid. But Triggs had the satisfaction of meeting Harris at the Mirror Lake Post Office and giving Harris a good punch on the nose. Other post office patrons prevented Triggs from planting some more. Perhaps as well there wasn't room to get more punches in, as the Mirror Lake Post Office was rated "the smallest in Canada." This you can see for yourself as this tiny building is preserved next to the *SS Moyie* in Kaslo.

We have often been asked "What brought them to Gray Creek?" regarding Norman Anderson from Norway, Max Benthien from Germany, and Len Clark, Colin Haddon and my dad Arthur Lymbery from England, to name a few. The Canadian and BC governments and the Canadian Pacific Railway funded much promotion all over Europe about the benefits of moving to Canada.. This created a real estate boom and Harris arrived to make the most of it. Having worked in the printing

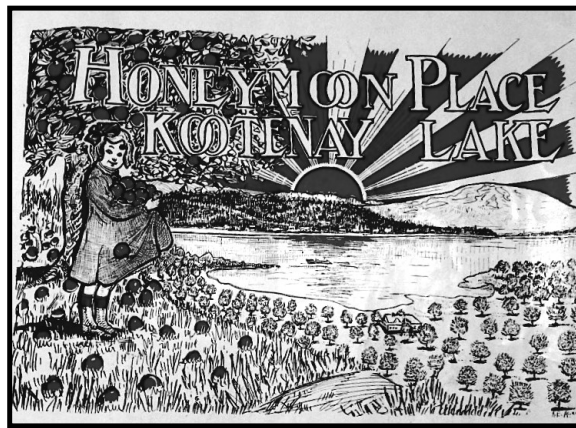
and newspaper trade, Harris promotional pamphlets and publications were designed to take advantage of those who had found the cold prairie winters just too long and frigid, as well as those from Europe looking for a brighter future.

For a few years prior to WWI, Harris published *The Kootenay Magazine*, printed in Winnipeg, which provided extraordinary claims about fruit ranching in our region. We wish we had a copy of his magazines with their brilliantly coloured glossy covers. One of the issues states "With each application I will give free my book on how to bring apples into commercial bearing the second year." Another says "Two good crops can be grown each year that will net big profits." Harris' observations on the climate claimed "Severe storms, thunder and lightning are unknown in the Kootenays." and "Land requires no irrigation" and "Glorious climate all year round."

But the most startling revelation in the *Kootenay Magazine* is fruit ripening by electricity. An electrical gadget was used to massage a peach until sparks flew out of it. Then, after the current was turned off, the peach was left for a few moments. The peach was then cut open to reveal the ripening effect had penetrated almost to the stone. "Already a number of ranches along Kootenay Lake have installed, or are installing their own light plants and this new method of ripening fruit will greatly increase their earnings."

Mr. Harris also assured his prospective customers, many of whom carried attitudes on class and racial distinctions from their home countries, by saying "Your neighbours in British Columbia are all white people in the Kootenay Lake district. We are very careful to whom we sell." This self-described "apostle of fruit ranching in the Kootenays" seems to have disappeared abruptly in 1913. One report is that he escaped to Mexico, another that he was arrested and jailed for fraud, but either report remains to be proven.

I am fortunate to know the site where Harris based his glowing reports. He was correct in saying "Land requires no irrigation" pertaining to his magical property as the underground water has kept the apples alive for 105 years: Amazingly at our 2016 Museum Days Brennan Drew turned up with three issues of Harris's *Kootenay Magazine*. We didn't have a chance to scan these at the time, but do hope that some day we will be able to follow up on Harris's amazing claims.



A charming little apple picker and a view of a bountiful lakeshore orchard below illustrates Fred Harris's full page ad in a Kootenay Magazine issue (ca 1912). Harris' ad copy is just as inviting - here's just a taste. "Over 500 people bought land from me in the last 18 months in the Kootenay Lake District," and offers 700 acres for sale adjoining his Honeymoon Place at \$50 to \$150 per acre, with 10 % discount for cash. "Join one of my many excursions...I allow you your fare and expenses up to \$75 if you buy from me." The Kootenay Magazine is courtesy of Derek Pollard via Brennan Drew

Dad, Of Course, Poached Continued...

ing, or hunting which was severely limited in England from 1945 to 1951 (and hunting still is, I believe). According to Mum, however, Dad brought home rabbits and sometimes even a pheasant. Dad loved fishing so of course there were trout, and he never admitted to where they came from. To my knowledge now, trout were not that common. They were usually found on the estates of landed gentry who had stocked their private streams for their own sport. He and his friend Phil Ayres—otherwise known as Ayrise—"found" the fish on some of their more secretive expeditions.

Another small piece of Mum's memory from that time: peanut butter. There was no peanut butter in England before the war. There was little meat after the war, so the U.S. shipped peanut butter to England to help as a supplement for a low protein diet. Everyone thought it was wonderful. To the day she died, Mum loved peanut butter.

And after the war, with Dad back at home, Mum could occasionally indulge in her desire to paint. A bit of Colin's memory is of her sitting at the table, painting a brass vase full of anemones in watercolours. My sister-in-law, Sylvia, has this painting even now.

Their lives were an adventure that I understand: making do with what they could, enjoying their children and the rest of the family. Then war broke out again. This time in Korea in 1950. With good reason Mum and Dad became afraid that another global war would develop. Everyone was sending troops to Korea: the U.S., the British, New Zealand, and Australia, all were sending aid to the Koreans. North Korea

had additional forces from Russia and China to bolster their own troops so to stop the threat of an aggressive communism, other countries sent soldiers and planes to aid the south.

To Mum and Dad, though, this was a good time to leave England. WW II had been horrific, on the continent, and in England, and they didn't feel they could face another one. There'd been too much war, too much loss in their lives. They decided to immigrate elsewhere, somewhere they'd be safer.

Canada and New Zealand looked good. They'd be well away from the conflict zones. And according to the travel agent, there was a housing boom in Lethbridge, Alberta, an entirely different world. Dad's brother, George, was a carpenter, and Dad knew how to plaster. Their trade was building instead of breaking something apart, so Canada it was.

I like to think of the two men on the train going across the prairies. It stopped in Winnipeg, and they both got out to walk around. It was a prairie winter, unlike any winter they'd ever known, and they only had light overcoats on. But in the brisk cold, and the wind that howled down the street, they loved it. They were leaving the war behind them. They were putting together the shards of their lives with their wives and children following along once the men had homes for them. That is another story for another time.

They lived in a different world. An interesting one where my mother and father, brother and sister managed to thrive. Putting these pieces together gives me a window into the past where our family can be seen in one whole piece.



pebbles
by Wendy Scott
**Trains and Boats
and Planes**

Sometimes, if the ferry is late and you're in the Balfour line-up, you might hear the whistle of a train, and then if you look across the lake you'll see the engine pulling its string of freight cars. If you're of a generation that recognizes Bert Bacharach's music, whenever or wherever you hear those tunes – which on the cusp of his ninth decade, he still performs – then you too may be drawn into that 1960's hit and sing along with the rhythmic song of the rails.

If you have taken a day to relax and maybe feel the need for tea and a cinnamon bun, and you already have the Kootenay ferry schedule inscribed securely onto your memory bank, you will do a ferry hop and board the little cable ferry to Harrop and Proctor. Then as you lick cinnamon and gooey sugar from your fingers, you might again be surprised as that same busy train rumbles past the Village Bakery. Proctor is a regular stop for the CPR work train, and during the summer season, this is better than a lunch bucket for the line-men on board. After all, who can resist a cinnamon bun in the midst of a busy shift.

If the season is no longer summer, a twenty minute drive will bring you within reach of another sticky cinnamon bun – or lunch, if you prefer, at Ainsworth, and maybe a relaxing dip in the hot springs.

During the silver boom in the late 1800's, Ainsworth became yet another link in the string of mining towns including Kimberly, Riondel, Trout Lake City, Lardeau, Argenta, and Slocan City. The wonderfully warm pool, developed for the Ainsworth miners,

remained long after the mines closed, and now is well known far beyond the east and west Kootenay.

After soaking in mineral pools you may be completely drained of energy, which only means you must be hungry again, so hop in your car and keep going on that twisted, cliff-hanging road to Kaslo. Turn left, park, walk into Teresa's Coffee Shop and Museum, and step downstairs into Kaslo's history.

Unlike the gleam of galena that lured many fortune seekers to Kootenay towns, it was logging, not mining, that brought the first settlers to the isolated town site of Kaslo on Kootenay Lake's north arm. Timber claims were staked in 1889 and 1890 at the mouth of the Kaslo River, but it was the mining activity to the west that resulted in subdivision of those claims into town lots. Kaslo was incorporated in 1893, but it was not an easy birth. The following year, fire destroyed half the commercial district; rising waters rushed into the new city and along with hurricane force winds, smashed houses, (including the mayor's home) two hotels, and severely damaged the city jail.

Members of newly minted cities are resilient folks and when the Kaslo River overflowed, the community set to work to persuade the river to run south of its original course. The river obliged and during the following century the valley between the Selkirk Mountain Range and the Purcells saw the creation of Duncan Lake. This man-made reservoir north of Kootenay Lake became part of the headwaters of the 58 million hectare Columbia River Basin reaching from Duncan Lake through BC and into parts of Montana, Wyoming, Nevada, and Utah.

With timber as well as silver, lead and zinc came the necessity of transport to and from areas that often had no road access. The rhythmic churn of paddle wheels was background music on the lake. The SS

Nasookin, and SS Moyie, which are both on display at Balfour and Kaslo; The SS Ymir, is on the bottom of the lake close to the Big Orange Bridge. But the SS Kuskanook, complete with staterooms and a large dining room was perhaps one of the finest and fastest ships on the lake and she can be spotted just below the surface close to Kokanee Park Marina.

The SS Ainsworth might claim the title for spunk – the ship sank twice and each time was retrieved from the bottom and put back into service. After that the Ainsworth was sold twice, then floundered in rough water, tipped over, and against the captain's advice, two lifeboats were launched and swamped with the loss of nine lives. An attempted retrieval of the ship by a tug resulted in a snapped line and the Ainsworth finally reached the resting place that she seemed to prefer – docked up-right in the deepest spot she could possibly find on the bottom of Kootenay Lake. Since then no attempt has been made to raise her, and she is now protected under the Heritage Conservation Act, formally designated a 'Provincial Heritage Site' and visited frequently, and filmed, by professional divers. What more could an elegant lady ask.

Over the years and indeed since the late 1800's passengers have leaned on ship's railings and watched the world above and below Kootenay Lake; freight has been loaded and trucks and cars driven on and off the decks. But when it comes to connecting the dots, so to speak, and reaching inland, rail was the obvious means of transport. This was especially true before at least one car in a family was the norm. Then, and even now, riding a train is a comfortable and often desirable option.

The Columbia and Kootenay Railway ran a 40 km stretch of rail between Kootenay Lake and the Columbia River where steamers up the Arrow Lakes and the Columbia River connected with the CPR mainline at Revelstoke. But when winter conditions on Arrow Lakes proved icy and unreliable, the rail line was continued to Slocan Lake where barges transported freight and railway cars north to Nakusp. The Nakusp and Slocan Railway allowed access to Revelstoke and the mining areas around Sandon. Some of the old rail bed has since been converted as part of the proposed Trans Canada Trail.

During the 1930's the CPR laid tracks along the West shore of Kootenay Lake and the Moyie ran weekly passenger service from Proctor to Riondel, Kaslo, and Lardeau. Riondel residents could board in the morning at Bluebell Bay, enjoy the day in Kaslo and return home in the afternoon. After the Moyie retired to Kaslo, it was still possible to book excursions on the MV Anscomb – the ship with a horseshoe shaped lunch counter, highly polished wood, leather seats, and as described by two little girls, a "big ship with two bathrooms!" A special memory for some would be a nighttime Christmas carol cruise up the West Arm to Nelson and back. The Anscomb was retired, sold, and unfortunately rests now with her sisters underwater.

In the early 1900's Kaslo's apples and cherries were recognized as the finest in the world at a number of international competitions. The cherries are said to have been as large as plums.. The city fathers even planted cherry trees on the boulevards. Regrettably, a plant disease has made Kaslo cherries a thing of the past.

With the completion of the Kaslo & Slocan Railway in 1895, Kaslo was linked to the rich mines of the Silvery Slocan and Sandon, sparking competition between railways and resulting in at least one station house burning to the ground. But Until 1926, the only access to Kaslo from Nelson was by water. Now its worth taking to the road, and when you get there, take a houseboat cruise on Kootenay Lake.

Sail along this summer and remember to arrange a Christmas cruise as well, or listen for that whistle and hop a train – to somewhere

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Riondel Library News

by Muriel Crowe

Our library, like many others struggles with shelving books and other items. Ideally the very bottom shelf isn't used in any areas other than the young children's section. Those of us who are vertically challenged would prefer nothing on the top shelves. The only happy medium here is more space. We hope that may be achieved in the near future by agreement with the Riondel Commission of Management in which we would have the use of the adjacent Room 8 aka the bingo room or the yoga room. These changes could open the space to show case some of the historical Society's wonderful artifacts. We should know the answer to this by the time you are reading about it.

I will go out on a limb and suggest that spring has arrived and it is probably safe to plant your vegetable garden. My perennial beds are probably suffering identity crises as unfamiliar neighbours are blooming out of step with the regular routine and now the June blooms are rushing to add to the confusion. None of our gardening books suggest how to treat plants identity issues but they can certainly help with other problems. Turn off google and try gardening or whatever book. You may be pleasantly surprised.

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CELEBRATING 29 YEARS!

Guiding Hands
Recreation Society's
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Sunday, June 25, 2017
at the
Tipi Camp on
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Members & Public Invited for a Day of Fun!

Walk on the trails, swim
at MacDonald Beach...
Come for the Day!
Potluck lunch at 12pm.
Bring your instruments
& voices!

**Water taxis from Lakeview Store Marina
10am-12noon & begin returns at 2pm.**

**Optional AGM from 1:30-2:30pm.
Seeking new board
members... Get involved!**

For more information, check out
the website: www.tipicamp.bc.ca

Please register your vehicle
at the store.



Smarter Than Jack or Jill

by Sharman Horwood

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

The Little Dog That Would

Peanut was a special dog. In a world of remarkable pets, he was special. He was intelligent and friendly, willing to learn and be a good companion. He was black and white, with short hair and short legs. There might have been a bit of dachshund somewhere in his heritage. A friendly dog, he was loved by everyone who knew him.

Up until he was 12, Peanut was raised by Bill, who lived in Salmo. Bill liked to fish near Woodbury on Kootenay Lake when he could, and he would take Peanut with him on his fishing trips. The two of them enjoyed being out there on the water, relaxing together while they waited for the fish to bite.

Unfortunately, the last time Bill went out, he suffered a heart attack. In falling back, he toppled against the steering, turning it so the boat went around and around in a circle. Peanut was knocked into the water and Bill of course was unconscious. He couldn't get Peanut back into the boat. When two men on shore saw the boat circling, they knew something was wrong. They went out and brought it in to Woodbury. They didn't know that Peanut had been in the boat with Bill.

Peanut, however, did swim to shore, but he was a long way from home. He walked all the way from Queen's Bay back to Woodbury, looking for Bill. Of course, Bill had been taken away. Unfortunately, he didn't survive, and Bill's son put Peanut up for adoption with the veterinarian, Dr. Chart. Anne immediately liked him when she saw him. She and Larry decided he was the dog for them: Peanut was social, and he adapted well to their home.

He liked Anne and Larry, but they didn't have the feeling that he quite accepted them. He was well behaved, and a good companion, but Anne had the sense that though he liked her and Larry, he was just waiting to go back home to Bill. Peanut was a very loyal dog.

Usually when we talk about loyalty, the animal that first comes to mind is a dog. That quality, plus their intelligence is what we value most in pets. However, loyalty and intelligence have a long evolutionary relationship. Social animals are generally the most intelligent, probably because they have to interact with each other, work together to get food, and establish social behavior as a group. Loyalty as a quality works in a similar way. Many animals rely on cooperative pack behavior to survive, such as in hunting or finding food, or rearing their young. Condors will let other members of their group know where a dead animal can be found for scavenging, as well as travel as much as 60 miles in one day to "visit" with other condor groups. These interrelationships are important for other animals as well. Lions or wolves, for example, as well as orcas and humpback whales, hunt together. The success of the hunt depends on their team work. When there's enough food, feral cats will form a social unit that works cooperatively in looking after and rearing their young. In these cases they have to communicate with each other. They also have to keep an image in their minds that they associate with each individual animal

in their pack, pod, or family group. That complicated behavior takes intelligence. Peanut had that kind of intelligence.

Clearly he was waiting for Bill. They say that dogs don't see in colour, but apparently whenever Peanut saw a blue truck pull into the store's parking lot, he'd start wagging his tail, and he wouldn't rest until he was taken out to see who it was. His tail would slow down, wagging less and less as he came to realize that Bill wasn't there. Bill had had a blue truck.

Anne walked him every day; she enjoyed their walks together. Even after a year, though, Peanut was still a little hesitant, still looking for Bill. Then one winter day, when Anne was walking him in the snow, Peanut suddenly stopped, turned around and ran right back to her. He jumped at her chest, landing on her with all four feet. A feat for a small dog. From that moment on, he stopped waiting for Bill. He fully accepted his new home, his new family.

In that year, Peanut hadn't forgotten Bill, and quite possibly never did. He kept an image of Bill in his mind. Peanut loved Anne and Larry, he lived happily with them, but it took a full year before he was willing to transfer his loyalty to them, to accept them in Bill's place. That took intelligence, loyal intelligence.

*Next Deadline:
June 21, 2017
www.eshore.ca*

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FACTS

**Lindero
News & World
Report**

~ News and Views from a Fictional East

Kootenay Town ~

May-June, 2017

Eager to embrace new business ventures, Linderians have borrowed a page from the mobile cider-press industry. Several local entrepreneurs smelled change in the air and investigated in a mobile marijuana curing and drying truck. Although such an activity isn't quite legal yet, the service-minded Linderians propose to get a jump on what is certain to be a soaring industry sooner rather than later by offering to cure and dry garden produce that isn't currently against the law. As Barry and Maryjane Potts, investor/operators of Speedy-Koot Bud Drier, explained, "Our equipment is pretty versatile. We've tried it on dandelions, lupins, gout weed, banana peels, and my mother's geraniums. Works great!" Admittedly, the resulting blend is entirely useless. ("You can compost it," Barry suggested) but the company expects great things once the legal obstacles evaporate in a puff of smoke. In the meantime, they encourage prospective clients to take a peek into the future by booking Speedy-Koot Bud Drier to transform some garden clippings into dried garden clippings, in the comfort of your own driveway.

Although out of the limelight of late, citizens of our fair land are quietly going about their business assisting refugees to settle into new homes in Canada. Lindero is no exception. Despite heartfelt differences of opinion about important issues like daytime lawn watering and dandelion control, Lindero is unified as a caring community. Thus it was no surprise that Linderians were swept up in the refugee-sponsoring fer-

vor of 2016 and signed up to host a family. By spring 2017, Lindero's seeds of largess sent up shoots. Initial contact with the prospective immigrants was in the form of emails giving helpful information for integrating into Lindero society, such as online courses in Conversational Canadian and How to Purchase Eggs, Two-by-Fours and Calendars in Metric. Volunteers Amber Delillo and Tiffany Romanov helped iron out pronunciation difficulties of basic Canadian words like 'tuque', 'lieutenant governors' and 'prorogation'. Meanwhile, a committee of Linderians searched high and low for an appropriate residence for a newcomer family from warmer lands, settling on a one-bedroom cottage with two wood stoves.

A few months into the project, the first cracks appeared. Local Hysterical Society chairman Theo Tuxedo noticed the refugee application contained some typographical errors. "I thought they were Armenians," he observed, "but actually they're American." The family was currently dwelling in nearby Curdle Lane ID, although oddly their knowledge of Lindero - and even Canada - was very limited, partly due to the "strange accents of everyone on Canadian TV dramas" and a misunderstanding of the Celsius system that caused them to think Canada experienced eternal winter.

Still, the American refugee family - the Murgles - were keen to move north and escape the tribulations of uncertain health care and needing to learn Russian in their home country. Finally, the big day arrived. A welcoming committee assembled in the town square with platters of Nanaimo Bars and Butter Tarts. Many hours passed and far too many sweets were consumed before the well-wishers were forced to concede that no one was coming. The next day, the news spread that the Murgles had only made it to Greek Greg's store - 30

km south of Lindero. There they noticed the "Proudly Metric Free" sign. As Judd Murgle later recounted, "Our vehicle just turned in there on its own. Me and Carly and the kids were darn sure we'd never get the hang of a 10 hour day or 10 inches in a foot like you folks, not to mention how fast you drive! Eighty miles an hour on that crazy curvy road is plain ... crazy! Thanks anyway but Greek Greg's is as far as we go!"

In Lindero, the consensus quietly emerged that their refugee sponsorship program was a smashing success.

[Filed by Lindero correspondent H. Porpoise]

Gray Creek Pass Report

by Tom Lymbery

With this year's heavy rains and extra large snow-pack many culverts are blocked with wood and other debris so Forestry Engineer Tina has equipment brought in to work on these and also any slide problems. We can't guess on the possible opening date, but it will surely be in July.

A recent article in the Kimberley daily newspaper reports on the area served by the Kimberley RCMP - "west to the summit of the Gray Creek Pass." So presumably the Creston RCMP cover to the summit on this side. This reminds me of the exciting chase when robbers came over the hill to hold up our Credit Union some years back. Laden with a substantial haul of cash they drove frantically, skidding around corners - only to be met with a police car from Kimberley. Apparently caught red handed the two were in court the following Wednesday and were both sentenced to at least two years in prison.

Now that the pass is officially the Trans Canada Trail there are new markers along the route to help those who feel they may have taken wrong turning.

Tipi Camp Visioning for the future & learning from the past

by Farley Cursons, GHRs Chairman

Kootenay Lake and staggering peaks around are the result of hundreds of millions of years of colliding rocks and erosion. The jagged peaks of the Purcell range to the east are carved from 1.5 billion year old sandstone — BC's oldest sedimentary rock — while to the west, a belt of granite, volcanic rock, and mudstone forms the Selkirks. Into this landscape, several thousand years ago, entered the Ktunaxa (Kootenay) people. These resourceful people left few traces on the place, but petroglyphs can be seen from the water in a few locations and arrowheads and other artifacts indicate favorite camping grounds.

Located on a remote shoreline of Kootenay Lake's pure waters, poised under endless dark night skies framed by these majestically rugged mountain ranges, the Tipi Camp is more than just a refuge from the increasing demands of our modern world — it is a place where Earth's natural rhythms gently reawaken one's sense of connection between self and the natural world. This place looks and feels much like it has for thousands of years. Our low impact approach leaves the land with the least possible disturbance. Tents and tipis provide accommodations that are comfortable and close to nature. Gracious staff and delicious vegetarian meals make one feel right at home. Miles of trails embrace the camp; canoes stand ready.

The camp was established in 1988. It is run by a registered non-profit society called Guiding Hands Recreation Society. The land that the camp is on is owned by Alice Bruce who was born and raised on the East Shore of Kootenay

Lake. Her family was one of the first pioneers to settle in the area. Alice and an old time friend Peter Duryea came up with the idea of creating a low impact place where people could come out and be soothed and educated by the natural beauty that is there. Thus Tipi Camp was born.

Now in its 29th year, Tipi Camp has hosted generations of local youth through it's Wilderness Immersion Self Esteem (WISE) Programs.

The WISE KIDS program offers two five night / six day camps for children 9-12 years old, which begin the Wilderness Immersion series. Games and gentle challenges in a natural environment provide children with opportunities for co-operation and fun. Every day includes planned activities and games such as canoe races, wildcrafting workshops, rock climbing, nature walks, a nightly campfire, and a quiet time where children are encouraged to write in their reflective journals. The program strives to give each child a deeper understanding of themselves and of the natural environment around them, while fostering new friendships and building trust within the group.

The WISE Teen program is a one week intensive of six nights / seven days, where youth aged 13-16 spend two nights / three days on a hiking trip in the Purcell mountains. Participants learn outdoor survival skills in a wilderness setting, working cooperatively to ensure a safe, rewarding experience for everyone involved. Games and activities are developed to promote trust and communication in the group, and learn about the local flora, fauna, and indigenous lore. Back at the tipi camp, adult facilitators will lead the group in reflective activities, canoe trips, hikes, cliff-jumping expeditions, arts and crafts, and camp fire games.

Foundational to both WISE programs are the goals

to develop deepened respect for ourselves, each other, and the natural environment that we live in.

The 2017 WISE Teen Program is now full with a waiting list. The WISE Kids Programs are filling up fast. If you would like to send your kids to camp this summer don't delay in registering.

If you would like to experience the camp with your family or if your child is too young for the WISE Kids camp, check out our Family Nature Gathering 2017. This years Family Nature Gathering will be about developing relaxed and responsible wilderness camping and travel skills. Part of the thrill of nature appreciation and survival are the challenges of food, shelter and the will to thrive! Learn how to build a shelter, start a fire, secure food and most importantly how to cultivate the survival attitude. Come join us as we learn ways for dealing with bears, cougars, wolves, snakes, spiders, ticks, poisonous plants and mushrooms. You can attend the whole six day workshop or stay for three days. Option 1 — July 7-9 2017 Option 2 — July 9-12 2017 or Option 3 — July 7- 12

Please join us on Sunday, June 25 2017 at the Tipi Camp's "Open Tipi" and Social Potluck Lunch. Acquaint yourself with this beautiful place that has inspired so many. Walk the trails, swim in the lake, come for the day! Find out what we are about and meet the staff and volunteers who make it all happen.

There is an optional AGM from 1:30 — 2:30 pm. We are welcoming new board members and support volunteers, if you are interested than this upcoming AGM is the moment to get involved. The Water Taxis will be leaving from the Lakeview Store in Gray Creek starting at 10 am until noon, then returning between 2 & 4 pm. There is limited parking so car pooling is encouraged. You can find detailed information for our programs and AGM on our website www.tipicamp.bc.ca

Guiding Hands Recreation Society is pleased to announce Tipi Camps new Operations Manager, Rich

Newton. Originally from the UK, Rich has spent the last 10+ years working in outdoor recreation and tourism. He also spent time working at a youth centre in Québec and was part of the Scout movement for many years. He has a passion for outdoor adventure, photography and culture and spends much of his free time out exploring in nature. Rich is excited to be joining the Tipi Camp team and is looking forward to being part of the unique and rich experience Tipi Camp has to offer.

We at Tipi Camp are excited for the season ahead. Looking back we would like to thank all the long term volunteers who return year after year to help set up and take down camp (even after their kids had been through the WISE Programs). In addition we sit on the shoulders of many board members and executive staff who came before us. To them we also express our gratitude for maintaining this amazing place. A special thanks to Alice and her daughter Janet Bruce for their years of support. The land that our activities take place represents the heart and soul of Tipi Camp. We look forward to continuing in Peter's vision for Tipi Camp and staying true to the WISE philosophy and guidelines that he developed.

The Guiding Hands Recreation Society would also like to thank the East Shore Branch of the Nelson and District Credit Union, the RDCK's Rec 9 Commission and the Kootenay Lake Lions Club for their generous donations towards our camp bursary program. Thanks for making such a positive difference in so many children's lives.

For more information regarding Tipi Camp programs, volunteer opportunities or employment please contact us at 250 505 3173 or email tipicam.ghrs@gmail.com.



L-R: Nicole Plouffe - Administrator, Rich Newton - Operations Manager, Kalibri Wood - Bookkeeper

Riondel Father's Day Tournament Children/Grandchildren Half Price

by Glen Kinder

No, we're not selling or buying them, but, for the first time in my memory, we are inviting daughters and grand-daughters to our Father's Day Tournament. And yes, for half price. Grandsons and sons are half price, too. Grandpa or dad have to be with them. Minimum age 12 please.

The entry fee is \$50. Which means the children and grandchildren rate is \$25. (Riondel Golf Club members \$40)

For this you will get 18 holes of golf, as well as breakfast, lunch and BBQ dinner. Also, we hope to have a prize for everyone.

After the game and before dinner we will have a horse race competition. (Entry \$2)

In addition, there will be a charity chip to support the Riondel Curling Club. \$5 for 5 balls. Hit the hoop to win 18 hole passes to the Riondel Golf Course.

Needless to say the tournament is on Father's Day — June 18. Shotgun start at 10am. Handicaps are not required.

To enter or ask a question, please call the Riondel golf course @ 250 225 3584 or Glen Kinder @ 250 227 9416.

*Next Deadline:
June 21, 2017*

Golf Kokanee Springs Ladies Day

by Shelley Bumanis

Spring has finally sprung and hopefully it will no longer rain on Kokanee other than evenings after everyone has finished their round for the day. Ladies Days going forward are going to be warm and sunny.

Kokanee is offering an excellent rate on green fees for Tuesday Ladies Day. You pay only \$55 for 18 holes including cart, \$40 if you choose to walk or \$30, cart included, if you can only join us for 9 holes. These rates apply only to those participating with the Ladies Golf Club along with 15% off in the Pro Shop on merchandise.

Our tee times start at 10:30 so please be up at the pro shop for 10am where we set up foursomes, find out what the game is and determine the KP hole. We also play skins (one tie all tie) and for those that choose to gamble make sure you bring some quarters. Interested? There is a signup sheet in the pro shop. Drop by and add your name, call the pro-shop at 250-227-2005 or email sbumanis@hotmail.com by noon on Mondays to be added to the list. If you have an index/factor please include that as well. Last minute and you're able to golf? Show up for 10am and we'll fit you in.

Kokanee is hosting the Women's & Men's Mid-Amateur/Mid-Master Championships the first week of July this year. Interested in competing? Ladies Day (Tuesdays) and Men's Day (Wednesdays) are perfect days to practice and get used to the course. Volunteers will be needed to assist with the event. Not a player? This would be a great opportunity to come watch some great golf. Mark your calendars.

All calibres and ages of golfers are welcome to join our Ladies Day. Come make new friends or visit with the old but either way have some fun and a few laughs. The more the merrier.

Tom Sez

by Tom Lymbery

The pink ornamental cherry near the store opened its blooms on April 30, 2017 - full 10 days later than last year.

Since the Green Party was the only one to buy an ad in *Mainstreet* didn't all readers vote Green?

2017 is the 80th year since the Lions Gate Bridge in Vancouver was built – entirely without government funding. The Guinness Beer family designed and constructed this to access their real estate in West Vancouver – this elegant and amazing structure carries daily more vehicles than it did in a year when first opened in 1937. Until October 1963 this was a toll bridge.

For Canada's 150th Anniversary our July 1st fireworks will be the biggest ever. 10.15pm on the airstrip supervised by the Turners and the Riondel Fire Department.

Deer horns will injure your young trees. What is easier than trying to protect these with wire fencing is to use string to tie on a piece of orange snow fencing. When I used wire I found the bucks had flicked it into the bush.

Gray Creek Museum Days at our Hall are July 28 – July 31, noon to 6pm each day. You'll be amazed at the displays if you haven't been before.

Let's hope the wheelchair access is improved at the Crawford Bay Hall before the next election. Voting at the school corner room is just too cramped.

If you have suffered with ants invading your hummingbird feeder we now have a model with a dished top – some vegetable oil in this will prevent the ants entering. Water would evaporate too quickly.

Sean Androshak, the vandal who smashed in the door (with a large rock) at Gray Creek Hall November 5 2015 and ripped the door off the cook stove, broke windows and tore down the fireplace venting has been charged and has plead guilty. Since he left blood behind his DNA was irrefutable. This means there will be no court case so we await sentencing. Why did he do such senseless vandalism? Sentencing may happen on May 31.

We are guessing what the lake peak will be this year. Highest ever lake level was 1961. If that ever came again it would put four feet of water in our store basement. The Libby Montana dam (built in 1975) now prevents our lake reaching that height again. Will Libby back the water right above Fort Steele this year?

Gray Creek Hall has a brass plaque on the wall that was presented to Gray Creek School for Canada's 60th Diamond Jubilee in 1927. This was there for my eight years of school 1933 to 1942. When I googled this plaque I find they are collectors items so should this be included in the Hall Website? I am sure there is not another one still on the wall where it was hung in 1927.

Remembrance Garden

by Wendy Scott

Summer's coming, even though, as I write, a storm is predicted for tomorrow. That will pass and the summer garden will be cool and inviting. Bring your visiting relatives and friends. Tell them about the history of this peaceful spot. Read some of the sixty marble plaques. Bring a thermos and sit for a while.

Muriel Crowe – 250-225-2570

Wendy Scott – 250-225-3381



Holistic Health Tips

by Kim Young

10 Tips for Losing Weight & Feeling Great

Often the hardest part of working to lose weight and keep it off is binge eating, emotional eating, and food cravings. The key is to change our mindset about the food we eat. We need to think of our daily meals as a means to nourish and fuel our body, not a tool to “stuff down” our emotions. With this in mind, here are my 10 tips to help build a healthy relationship with your food so that you can start feeling great and losing weight.

Handle tension: Stress eating is one of the main reasons we reach for nutritionally deficient (JUNK) foods. Instead of grabbing a handful of chips, go outside for a quick walk, do some deep breathing exercises, meditate, or write your thoughts and feelings in a journal. Any of these activities will help you get through those difficult times.

Eat three meals a day plus good-for-you snacks: Start the day with a protein-rich breakfast to jump start your metabolism. Having two more good quality meals and at least one healthy snack in between will keep your blood sugar stable and curb mid-afternoon hunger pangs.

Reduce temptation: Remove all of the sugar loaded, junk-filled snacks from your house and work desk. Having some healthier snacks already prepared in your refrigerator, like cut up carrots and hummus or apple and almond butter, will make it easy to choose a satisfying and tasty snack.

Quit dieting: The deprivation of dieting almost always kicks off food cravings and the urge to overeat. Rather than going on a deprivation diet, eat more nutrient dense foods that will fill you up and leave you satisfied.

Physical activity: Let's get moving. Not only will exercise help your body slim down in a healthy way, but it also does wonders for your mind. Exercise lifts depression and lowers your stress level leading to better overall health. An easy 10 minute walk each day or doing some morning and evening stretches, will boost both your physical and mental wellbeing.

Battle boredom: One of the most common reasons for weight gain is eating out of boredom. Rather than snacking when you're bored, find a fun distraction – call a friend, take a walk; read a book, or take up a hobby. Doing something you enjoy (besides eating) is a sure fire way to quiet your inner hunger gremlin.

Get adequate sleep: If you're tired, you might think that a quick sugar-fix will supercharge your energy. Instead, take a nap or go to sleep earlier that night. Sleep will allow your body time to rest and digest the food that you ate that day.

Listen to your body: Learn to differentiate between physical and emotional hunger. When a craving hits, take a deep breath, drink a glass of water and wait 20 minutes to see if it passes. If you still feel hungry then go ahead and have a healthy snack.

Maintain a food diary: To get great insights into your eating patterns and to truly understand your body, it's important to keep a food diary. Write down what you eat, when, how much, and how you were feeling before, during and after you ate. You might come across patterns that reveal the connection between your moods and eating.

Get support: You're more likely to buckle under to binge eating triggers if you lack a firm support network. Talking through your challenges will help you overcome them. Lean on loved ones and friends, and/or join a support group – AND come on over to the @HHTwithKim Facebook page for more inspiration and motivation to help you lose weight and feel great!

Kim is a Holistic Health and Lifestyle Coach and Reiki Master who lives in Kootenay Bay with her husband Jim and their dog Buster. Her website is: www.holistic-health-tips.com

Notice of Passing

LARRY IRELAND

by Anne Ireland

Larry passed away quietly in his home April 5, 2017. Larry was born in Vancouver on February 11, 1941. In 1959 he joined the Canadian Forces, specifically 2nd Battalion Queen's Own Rifles. Later on, he became part of the Pay Corps and continued counting money for 35 and a half years. He was very proud to serve his country and took part in four UN tours of six months each: two in Cyprus and two in Egypt. He was also posted to Germany twice, once in the early '60s to Soest for three years and also in the '80s to Baden Solingen for four years. He also served in six Canadian provinces. His last posting before retirement was to Newfoundland.

He retired to Riondel in 1992 and enjoyed his garden, various dog friends, volunteering for this and that and watching TV. He also drove BC Ambulance for 14 years and he was happy to be in uniform again.

Larry was diagnosed with renal failure a few years ago and was preparing to start dialysis in Creston in April, however; the disease progressed quicker than expected.

Larry asked me to extend his thanks to the Riondel Ambulance team and First Responders for their help and compassion on many occasions. By request there will be no memorial for Larry but he asked that people so inclined, donate to the Kidney Foundation.

I think November 11 will not be the same without Larry in attendance in uniform.

Better at Home on the East Shore

by Rebecca Fuzzen, Coordinator.

The month of May is my second month as coordinator of the Better at Home Program. May brought forth not only flowers, but also funds. At the Tea for Transportation on Wednesday May 10, Tom Wishart, chairperson of the East Shore Kootenay Lake Community Health Society presented a cheque of \$2,600 to go towards the program. Thank-you to Tom and the Health Society as well as CBT funds through the Community Initiatives Program.

After a Health Advisory meeting on Wednesday, May 24, it was decided that the program will now offer friendly visits as well as transportation to people in the area. With this in mind we continue to recruit volunteers and seek out individuals who need rides and or would like to have a friendly visit from one of our qualified volunteers.

If you are interested in volunteering or if you want these services, please give me a call at 1-778-962-1090 or email betterathomeeastshore@gmail.com. Don't forget, the Better at Home service is absolutely FREE. I look forward to hearing from you.

Creativity, Community, Conscience
mainstreet@eshore.ca

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

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

SERVICES DIRECTORY

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. 250.354.8498

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

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

PERSONAL CARE/HEALTH

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

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

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

EAST SHORE HOSPICE - Palliative care for anyone facing life threatening illness. Confidential support for individuals and their loved ones.Hospice can also provide grief and bereavement support. 250 227 9006 ext 29 - eastshore-hospice@gmail.com. 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 - MASSAGES & 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: Certificates/training in Ayurvedic massages, Reflexology, Polarity Therapy, Acutonics Practitioner Level 4, Fibonacci tuning 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: FireSmart Canada Consultant - Assessment and Mitigation of Wildfire Hazards - Brushing, Thinning, Limbing, Clearing - Burning Permits - Multi-Use Trail and Access Road Clearing/Maintenance. Farley Cursons - 250.505.6489/interface.strategies@gmail.com

TREE SERVICE, RESIDENTIAL - Fully insured Limbing, Pruning, Topping, Falling. Danger Tree Assessments, Free Estimates. 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

Kootenay Gourmet in Balfour

- Coffee at 1.50. Espresso-Americano:\$2.50ea. Cappuccino - Latte - Mocha: \$3.50ea. Spring offer: Buy a pre-paid gift card for \$100 and get \$120 worth of food. Egg & Sausage, lettuce & tomato on a Bun, Pulled Pork on a Bun, Mexi-Egg Wrap. Ready Meals: Meat Lovers Lasagna,Roasted Veggie & Creamy Mushroom Sauce Lasagna,Beef and Beans, Burritos,Spaghetti Meat Balls, Ginger Chicken Stir-Fry, Butter Chicken. Home Made Soups, \$10ea. Borscht, \$13ea, Turkey Pot Pie, Beef Pot Pie, Shepherd's Pot Pie, Butter Chicken Pot Pie, Mexi Lentils Pot Pie, \$5.50ea. Pizza (6 toppings) of your choice, Home Made Crust & Sauce,Take & Bake, or Baked \$25ea.

Artisan Shoppe -The Circle of Friends is now open for the season. Weekends during May & June. Seven Days a week during July & August. Hours: 10 am to 4:00 pm. Showcasing local artisans. (235 Fowler St., Riondel)

BUSINESSSERVICES

Fax service, photocopies, (with no PST/GST) Tom Lymbery - Notary Public, 250- 227-9315, fax 227-9449, 250.227.9448 for Notary Public.

EMPLOYMENT:

SALES CLERK wanted for The Circle of Friends Artisan Shoppe during July and August, 2017. Three days a week - 6.5 hours - each day @ \$11 per hour. Apply in person to Brenda Panio (250-225-3576), by email to: circle@bluebell.ca, or by mail to Box 105, Riondel, BC V0B 2B0. Deadline is noon, June 13, 2017


NOTICES

CANADA DAY TALENT SHOW: Would you please join in with the first, free Riondel Talent Show Case? Held at the Riondel Community Campground, Park for 'CANADA 150' on July 1st, 2017 @3:00 pm. Express your talent i.e. culture, music, hobby, art, crafts, acting, food & or fashion display, story telling, sport, dance, singing etc.? For this fun opportunity, please contact Shirley E., Program Coordinator @ rcc-society@bluebell.ca Riondel Community Campground Society, for your entry.

A good Driving Record*

&

Your Auto Insurance



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

Our Hours:
Tuesday - Friday 9 am - 5 pm
Closed from 1 - 2 pm
Saturday 8:30 - 12:30

Kootenay Insurance Services Ltd.

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

YOUR HALL IS AVAILABLE!

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

Booking: Kathy Donnison - 250.227.9205

CRAWFORD BAY HALL

Your community hall

A non-smoking facility

NOT YOUR AVERAGE VOLUNTEER GIG

Serving the East Shore.



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

Call 250.551.1352

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 13 and July 11



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 2017

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

June 6 Tue: Dr. Piver
June 7 Wed: Dr. Moulson
June 8 Thur: Dr. S Lee
June 13 Tue: Dr. Piver
June 14 Wed: Dr. Gueordjev
June 15 Thur: Dr S Lee
June 20 Tue: Dr. Piver
June 21 Wed: Dr. Gueordjev
June 22 Thur: Dr S Lee
June 27 Tue: Dr. Piver
June 28 Wed: Dr Moulson
June 29 Thur: Dr S Lee

**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**

HEALTH PHONE NUMBERS

ES Health Centre: 227-9006

Drug & Alcohol: 353-7691

Child & Youth: 353-7691

Community Nursing: 352-1433

Public Health Dental Screening/Counseling: 428-3876

Hospice: 227-9006

Baby Clinics: 428-3873

Mammography Screening: 354-6721

Physiotherapy: 227-9155

Massage Therapy: 227-6877

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

BOSWELL HALL HAPPENINGS

Yoga - Thursdays, 9:30 - 11:00am. Contact is Marilyn Arms
250-223-8058

Fitness - Mondays and Fridays 9 - 10am, Contact is Dar-
lene Knudson 250-223-8005

Book Club - Thursday, June 8, 2pm, Contact is Melody
Farmer 250-223-8443

Quilters Guild - Tuesday, June 20, 1pm - Contact Linda
Brown 250-223-8607

Fathers Day Breakfast: Sunday, June 18, 8:30-11am
\$10 at the door. Melody Farmer, 250.223.8443

**Next Deadline:
June 21, 2017
www.eshore.ca
mainstreet@
eshore.ca**

Is your non-profit organization looking for a fundraising opportunity?

Riondel Days is on again for the August long weekend.
There are orphan events that are looking for a sponsor
group, or you can join the stand still parade or bring
your own event ideas to the weekend celebrations. Low
cost venues are available for the weekend; contact us
before June 15 and we will promote your event with the
Riondel Days advertising. Contact Fran 250.225.3268
or Wendy 250.225.3516

EASTSHORE READING CENTRE AGM

Saturday, June 17 @ 3pm at the Library (the Castle).

PAC THANKS YOU

The Crawford Bay School PAC would like to thank ev-
eryone who came out and supported our fundraising
efforts at the Mother's Day Market. An extra special
thanks to all of those who contributed to the bake and
craft sale: Claudette Brise; Amanda Hulland; Susan
Hulland; Nicole Plouffe; Janaki Pogreba; Lisa Skoreyko,
Palma & Tyler Wedman. \$300 was raised for the an-
nual Grad Award.

EAST SHORE KOOTENAY LAKE COMMUNITY HEALTH SOCIETY AGM

June 22nd, 2017, 7pm at The Learning Place at Crawford
Bay School. Members of the Society and the public are invit-
ed 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 dedicated to the health and
well-being of East Shore residents. The election of Board
members for the 2017-18 year will also take place. Come
on out and support your Board! There are vacancies on the
Board so, if you are interested, join us.

Happy Summer!
mainstreet@eshore.ca
www.eshore.ca

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Mountain Standard Time -
Winter Schedule in effect until June 14, 2017

Vessel Name	Balfour	Terminal	Kootenay Bay	Terminal
	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 June 14, 2017
when MV Balfour begins.

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH

June 2017 SCHEDULE

June 4: NO SERVICE

June 11: Rev. Derrick Smith, 1pm

Music: Deverah Shears

June 18: Ramona Danhauer, 1pm

Music: Richard and Ramona

June 25: Brenda Panio, 11am

Music: TBA

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 MEMORIAL 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 7:30pm. Everyone welcome,
250.227.9224

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Fr. Sylvester Ibekwe Phone: 428-2300 Fax: 428-4811

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

Fellowship Sunday.

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!

**Next Deadline:
June 21, 2017
mainstreet@eshore.ca
www.eshore.ca**

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 5:15 pm at the Crawford Bay School
Email cbess.pac@gmail.com for info or to add to the agenda.

Next PAC Meeting:

CBESS Library, 5:15pm, June 7

June 2017 Mainstreet 19

JUNE 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Bottle Depot, 10-3 Tara Shanti Yoga, 9:30-11am Yoga Bos Hall, 9:30-11 Dr. Lee	2	3
4 Bottle Depot, 10-3	5	6 Tara Shanti Yoga, 9:30-11am Dr. Piver	7 PAC Meeting, 5:30pm 16+ Volleyball, CBESS 7pm Dr. Moulson	8 Bottle Depot, 10-3 Yoga Bos Hall, 9:30-11 Tara Shanti Yoga, 9:30-11am Dr. Lee	9 Full Moon	10
11 Bottle Depot, 10-3	12	13 Creston Vet Clinic Lions Mtng, 7 pm Tara Shanti Yoga, 9:30-11am Dr. Piver	14 16+ Volleyball, CBESS 7pm Dr. Gueordjev	15 ESYC AGM, CBESS, 3-6 Bottle Depot, 10-3 Yoga Bos Hall, 9:30-11 Tara Shanti Yoga, 9:30-11am Dr. Lee	16	17 ES Rding Centre AGM, 3pm 60's Night: Hub
18 Father's Day Rio Golf Tourney Bottle Depot, 10-3	19	20 Tara Shanti Yoga, 9:30-11am Dr. Piver	21 MAINSTREET DEADLINE 16+ Volleyball, CBESS 7pm Dr. Gueordjev	22 ES Health AGM, CBESS 7pm Bottle Depot, 10-3 Yoga Bos Hall, 9:30-11 Tara Shanti Yoga, 9:30-11am Dr. Lee	23	24 Strawberry Social, Ashram Fam Constellation Wrkshop, GC Hall, 9:30-5
25 Open Tipis and AGM Bottle Depot, 10-3	26	27 Lions Mtng, 7 pm Tara Shanti Yoga, 9:30-11am Dr. Piver	28 16+ Volleyball, CBESS 7pm Dr. Moulson	29 Bottle Depot, 10-3 Yoga Bos Hall, 9:30-11 Tara Shanti Yoga, 9:30-11am Dr. Lee	30	



Kokanee Springs Golf Resort

Watch for our Father's Day Dinner Special!
Reservations highly recommended.

Fridays: Patio Party

- Southern BBQ menu: In-House Smoked Brisket.
- Entertainment by Jurassic Mike - \$25+tax

Saturdays: BBQ

- 8oz Striploin w/ fixings - \$25+tax



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

Get Rewarded Here!



*Spectacular Golf, Epic Adventures,
Unforgettable Experiences*



July 21, 22 & 23 2017

Deep Forest

The Boom Booms+ Antidoping
Five Alarm Funk

The Eisenhauers + Ellen McIlwaine + Ellika Solo Rafael
Govinda + OKA + Ari Neufeld

Alpine Conspiracy + Cam Penner + Kytami

High Waters + The Arcane Garden + Slocan Ramblers

Advance tickets now on sale

Workshops,

Children's Entertainment,
Food and Craft Vendors

Crawford Bay, BC
starbellyjam.org



Transfer Station Hours

CR. BAY: Sun, Tues & Thurs, 9am-3pm

BOSWELL: Weds/Sat 11-3

East Shore Reading Centre:

Tues & Sat: 12-3 Thurs: 7-9 pm

Riondel Library:

Mon: 2-4 pm, Weds: 6-8 pm
Tues, Thurs, Sat: 10am-12:30pm