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YEAR 28, NUMBER 6

JUNE 2018

# The East Shore Mainstreet

## KOOTENAY LAKE BC

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



Ben Anderson welcomes summer at the Starbelly cliffs. Photo by Daniel Seguin.

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### IN THIS ISSUE:

\* Jackman's Response to Back Country Applications: 3-5 \* Lotsa Letters: 2-4 \* June Horoscope - 5 \* ESIS Town Hall/AGM: 6  
\* CB Reg Park Becomes Reality: 7 \* Local Organice Veg Delivery: 8 \* SD8 Changes: 10 \* TeleHealth on East Shore: 20

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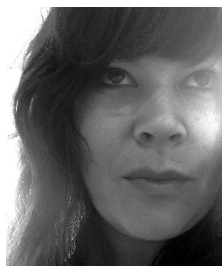
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*Mainstreet*  
*Meanderings*  
by Editor Ingrid Baetzel  
**Safety First...  
Speak Up!**

As many readers are aware, the decision as to whether to move the ferry landing to Queen's Bay from Balfour was made earlier this year. The decision by the Ministry of Transportation and Infrastructure was to leave it in Balfour, a response that many East Shore residents claim was made due predominantly to local government on the West Shore supporting a vocal organization of businesses and individuals on that side of the lake.

Whether an opportunity was missed or East Shore residents were ignored is barely negligible, but it is clear that many residents and businesses on the East Shore have felt distinctly alienated from the conversation and are now taking the time to come together and insisting on having their voices heard.

There is a hugely active Facebook page called "East Shore Supports – Choose Queen's Bay" and it currently has over 600 members, representing a ground swell of opposition to the decision made earlier this year.

Their description reads: *This is an information forum that supports moving Kootenay Lake ferry terminal in Balfour to Queens Bay. In addition, it is a place to share details, reports and the efforts of this proposal to make this essential move a reality.*

There are various views on this subject, but it does seem apparent that East Shore residents were not given as ample opportunity to give feedback, one way or the other, as the other side.

There were no public information sessions or meetings held on this side of the lake during the ini-

tial consultation period in 2016 and there was only one held over here AFTER the decision was made and it was primarily to display shiny poster boards of pending improvements to the Balfour ferry landing, completely neglecting Kootenay Bay and its inherent issues regarding safety and streamlining. In fact, there has been a banner riding high on the Osprey 2000 for many months now reading "Balfour Ferry Improvement Project," a sight infuriating to many to East Shore residents who have always considered the ferry to be the "Kootenay Lake Ferry" due to that being the official name and location of the sailings.

On May 18, a mudslide on the Kootenay Pass created a massive road closure and all traffic was re-routed to the Hwy 3A Kootenay Lake Ferry, causing record-breaking line-ups and an on-going dangerous situation for travellers and visitors alike.

The line-up got as far as downtown Crawford Bay, over six kilometres long, and the ferry ran steadily, off-schedule, through the day and night, bringing on the MV Balfour to help once crews became available.

Whether residents believe that moving the ferry landing is an advisable move or not, safety at our Kootenay Bay ferry landing MUST be considered as important as that on the Balfour side.

For those interested in getting involved, there are myriad ways to do so. The "Support Queen's Bay" group has created a petition which can be found online via Facebook or a quick google search, typing in "change.org Kootenay Lake Ferry Ministry of Transportation" and is also in paper form at many locations along the East Shore.

As always, if you feel that your voice has not been heard, there are options. Write your MLA, write the Ministry, write to your local papers.

One way, or the other, there is no doubt that the voices of East Shore residents have power, sometimes we just have to speak a little louder.



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**LETTERS TO THE EDITOR**

**RE: NORTH WEST MOUNTAIN EXPERIENCE PROPOSAL (NWME)**

*Dear Editor:*

I attended the presentation hosted by Wildsight at the Gray Creek Hall on May 5.

A couple of days later I was forwarded an article from the *Cranbrook Daily Townsman* which stated that the Regional District of East Kootenay (RDEK) had voted against supporting the proposal. Evidently there was a lot of opposition to helicopter access up the St. Mary's River valley and disturbance to the wildlife. Daniel Morton, the tenure proposal applicant, stated in the article: "We have a lot of support from Crawford Bay; they look forward to the economic benefits that it is going to provide and I have had several meetings with the folks there and they're well aware of the flight pattern there". Interesting, I did not get the same impression after talking to several Crawford Bay residents who will be on the flight path up Crawford Creek. Several have written letters opposing the proposal.

I have hiked in the Crawford Creek watershed over the past 35 years and have photographed and/or encountered bobcat, cougar, wolves, marten, bears, coyotes, deer, elk and even nesting bluebirds. This is a major wildlife corridor.

Almost 20 years ago I wrote two articles which appeared in the August and December editions of *Mainstreet* entitled: "New Ski Lodge For East Shore" (known as the Powder Creek Lodge) and Commercial Back-Country Recreation: A Critical Review". The main issue I had was the lack of government monitoring after these licenses are approved. For example, the Powder Creek Lodge was built outside the approved License of Occupation. There were many other issues that I will not elaborate on at this time.

So, who are these people? The original tenure holders of the Powder Creek Lodge were Heather Smith and Gus Diks from the Slocan Valley and reportedly worked for Ministry of Forests. They sold the lodge to a couple from Rossland. Daniel Morton has worked for both of owners at the Powder Creek lodge and resides in Slocan. Are there other outside investors? If approved, can Daniel Morton sell the tenure within the next 30 years? Where are the Retallack tenure applicants from? Don't ask.

How many East Shore residents have ever benefited from the Powder Creek Lodge over the past 20 years which is located about 20 kilometers northeast of Riondel? The answer is nobody.

Mr. Morton stated that the Powder Creek Lodge flew all of their building materials to the site in one day. If you look at page 2 of the September, 1998 *Mainstreet*, you will see a photo I took of that U.S. built helicopter, that is used primarily in the logging industry to transport massive loads. Very impressive but the wildlife will be running for cover.

In 1967, a rock group called the Tremeloes put out a hit song called "Silence is Golden". The wake up call will be when a similar helicopter takes off from Crawford Bay. I'm sure some residents will think Search and Rescue has arrived and set up shop in their backyard, for 30 years!

*Terry Turner, Riondel*

**AGM ANNOUNCEMENT FOR EAST SHORE YOUTH SOCIETY**

*Hi parents, folks, community;*

On June 21, 2018 at 5 pm we will hold our East Shore Youth Society AGM. Prior to that, youth will have their gala end of the year celebration day at the school as one of the regular Thursday drop ins, starting at 3pm. Everybody is invited to share in this event if

you'd like to see what the youth have been doing and how they are ringing out the school year.

At the AGM at 5pm, we will report our activities throughout the past year, improvements and successes. We are looking back on a great year with good work and happy kids. We will also have to vote a new board in and perhaps discuss future inspirations. Whoever is willing to take part in this corner of community life is welcome to just drop in, become a member, join the board, learn more about being a volunteer, chaperone or driver, or just hang out!

Come by, stick your nose in for the AGM and listen to what youth, the coordinators and the board have to report.

*Mautz Kroker, ESYS Secretary*

**MAKE DECISION ON SOUND INFORMATION**

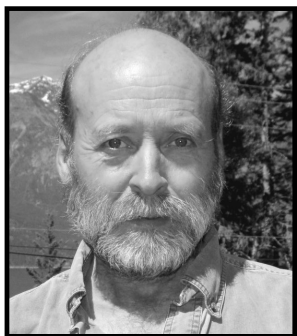
*The Honorable Claire Trevena,  
Ministry of Transportation and Infrastructure  
REF: 275651, Kootenay Lake Ferry Service*

*Ms. Trevena,*

You state that the Ministry "launched an extensive public consultation" regarding the Kootenay Lake Ferry Service. We, the East Shore residents who are primary users of the Kootenay Lake Ferry Service as a year round essential service, were NOT consulted in 2016. We were only consulted after the "proposed plan" was in place on February 28, 2018.

At this 2018 consultation, your representatives heard very different input than the information to which you make reference. A significant number of well researched, sincere and very informative correspondence giving feedback has been sent to your office since that meeting. This seems to have been ignored.

At the meetings held on the East Shore February 28, 2018, your representative, Kirk Handrahan, stated



## RDCK Area "A" Update

by Garry Jackman,  
Director - Area "A"

IN YOUR OWN  
WORDS (Part 3.0 – our  
voices beyond Area A)

Ingrid will try to provide space to publish my full referral response to the back country tenure applications (see following item) so I promised to make this a "mini" submission. Over the past months I have attended meetings across Wynndel/East Shore Kootenay Lake to hear your thoughts and concerns around a wide range of issues, largely internal to our communities. We have also seen a number of issues which originate from well beyond our 'borders' but which have very significant impacts on us. These include but are not limited to:

- ferry capacity as it relates to the southern transportation corridor plus local needs
- lake levels:
  - What is different this year compared to other high water years such as 2012 where special concessions were made in Canada and the USA to mitigate peak flood levels on Kootenay Lake? What is the plan going forward?
  - Impacts on ferry operation due to lake levels at 534.5M (1753.6 ft.) or above
  - Economic impact due to lake levels
  - Concerns to be voiced as Columbia River Treaty re-negotiations shape up
- long term provincial tenures (back country) - clarify approval process, monitoring of cumulative impacts and whether compliance and enforcement

resources are in place

- private land activity ( including logging) potentially affecting runoff patterns and ground stability - who to alert when you have concerns

- local services (postal, community support, health, transit...) to build our communities

These are issues with economic and social impacts which need a larger voice to be heard beyond Area A. I do not expect we will ever reach consensus on many issues, but we could use more real data on impacts (short and long term) to inform our conversation. This may require a new level of community engagement including information gathering, facilitation of friendly, respectful conversations within our communities and beyond plus a range of advocacy and/or lobbying actions to be put in motion. A new community society has formed to begin some of this work.

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.

## Referral response from Garry Jackman, RDCK Director Area A Northwest Mountain Experience & Retallack Application

*Introduction and rationale for joint (common) response to two applications:*

Over the past several weeks I have received considerable feedback from area residents on both of the above noted back country adventure tenure applications currently before Front Counter BC. I also have my thoughts on community benefits and risks based on my much longer term involvement with community,

government and organizations such as the Kootenay Lake Partnership which I obviously cannot fully separate from my response on behalf of what I have heard most recently from residents. The following is a combination of both.

The applications have some distinct differences but in the long term the net impact will be similar for some local residents and some local wildlife populations, the primary difference being how widely these impacts are spread. Surely the Province of BC must be considering these applications together, as their impacts and potential benefits overlap, so I am providing this common response to both applications.

### Wildlife and environmental impacts:

These applications both propose to use helicopters, to varied degrees, to afford access for the majority of their clients to the back country. Both propose to increase the level of human activity, whether on foot, ski or ground based mechanical devices such as mountain bikes, in back country regions where we know there is currently considerable human activity (logging, hunting and recreation). Yet we as area residents do not understand the current level of ground based activity or related impacts and I personally do not have the confidence that the provincial ministries fully understand these current impacts either. How can the incremental impact of new disturbances or activity be understood without understanding the impacts of current activity?

The obvious new disturbance will be helicopter activity, so the ministry needs to ensure they have compliance and monitoring procedures, with adequate resources, to understand and mitigate the impacts of this new form of wildlife disturbance. Both applicants have indicated, either explicitly through their initial applications or subsequently through comments at local public meetings, that they can assist through

*Cont'd on pages 3-4*

## LETTERS TO THE EDITOR

that the 2016 consultation was flawed and that they had been remiss in that there was no meeting held on the East Shore at that time. Your representatives also stated that the Ministry's original choice of West Shore landing location was the Queens Bay location, based on the engineering studies undertaken. However, the decision was swayed by lobbying undertaken by a small group who are NOT ferry users in order to influence the decision for their own interest. Misinformation was also generated for the purpose of influence.

Your department paid "lip service" to the principal of consultation. No real acknowledgement or considered attention has been paid to the input from the East Shore this year. This input was put forth with the intention of giving insight in effectively addressing the need for a safe, cost effective, environmentally sensitive Kootenay Lake Ferry Service which will serve the area well for many years to come.

Our representative, Michelle Mungall, MLA, chose to support the lobbyists rather than providing leadership in seeking real information, ensuring all her constituents had input. and providing some wisdom to ensure that good decisions are made to meet the needs for the "long term benefit" and to "advance the public good".

The Kootenay Lake Ferry Service is an essential service providing for medical services, emergency services, employment, business, trades, education, goods transportation, recreation, cultural opportunities and events and much more. It is fundamental to the regions economy and wellbeing. Therefore the decision needs to be made on sound information, not the results of a popularity contest.

Thank you for your attention to these concerns,

**Shirley Wyngaard (East Shore Resident)**

Box 54

Riondel, B.C., V0B 2B0

### THE ERRANT BOAT

*Dear Editor:*

Here is a sample of the generosity and kindness of the folks who live here (on the East Shore).

On May 11 our boat came away from its mooring in front of our house here in Gray Creek. We never noticed this as we had gone to Nelson earlier in the day to visit family. Anyhow, the boat apparently drifted downwind and onto the rocks just south of the Gray Creek Hall. Later that afternoon, one of our neighbours was returning from Crawford Bay and noticed the boat against the rocks and sprang into action. He rounded up some ropes and the help of a few more folk. I'm told that he spent quite a few minutes waist deep in sub-fifty degree water wrestling the boat free of the rocks.

An aluminium boat and outboard hastened onto the scene, ropes were passed and tied, then our errant boat was towed back to its mooring and securely tied up again...job done! We returned from Nelson on the last ferry and knew nothing of what had happened till the next day: quite a surprise! What was also a surprise was the way our neighbours unhesitatingly jumped to our aid without asking and "just because it needed to be done."

When I think of this in retrospect I realize I should not have been so surprised, for such is the kindness and caring generosity of the folk here.

So, who are those kind neighbours you ask? None other than Ron (Midnight) Rossi, his son Rob, and Mick Farran.

So, when next you see these stout citizens of the East Shore, give them a smile and a wave, a slap on the back, or a beep of your car horn to let them know that you appreciate them too!

All we can add to this is that we are so thankful and so humbled by this caring act of kindness. You make us glad that Gray Creek is our home!

**David and Diane Symington, Gray Creek.**

### KOOTENAY LAKE FERRY NEEDS TO CHANGE LOCATIONS!

*Letter to the Editor: Creston Advance, Mainstreet*

I am writing to inform Creston and district residents about a serious issue facing East shore residents and the whole region with regards to the Kootenay Lake Ferry. Last weekend, when a mud slide closed the Creston-Salmo, all of the traffic-trucks and visitors-were redirected to Hwy 3A, resulting in a line-up of cars and trucks from Kootenay Bay over the summit into Crawford Bay. The same was true on the Balfour side with cars and trucks blocking the highway for miles. Both highways are single lane, and this is extremely dangerous for travelers as well as ferry staff. Not only is this a huge frustration for locals and visitors alike with many hours of waiting, there are no services available in the line-ups. We are very grateful to ferry staff who worked overnight to ease the situation, and local people who were handing out water to visitors lined up on the highway.

In the first round of negotiations with the Ministry of Transport a couple of years ago, the businesses in Balfour and Queen's Bay residents said "no" to a change in location of the ferry terminal from Balfour to Queen's Bay. However, an expensive engineering study had looked at possible locations and decided Queen's Bay (home of a past sternwheeler site) would be ideal, MOTI is now making plans to simply upgrade the Balfour site. All of the current issues remain. This is not only dangerous but it will reduce the tourism traffic, on which the whole region depends, if the situation stays the same.

What would change with a ferry move? There would be no need for dredging the lake- this is only necessary if the ferry continues to go into the West Arm. If the ferry were to take a shorter route across the lake, stay out of the west arm, no need for dredging and very importantly- a half hour schedule. The ferries could leave on the hour, and could carry a lot more

*“Referral Response” Cont’d from page 2*

observations from the air and on the ground with the location and monitoring of wildlife and therefore assist the land ministry with their stewardship duties. Only the ministry can accurately quantify this value and the potential offset to adverse impacts on the increased back country activity in the air and on the ground. What framework does the ministry have in place to evaluate this?

The ministry must also be able to quantify the relative impacts of one proposal to contain the intense use (potentially up to 3600 guest days per year) to a more limited landscape versus the other proposal which will have higher levels of activities (up to a maximum of 7,200 guest days per year) but spread across as much as 7 times the land base. I have heard many assumptions from residents as to which is better or worse, but for the most part these are not scientifically supported comments but rather more intuitive. The ministry could serve the public interest by providing their documentation or position on the relative merit of concentrated versus dispersed disturbances, information which might already be under preparation in order to make your decision(s).

**Resident and economic impact:**

Both applications have the potential to disturb residents and both have the potential to boost the local economy. One proposal with relatively fixed helicopter access routes along Crawford Creek may have adverse impacts on a limited group of residents at a specific interval while the other application may have rotating impacts on a larger group of residents, perhaps at a higher frequency or perhaps at a lower frequency. The situation might be likened to a lottery, as it is not possible to predict the extent of impact or benefits to individuals. That said, the concerns of the few or the many should not be put aside when it is their very home which is impacted. Mechanisms for measuring and mitigating noise and nuisance impact on residents are merited.

An economic boost in the long term assumes the monetary injection from new spending (by clients relying on helicopter access) is not eventually outweighed by adverse effects, as can occur if the helicopter activity degrades the peaceful reputation of the area and discourages the existing visitor base who access our trails and lake without the use of helicopters. In the same manner, any intensity of helicopter activity which discourages new resident attraction to the East Shore of Kootenay Lake will have a negative impact on our local economy. We rely in part on jobs created through new home construction and additions to or renovation of older, existing seasonal cabins as they are transformed into year round retirement residences. Loss of this peaceful, attractive allure will harm our economy. Willingness of the ministry to assist in the monitoring of noise or other nuisance impacts will be expected by residents, including having measures in place to require reasonable changes to flight paths when unexpected adverse impacts are noted.

A few years ago tenure was granted to the Powder Creek Lodge for an operating area extending from the northerly portion of electoral Area A into Area D of the RDCK. I note with interest that I cannot recall any negative feedback from long time hikers or casual visitors to the area, in particular with respect to how helicopter operations overhead may have impacted their ‘ground based’ experience. I have also not seen any feedback from provincial ministries on impacts. The various ministries may not think to report out what impacts they observe (on wildlife populations or habitat) to the area residents or perhaps they are not measuring the impacts. Either way, monitoring should be ongoing (including public feedback) and the public should see this information to create a greater overall awareness of real impacts, versus the range of statements I have seen or heard over the past weeks about perceived impacts.

**Length of tenure and effective stewardship:**

The length of tenures being sought is considerable (30 years and 45 years) and I question the necessity of these lengths of tenure. If the rationale for a long tenure is to attract investors then I suggest no company will base its business model on a 30 to 45 year return on investment to make their initial investment commitment. The longer the tenure the greater likelihood these tenures will become marketable commodities. Over the next 30 to 45 years it is highly unlikely that the same individuals who have expressed their personal commitment to the environment and local social and economic concerns will still be part of the corporate team. Note that even a family business which is registered as a corporation is for all intent and purposes governed as a corporation.

If such long tenures are granted, actions or measures need to be in place to ensure these tenures do not become a marketable commodity, to be sold or traded, subject to pressures from future investors to manipulate the operations to one extreme or another in the interest of maximum revenue while not following the spirit of the application as initially submitted. If the consequences were purely the upward or downward movement of a share price on a stock market in New York or Toronto we, as local residents who value our local environment, would likely not care. If the consequences are increased social or wildlife pressures in our communities then we definitely do care. What assurances does the Province of BC give that market pressures and the quest for profit will not override the spirit of the applications before us, represented by the applicants as wanting to be model stewards of the land and create a positive impact on the communities along the lake? Statements that the contents of the initial application forms a legally binding contract offer little comfort unless compliance and enforcement measures are in place and unless amendments to the contract will be put through a public consultation process again. Is this assured by the ministry?

**LETTERS TO THE EDITOR**

traffic. This would reduce wait time on both sides, and visitors could stop and visit along the way because they could rely on an hourly schedule and fewer line-ups.

This is an important economic issue/opportunity for businesses and residents around Kootenay Lake. Visitors would no longer have to try to wrap their mind around 50 or 100 minute wait times, and could rely on an hourly sailing. And more importantly, they would not have to rush to get in the long ferry line-up. Hourly sailings would move more people faster, relieving the serious safety issues created when the traffic backs up in Balfour and in Kootenay Bay.

Residents on the East Shore can certainly understand the concerns on the Balfour/ Queen’s Bay area. We are all united around the lake however, in not wanting the lake to be dredged regularly to keep the Osprey in the West Arm.

I call on Michelle Mungall to help heal the unnecessary rift created between Balfour/ Queen’s Bay and the East Shore. Through government fumbling of the first public process, the East Shore was not included and Balfour and Queen’s Bay self-organized and protested the move. Just as we on the East Shore would have protested loudly if the government came and said they would move the ferry landing to our favorite beach. All of our communities share the same values, we want the best for the lake and most are surely opposed to dredging the west arm. Balfour town Center could become a beautiful beach and family park with well designed access to the current businesses. Queen’s Bay could negotiate with the province to create a beautiful beach

and access, along with small business potential that can come with the ferry traffic.

East Shore residents are fed up. We rely on the ferry to go to work, to school, to shop, and critically, for medical access. We need a change now!

Not only do we need the Ministry of Transportation decision reversed, we need construction of the new ferry landing to start immediately. For updates: see the Kootenay Lake Chamber website and the Facebook page: East Shore Supports Queen’s Bay. We need your help- let Michelle Mungall and the Ministry of Transportation know you support this change.

*Laverne Booth, Crawford Bay*

**NEW LEASE ON LIFE**

*Dear Editor:*

Congratulations Crawford Bay and Kootenay Bay on finally gaining ownership of the land under and surrounding your community hall. It has been a long haul! Over the years many people have given generously of their time and efforts to keep this vital rural meeting place going. No thanks have been asked for but I would like to shout a big HURRAH for John Edwards who has dug his heels in for well over a decade and secured for the community the land on which their community hall nests.

Now that you know it is secure where it stands you can give it a new lease on life. I believe this year is its 80th birthday. Give it the gift of your time, effort, ideas, money etc. Then have a wonderful rural birthday bash-and don’t forget to invite this old girl!

*Peggy Tugwell, Nelson*

**REGARDING RETALLACK & YAQAN  
NUKIY BACKCOUNTRY PROPOSAL**

*Letter to the Editor*

I would like to respond to this proposal for recreational use of a large area of wilderness, south of the Purcell Wilderness Area. The impacts of this proposal need to be carefully considered. Our Crown land is a Public Trust that requires care and respect for all living things and future generations as well.

This proposal would see extreme mountain bikers transported with their bikes to mountaintops, so they can tear through the alpine areas on their way down, and be helicoptered back again.

A helicopter pad in Crawford Bay would see, and hear, many flights to a backcountry lodge and cabin, winter and summer. All of this activity would only benefit those who can afford to pay and play for their thrills and adrenalin rushes.

All our relations, such as grizzly bear, mountain goat, caribou, wolverine, birds, plants, fungi, and local people, are asked to take a back seat to the interest of a few. I don’t call this a wise use of our Public Trust.

Some of the flora and fauna of our unique Interior Wetbelt are already stressed to the point of extinction. Both need enough wilderness to regenerate and survive, and we are the only ones who can grant them that space. Please check Wildsight.ca for more information, and let your government know your thoughts before the deadline of June 13.

*Sincerely,  
Linda Morris, Creston, BC*

lunch-dinner-espresso

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## LOCAL INTEREST

I note with interest that both applications speak to first nations support (with some conflicting statements being made at various ad hoc public meetings). I also note though Yaqaan Nukiy is identified as a partner in one application both applications are in the names of limited liability corporations whose owners/operators are legally shielded from some of the activities of the corporate entities. If the intention is to follow both provincial standard for conservation and stewardship in addition to the Ktunaxa Nation standards then perhaps the first level of long term (or perpetual) tenure should be in the name of first nations with the private corporations having licenses issued subject to conditions legally set out in the primary tenure. Renewal of shorter term corporate tenures could be subject to monitoring, results of compliance and enforcement activities and the unforeseen yet inevitable changes we will see in the back country in coming decades.

Front Counter BC and the various ministries take upon themselves responsibility for areas of public interest which may be at cross purposes. These include granting tenures, protecting wildlife, protecting the environment (both in terms of habitat and prevention of spills or contamination) and stimulating the economy. The impacts are always theoretical, while in reality the long term monitoring and mitigation of unforeseen consequences may be lacking. If monitoring, compliance and enforcement measures are not in place the impacts will remain theoretical and we will not learn, as a society, what practical measures need to be put in place as the numbers of tenures continue to increase and the density of back country activity, due to all land use activities, continues to increase.

### Recommendation:

The ministry should consider that I can only give conditional support to either application, based on information and concerns before me, and subject to:

- In the interest of genuine, long term environmental stewardship, consider that the first level of long term (or perpetual) back country recreation tenure in the areas proposed under the two applications could be in the name of first nations with the private corporations having licenses issued subject to conditions legally set out in the primary tenure which include all minimum standards or restrictions set out under BC law. Renewal of shorter term corporate tenures could be subject to monitoring, results of compliance and enforcement activities and the unforeseen yet inevitable changes we will see in the back country in coming decades.

- Provide assurances (from the Province of BC) that market pressures and the quest for profit will not override the spirit of the applications before us, represented by the applicants as wanting to be model stewards of the land and create a positive impact on the communities along the lake.

- That the ministry can accurately quantify the value of aerial reconnaissance and tracking of wildlife and the potential offset to adverse impacts from the increased back country activity in the air and on the ground. That the ministry identify what framework is in place to evaluate this.

- The ministry serve the public interest by providing their documentation or position on the relative merit of concentrated versus dispersed back country disturbances (both aerial and ground based).

- Mechanisms for measuring and mitigating noise and nuisance impact on residents are put in place by the ministry including willingness of the ministry to assist in the monitoring of noise or other nuisance impacts and putting measures in place to require reasonable changes to flight paths when unexpected adverse impacts are noted.



## June Horoscope

by Michael O'Connor

### Tip of the Month:

By now, last month's New Moon in Taurus just hours before the Uranus/Taurus and Mars/Aquarius ingresses, both

planets at the critical 29th degree, is producing outer synchronicities for us all. This month, Mercury sweeps Gemini and Cancer and enters Leo, following Venus and Mars turns retrograde. Epic times!

### Aries (Mar 21- Apr 19)

A busy time balancing social activities with family continues. The emphasis will shift to the home front as social interactions take a series of complicated turns. Redirecting your focus to creative expressions will bring inspiration and joy.

### Taurus (Apr 20-May 20)

Taking stock of all reasons to feel grateful and abundant is likely now. This momentum will contribute to generating a deeper sense of security. Identifying your talents and creative passions will bring your priorities back home, literally.

### Gemini (May 21-Jun 20)

Taking new leads and strides is well underway. Activities generating a new sense of security are indicated. These will lead you to explore a spectrum of your creative abilities and perhaps some new ones too. Expect to reserve full creative license.

### Cancer (Jun 21 - Jul 22)

The past while has perhaps been pivotal and tumultuous; not without joy, but complicated. Now comes

the next turn, what these cycles have been leading to. Changes likely deemed revolutionary will enter the next major phase, this month.

### Leo (Jul 23 - Aug 22)

Some big changes are brewing in your public and professional life. These may be interpreted as the cause of, or find their origin in your close, personal relationships. However, these have been brewing in your own mind all along and are destined.

### Virgo (Aug 23 - Sep 22)

Perseverance implies strength combined with faith. But it is also important to be aware of stubborn pride. Mastery comes in many forms and the ability to adapt is one of them. Flexibility in interpretation, self-concept, and approach is important now.

### Libra (Sep 23 - Oct 22)

Wow, May stands to be a big month for us all and perhaps more so for some, like you. Don't worry, these could manifest as a windfall, a promotion, a new and better job, or the beginning of a stream of income. Financial change is the common theme.

### Scorpio (Oct 23 - Nov 21)

There is this deep concept: 'the dual desires of the soul' that so happens to be especially strong in your life. Describe it as having to choose between the higher and lower road. The good news is that it is your right to decide which is which...now.

### Sagittarius (Nov 22 - Dec 21)

Dynamic relationship exchanges are underway. Your interest is in the knowledge that can really make a difference. Accessing cultural opportunities that provide such guidance and answers will prove important to you. But you will do your research, first.

## Thank You

### To the RDCK Rec 9 Commission

For recent grant approvals for the

East Shore Facilities Society

Your generosity allows us to keep offering affordable options for health, wellness, community and business development on the East Shore.

**You are so appreciated!**

## THANK YOU

### TO THE RDCK REC 9 COMMISSION

For the grant received in the April 2018 intake on the East Shore.

Without support from folks like you, we wouldn't be able to keep stomping the boards and entertaining the masses.

**. FONDLY, FROM THE HEXAGON PLAYERS .**

*Guiding Hands Recreation Society's  
Tipi Camp's*

**Annual General Meeting &  
30th Year Celebration!**

**June 24, 2018 at Tipi Camp**

Boats depart Lakeview Store  
between 10 am-12pm

### Capricorn (Dec 22 - Jan 19)

A new and powerful momentum is steadily building. To this end, you are seeking knowledge and are excited to brainstorm for ideas. Like a bull entering the arena, you are determined to succeed and will do what you must to prevail and persevere.

### Aquarius (Jan 20 - Feb 18)

With your ruling planet, Uranus, entering Taurus and Mars entering Aquarius hours later, you can imagine that will produce some important synchronicities. Expect your drive and determination to be activated to make big moves, in all respects.

### Pisces (Feb 19 - Mar 20)

External breakthroughs often follow internal ones. This represents an important focus for you now. The results you seek may actually take a year to more fully manifest. Yet, this month represents the green light. Free your mind!



*East Shore Facilities Society*

*is hiring for the job of...*

## East Shore Facilities/ Fitness Place Manager

Expressions of interest should be sent to eastshorefacilities@gmail.com by June 1st, 2018. The job currently is approximately 10-15 hours per month at \$20/hour, but there is substantial potential for growth as our community use facilities and fitness place develop.

Please send your name and contact info into eastshorefacilities@gmail.com by June 1st stating your interest in the position.



**Hacker's Desk**  
by Gef Tremblay

**The Yoga of Branding**

The Yoga Sutra of Patanjali is one of the main yogic texts which describe a path of yoga composed of many steps to attain enlightenment. It's called Raja Yoga, or royal yoga since it brings together many forms of practices, from postures, breathing, meditation and a set personal practice to help in the path of yoga.

In the early part of the sutras, the practice of Svadhyaya or Self Study is introduced. This yogic practice is a foundational one that helps the yogini discover who she is through introspection, reflection and meditation. Through that process, the practitioner goes through a series of refinements of the understanding of the self.

Where are you now? Where do you come from and where are you going? Exploring archetype of father and mother figures, exploring emotions, pre-conception and self image, are all part of deepening the understanding of ones self. Through daily reflection on your own activities, or reflection about your dreams and emotions you can learn more about who you really are away from others' view and judgment of you, which is often our first perception of ourselves.

Branding, on the other hand, is the confused offspring of the often divorced parent - design and marketing. For designers, it's often a synonym for visual identity, while for marketers, it could be a foundation for advertising and sometimes is seen as a set of rules which are in the way. For cows, it's the bad memory from the time we used hot rods of metal to brand them.

I must admit that the term branding might not be the most inspiring at times, but underneath the concept there is a lot to be learned.

The basic branding process is a exercise in discovering and clarifying what your business is, where it's coming from and where it will lead you. The clearer you can be about all these elements, the clearer you can plan on how to steer your business. Often, we get stuck on the product that we are creating. I make this and I want to sell this... What else is there? This is similar to our own lives. You can stay at the level of I eat, I poo, I sleep, I work to be able to eat and poo. This is totally fine, but your life could have more meaning and enjoyment, just as your business can. By defining the right branding you can decide on what type of clients and relationships to other business you want to have.

In short, branding is the Svadhyaya of your business. It's the first step of yoga for your business. In order to create good branding for your business you have to ask similar questions. How do you see your business? What makes your business run? What are its core values? You have to reflect on its origin and where you want the business to go and grow.

For entrepreneurs, the connection is even deeper. For instance, when you start your own business, you will be infusing your passion and your desire into your business. So when you are reflecting about your branding you have to bring these question back to yourself. Your personal story becomes your business story. It would be very hard to dissociate your personal values from your business values.

Of course your business is not you; it's a vehicle that helps you get where you want to go. But it's your own creation and it will be tinged with your own process. When you study yourself through yoga and meditation, one question that often comes up is, 'What

now?'. Once you have figured out where you come from and have dealt with some of your limitations, you are propelled toward the question of what you want to do with your life. Sometimes, that next step becomes a new business or a new project. In these moments, your personal development becomes an integral part of your branding.

In a sense, your own personal development will be a cornerstone to your business development and business plan. The more clear you are about your place in the world and in society, the easier the navigation of the world of business will be.

**TOWN HALL**  
**THE FUTURE OF INTERNET**  
**FOR OUR COMMUNITIES**

Wednesday June 6th  
6pm - 8pm, Crawford Bay School.  
Leading-up to the ESIS AGM on June 11th.

The East Shore Internet Society and Kaslo infoNet Society present a Town Hall meeting on our shared vision for the development of high-speed fiber-optic networks in our communities, and the importance of robust community networks for our economic & social development.

Be a part of building the Future!

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**Hidden Taxes**

by David George

*But I digress, as the gentleman said/as he stepped off the end of the pier.*

**Digression away from Dogpatch**

A beautiful Sunday in May found Lea and me on our way to Cranbrook for a four or five day stay there so I could have a replacement for my worn-out left knee.

Lea would be staying at the recently renovated Days Inn all four or five nights, enjoying the free breakfasts, and I would be there three or four, and in East Kootenay Regional Hospital only one night, going by the excellent record of the surgeon set to operate on me.

On Tuesday May 15 the knee was replaced, and the next day the other gentleman who had that done was released to go home in the afternoon. I was not so lucky, and I will state at once that a previously existing condition flared up and caused me to stay longer.

There is no, repeat no, post-op infection. I can give the Cranbrook hospital a clean bill of health in that regard, which is why I chose it over Trail. Also, the surgeon who did the replacement is not, repeat not, to blame in any way for the previously existing condition nor its acting up.

Six days later I am writing this on Victoria Day, not May 24 as it used to be, but the revised next to last Monday in May, this year May 21. Lea is at home now with the cats, and rather than let a month go by without a Hidden Taxes column, I decided to digress, but stay within the general area of taxes and what we get for them.

Interior Health operates this 70-bed hospital which has 24 hour emergency services, and an outstanding surgical department. Subjectively, a stay of one week so far gives one a chance to take in the general atmosphere of the place.

The atmosphere in the hospital in Cranbrook is very good. The staff, nurses, an encouraging number of student nurses, and doctors all project confidence and competence. Hospital rooms are kept scrupulously clean, and the bedding and gowns are in very good condition. It is possible to have an adequate bed bath, and there are shower facilities with whatever degree of assistance is required.

The only negative comments I can make are that parking should be free for patients and families, and the laundry should not have been contracted out. The laundry issue happened, of course, under the previous Liberal government, and it threw hundreds of people in this province out of work. One may hope that the new government will do better with the many health issues it now faces.

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**ESIS Update**

submitted by ESIS Board and Staff

Snowbirds have returned to their East Shore nests and seasonal businesses are open... Things are also getting busy at ESIS. Our new unlimited data service is HOT with more and more household subscribers choosing no data limits.

With the recent overloads on Kootenay Lake ferry service, our Ferry Cam has proven to be an invaluable tool to help make decisions around ferry travel. ESIS is happy to provide and maintain this useful service, and provide a view on our website at: [www.eastshoreinternet.ca/ferry-cam-kootenay-bay](http://www.eastshoreinternet.ca/ferry-cam-kootenay-bay) and [www.eshore.ca](http://www.eshore.ca).

ESIS is hosting two community events in early June: our Annual General Meeting (AGM) will be Monday evening June 11, 7pm at the Crawford Bay Hall. At the AGM, members can be informed about the activities of the last year, and most importantly, have an opportunity to join the ESIS board as a director. Three current ESIS directors are stepping down this year, and we are looking forward to a year of positive changes and new project planning, which will need some new energy!

With that in mind, ESIS is hosting a Town Hall presentation on Wed. June 6th, 6pm - 8pm at the Crawford Bay School. The presentation is about the future of internet for our communities, and will feature guest speakers from Kaslo's infoNet Society who will share their experience developing a community-based high-speed fiber optic network, and why it's so important for communities like ours to be able to develop and thrive in this way. If you're interested in being a part of building the future, or just want to know what's happening, we strongly encourage you to come to the Town Hall and AGM.

See you then and have a great summer.

# Board Approves Acquisition of Land For New Regional Park in Crawford Bay

**Regional District Of Central Kootenay Media Release**

May 25, 2018 - View on the RDCK website: <http://www.rdck.ca/EN/meta/news/news-archives/2018-news-archive/board-approves-acquisition-of-land-for-new-regional-park-in-crawford-bay.html>

Nelson, BC: The Board of Directors of the Regional District of Central Kootenay (RDCK) today took the next step in the process to purchase land for a new regional park. Based on information presented in the staff report received at today's special open meeting, the Board gave the first, second, and third readings

RDCK acquiring it for regional park purposes.

The park acquisition is the result of ongoing public consultation and community involvement. The community involvement process included a public open house on August 23, 2017, which was attended by more than 110 people; and three open houses held on December 11 in Riondel, Boswell and Wynndel. On December 14, the RDCK Board received an informal community petition with 942 signatures requesting the creation of a new park in Crawford Bay.

Land negotiation with KSR has involved RDCK staff with support from RDCK CAO Stuart Horn and Director Jackman.

"Conversations around the potential for this site have been going on for decades," continued Director Jackman. "I realize that due to the size of this site and the multiple titles involved that there were numerous opinions as to what the acquisition should or could look like, but the consistent message has been to secure the site for generations to come."

Additional funding of \$2,070,707 for the purchase will be borrowed and funded through an annual taxation of approximately \$113,928 of the affected service area, at a rate of \$0.1607 per \$1,000 of residential converted assessment. A \$350,000 residential property would pay \$56.35/year based on the 2018 assessment. Remaining costs will be funded through reserves.

Anticipating that the public would want regional districts to acquire land and improve land for park and trails purposes, the Local Government Act (LGA) and LGA Regional District Liabilities Regulation

provides unique powers for borrowing funds for those purposes. Pursuant to Section 407(2)(c) of the LGA and Section 3 of the LGA Regional District Liabilities Regulation the borrowing of funds for a regional park or regional trail service is not subject to voter asset. Although electoral approval is not required, the RDCK made sure to involve the public in the decision.

The Board gave first, second and third readings of the Crawford Bay Beach Loan Authorization Bylaw No. 2602, 2018 at today's special open Board meeting. The RDCK will take possession of the lands as of October 1, 2018. A Regional Park Management Plan, which will include a public consultation process, will be developed to determine the future use and maintenance of the park.

Incorporated in 1965, the Regional District of Central Kootenay (RDCK) is a local government that serves 60,000 residents in 11 electoral areas and nine member municipalities. The RDCK provides more than 160 services, including community facilities, fire protection and emergency services, grants, planning and land use, regional parks, resource recovery and handling, transit, and much more. For more information about the RDCK, visit [www.rdck.ca](http://www.rdck.ca)



of the loan authorization bylaw that will provide the RDCK share of the funding for the acquisition of land. This follows several months of community consultation and negotiation with the seller. The land—made up of approximately 69.68 hectares surrounding the Crawford Bay beach and wetlands—is being purchased from Kokanee Springs Resorts (KSR) for \$2.85 million.

The purchase is being partially funded with \$800,000 from Columbia Basin Trust. The remainder of funding for the purchase will be through property taxation and reserve funds.

"Public access to Kootenay Lake, recreational opportunities, protection of sensitive wetlands and riparian area restoration all resonate with residents and visitors alike," said Garry Jackman, Director of RDCK Electoral Area A. "Through the efforts of RDCK staff and with the generosity and support of Columbia Basin Trust we have reached that point at last."

"The residents of the East Shore demonstrated overwhelming support for this opportunity, and the Trust is pleased to support their efforts to create a regional park," said Johnny Strilaeff, President and CEO of Columbia Basin Trust. "It will offer a broad spectrum of benefits to the area including environmental preservation, economic development, tourism opportunities and increased community-based recreation."

In 2011, the RDCK acquired a small area of land along an undeveloped road allowance near the Crawford Bay foreshore as a preliminary step towards a potentially larger project. Historically, KSR has allowed the public to access Crawford Bay wetlands and the beach through a portion of their property. In the summer of 2017, KSR listed the land for sale, which prompted members of the community to express interest in the

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## Wildfire and Climate Change Conference

**Ecosystem Resiliency, Community Protection & Landscape Level Management**

Nelson, BC will see presenters coming from as far away as Oregon and New Mexico on June 26th-28th, 2018 for a conference organized by the Slocan Integral Forestry Cooperative (SIFCo), the community forest based out of the Slocan Valley, to learn more about local, national and international actions being taken to address the growing challenges associated with wildfire and climate change.

"Wildfire and climate change are new realities, ones that could have a dramatic impact on our life's. Addressing these issues need a multi-level approach and coming together locally with expect from across North-America to share knowledge, learn from each other and create a blue print for action locally is of utmost importance" says Stephan Martineau Manager SIFCO Conference attendees will hear about the latest scientific research and initiatives from the Kootenays and from the international arena on climate change, wildfire behavior and why this leads us toward an urgent need to take action at a landscape scale to create a more resilient ecosystem. Given the scope of the challenge, we will present the need for community emergency preparedness and steps residents can take to best be prepared for wildfires.

Day one and two of this conference will have multiple keynote presentations delivered to all of the attendees and throughout these two exciting and packed days attendees will be divided into two streams of presentations. The first stream will be targeted at licensees working in forestry and the second at community members and local decision makers.

The final day of the conference will be a workshop for all attendees, who will break off into the community and licensee streams. Licensees will participate in a half-day workshop that will focus on wildfire impacts from the forestry/ industry perspective. After this workshop licensees will go on a field trip to the SIFCo community forest to look at different Wildfire Urban Interface treatment sites and to carry on the conversations. Community members will also participate in a morning session focusing on barriers to community fire management and end this day with a site visit to learn hands on about best practices they can implement in their communities and on their private land.

If you would like more information, want to sponsor this event or would like to be an exhibitor please get in touch with Avery Deboer-Smith by phone at 250-777-3858 or by email at [kootenaywildfire@gmail.com](mailto:kootenaywildfire@gmail.com). To register for the conference as a licensee or community member, please visit the conference website at [www.kootenaywildfire.ca](http://www.kootenaywildfire.ca).

**Barefoot Handweaving**

"If it was'na for the work  
of the Weavers ... as long  
as we need claites ..."  
*Scottish folk song*

**OPEN Tues-Sun 10 - 4 at least 227-9655**

## Local Organic Vegetable Delivery Comes to the East Shore

### A New Business Interview

Cartwheel Farm is a certified organic market garden in the Creston Valley. On a few small fields, young farmers Nigel and Laura Francis grow well over a hundred varieties of vegetables and herbs. Most of what they harvest is delivered directly to their customers at home or work.

This season they are growing their farm and their business. A main focus has been working to serve the East Shore. Come June, they are expanding their delivery service and teaming up with the Yasodhara Ashram, Bocalino and Kootenay Cabin restaurants.

Nigel and Laura answer some questions about what they do.

**You first came to the area nine years ago, was your plan then to start a farm?**

Laura: No. The plan then was to spend some weeks catching our breath in Boswell before another round of rat race. Nigel was set to start studying environmental law and I was working as a consultant. We were both driven to find ways to build healthier, more vibrant food systems. Somehow, we had never considered that we could do it hands on.

**What changed?**

Laura: We didn't want to leave the lake. People we met in the community convinced us to stay a while. In the end, we spent three years house-sitting on the East Shore. We had the chance to tend some gardens. Growing food felt good. It took time to realize that the happiest future that we could imagine for ourselves was settling in this valley and growing a beautiful farm. It took even more time to get brave enough to go for it.

This will be your fourth growing season on your own land. Tell us a bit about your farm.

Nigel: We keep a bio-intensive market garden. Each year we grow dozens of varieties of vegetables, herbs, and fruits. We select the varieties we grow for taste, nutrition, and beauty. We test and feed our soil, so that what we grow is truly nourishing. We work a few little fields, rotating crops and resting land from year to year. We practice minimal tillage and work mainly with hand tools. This year we have built a greenhouse and shade house, so that we can grow more good food for more of the year.

**Cartwheel Farm is certified organic. Why does that mean to you?**

Nigel: Well, a lot of extra record-keeping and paperwork for one thing! For us, growing to organic standards is about caring for the health of our family, our customers, and the planet. People tend to think about organic vegetables in terms of what they aren't – they aren't sprayed with harmful pesticides and herbicides. But organic food is perhaps better thought of in terms of what it is – grown in healthy soil using sustainable practices and inputs. We want to fulfill the full spirit of organic production. Going through annual certification is about being accountable and transparent.

**Other Creston farms take their products to larger centres, like Nelson, Invermere, and Cranbrook. Why is Cartwheel Farm choosing to serve**

**the East Shore?**

Nigel: I still keep my kayak with friends in Boswell... I have been looking for an excuse to go up the lake, so that I can use it more!

Laura: When we lived on the lake, we did our best to stretch the time between trips to town. That often meant eating less fresh food than we would have liked. We wished for veggie deliveries then and expect that our neighbours did, too.

Support from our East Shore friends and customers has been strong from the start. There seems to be natural resonance with our joyful, ecologically sensitive approach to growing food. We hope the service will be valued and that enough people will join in to make it viable for us.

**Explain how your Organic Deliveries program works.**

Nigel: We harvest the best of what our fields have to offer and deliver it directly to our customers. Each week, we hand pick a good variety of vegetables and herbs to share. We start delivering at the beginning of June and continue until the end of October. As the season unfolds and what is growing changes, so does the selection. Deliveries come with a fun, easy recipe for inspiration. Signing up for the season supports our farm and gives people a better value for their money.

**Do people have to sign up for your full 20-week season?**

Nigel: No. Smaller households or single eaters can opt for deliveries every other week. The bi-weekly option can also be a good fit for gardeners looking

to top up their own harvest. Seasonal residents or folks taking long holidays can arrange to get deliveries on the weeks that work for them.

**How can people sign up?**

Laura: We have an easy form on our website: [www.cartwheelfarm.com](http://www.cartwheelfarm.com). We are also happy to sign you up over the phone at 250-428-6571.

**What if people want to taste your vegetables without preparing them themselves?**

Laura: We are so excited to be working with the kitchens at Bocalino and The Cabin restaurants for the first time. Yves and Jason have each been exciting to connect with. They have very different styles and we are excited to see what they create. We are also continuing to grow for the Yasodhara Ashram and the Bistro at Skimmerhorn Winery. Steve and Maria have been important friends of the farm. We love working them both.

**What if people want to meet you and see the gardens?**

Nigel: As our farm takes shape, we get more and more happy to open our gates and share what we are up to. Unexpected guests usually get a rough deal because our days are packed and taking a break from the garden is challenging. But when people call and let us know that they are interested in coming by, we do our best to make a little time for a visit.

Laura: We are hosting our first ever open house on Sunday, June 3 from 1-4pm. We would love to see people carpool from the East Shore! Also, for people wanting a glimpse from a distance, you can follow us on Facebook and Instagram.

**Cartwheel Farm deliveries to the East Shore begin on June 6. Nigel and Laura will also be delivering meat and eggs for Wynndel's Root & Vine Acres and coffee for Creston's Lark Coffee Roasters. They hope that their service will be a catalyst for developing better ways of connecting local producers and local eaters in our area.**



## An Ode to Fat

by Lindee Jukes

I've always enjoyed challenging the status quo and since beginning my studies in Nutritional Therapy, discussing dietary fats is one of my favourite ways to do that. I take a particular pleasure in combating the rampant misinformation surrounding the relationship between saturated fat and human health. Today I'd like to share a few of the many benefits of including more fats in your diet and explore the logic (or illogic) behind the popular advice to avoid these vital foods.

One of the most important roles of dietary fats is helping to regulate blood sugar and prevent issues such as hypoglycemia, insulin resistance, and diabetes. One of the rules in our house is that no carbohydrates are eaten without a healthy dose of fat to go with them (usually animal fat, but more on that later...). Besides making us feel full, fats also slow the absorption of protein and carbohydrates. This keeps our blood glucose levels lower and gives us sustained long-term energy rather than the extreme highs and lows that are often experienced when carbs are eaten on their own.

Like I said before, I usually favour animal fats over those from vegetable sources. Don't get me wrong, I'm a big fan of coconut, avocado, and olive oils and I include them in my diet in moderate quantities, but most of my fats come from animals. There are five important reasons for this. The first is simple: animals are the most traditionally appropriate and locally accessible sources of fat in our area. The second is that animal fats are heat stable, making them ideal for cooking with. Thirdly, fats from pastured animals have a good balance of saturated, monounsaturated, and polyunsaturated fats; similar to the ratio found in breast milk, which is the only natural food specifically made for humans. The fourth reason is that they are the best sources of the fat-soluble vitamins A, D, E, and K (cod liver oil anyone?). These vitamins are incredibly important for many different aspects of health including fertility, cardiovascular health, immune function, and cavity prevention. While vitamin E may be readily available in some plants, the most bioavailable forms of the others (A, D, and K) are mainly found in animal products.

The fifth reason for choosing animal fats may shock some of you: cholesterol. Yes, this is a large part of the rampant misinformation I was referring to. Available only in animal foods, cholesterol is an important nutrient that has gotten a very bad reputation simply for being in the wrong place at the wrong time. Cholesterol is a potent antioxidant, the precursor to vitamin D and all steroid hormones in the body (ie. estrogens, testosterone, cortisol, etc.), and is a key component of the cell membrane of every single cell in the body. It is a substance that the body uses for healing and repair, which is why it is sent to the site of injury when artery walls sustain damage. Sure, our bodies can make their own cholesterol and most people don't need to worry about their levels unless they are taking cholesterol lowering medications (in which case levels can be pushed dangerously low), but there are exceptions and it's interesting to note that abnormally low cholesterol levels are associated with higher rates of depression, suicide, and violent crimes.

In conclusion, I hope you've enjoyed my somewhat protracted discussion of fats and I hope that it made you stop and think for a minute about where our society's dietary dogmas come from and whether there's any truth in them after all.

Want to learn more? Here are a few resources for those who might be interested:

- The Weston A. Price Foundation [www.westonaprice.org](http://www.westonaprice.org)
- *Put Your Heart in Your Mouth* by Dr. Natasha Campbell-McBride
- *The Big Fat Surprise* by Nina Teicholz



## EAP Project Update

by Laura Heykamp, Economic Action Partnership Assistant

Happy Spring, Creston Valley-Kootenay Lake residents! Along with birds singing and flowers blooming, the Creston Valley-Kootenay Lake Economic Action Partnership (CV-KL EAP) is entering a season of growth and action – the emergence of our regional economic strategy.

At the beginning of April, the last of six stakeholder meetings was completed – which wrapped-up all community engagement activities for the project. In total, 125 participants took part in the series of stakeholder meetings. These meetings reviewed emergent priorities and collaboratively created action items to be included in the regional economic strategy – which is set to be released this May.

Since the stakeholder meetings, the CV-KL EAP team has worked closely with strategy consultants, EcoPlan International, to develop the written strategy. Five pillars have been identified – which include tourism and recreational access, local business, agriculture, quality of life and resident attraction, and exploring new markets. Within each pillar, priority actions have been organized in a “tiered” scale – which provides a suggested timeline and work plan for when action items can commence.

To support the pillars, distinct foundational actions are recognized – which are consistent activities that will support the success and advancement of priority actions. Examples of foundational actions include facilitating business-to-business collaboration, liaising, linking and supporting industry groups, and being a single point of contact for economic inquiries. Ideally, the foundational actions will be overseen by one (or two) entities to ensure the strategy is well supported in the region.

As the written strategy concludes, the CV-KL EAP team continues to work closely with project partners to determine governance, structure, ongoing funding and implementation of the regional economic strategy. The partners agree - a combination of government and community direction is needed for economic development to be successful. However, choosing a model that best works for our area is not an easy task. Many successful models exist, but ensuring the function is reflective and supportive of our regional values is important to the partners. Even though careful steps are being taken, there is a sense of confidence as the team strides towards determining next steps of the project.

In the meantime, the CV-KL EAP has updated their project website to support the community in various ways. Through the project, a few documents have been created to analyze the regional economic landscape. Documents include a regional economic snapshot and community engagement report. These can be accessed by the public by visiting [eap.kes.bc.ca/project-documents/](http://eap.kes.bc.ca/project-documents/). As well, a business resource page was developed to provide the public with informative material – which includes market research and past community studies. Resources can be accessed by visiting [eap.kes.bc.ca/resources/](http://eap.kes.bc.ca/resources/).

Anticipating the release of the economic action strategy? Stay in the loop by visiting our project website [eap.kes.bc.ca](http://eap.kes.bc.ca), Facebook page @crestonvalleykootenaylake, or email [economy@kes.bc.ca](mailto:economy@kes.bc.ca) to be included in the email subscription list for updates.

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## BC Tourism Week What's Ahead for East Shore Tourism

by Marg Durnin, Project Manager, Building East Shore Tourism (BEST)

Tourism in our region and communities is at the start of a significant new era. This March, Destination BC launched a ten-year Destination Development Plan for the Highway 3 – 3A Corridor. Through 2018, foundations will be laid with communities identifying core unique tourism offerings, generating route ‘stories and legends’, and having Remarkable Experience learning opportunities provided. These goals interlock tightly with the Building East Shore Tourism project.

A new Creston Valley – Kootenay Lake Economic Action Partnership has also been developing over the past year, with tourism identified as a central pillar. This broader regional initiative, now in its final stages, will have the potential to pursue large-scale opportunities beyond the reach of smaller groups or businesses.

Most recently, significant Adventure Tourism tenure applications have been brought to the area for community information and response – a possible harbinger of things to come.

### Creating the Desired Future

The next step is to start the creation of diverse, exciting, high-quality activities with appeal for our visitors. Priority theme areas based on market analysis and our proven strengths, are Outdoor Recreation, Human and Natural History, Arts-Culture, and Wellness.

Now is the time to take the initiative in shaping the future of local tourism. East Shore communities can develop desired types of activities that will treat the environment with respect and care, expand opportunities for business and employment, and extend our tourist seasons into spring and fall. It takes the blend of creativity, sharing of skills and energy, and determination that is so evident here.

With funding provided through BC Rural Dividend funding, Building East Shore Tourism project launched in January. The project’s collaborative partnership model will aim to combine existing and new activities into new tourism products. Our strong base of successful attractors represent cultural history (Glass House, Gray Creek Store), recreation interests (Kokanee Springs, Tipi Camp, trails), arts and culture (Artisans of Kootenay Lake, Starbelly Jam) and of course wellness and spirituality (Yasodhara Ashram, Sacred Journey, Tara Shanti Lifeshift and many individual practitioners). Emerging tourism services like Ecotours and guided fishing, offered by Blacktail Ridge Lodge, the Steamboat line of liqueurs and liquors available from Wynndel Craft Distillers, and the new Soul’s Paradise (formerly Pilot Bay Resort), are exciting, fresh attractions – and more are in development.

Communities that establish a shared vision based in shared values can harness the economic benefits of tourism without risking loss of important values like respect and care for environmental preservation; maintaining livable communities that share their special character and spaces with others in a managed way. Ensuring that our brand of tourism retains its home-grown, character-filled qualities is essential. Working together as small communities and businesses and building success for all, will make us more attractive to those with similar dreams of crafting a life of independence with a high quality of life.

### BEST Foot Forward

New opportunities linking and extending what we have now, with proper marketing, will encourage visitors to consider staying longer stays in our area, resulting in increased revenue flowing through our communities. Increased visitor activity, based on

shared priorities among project partners, can support suppliers of other needed services such as transportation (for tour transportation – gathering visitors to places with limited parking), event planning, or equipment rentals.

A new Area-wide website is already in development: an outcome of the 2017 Asset-Based Rural Development initiative supported by the Area A Economic Development Commission in collaboration with Selkirk College and the Learning Hub. It is designed to meet the needs of both locals and visitors.

It will be a ‘one-stop’ presentation of all Area A groups, businesses, and physical points of interest or amenities! This will make it an excellent landing place that enables visitors to locate all the specific features that will help them plan their time here. With this unified on-line presentation of our Area, existing and new activities can be marketed much more effectively and meet the needs of today’s travelers for trip planning and locating options en-route.

With access to better local information, and visitors will be able to build their own vacation package, choosing from options of interest for any age range, ability level, and specific interest of their party - for a weekend or a week! We can offer options ranging from family fun to reflection and personal development; outdoor activities in this unique environment, or a peek into our fascinating history. Together, we can share our skills and resources to create irresistible options.

Community gatherings are now being planned to initiate discussion of the possibilities. BEST resources will support these initiatives, along with partner contributions in many forms. Opportunities to be involved will be ongoing, but for those with ideas for the near term, contact Project Manager Marg Durnin at 250-402-8108 or email [mdurnin\\_pm@buildingeastshore-tourism](mailto:mdurnin_pm@buildingeastshore-tourism).

We gratefully acknowledge the financial support of the Province of British Columbia.



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## ELECTORAL REFORM Presentation

Riondel Community Centre, Monday June 18 at 1:15 PM. Optional Potluck Lunch first at 12:30 PM in the Seniors' Room

With a referendum coming this fall, grassroots groups in support of electoral reform have been sprouting up all over BC. There are currently about 35 groups throughout BC, and the Riondel area is on board.

Join FairVoteCanada Kootenay leaders, Ann Remnant and Sjeng Derkx, for a presentation on Proportional Representation and what the change might mean for you.

- Why do we need to change our voting system?
- Is proportional representation better?
- How can we make it happen?

Ann Remnant: "We have a rare opportunity in BC to update our voting system so that our government will truly reflect how we vote. Currently, half the voters do not help to elect anyone, which means that half of us might as well have stayed at home. That is no longer acceptable in a modern democracy. Proportional Representation voting systems work very well in the vast majority of 94 countries throughout the world. A made for BC voting system will maintain rural representation and local accountability."

The event will take place on Monday June 18 at 1:15 PM at the Riondel Community Centre, with a potluck lunch first, if one wishes, at 12:30 PM in the Seniors' Room. The presentation is free and everyone is welcome; donations gratefully accepted. The presentation is about ½ hour long, which leaves lots of time for your questions. Come find out what the fuss is all about.

## SD8 Announces New Principal at Canyon-Lister Elementary School

SD8 Media Release



Kootenay Lake School District No. 8 (SD8) is pleased to announce Laury McPherson has been selected as the new Principal at Canyon-Lister Elementary School.

Principal at Crawford Bay Elementary-Secondary School for the past three years, McPherson

will move to her new position effective August 1, 2018.

Prior to that she spent eight years as Deputy Head of Upper School at Jerudong International School (Kindergarten to Grade 13) and four years as an English teacher in Brunei. She began her teaching career in Richmond, BC, where she spent six years at Matthew McNair Secondary School, followed by a year of elementary and secondary teaching in Japan.

Her initial teacher training at UBC focused on primary and Aboriginal education, with further training in English language teaching before completing her Masters of Education. Rural education, Aboriginal education, peace and environmental education, and garden and nature-based learning are some of her areas of interest.

She is looking forward to becoming a part of the Canyon-Lister community and working together to make positive change in our world.

The district extends congratulations to McPherson on her new role.

For more information, please contact:

Dr. Christine Perkins, Superintendent/Chief Executive Officer: christine.perkins@sd8.bc.ca

## Morris Moves On

School District No. 8 Press Release

STATEMENT FROM SD8 (KOOTENAY LAKE)

Kootenay Lake School District No. 8 (SD8) regrets to announce Secretary-Treasurer, Kim Morris, has accepted a position as Secretary-Treasurer in School District No. 40 (New Westminster). Her position begins effective July 2, 2018.

Morris will be leaving SD8's budget for the 2018-2019 school year in "great shape," said Board of Education Chair, Lenora Trenaman. "Kim was instrumental in leading SD8 through our Facilities Review process, annual budgeting processes, and demonstrated excellent leadership in our Student Symposiums."

Superintendent, Christine Perkins, describes Morris as a collaborative team player who worked effectively with trustees, staff, unions, parents, students, and public stakeholders in support of a strong, engaging, and student-centered learning environment.

In her services as a Secretary-Treasurer since 2007 in the Kootenay Lake (SD8), Kootenay-Columbia (SD20) and Prince Rupert (SD52) school districts, Morris has been noted for her positive energy, for her inclusive and empowering approach to decision making, and for financial processes described as "transparent, collaborative, inclusive and honourable." Morris has always had student learning at the forefront of all decisions. Kim will be missed by all of us at SD8 and we wish her the best in her future at SD40," says Perkins.

For more information, please contact: Dr. Christine Perkins, Superintendent/Chief Executive Officer christine.perkins@sd8.bc.ca

## 2017 a Year of Victories for the Ashram

Submitted by Swami Lalitananda

At Yasodhara Ashram's Annual General Meeting on May 4, president Swami Lalitananda and others reviewed highlights from last year. "2017 was a year of victory!" she said in her report. "Three years after the original Temple burned, it has been replaced with a beautiful new Temple of Light for now and next generations. The new Temple stands as a manifestation of our vision—a reminder that we can find what is true and clear and essential in ourselves even in an often polarized and ever-accelerating world."

A few highlights related to the Temple and the Ashram's commitment to sustainability during the past year include:



- The photovoltaic system at the Temple is now operational, generating electricity to offset the Temple demand. It is a small amount over the winter but quite substantial in the summer months. This installation was seen as a pilot project and we are monitoring it closely to determine how we might expand this kind of technology to further reduce our electrical bills.

- During the drilling for the geothermal heating in the Temple, we had the luck to hit an aquifer in one of the holes, which has now given us an additional source of water for irrigation and firefighting.

- The Ashram kitchen team created over 62,000 individual meals in 2017. Ashram menus were based on what is available seasonally from our garden, and from the surrounding area. We truly have a farm-to-table philosophy and seek to promote self-sufficiency and sustainability in ourselves and in the local community. Procurement from local farms, gardens and producers remains an important way for the Ashram to promote a wider sustainability in the local community, while allowing us to eat the freshest, most nutritious food possible.

"2018 is our Year of Invitation," adds Swami Lalitananda. "We invite you to join us for the Grand Opening of the Temple on Saturday, June 23. Come for the Strawberry Social and come celebrate this new addition to the Ashram and the East Shore community."

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# Mature Comedy Opening Footlighters Seasons

submitted by **Brian Lawrence** for  
FOOTLIGHTERS THEATRE SOCIETY

Laughter is guaranteed for audiences at *Some Fools and Their Money*, the opening production of Footlighters Theatre Society's 24th season. Locally written by Jason Smith and Suzanne Chubb, the play, which runs July 5-7 at Prince Charles Theatre, is a departure from their previous efforts, the drama *Almost Golden* and the light comedy *Nasookin*.

"We were coming up with a variety of funny things that we couldn't do," says Smith, who directs the mad-cap comedy. "We used this as an opportunity to create comedy without limitations."

*Some Fools and Their Money* is set in 1906, when, on the verge of bankruptcy, the wealthy Sebastian (played by Kelly Mehrer) and Isabella Howforth (Suzanne Chubb) of Newport, Rhode Island, rush their daughter, Angelica (played by Zoe Marini), into an arranged marriage with the curmudgeonly and even wealthier 97-year-old neighbour, Thurston Waddlesworth (Gary Atha). They must overcome scandalous secrets, keep the servant class in line, battle the in-laws and even fend off the groom's beloved and decrepit housecat, Napoleon Cataparte. Sound easy? Just wait for the vengeful show pony.

"These families have had so much money for so long that it has given them a very distorted view of the real world and the working class," says Smith. "The comparison between our characters and the famously wealthy families of today makes for a hilarious story."

The hilarity is amped up by the authors' no-holds-barred approach to writing the play, which is full of double entendres and insinuation (and a little colourful language) as the irredeemably vile families make wedding preparations, dig themselves out of debt and mistreat their long-suffering servants.

"It almost wrote itself because there's so much that can go wrong and rich people can be so bad — and these rich people are so bad," says Chubb. "It just amazes me that people of great wealth have no idea what it takes to run their lives."

Smith has enjoyed working with the cast — which includes Debra Mehrer, Meaghan Osborne, Robin Clegg, Jonathan Wright, Ann Deatherage, Jeremy Mogg, Stephanie Sweet, Christine Park and assistant director Gillian Wells — in this farce, which moves swiftly from punch line to punch line.

"The pace is times ten," says Smith. "The action just comes at you faster than anything else we've ever written. There's a lot more physical comedy, a lot more movement."

*Some Fools and Their Money* is the first production of Footlighters Theatre Society's 24th season. It will be followed by an adaptation of Charles Dickens' *A Christmas Carol* in the fall, and *Two Wrongs Don't Make A Play Right*, an original play written by Jason Smith and Suzanne Chubb, in the spring.



Brian Lawrence photo. From left: Zoe Marini, Gary Atha, Meaghan Osborne, Ann Deatherage, Gillian Wells and Jeremy Mogg rehearsing a scene from *Some Fools and Their Money*.

## La Cafamore's Decade

Submitted by **Carolyn Cameron**

La Cafamore is into its first decade of performing in the Kootenays. What began as a string quartet formed by members of the Symphony of the Kootenays has become a fluid ensemble of varying instrumentations. To discuss the first 10 years, **La Cafamore (LC)** asks its 2 founding member **Carolyn Cameron (CC)** and **Alexis More (AM)** about performing in the Kootenays.

**LC: What would you say is the best part of performing?**

**CC:** I would say when the musician and audience form a connection. It's kind of like being in the "Zone" in a sports event. You feel personally that you are playing well and it transmits to the group. When the audience picks up on it, you feed off of each other. Sounds kind of parasitic doesn't it?

**AM:** Getting the opportunity to work with my friends on some seriously challenging music and present it to our audiences. Since most of my professional life is spent working with kids in Elementary school, it is such a blessing to get some grown up music time.

**LC: What about the worst part?**

**CC:** As prepared as we always try to be, sometimes things don't click. When I don't play as well as I can, that's always frustrating. That's when you come out of a performance thinking "why am I doing this?"

**AM:** Is there a worst part? Well, I guess those moments when you doubt that you are doing as well as you are capable of are the hardest. Luckily they feel few and far between.

**LC: Do you have a favourite spot to play in the Kootenays?**

**CC:** Each place has its own personality, each venue has its unique acoustics, so it's hard to pick a favourite. I love Invermere's piano, Crawford Bay and Fernie's audiences are lovely. Trail United Church and Cranbrook's Knox Presbyterian churches have fantastic acoustics. I could go on and on.

**AM:** I am so in love with all the places that we go and miss them so much since I've moved to Victoria. Each of our venues has its unique qualities and I love adapting to them together. Having said that, I want to give a specific shout out to our Crawford Bay family as they always make us feel like the most exciting wonderful group when we play there. I remember one year we played on Thanksgiving Sunday afternoon and still had a great audience. They just put the turkey in the oven, came to hear the concert, and then went back home for their family dinner.

**LC: Funniest thing to happen during a performance?**

**CC:** We usually talk about our pieces before we play them and once I launched a cough drop into the audience while I was talking.

**AM:** I am famous in my musical circles for being quite unflappable, which can lead to times when I very confidently play a very wrong note. This was most obvious and hilarious to us in the Ravel quartet that we played years ago as I had the single transition note while the others had rests, and I played the wrong one. It's always hard to keep a straight face and move on in a moment like that, but we managed.

**LC: Do you have a favourite instrument combination?**

**CC:** That's a tough one. I certainly feel more at ease when I'm on violin but some of those piano parts are amazing. I also don't have to worry about bowings when I'm on piano. Not to totally plug this concert, but I've never met a piano quintet that I didn't love.

**AM:** That's a really tough question. I have come to love the piano trio repertoire over the last number of years. It is such a great experience to be the lowest string voice in a trio and there is no other opportunity for that as a viola player. I am quite in love with the string quartet format as well.

**LC: What are some of the challenges of managing a group that you play in (CC)?**

**CC:** Managing the group appeals to the control freak in me. My biggest challenge is that the publicity push usually comes at a time when my practicing has hit a lull. On the one hand I have to come out saying "this is going to be great" while my practice sessions feel like: "This really sucks."

**LC: Neither of you just walk into a concert and play. Can you take us through some of the preparation involved?**

**CC:** In addition to the managing part, sometimes I do arrangements for the group which is time consuming, but there have been a few that I thought turned out quite nicely.

**AM:** Well, for many years now, before I can get to know the part, it needs to be transposed to the alto clef so that I can play it on the viola as most of our piano trio repertoire is written for cello and not viola. This is a significant part of my preparation as there is still no perfect scanning program to use when re writing music. The most important work for me beyond that is our rehearsal time together as a group as it forms my feeling for the pieces and is the most inspiring part.

**LC: How you would like to be remembered for posterity?**

**CC:** The group that never lost a member to spontaneous combustion.

**AM:** The group that sidestepped some pretty embarrassing name options to settle on a pretty great one.

**Now in its 10th year of performing in the Kootenays, La Cafamore returns to the Quintet format to present Dvorak's fabulous piano quintet Op. 81 and Mozart's incomparable Sinfonia Concertante.**

- When: Sunday June 10/2018, 2pm.
- Where: Harrison Memorial Church
- Admission: by donation

## Here's Your Chance Again!

by **Deberah Shears**

If you missed this concert the last time - or if you want to hear this incredible jazz ensemble again - you get another chance!

The Kootenay Chamber Jazz Quartet will be performing at Harrison Memorial church (Crawford Bay) on Monday, July 9th, at 7 pm. Led by Clinton Swanson, saxophone, with trumpet player, Donnie Clark, guitarist, Doug Stephenson and acoustic bass player, Rob Fahie, this quartet plays intricately arranged chamber jazz inspired by ensembles like the Modern Jazz Quartet. They will present original music as well as arrangements of pieces by other jazz legends such as John Coltrane and Gerry Mulligan.

Each member of this quartet comes with a renowned reputation for performance of the highest level; they are all part of this region's vibrant music scene..... and they are coming to our neighbourhood!

Tickets for what will surely be an amazing performance can be purchased at Lakeview Store (Hwy. 3A in Gray Creek) for \$20 each, starting June 15. There is limited seating in this venue, but if there are any tickets left, they will also be sold at the door.

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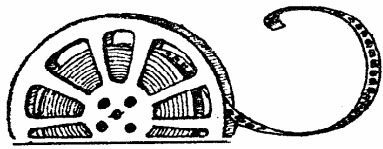
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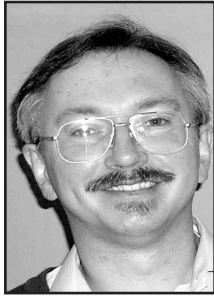
There’s more than one Magic Kingdom. There is, of course, the trademarked entertainment colossus built by Walt Disney. That Magic Kingdom draws adults as powerfully as it draws children. But there’s another one that belongs to children alone. In this enchanted place imagination reigns supreme, dancing is as natural as breathing, and the landscape of a seedy Florida strip mall is as full of wonder as Mary Lennox’s Secret Garden in Yorkshire. Both Magic Kingdoms play a role in Sean Baker’s *The Florida Project* (2017), to my mind one of the finest movies about childhood since François Truffaut’s *The 400 Blows* (1959).

Baker’s film is set in and around the real-life Magic Castle motel, an outsized three-storey purple shoebox within spitting distance of Disney World, surrounded by garishly tacky temptations to the tourist dollar, helipads, derelict condominiums, and tenacious green spaces that (thanks to Florida’s lush climate) are fighting a holding action against urban sprawl. The motel’s inhabitants are largely transients and welfare families, the “hidden homeless.” The motel is like a Roma camp that a curse has permanently rooted to a couple of acres of suburban pavement. The only tourists who stay there are ones who didn’t do their travel homework or who can’t afford more than \$40 for a room. There’s a small outdoor pool, one ice machine that doesn’t work, and outdoor laundry machines permanently in need of repair.

Trying to keep some semblance of order amidst the chaos is the motel’s manager, Bobby (Willem Dafoe), a decent man with an impossible job. He’s caught in the crossfire between the unrealistic demands of the building’s absentee landlords and the volatile hand-to-mouth lifestyles of its clientele. Because he’s a decent guy, and because Bobby himself lives in the motel, he actually cares about the people under his charge—who give him endless grief and whose fates he cannot really alter. Willem Dafoe is one of my favorite actors. For this film he was working with a cast of first-time & fledgling performers, and by all reports put everyone at ease with his generosity, professionalism, and humility. His performance anchors the film. He’s the eye of the hurricane, the somewhat-the-worse-for-wear shelter from the storms that constantly threaten to blow his clients’ lives apart.

Bobby’s burden is thankless and never-ending. One moment he’s wryly urging some rubbernecking herons to move along out of the motel driveway, the next putting paid to a pedophile targeting children playing out on the picnic benches. Always, however, his care is for others; he has no time for self-pity. If Saint Francis needed an avatar, Bobby would fit the bill perfectly.

The occupants of Room 323 would try the patience of any saint. Single mother Halley (Bria Vinaite) has a criminal record, no employable skills, and an emotional maturity and control well below that of her six-year-old daughter, Moonee (Brooklyn Prince).



that Moonee’s an angel. Between spitting on cars, putting dead fish in the pool, throwing the motel’s main electrical breaker, and accidentally setting fire to a derelict building, she’s what’s euphemistically described as a “handful.”

Brooklyn Prince’s performance is a marvel. Watching the interview with her included among the DVD’s extras is like seeing a seven-year-old Diana Rigg or Katherine Hepburn. Kudos to director Sean Baker and acting coach Samantha Quan for enabling Ms. Prince in the best way possible. There’s not a false note in the film. Baker, who also produced, edited, and co-wrote the screenplay, encouraged all of his actors to improvise within the context of an already well-crafted script. The actors spent a couple of weeks at the motel, prior to filming, doing workshops and drama exercises, finding their ease with one another. Although Moonee’s the ringleader and sparkplug, her partners in crime—Scooty (Christopher Rivera), Dicky (Aiden Malik), and Jancey (Valeria Cotto)—also give flawless performances. Sean Baker said he was trying to live up to the standards set by *Spanky and the Our Gang/Little Rascals* comedies that ran from 1922 to 1944. Challenge met, Mr. Baker.

It’s important that the guiding note of the children’s performances in *The Florida Project* is joy. Sure, there’s heartbreak to come—nothing in the film is sugarcoated or offers pat solutions—but the heartbreak only matters because we’ve spent quality time with Moonee and her friends hanging out in bored-but-intimate companionship on motel sidewalks, sharing a single ice cream bought with money they’ve caged off of passersby, talking like boyz from the hood, and dancing spontaneously to any music that happens to be playing. Baker chooses to end his movie on a note of spontaneous courage, generosity & and love, even though we’ve just seen the writing on the wall.

As Bobby says, these are good kids....most of the time. Halley is a good mom, some of the time. Ultimately, she can’t get beyond her own needs to find any kind of long-term solution that will allow her to hold her family together. She probably had Moonee when she was around 15, never finished school, ran afoul of the law on multiple occasions. The tattoos that cover her body aren’t roadmaps of liberation. She’s hanging onto her daughter by a thread, through the grace of social services that are both essential and intrusive. She’s caught in a vicious downward spiral, where each misstep exacts a higher price than she can afford to pay.

Halley’s no fool, but just because she can see what’s coming doesn’t mean she can do anything to stop it. Watching Bria Vinaite in this role, she’s so convincing one can’t help but wonder if this isn’t a case of a road not taken. The tattoos are real. Her Instagram page is more riot grrrl than Mary Poppins. How does someone with no formal drama training pull off this kind of a performance in her first film? She’s definitely drawing on something. The only reason I can see for her not being nominated for an Academy Award was that she was *too* believable. Too many of the Academy voters must have forgotten she was actually acting. And the problem wasn’t just with the Academy—Bria received seven other nominations for best supporting actress and was shut out right across the board. (Brooklyn, by contrast, had 11 wins and 15 nominations).

There are also fine performances by Mela Murder as Halley’s BFF Ashley, and Josie Olivo as Jancey’s grandmother. Mela had had no acting experience at all prior to this film, landing her role simply because she’d caught Sean Baker’s attention on a website. Excellent cinematography from Alexis Zabe, perfectly

complemented by veteran composer Lorne Balfe’s soundtrack.

Some of my favorite moments in *The Florida Project* include a fortuitous rainbow (which was supposed to be CGI but miraculously appeared over the motel during the course of shooting), an unlikely safari, and a birthday celebration that belies the much-maligned soullessness of the urban landscape. In fact, this particular children’s playground just off the Bronson Memorial Hwy in Kissimmee, Florida is, at its imaginative heart, not all that different from the one around my parents’ small motel in Castlegar in the early 60s. I never burned anything down, by I recognize kindred spirits when I see them.



I’d suggest that *The Florida Project* go on a triple bill with *Welfare* (1975), an early documentary from master filmmaker Frederick Wiseman, and Aleksander Petrovic’s *I Even Met Happy Gypsies* (1967). Wiseman’s fly-on-the-wall capturing of interviews with clients in a single New York City welfare office is a stunning portrait of the combined challenges of poverty, deracination, and mental illness—of which *The Florida Project*’s Magic Castle Inn & Suites is a microcosm. Even the wisdom of Solomon would be woefully inadequate here. One sees the real-life versions of the motel occupants that Moonee describes when she gives Jancey a tour of her “neighborhood.” Yugoslav director Petrovic’s *Gypsies* is another unflinchingly honest look at lives that hang by a thread and are embraced even more passionately for it.

It’s been a while since a movie caught me off guard the way *The Florida Project* did, staying with me long after the final credits rolled. It’s my favorite film of 2017.

## Riondel Library News

by Muriel Crowe

It amazes me how quickly time passes and in particular how rapidly “*Mainstreet* time” arrives. It’s Tuesday evening and I was thoroughly enjoying a conversation with my husband and a very interesting friend when said friend mentioned that particular date. I had one rude word in response and so here I am. I missed last month and thought maybe *Mainstreet* Wednesday had been excused for the month but evidently I was wrong.

Looking back a couple of years to all the planning that occurred with dreams of a new building one wish kept reappearing and it has been fulfilled. That wish was for some comfy chairs and a cup of coffee. We have the chairs and a Keurig coffee maker, now we need the patrons to use it and then let us know your opinion. You can also sit and work on a jigsaw puzzle or browse through the interesting Historical Society display.

Brand new to the library is a bulletin board to advertise events anywhere on the Eastshore. Sorry no sales events or items.

Now is the time to prepare your gone fishing signs or prepare the emergency bailout plan if you see Aunt Godzilla coming down the driveway? If all is calm and quiet do drop in and borrow an armload of books and DVD’s and prepare to enjoy summer.

## Book Review

by Tom Lymbery

*Children Of The Kootenays, Memories of Mining Towns* by Shirley D. Stainton, Heritage House Publishing, 210 pages, \$22.95

Shirley Stainton's story of growing up in a succession of Kootenay mining towns is not only absorbing but I'm sure is the first book to record children in those "here today and gone tomorrow" places like Beaton, Camborne, Sandon and Sheep Creek.

Even Camborne was almost gone when the family moved from Beaton to Camborne on a treacherous road hung out over the Incomappleux River. Most of the earlier buildings in Camborne had collapsed with the winter snows but they moved into an apartment in one hotel that had survived. Her father was the cook at the Meridien Mine some distance uphill.

Every mine had a bunkhouse for single miners and a good cook was always needed as the men wouldn't stay unless the food was good. Camborne had insufficient children for a school so Shirley's mother got a teacher to come and stay, so that Shirley and her brother Ray wouldn't miss out on classes. In Sandon their classroom was on the top floor of the City Hall, which is now the Sandon museum.

Lots of good pictures in this book, such as a truck coming through the highway tunnel by Slocan Lake on the way to New Denver, a tunnel big enough to accommodate the daily Greyhound from Nelson to Nakusp. Bypassed by a newer road this tunnel fell in only a year or so ago.

Since her father was a cook there was always job for him, even in the great Depression, so he could work for a bridge crew for a while, then at a Relief Camp. The pay was better when he cooked at mining camps but how long they stayed depended on whether the mine was profitable or not. She points out that because he didn't work underground he didn't suffer from silicosis, as many of the hard rock miners did, because of all the rock dust from the drilling.

When they finally moved to Sheep Creek, near Salmo, WW II had stabilized mines producing silver, lead and zinc so they were able to stay several years and Shirley and brother Ray could complete most of their school years.

I read this book in one day – and I can only do that with top of the line writing that I can't put down. So you will enjoy this just as well. Please let me know how long it took you to read it?

- Planning a wedding?
- Holding a meeting?

Consider renting the  
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**Next Deadline:**

**June 27, 2018**

**mainstreet@eshore.ca**

**www.eshore.ca**

**250.505.7697**

## Intergenerational Baby Goose Where time is a circle rather than a straight line

by Ellie Reynolds

June 1 is Intergenerational Day Canada. What a great opportunity to write about my favorite hour of the week: co-facilitating Baby Goose at Swan Valley Lodge in Creston, an intergenerational music and literacy program.

It's Friday morning and the residents of the Harris Wing at Swan Valley Lodge are gathered in a circle. We enter with comfy floor mats, containers full of pre-cut baby friendly snacks, instruments and colourful scarfs. My toddler son, Che is with me. He smiles as he recognizes where we are. It's time for Baby Goose at Swan Valley. Most of the residents recognize us and are happy to see Che and the other children who come. I give my ukulele a quick tune while 22-month-old Che socialises with the residents. Some break into big smiles as soon as they see us, 'Oh, the babies are here!' they exclaim.

Che has been coming to Swan Valley and Crestview alternatively since we began to take Baby Goose (a partnership between the Library and Columbia Basin Alliance for Literary) - to the care homes in town. He loves it, shows little shyness with the residents, finds ways to engage and play with anyone willing. I always leave the program completely grateful and full of the deepest kind of satisfaction. The simple routine of sharing familiar songs with the oldest and youngest among us brings mutual joy.

I usually open the program by welcoming everybody with a song like, "Here We Go Round the Mulberry Bush" or Raffi's famous "The More We Get Together". We often recite traditional rhymes that the residents remember, old favorites such as "Humpty Dumpty" or "Little Miss Muffet". The engagement builds as we join for perennial favorites still known by all generations – "You are My Sunshine" always gets everybody singing, as does the nostalgic "My Bonny Lies Over the Ocean". During these songs, almost every resident in the room sings along, sometimes with their eyes closed. These songs, learned in childhood, are sometimes the last to go, after all more recent memories start to fade in mid or late stages of dementia.

Later in the program we bring out colourful scarves that the older children help distribute around the circle. The babies enjoy putting these over their heads, or playing a game of peekaboo with their parents. I encourage the residents to wave them from side to side or up and down, creating a symphony of colour in the room, while providing excellent muscular exercise. We wave the scarves along to a lively rendition of "I'm Forever Blowing Bubbles" or shuttle them up and down in the more modern rhyme "The Elevator Song". Bring out the scarves and we are all children again.

Some residents might have their eyes closed but when a baby comes close, their eyes open and fill with light. When we sing songs they recognize, we are time travelling; back to their own childhoods, or years as a parent raising their own babies. When we are shaking simple percussion instruments along to a familiar song, it really ceases to matter how many years we have been alive, we are simply present.

There is research and case studies on the mutually beneficial things that happen when we intentionally bring together the different generations. Some pre-schools have co-located with care facilities, where the children visit the residents daily for art, PE or music. Other programs include having young children come and read to seniors, a practice which results in greatly improved reading scores in the children. I have seen youtube videos about the wonderful results of Intergenerational Choirs, particularly involving high school students and older adults with dementia. The benefits for the older generation include less isolation, an increased sense of purpose, fun, more physical activ-

ity, and less instances of depression.. The benefits for children or youth who take part in regular interactions with seniors are development of "social networks, communication skills, problem-solving abilities, positive attitudes toward aging, a sense of purpose and community service."

Programs like Baby Goose which use the power of music and movement to connect the old and the young, are magical. The other week my son was so soothed by the lullabies we were singing that he lay down on his mat, as if about to go to sleep. A resident sitting in the circle holding a precious stuffed animal was visibly moved. "That baby is going to make me cry" she said. When we had sung the goodbye song to signal the end of the program she repeated, "Promise me you'll come back! You people are so wonderful".

The East Shore has had some successful attempts at intergenerational programs, but we face challenges in ramping up. Deb Shears and Donnie Clark headed up the wonderful mixed age choir that rehearsed and performed at the Ashram, I tried some all-ages music programs at Riondel Community Center, though few seniors from Riondel attended, possibly an advertising problem. We face challenges of transportation and communications, oh don't we just. I'm interested in hearing from anyone who has ideas about how seniors and children could be meaningfully brought together, I'm interested in trying out more ideas.

Music will remain my firm favorite for bringing the generations together because it works its magic so quickly, reminding us of the humanity we share, our collective response to rhythm, melody, and how bonded and uplifted we feel after time spent singing together. As four-year-old Abigail whispered to her mom at the end of last week's Baby Goose program, "I want to stay here forever".

Ellie Reynolds is employed by the Creston Library and the Coordinator of the East Shore Alliance Supporting the Early Years. Reach her at [easey01@gmail.com](mailto:easey01@gmail.com).

## Spring Cleaning at the East Shore Reading Centre

submitted by Cathy Poch

Spring cleaning, a chore that many of us know all too well, but the old adage of "Many hands make light work" proved apt on April 12 as Beverly Anderson, Bonnie Millard-Murphy, Shelli Bothamley, Susan Dill, Helene Lafontaine, Brenda Panio and Cathy Poch lent their expertise and made not only the windows shine, but lights, shelving and floors. What a difference it made to the Library space. Thanks to all for a job very well done.

New shelving has been built to help showcase the new and existing items that have arrived, come on down and have a look. See if your favourite author is amongst those we have.

If we don't have it, we will be happy to see if we can order it from our Interlibrary contacts. New items on gardening, cookery, politics, romance, mystery and suspense can be found either as a book, CD or on DVD. Summer company coming? We have a vast selection of deleted items that can be used for summer reading.

We will be having our AGM on June 21 at 7pm (the library will be open for our usual hours on this date). We will be having a general meeting at this time as well. As most organizations on the East Shore, we could use new members for the board as well as new volunteers to help with our circulation, processing of items, and general care of the Library.

The East Shore Reading Centre (aka Crawford Bay Library) is supported by, not only volunteers but by our tax dollars via RDCK. Hours of operation, depending on availability of volunteers, Tuesday and Saturday from 12:00 - 3:00 PM and Thursday evening from 7:00 - 9:00. Hope to see you there.

# Tom's Corner

by Tom Lymbery  
**Rossland - Trail Creek and the Birth of C.M. & S.**



The Red Mountain Railway from Northport, Washington to Rossland enabled letters to be routed via Spokane to eastern Canada. This was faster than having to go by sternwheeler north to Revelstoke to link up with the CPR's mail car service.

Carrying the Royal Mail was an important source of revenue for sternwheelers and trains, while also encouraging reliable on-time service for mail, express, and

passengers. The early boats had to travel through some rapids and canyons

all the way from Trail to Revelstoke. Once rail service was added from Trail to Robson, and from Arrowhead to Revelstoke, the sternwheelers had an easier time of this long trip.

In the Jacobi collection are some very rare letters. One letter establishes the price that the Canadian Pacific Railway "paid F. Augustus Heinze for the Columbia and Western Railway, which extended from Robson to Rossland, including

an area of land in the vicinity, of \$600,000. The cost of the smelting works at Trail was \$200,000, bringing the total cost to \$800,000." Thus the C.M. & S. Co., the CPR, and the Bank of Montreal became interrelated corporations. When the

Bluebell mine re-opened in 1951, that brought the Bank of Montreal to Riondel, though the bank was only open close to paydays. In fact, years later when people found that the Montreal was opening a branch in Creston, I heard people remark that there must be a new mine opening!

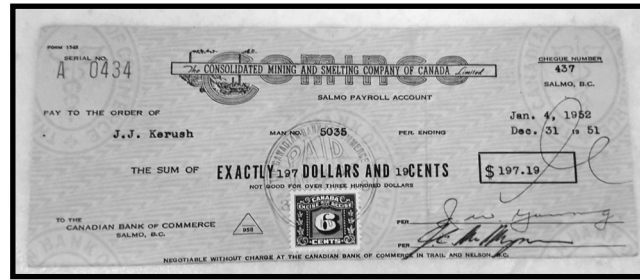
C.M. & S. Co. operated the H. B. Mine in Salmo for many years – many having been transferred there when the Bluebell closed in 1972. Peter gave me some cancelled

C.M. & S. Co. cheques issued in 1951-52 on the Canadian Bank of Commerce, Salmo, BC, such as the one pictured here. How is it that this wasn't the Montreal?

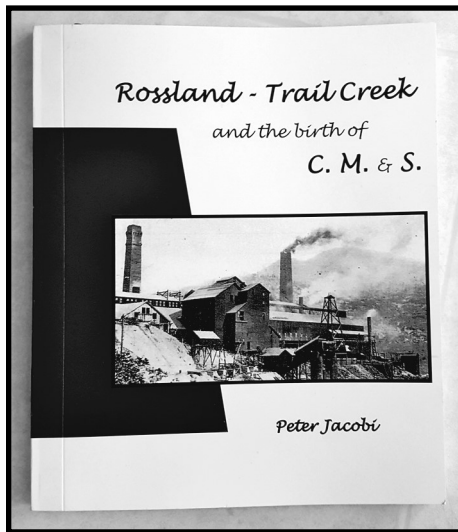
Extremely interesting on the cheque shown here is the six-cent excise stamp that this cheque carries. Canada instituted a two-cent tax on cheques in April 1915, and later increased it to three cents. We used postage stamps for this up until 1953 when it was finally discontinued. Until I saw this six-cent excise stamp I hadn't realized that cheques over \$100 had to carry the larger amount. This was likely because we never ever saw such a large cheque in the store – and wouldn't have been able to cash it for a customer if we had. We never had that cash much on hand.

Workers at the C.M. & S. were well paid. One of these cancelled cheques was to the bank for more excise stamps to be used on cheques – 500 three-centers and 500 six-centers. All carry the wording, "Negotiable without charge at the Canadian Bank of Commerce in Trail and in Nelson BC." For otherwise all the banks made a service charge of either 1/4 of one percent, or 1/8 of one percent, for any cheque presented at another town. Before the days of hand calculators, this was an infernal problem for us at the store in cashing cheques for customers. If we didn't get it right we would get a charge back from our bank in Nelson.

Peter Jacobi also worked at Red Dog, Alaska – the first person I have met who has been to that isolated place – and he has given me enough material for an article about Red Dog. What is the most important material that comes from Red Dog?



1951-52 C.M.S. Co. cheque bearing a six-cent excise



Peter Jacobi's book is in stock at the Gray Creek Store. Author's photo

The C.M. & S. Company (now Teck Resources) has been so important to the entire Kootenay region that it is most interesting to see Peter Jacobi's history of its early days from an entirely different perspective – that of envelopes printed with company names, and mostly with Rossland date stamps. Peter Jacobi's book is pictured below.

The steel hammer used in post offices to cancel stamps and record the date of posting came in various shapes. Usually they were round, but Peter has found some squares. When I worked in our Gray Creek post office we had to backstamp all the incoming mail to record the date of arrival as well, and some of Peter's postcards also show this. I wonder how he was able

to collect some of the very rare envelopes such as one from the Molly Gibson Burnt Basin Mining Co Ltd, cancelled at Paulson, BC. Paulson is a long gone town, but not gone from memory. Highway 3 still uses the Blueberry – Paulson route between Castlegar and Christina Lake.

## Tom Sez

by Tom Lymbery

The pink cherry just north of the store finally opened on April 27, 2018 only 10 days later than many previous years.

July first is a Sunday this year and will again be a day of great celebration starting at 11 am at the Crawford Bay Park with the Many Bays Band music, games and Lions hamburgers. Boswell has their exceptional dinner at 6 pm – then back to Crawford Bay at 10:15 pm for a super fireworks display – We will invite Cranbrook as they have banned fireworks. Fortunately, our lake is non-flammable.

Let's keep those signatures coming in for the petition for Queens Bay. I did get one signature from a BALFOUR man! He lives near the water and hates the noise the MV Balfour makes.

Kootenay Lake Lions are still collecting eyeglasses, cell phones and hearing aids to be recycled in other countries – boxes at Gray Creek Store and the Credit Union

The ice broke on the Yukon River at Dawson City May 9 at 10:04 am.

Even though Ralph Wirsig has passed away, the Ingenious Kayak device that he invented to prevent your kayak tipping as you climb in or out is still available KayaArm.com or wirsigenterprises.com

I can't thank Sharon enough for all the driving and more she did when I had cataract eye surgery in Nelson during the ferry disruption when the Balfour was the only ferry for nearly four weeks.

Truth, logic and common sense are missing completely with the MOT's decision to keep Balfour as the ferry's terminal.

We wish Mel and Roxanne Gale all the best on their move to Duncan, BC. Mel was 12 years old when he first came to Gray Creek, camping with his parents at McDonald's Golden Stairs where they got cold water with a bucket under a drip in an old mine tunnel.

We saw recent pictures comparing a black smoker's lung to a normal pink one. Are pot user's lungs green?

Marv Syfchuck's 70th birthday was an amazing success, binging his family and friends from all over. Marv had prepared a large campsite for so many who brought RVs, and he had carefully built an ingenious washroom with flush toilet and running water. His daughter Coreena brought tents to set over the tables Marv had made with lumber from his sawmill. Wow!

The recent 5k long ferry line up was actually greater than those in the summers of 1960 – 62 when we were the only all season paved road across Canada. Ray Besanger remembers when he and his family would take pop and chocolate bars to sell to those lined up back to the West Kootenay Power building (now YRB) In July of 1962 the Rogers Pass opened and we felt someone had put a gate across our highway.

We offer sincere thanks to the ferry crews who worked days and nights, struggling to fit in full loads on every trip trying to keep the most unusual traffic moving. And to the flaggers they had to bring in from Castlegar and elsewhere.

Should we have been more prepared for the sudden influx of such heavy traffic, considering the instability of the Creston – Salmo pass? And how did the couple injured in the slide get taken to hospital? To Creston or Trail – and why was the news not released earlier?

**Next Deadline:**  
**June 27, 2018**  
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[www.eshore.ca](http://www.eshore.ca)  
**250.505.7697**

## Gray Creek Pass Report

by Tom Lymbery

We hope to see the Pass open by June 30 ready for the BC Epic 1000 Cycle race from Merritt to Fernie, as it was last year. We are negotiating with Cranbrook Forestry in the hopes that they will do the same snowplowing they did last year, over the 6800 foot summit.

Please be ready on June 30 when the riders leave Merritt – so that you can follow their trips on trackleaders.com. With the long daylight hours some of the leaders push on into darkness before sacking out right on the trail. Many more riders than ever before are signed up this year.





## ESTBA Trail Report

by Farley Cursons

Recreation trail development and maintenance have been in high gear since about April. Our main project has been the Riondel Heritage Trail, a non-motorized trail network linking the green spaces of Riondel. The first phase of the trail connects the public lots between Russell Ave and Ainsworth Ave. The second phase which is now complete is a beautiful raised gravel trail winding through the old growth cedars just south of the campground connecting to Hearst Ave. It's been a very rewarding process and we at ESTBA are happy to have some trails in Riondel to promote. Hats off to the Riondel Age Friendly Community Society for their amazing fundraising efforts and commitment to improving their community amenities.

The Trans Canada Trail between Crawford Bay and Gray Creek weathered well over the winter. Some of the spring runoff created challenges which we will correct when things dry out. We improved one small section creating a sustainable-grade switch-back where the trail had been too steep initially.

We have had some difficulty with the wetland trail as many folks know. We replaced the small bridge over the secondary drainage in the top pond back in April. The primary drainage of that pond is the culvert which is now high and dry. The culvert seems to be damaged and would not allow much water through. The new bridge is made with 25' stringers. Unfortunately someone must have pulled away the wood and debris that created a dam above our new bridge and the whole thing flushed creating a super wide drainage. The bridge will need to be replaced again but not before the culvert is replaced. Let's hope things go well with the Crawford Creek Regional Park process and that there is a willingness to maintain and manage the wetland ponds in a sustainable manner. Please remember that Crawford Creek is at full out-flow and can be unpredictable. It's best to avoid the creekside right now. If you must venture near the creek use extreme caution. Don't let children play near the creek and keep your dogs leashed.

Most of the Crawford Bay Peninsula Trail has been cleared. Just a bit more work needed on the East Side Trail. There are a few ways to access the peninsula trails and you can find this information on our website [www.estba.ca](http://www.estba.ca). There are currently logging operations in full swing on the McGregor access road. Folks wanting to enjoy the Height of Land Trail will need to use the North Spur Rd or go all the way to the Trail Hub (#4 on the map). The East Shore Trail and Bike Association along with Studio Ponnuki will be doing a reprint of the maps in June. You can also download the map on the website and there are some left at the Crawford Bay Visitors Center.

**Thank you to the RDCK's Recreation #9 Commission for funding the East Shore's front and back country trail maintenance.**

### Risk Management

The practice of risk management does not intend to eliminate risks, but instead to diligently identify, reduce, and manage them in order to decrease both risk to the user and potential liability to land managers or partners. The word 'risk' as it applies to health and safety with respect to trail management has two meanings. The first is the relationship of the trail user to perceived and real risks of traveling in an uncontrolled

environment. The second and perhaps more important meaning in trails management is the risk incurred by land managers (and private land owners) of providing access to recreational trails for a variety of uses.

It is accepted that trail use is not specific to any one user group or type of use. Hikers, bikers, ORV users, runners, equestrians, commuters and dog walkers all hold expectations for use of natural areas. Increased access and promotion of trails as well as advances in equipment technology have contributed to an increased number of trail users in our region. Consequently, the odds of an encounter between these trail users is also increased and presents a potential for conflict.

Land managers are increasingly faced with addressing user conflicts over trails within their jurisdiction. That's why it is more important than ever to employ a coordinated, transparent, and multi-faceted approach to the issues. It may not be possible to completely eliminate conflicts; however, a pro-active approach to trail management issues can largely reduce conflict potential, as well as establishing a framework for addressing them and when they occur.

### Respect based solutions.

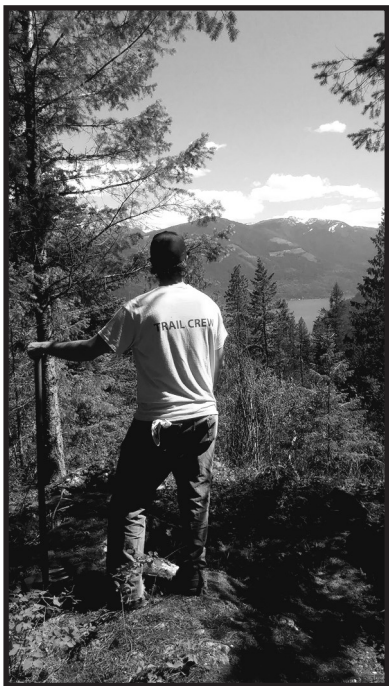
The East Shore Trail and Bike Associations initiative to develop a conflict management strategy may have limited success in the absence of "respect" amongst local trail users. Respect in this context refers to an inter-related set of values or perceptions that will promote resolution of trail conflicts in the event that they occur. These values can best be presented as an understanding or code of behavior that foster reduced potential for trail conflicts, the code would reflect the following ideals:

- a) Trails are a shared community resource and care for them extends to all users, i.e. responsibility for trail safety, maintenance and behavior extends to all users. Degradation of trails by a specific trail user type or group is a universal source of conflict. If you use it, maintain it and if you wreck it, fix it.
- b) Trail use is a privilege and no user type has more "rights" to a trail than another user type or individual. A multi-use trail is for all legitimate users and is shared equally.
- c) A yield hierarchy exists to ensure passing or encounters are codified to enable a predictable system of response. The most sensitive or vulnerable (e.g. the elderly or equestrians) are yielded to by others.
- d) Cooperation and compromise is preferable to competition and exclusion. Slow down, communicate with the people you meet, be prepared to stop, and pass safely.
- e) The unpredictable nature of outdoor recreation implies a degree of responsibility for one's own actions and safety while using trails. Stay within your ability level and in control for both your own and other users' safety.

Many trail uses are intrinsically linked to the perception of risk involved in the experience. While trail users do not intend to injure themselves, it is the challenge of overcoming the risks that makes the experience enjoyable. Eliminating all perceived risks to the user could actually prove to be counterproductive to the purpose of the trail itself. Ensuring safe trail features and infrastructure and providing local Search and Rescue with up-to-date trail information goes a long way to ensure trail users have a positive experience, even when accidents occur.

The East Shore Trail and Bike Association promotes an approach to trail use where respect for the trail and other users, as well as one's own responsibilities, are an integral part of enjoying an outdoor recreation experience.

**For more information or to become a member email: [eastshoretrailandbike@gmail.com](mailto:eastshoretrailandbike@gmail.com). See you on the trails!**



## Golf Kokanee Springs Ladies Day

by Shelley Bumanis

The 2018 Golf Season is well on it's way and Kokanee Springs is looking good.

Kokanee is again offering a great rate on Green Fees for Ladies Day. You pay only \$57 for 18 holes including cart (a 42% savings), \$42 if you choose to walk or \$32 cart included if you can only join us for 9 holes. You also receive a 15% discount on pro-shop merchandise on all items excluding golf balls and clubs. The above pricing only applies to those who are participating with the Ladies Day Club.

We have new tee times this year. Our first tee off is noon so please be up at the pro-shop for an 11:30 check in where and when the foursomes will be set up and the game of the day explained. Skins are also played (one tie all tie) and for those that choose to participate make sure you bring some quarters. Interested in joining us? Email our new club captain Anne Olthof at [asolthof@gmail.com](mailto:asolthof@gmail.com) or call the pro-shop at 250-227-2005 by noon Mondays to be added to the list. If you have an index/factor please include that as well so handicaps can be determined. If you miss the cut-off and find you can golf at the last minute show up for 11:30 and we'll make sure to fit you in.

Join us for golf, fun and a few laughs. Stay for dinner at Bunkers after golf and enjoy the weekly special catered to the Ladies Club. It's a real casual atmosphere. Don't be shy, we'd love to have you partake.

**RIONDEL GOLF CLUB**  
**2018 Father's Day Tournament**  
**Sunday June 17**

\$50 per person  
 \$25 for son/grandson (min age 12 yrs)  
 \$40 for Riondel Golf Club Members  
 Registration opens at 9am  
 Shotgun start at 10am

Continental breakfast/lunch/dinner  
 and refreshments  
 Horse Race - Lots of Prizes  
 Calloway scoring for all players.

**250.225.3584**




## Better At Home

by Rebecca Fuzzen

As we welcome the month of June the Better at Home Program on the East Shore continues to provide and offer transportation and friendly visits to our seniors who request help. Since the start date on April 1, 2017, to the present date, May 23, 2018, the Better at Home Program on the East Shore has organized 58 rides, with 52 of those rides being successful, and six rides being cancelled.

Rides have been given by our wonderful volunteers who are community members coming forward and offering their time and vehicle to those who no longer drive. Participants of the program have gotten rides to the Crawford Health Clinic, to Nelson, to Creston, to Trail and to Cranbrook.

The benefits of this program continue to be transportation, socialization and a valuable resource for the seniors in our community. If you or anyone you know is interested in Better at Home on the East Shore, please don't hesitate to contact us at 250-505-6717 or by email at [betterathomeeastshore@gmail.com](mailto:betterathomeeastshore@gmail.com)

**June 2018 Mainstreet 17**

March may be famous for its Ides but here in Lindero, June is known for its Ideas. Who knows what force macerates the pulp of ingenuity to unleash the town's creative juices? Perhaps it's June's role as the month when Spring's last gasp is gasped best and Summer's rollercoaster is just beginning the steep climb before its first rockety plunge. Or maybe it's just that summer TV is so bad Lindेरians are desperate for any fresh entertainment. Whatever the cause, June sometimes brings Lindero's greatest notions.

And so, this early June, I found myself up a ladder on Mein Street, risking limb if not longevity to attach one end of a giant banner to a power pole, asking myself if it was entrepreneurial zeal or community mindedness that brought me to this fête. The banner in question advertised the town's spanking new spring festival. Its organizer was steadying my ladder and thus in an ideal position for an impromptu interview.

"Where did we get the idea for a spring festival?" Barb LeRoux restated. "Well, we looked around and realized we have a lot to celebrate. Our feet are dry, unlike our devastatingly unfortunate neighbours. Rocks and mud aren't falling on our roads (since last week), and we're not mapping the path of lava flows. So we thought, hey, maybe we can turn our good luck into a bit of profit." Barb's chirpiness was a tad mercenary. I murmured encouragingly.

"So we looked around for a theme for our new spring festival, something that celebrates the local spring bounty, you know." As I strained to tie a granny knot I pondered the "bounty" in my garden, where a meagre crop of peas and beans poked their promising heads above ground only to be decapitated by slugs.

Barb reflected on the popular spring festivals in other East Kootenay towns. "We knew flinging axes and chainsaws at things wouldn't cut the mustard for Lindero." I wondered what stern stuff our mustard might be made of. Barb continued, "Lindero has always been more of a heaving lumps of silver ore kind of town, but we didn't get any takers for that idea." "Mmm," I said, translated as "not surprising."

"Of course, there's all the flowers. But spring flower festivals have been so done to death," she wailed, summarily dismissing a really great neighbour's spring festival. "So we went with the bounty we have at the moment." She gestured at the semi-unfurled banner with a flourish, The Lindero International Rhubarb Festival! I wanted to applaud but I needed both hands for the ladder.

Once on solid earth, we toured the festival grounds, first encountering local rhubarb entrepreneur Tucker Sauer's booth, Everything Rhubarb™. Business looked a little slack so I asked what was on offer. "We have chopped Rhubarb with sugar on it," Tucker tempted. "Not at the moment," I declined. "We also have a sugar-free option," he suggested. "With sucralose? stevia?" Barb wondered. "No, just without sugar." "What else do you have?" I hoped. "Three sizes! Veni, Vidi and Vici." Unconquered by Tucker's multilingual marketing methods, we moved on.

Tucked beside Tucker's was a small booth womaned by Adriana Vaughn. We admired her fetchingly arrayed wares beneath a sign proclaiming Rhubarb Inspired Beauty Products! A bit surprised, I said, "I didn't know Skin So Soft has rhubarb in it!" Adriana rolled her eyes, "It doesn't. It just reminded me of rhubarb for some reason." I noticed the rest of the products were similarly Avonic and devoid of actual rhubarb. Which, on second thought, might be a good thing. We forged onward.

Beside Adriana's unrhubarbic cosmetic offerings was a tent draped in colourful Indian bedspreads, lit with a single low wattage lamp draped in headscarves, and atmospherized with incense smoke emanating through the seams. A hand-lettered sign proclaimed

LeMage's Amazing Fortunes and, in smaller print Your future in a Rhubarb Leaf. There was a customer ahead of us so we were able to observe the action. "You have an interesting future ahead of you," sooth-said our local wise woman of herbs and similars, Mordreda LeMage. She was examining a very ordinary looking rhubarb leaf, somewhat wilted. "Your life-line is long and winding but comes to an abrupt end in ... about 2 weeks." There was a shriek from the customer. "No, wait," cautioned Mordreda, "I think that's a bird peck. You've got at least a month." We beat a hasty retreat.

Next was a gayly striped portable gazebo advertising the Show Us Your Rhubarb Competition, which was in full swing. Contestants lined up their very best stalks which were then assaulted by a barrage of tape measures, calipers, digital scales, and what looked like an portable defibrillator. The excited buzz in the tent was stilled by local Hysterical Society chairman and garden produce adjudicator Theo Tuxedo, broadcasting from atop a milk crate. "Our First Award!" he snapped our ears to attention, "In the category of Greatest Leaf Surface Area, the rosette goes to ... ." He rustled some papers tantalizingly, "Rowena Gardener!" We applauded appreciatively. "Stick around for the other categories," Theo proclaimed persuasively, "Next will be Maximum Stalk Diameter, followed this afternoon by Degree of Redness and the finale, Heaviest Overall Root Ball!"

At this point, Barb and I simultaneously spied the Lindero International Rhubarb Festival Beer Tent, where we found most of the townfolk.

"Quite the event," I proposed.

Barb shrugged, "It's a start. Frankly I was hoping for a few more rhubarb-inspired products."

"Pie? Crumble? Jam?" I suggested.

"Wine. Spirits. Beer." Barb inhaled her ale. "Anything, really," she said, delicately skirting mention of Tucker's Everything Rhubarb™ stall.

"Next time," I offered.

"Grants willing," she sighed, then brightened. "We're thinking of adding radishes next year!"

[Filed by Lindero correspondent H. Porpoise]

## 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.*

### An Unexpected Kinship (Or the Policeman, the Bee, and the Wise Meerkat)

I am always awed by the extent to which people will go to rescue animals. Last winter, a video on the internet showed a small group of men rescuing a group of elk that had fallen through into an ice-covered lake. They had to tie a rope around each elk's neck and pull it out of the freezing water. The first one rescued fixed her eyes on the man as he undid the rope. She expected him to kill her, since for prey animals, like elk or deer, that would be the next unfortunate step. She was definitely surprised when he didn't. Instead there was an affinity between the man and the traumatized elk.

A Scottish woman, Fiona, discovered a kinship with a bumblebee. She found it in her garden. Or rather it found her. It had no wings, and climbed up onto her. Fiona learned that a disease in the U.K. is affecting bees' wings, deforming them, and in this case preventing them from developing. She put the small bee onto some flowers, thinking it would go away as bees do, but would be able to survive on the nectar in the meantime. When Fiona came out later, Bee was still in the same spot: on the same flower. She couldn't fly or crawl away. Of course, Fiona couldn't leave her outside

on a cold night so she fitted out an old birdhouse with flowers and soft material and let Bee inhabit it. For all of Bee's short life, the insect had a warm home and a friend to carry her about. (Bee particularly enjoyed sitting on Fiona's nose, just in front of her glasses.) Bees have very short lives, and when Bee passed away a few months later, she did so comfortably curled up in Fiona's palm.

Another of my favourite video clips is about a family of ducks: a mother duck with at least a dozen small fluffy ducklings ready to follow her anywhere, except across a busy road. After a few false starts, the mother duck tracked back to the original spot, and then darted away, dodging the speeding cars. Unfortunately, only a couple of her ducklings ran with her. The others were a little more timid. Seeing the cars looming up on them, they clung to the safety of the roadside. They milled about, calling to her, but stayed where they were. Suddenly, a motorcycle roared up and a policeman got off to see what was the problem. Some cars were dodging around the ducks, likely to cause accidents and other general harm. He decided to help the ducks. He stood in front of the cars, arms outstretched, stopping them, until the ducklings could dash across to join their mother. Then, serenely sailing on, the mother duck led her offspring away into the ditch where there was some water. I've always chuckled when I looked at this big, burly guy in uniform, complete with reflective sunglasses and helmet, unsmiling, with his arms spread out as the small family scuttled to safety across the pavement.

But humans are not the only species that will help others in need. Meerkats on the Kalahari are popular subjects for photographers. They're cute, active, and have to adapt to new situations in order to survive in the harsh environment. Maybe that's why they've become so smart. Wildlife photographers have to stay still and nearby for hours at a time, sometimes there every day for weeks. The meerkats became habituated

to their presence. With one photographer, the young meerkats were taking advantage of the shade beside him where he lay on the ground. It was just that little bit cooler being out from under the fierce sun. They even discovered that they could climb on top of the long lens of his camera to peer about as he held it up to take photos. From there, it was only a short step to actually climbing onto his head, standing tall, on the lookout for predators.

He didn't mind. The animals weren't doing him any harm, and he was getting some great pictures. He enjoyed giving them a good vantage point. One would stand there while the others grubbed for insects, lizards and frogs to eat. Meerkats are pretty fierce little animals. They will take on a large snake that's coming too close. They will also kill scorpions once they remove the stinging bit at the end of its tail, a technique they teach to their young. Then they happily crunch through the rest of the insect.

One day, the meerkat standing sentinel sounded the alarm. A fish eagle was circling above, hunting any small, untended meerkat that might make a good snack. Once the call sounded, the family hurtled into the dens for safety. After a moment, one came back out. He eyed the photographer, puzzled. He wasn't running for cover. It chattered at him, quite energetically, and when he ignored it, it came further out of the den, risking itself out in the open, to yap even more loudly. The meerkat wanted him to get to safety. He was foolishly ignoring the dangerous fish eagle, which was still circling high and slow above them. Muttering what can only be meerkat words for "foolish human," it returned to the den and safety. Fortunately fish eagles don't snack on humans, and when the meerkats eventually returned to the outside world, their photographer was safely there.

In other words, the meerkats decided to give this cooperative human the same protection one of the clan would expect. In a sense he'd become one of them: adopted by a clan of smart little animals extending their kinship to include him.



## pebbles by Wendy Scott

### Colours of Memory

Mulberry buds shine silver in the setting sun. Maples stand tall and sprout in ridiculous spots. White blossoms smother the apple trees; purple lilacs scent the garden and the back lane, along with my combined lilac/forsythia/privet. Strange combo? Yes, but what about the Necticot – this strange hybrid sprouted about ten years ago from a pit. The fruit had been juicy, delicious and well worth taking a chance. Why so uncertain? The parent tree was grafted and when I asked my neighbour if my seedling would produce similar fruit, he said, “and what are you anticipating?”. My query was apparently not sensible at all – to a real gardener.

Yes Ted, the tree does bear fruit, and even though it's difficult to identify, I must name it. So with the help of my sister, we came up with, Necticot. The blossoms, deep pink and scattered by now, were abundant and promising, so yes, Ted, I'm anticipating more fruit.

But I do have a gorgeous deep pink Rhododendron growing beneath a tall Pine tree with new upright candles. The tree, a gift from my daughter's wedding day in Prince George, seems to like its Riondel location and in a decade has continued to reach for the sky.

Coming through the front gate I'm greeted by tapered clusters of purple wisteria and over in the far corner a surprise of white weeping mulberry and by the front door a mauve clematis that wants to climb the roof, I'm sure, to the chimney.

All this bounty of blossoms reminds me of a spring-time road at the northern tip of Vancouver Island. The morning was clear and sunny; a sweet smelling time of year. This is the place of beaches, surf, and foam where the Transformer of Kwakiutl (Kwak wak'awakw) legend named his younger brother, Walas, and left him on

the beach at Ouchton (the foam place) while he went off to finish the business of creation.

Then as now in Riondel, bees were busy in every open flower, along with what seemed like flocks of humming birds all claiming sweet nectar from honey-suckle and wild roses that framed signs tracing the history of Danish settlers who came from the sea to farm this land and build their houses. The bees followed us through the forest dispersing only when we stepped away from the hush of thick evergreens onto the wide expanse of bright, white sand that is San Josef Bay.

A young man runs across the prairie-wide sweep of flat sand. The long, slow slope takes him through many rolling breakers before the water is even waist high.

We stop at the top of the beach where run-away logs have settled in the soft sand. These vagabonds of the forest industry have lined our wild beaches for so long we take them for granted as natural. And since this wild place has been designated as park land, we trust that protection will remain long enough for many more generations.

The sea says its own name at Shushartie Bay, Sea Otter Cove, Ouchton, and around the northern tip at Winter Harbour, flowers greet the tides that have ebbed and flowed since this piece of land came sliding north from a tropical past about 180 million years ago to play catch-me-if-you-can as tectonic plates continued to move, sub-duct and shiver around the fiery rim of the Pacific Ocean.

The island, that would be named, Vancouver, folded mountains into its spine, gouging rivers and streams to flow into the Cretaceous seas, filling the earth, the air and the water with the abundance the Kwakiutl Transformer trusted to remain and flourish.

On the East Shore of Kootenay Lake as well as the northern tip of Vancouver Island, the forest floor is still wet enough for beds of outrageously large and malodorous skunk cabbage, bare now of their familiar yellow bract; robins fuss and throw together nests of sorts; Humming birds empty their feeders and ask for

more; stellars jays have retreated to the mountains to find a quieter spot, but they will return.

Here, in Riondel, I wait and watch for the first sign of fruit on my Necticot, and over it all ravens dance and spin above the world some say they helped to create.

It is this beauty in wild places that we must preserve. We have touched and often taken.

The leaders of the Kwakiutl First Nation declared that one of their duties, by right of kinship with nature to be their effort... *to protect the rights of the earth and the animal and plant life from destruction.*

Here in the Kootenay the Ktunaxa Nation includes four Canadian bands, all in British Columbia, and two tribes across the American border in Montana and Idaho.

According to First Nation history the language spoken by the Ktunaxa Nation is one of the first eleven aboriginal language families in Canada and not related to any other language in the world.

Nupika, of the Ktunaxa creation story, speaks of the land inhabited by animals and animal spirits before man came into the picture. At that time he gave the animal spirits the duty to be guardians and to leave only their forms in spirit, language, songs and dance to help the Ktunaxa people.

The Ktunaxa Nation Council, Qat'muk, acknowledges in their Declaration...*\*a stewardship obligation and duty to the Grizzly Bear Spirit\** the statement goes on to include all grizzlies now and in the future.

A sacred covenant and a right of kinship: these declarations and promises are ancient and inclusive to all who tread upon the land and waters given for our use, care and enjoyment. Tread wisely and listen to the colours of ancient memory.

#### Anishanaby Song to the Grandmother Moon

*Let's Meet by the Water/ All night we all will sing/  
Let's meet by the water/Under the stars we all will  
drum/ We all will see her the full shaped moon/While  
we all have hope.*

*Anishinaabe translation by Howard Kimewon*

## East Shore Hospice

By Barb Kuhn

Hospice is a service that takes care of the patient wherever they are-- at home or in an institutional environment. If the patient is in a hospital or nursing home, there are many people who are charged with all aspects of their care. If the patient is dying at home, their care frequently falls on the shoulders of a single caregiver.

As a nurse in hospital, clinic and nursing homes, I've had the opportunity to interact with patients and caregivers in both home and institutional settings. One of the nursing diagnoses that I was quite familiar with was “caregiver role strain” and “risk for caregiver role strain”. (Note--Nursing diagnoses are used to develop a plan of care for the patient). Mosby's Medical, Nursing and Allied Health Dictionary describes some of those at highest risk for this problem are those providing 24 hour care, apprehension about the future of the care receiver's health, and worrying about the care receiver's care should the caregiver become ill and unable to care for the ill person.

All of these worries are even more acute in the care taking role for a person who is dying. The caregiver often does not attend to their own needs and takes on more than they can physically, emotionally or mentally handle. Mosby's lists some defining characteristics of caregiver role strain as physical problems, addiction or codependency and psychological or cognitive problems, just to quote a few.

Let not your heart be troubled! Hospice is here to help. We provide respite care--this means you CAN get time to take care of yourself while you are taking care of your loved one while they are dying at home. You CAN go for a walk or a swim or take a few hours to do absolutely nothing if you wish. The point is, that you can take care of you while someone else sits with your loved one We are here for you and for them.

If anyone you know is caring for a dying person, we can help them to find the time to have a moment where they can step out of the caretaking role. Perhaps you are dying yourself and want your caregiver to know that you not only appreciate all they do for you, but you recognize that they need time to care for themselves as well, We would be happy to visit with you to help out however we can.

*Contact Mainstreet*

*250.505.7697*

## East Shore Kootenay Lake Community Health Society AGM

submitted by Tom Wishart

The Annual General Meeting of ESKLCHS will be held on June 28th at 2:00 pm in Crawford Bay School. All members of the Society and members of the general public are invited to attend. Come out and learn about the activities of the Board over the last year including its work to support the Crawford Bay Medical Clinic.

All positions on the Board are to be filled and, even though it is expected that most or all current Board members will stand for election, there are several currently vacant positions.

ESKLCHS is dedicated to the health and well-being of all east shore residents. There is much work to be done and your participation is strongly encouraged.

## Eastshore Garden of Remembrance

by Wendy Scott

The garden is cool and a lovely place to relax on a hot summer day.

Come and visit with friends and take a look at several new plaques.

Need information regarding purchase and engraving of marble plaques to be installed on our cedar benches? Give us a call.

The Remembrance Garden is an integrated stopping place in the trails established by the Age Friendly community Group.

Wendy Scott -- 250-225-3381

Muriel Crowe – 250-225-3570

## Eastshore Ambulance Auxiliary Society AGM

by Christy Gillespie, Chairperson

All those from the Eastshore Ambulance Service Area are invited to attend our AGM (covering the year 2017). We will be meeting at the Riondel based Ambulance Station on Saturday, June 16/18 at 10 am.

The agenda will include an overview of our 2017 activities and an update on the Community Paramedicine Program.

We are looking for new Directors interested in serving on the Society Board. For more information please call Christy, after June 9, @ 250 225-3558.

Please attend to show both your support and interest in our Eastshore Ambulance Service.

We hope to see you on June 16. (Coffee and cookies will be available.)

June 2018 Mainstreet 19



## Holistic Health Tips by Kim Young Can the Anti-Inflammatory Diet Combat Aging?

The biggest myth about aging is that we can't do anything about it. That it's a road to being decrepit, frail, and sick." - Suzanne Somers

Aging gracefully means being as healthy as you can be for as long as possible. Your diet and lifestyle choices play a major role in how your body functions, but will choosing anti-inflammatory foods help your body age more gracefully?

It turns out that the body's aging process can actually be accelerated by chronic inflammation in the body.

But, let's back up a minute...

### What is inflammation and how does it affect your body?

The immune system responds to injury and diseases by providing the body with inflammation. This is a normal process that is important for healing. However, too much inflammation is a problem.

When inflammation gets out of hand, it can attack the normal cells of your body. The process that is supposed to heal you then becomes self-destructive. It's now well known that chronic inflammation is the root cause of many serious illnesses, especially those related to aging, including heart disease, certain cancers, and Alzheimer's disease.

Persistent stress, over-exposure to environmental toxins, and poor diet can all contribute to this type of inflammatory process.

### So, what can you do?

The good news is that there are some lifestyle choices that can help your body deal with chronic inflammation.

Following an anti-inflammatory diet is one way to help control the aging process by reducing inflammation in the body.

The anti-inflammatory diet isn't technically geared for weight loss, although weight loss will probably occur. This diet is designed to help improve your overall long-term health. It is an eating plan you could follow throughout your life in order to control excess inflammation in your body.

### The Anti-Inflammatory Diet

The anti-inflammatory diet focuses on foods that are whole and unrefined, high in anti-inflammatory spices, high in healthy fats, and high in omega 3 fatty acids.

### Some things to include in an anti-inflammatory diet include:

- Soy products, such as tofu, soy milk, tempeh, and edamame (purchase organic soy products, otherwise they may be genetically modified);
- Healthy fats found in good quality extra virgin olive oil, beans, avocados, seeds (such as chia, hemp, and flax), and nuts;
- Brightly colored fruits and vegetables such as blueberries, cherries, strawberries, and red and yellow peppers;
- Clean water and green tea;
- Spices such as cinnamon, turmeric, and ginger;
- Dark chocolate, with at least 70% cocoa.

### Foods to Avoid

It's also important to decrease your intake of foods that cause inflammation. Highly processed foods are inflammatory as are carbohydrates that are quickly digested, such as sugar and sugary snacks. Foods containing vegetable shortening, partially hydrogenated oils, and polyunsaturated oils, such as corn, safflower, and sunflower oils should be removed from your diet.

Read food labels to ensure you are not unknowingly eating these inflammatory foods.

Foods that are labeled "raw" or "organic" are good choices when following an anti-inflammatory diet.

### Are there risks to an anti-inflammatory diet?

According to experts, there are no known risks to eating an anti-inflammatory diet. You should, however, take precautions if you have food allergies. You should also talk to your doctor before making any major changes to your diet or taking supplements that may react with your current medications.

### Conclusion

Any "diet" that focuses on increasing your consumption of whole foods, fruits and vegetables and decreasing consumption of processed foods and sugar is a good thing. By eating wholesome foods, we give our bodies the tools to combat aging and the diseases associated with it.

If we want to age gracefully, and reduce the risk of "aging diseases", eating good quality whole food, exercising regularly, and getting adequate rest and relaxation are the keys to making the next years the best years of your life.

*Kim Young is a Precision Nutrition certified Holistic Health and Lifestyle Coach, Functional Aging Specialist and Reiki Master who lives in Kootenay Bay with her husband Jim and their dog Buster. Her website is: [www.holistic-health-tips.com](http://www.holistic-health-tips.com)*

## Telehealth is on the East Shore!

submitted by Kim Young

Several months ago we told you about the new Telehealth System at our very own East Shore Community Health Centre in Crawford Bay. The system is up and running and ready for use.

How could Telehealth work for you? If you need to meet with a specialist in Kelowna, or follow-up with your doctor in Nelson, for example, instead of making a long drive or having to find transportation, Telehealth may be a viable alternative.

To better understand Telehealth, below is an excerpt from the "Welcome to TELEHEALTH" Brochure:

TELEHEALTH lets you "meet" with your out-of-town health care provider using a television screen or computer monitor, video camera and microphone, which operate over a secure network. This allows you and your health care provider to visit as if you were both in the same room.

### TELEHEALTH helps you by:

Providing access to health care providers and services in the comfort of your community, offering access to health education, giving you a choice to meet with your health care provider by Telehealth or in person, saving you time and money, keeping you close to home

**How do I request a Telehealth session?** Talk to your health care provider about Telehealth. If it is right for you, and if the service is available, your health care provider will arrange a Telehealth session.

**Can I bring someone with me to my Telehealth session?** Yes, a family member or friend is welcome to attend your Telehealth session. Please think of your Telehealth session as a regular appointment with your health care provider.

**How long is a Telehealth session?** Dependent on your health care provider's preferences, the length of a Telehealth session can vary.

**How is my privacy protected?** Your personal information is protected under the Freedom of Information and Protection of Privacy Act. Only your health care providers involved in your care will see your personal health information.

**May I still meet with my health care provider in person?** Yes, Telehealth is your choice. If you feel the Telehealth session does not meet your health care needs, you may end the session and schedule a face-to-face appointment with your health care provider.


**What can I expect during a Telehealth session?** You can see, hear and talk to your health care provider. You are not required to work the Telehealth equipment. You or your health care provider may ask anyone to leave the room (if others are present in the room with you, or in the room with your health care provider).

TELEHEALTH is available in many communities across British Columbia (BC) – including Trail, Kelowna, Cranbrook and Nelson. BC's Health Authorities work together to provide a broad range of health care services using Telehealth. Programs offered may include: Cancer, Genetic Counseling, Home Care, Mental Health/Psychiatry, Thoracic, Wound Care, Speech and Language

TELEHEALTH allows you to connect to your health care provider in BC, or other parts of Canada (Alberta and Ontario for example).

To learn more go to [www.interiorhealth.ca/YourCare/telehealth](http://www.interiorhealth.ca/YourCare/telehealth), or to find out whether Telehealth may be an option for you, please talk to your health care provider.

*Kim Young is a member of the Board of the East Shore Kootenay Lake Community Health Society, and serves as the Board's liaison with the East Shore Community Health Centre.*



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

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

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\$45 - 3.25w X 3t  
\$50 - 3.25w X 4t

\$55 - 3.25w X 4.5t OR 6.75w X 2.25t  
\$65 - 3.25 X 6t OR 6.75w X 3t  
\$85.00 - 3.25w X 9t OR 6.75w X 4.5t  
\$100 - 3.25w X 10.25t  
\$130 - (1/4 page) 5w X 7t  
\$150 (1/3 page) - 6.75w X 7t  
OR 3.25 w X 14.5t OR 10.25w X 4.5t  
\$225 (1/2 page) - 10.25w X 7t  
\$400 (full page) - 10.25w X 14t

Sample Sizes - more sizes available.  
Column Width: 3.25 inches - double width: 6.75 inches - full width: 10.25 inches

Services Directory: \$5/month, up to 3 lines.  
Classified Ads: \$5/first 30 words, 10¢/word additional

**\*\*THESE RATES ARE FOR B/W ADS ONLY\*\***  
**FOR FULL COLOUR, ADD 30%**

## Notice of Passing

### Betty Tillotson



Betty Tillotson, 92, a community belder, writer, activist, publisher, mentor and matriarch, passed away April 7, after a life committed to thinking globally and acting locally.

Betty was born in Toledo, Ohio, and attended the University of Redlands, in California, where she graduated as one of the highest-achieving women in the country, in 1947.

"While at Redlands," according to her daughter, Jane Tillotson, of Nelson. "She evolved from her fundamentalist upbringing and joined the Society of Friends ... Quakers."

"Eventually, she would find her true home in Argenta, where she was a central figure in the life of that community for almost five decades," she said.

The entire Tillotson family – Betty, husband Olin, and their five children, moved from California to White Rock, in 1967 as a reaction to the Vietnam War. All seven Tillotsons became citizens and made Canada home. Always a pacifist, in Vancouver Betty worked with the Committee to Aid American War Objectors.

"Her life was a model for those who imagine a better world," said Tillotson.

When Betty and Olin Tillotson divorced, Betty moved with the four of her children still at home to Argenta, in 1972. She knew through Friends that this was a place where she would find similarly committed folks. She bought a house with 25 acres, opted to welcome others in a co-op, and those with whom she shared the land became her extended family.

Not long after her arrival in Argenta, Betty became involved with the publication *The Smallholder*, "an exchange of ideas and information of interest to country people," which began in 1974. Betty did most of the editing and typing until the publication's last issue in 2012. Betty lived her life by Smallholder principles.

## Notice of Passing

### Sharon Louise Fiebig (nee Cherbo)



At Glengarry Memorial Hospital, in Ontario on Saturday, January 13, 2018 Sharon passed away at the age of 74. She was the beloved wife of Udo Fiebig and dear daughter of the late Grace and 'Pete' Cherbo of Sirdar, BC.

Sharon was born in Creston, went to elementary school in Sirdar and attended Prince Charles Secondary School in Creston. She worked in

Vancouver, BC for a number of years and where she met and married her husband Udo Fiebig. After a few years, they moved to Ontario where Udo continued his work running a warehouse. After a number of years they retired and bought a house in North Lancaster.

Sharon lived a full life enjoying Udo's family and visiting her family in BC. She liked taking care of her garden, collecting teddy bears and also enjoyed taking care of her numerous cats. Sharon will be fondly remembered by her family, extended family, neighbours and friends. Sharon's funeral was held at Glengarry Funeral Home in Ontario in January. A 'Celebration of Life' will be held at the Royal Canadian Legion in Creston, BC 137 – 11 Ave N, on May 27, 2018 at 2 pm.

At Glengarry Memorial Hospital, in Ontario on Saturday, January 13, 2018 Sharon passed away at the age of 74. She was the beloved wife of Udo Fiebig and dear daughter of the late Grace and 'Pete' Cherbo of Sirdar, BC.

She is survived by her loving sister, Joan Haddad (Wayne); loving brother Robin Cherbo (Colleen); the proud aunt of Wanda Thomson (Terry and nephew BJ) and Cora Tschettters (Cecil) of Cranbrook; cousins Grant Douglas (Janice), Carl Douglas (Diane) and second cousins Brooke, Connor and Greyden.

From Tom Lymbery: Sharon (Cherbo) worked at Gray Creek Store in 1961

She was the editor of the 1992 book *Skills for Simple Living*, which was a compendium of the best articles and resources from the magazine. It was reprinted and remains available today as a source for people seeking to live in harmony with the earth and one another.

While Argenta represented a return to the land for her, it in no way reduced her engagement with the wider world, her daughter said.

"She continued her commitment to repairing the world as an outspoken grassroots activist and ally on issues of the environment, human rights, gender equality and other progressive causes," Jane Tillotson said. "As a writer, advocate and force of nature, Mom's political involvement went beyond the theoretical. She attended and organized rallies, risked arrest and loaded her VW van with her kids, drove over the border to Washington state and brought war resisters, including military deserters, to Canada, claiming them as family. In her worldview, this was not a mistruth."

The land-sharing group gardened organically and most of Betty's meals came from the land adjacent to her log home, which was, without hyperbole, filled with magazines and books.

More than 20 years ago, she was diagnosed with breast cancer. She chose to treat it as she did all of her ailments: organically. Despite the reservations of family members, she survived without a recurrence (or ever seeing a conventional cancer doctor again).

An avid world traveller, Betty loved planning the next trip, reading about the history and culture of places she would visit, said her daughter. With her sister-in-law and beloved friend, Joan Tillotson, she visited Nepal, India, China, Greece, Turkey and many countries in Central and South America. Always travelling as frugally as possible, dwarfed by backpacks and staying in hostels, their last trip was to Italy when they were both well into their 80s. The stories and remembrances of those times, and especially of the exceptional, loving people these two extraordinary women attracted, helped sustain Betty in recent years as her body cruelly limited her mobility. Having kept detailed journals of her adventures, she was able to

## Notice of Passing

### George La Pointe

May 17, 1923 - April 16, 2018



We say goodbye to our dad, George, after 94 years of a life well lived. Dad was predeceased by his wife Delia of 68 years and his daughter Simone. Born on May 17, 1923 in Nelson BC, he grew up with his 3 sisters: Babs, Dora and

Lucille. After graduating, George enlisted in the Air Force. He then made his home in Vancouver with Mom and his four daughters. While in Vancouver, he drove a city bus for BC Electric for 22 years and also was a taxi owner/operator of Advance Cabs. Years later, his entrepreneurial spirit brought the family to Balfour, BC where they owned and operated the Rainbow Resort. A short time later, he followed a dream of owning a bar and opened "The Rainbow Room" where the locals and tourists would come to hang out with friends. Dad loved the operations of a tourist-based business and thrived on keeping his customers happy. He also loved spending time fishing, travelling and golfing. Dad and Mom eventually moved back to the coast, where family dinners, watching sports, and dabbling in the stock market kept him busy in his final years.

Dad is survived by his daughters Denise (John), Michelle, Renee (Jerry), and Suzanne (James). He is also survived by his 7 grandchildren: Tracy, Rochelle, Christopher, Tyson, Lindsay, Dylan, and Wyatt, and his 6 great-grandchildren. Dad led a rich and colourful life and will be lovingly remembered and missed by his family and all who knew him.

A Catholic service in memory of dad will be held on April 25, 9 a.m. at Star of the Sea Parish, 1153 Fir Street, White Rock, BC.

From Tom Lymbery: George La Pointe started the Rainbow Resort at Balfour which was flooded in Kootenay Lakes highest level ever in June 1961. the property is now the Duck and Dock.

relive those experiences to the end.

"Betty was fiercely independent, extremely principled, caring, compassionate and always interested in listening and understanding," said Jane Tillotson.

Her five children, seven grandchildren and two great-grandchildren will hold a celebration of Betty's life in the Argenta Hall on Saturday, July 28, the day before she would have turned 93. All are welcome.

From Tom Lymbery: Intro - Betty Tillotson almost single handedly kept *The Smallholder* printing for so many years. We still have the stand that she supplied to display it in the store.

## Memorial Wall

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

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

## Notice of Passing

### Janine Roxanne Saito

March 20, 1958 – August 9, 2017

Janine Roxanne Saito passed away from complications due to cancer on August 9, 2017 while in her own home and surrounded by loved ones. She was 59 years old.

Janine is survived by her husband David; her children Roy (Catherine), Tavis (Sarah), Eva (Kevin) and Jon; her grandchildren Caius and Ryker; her mother Leone Lajeunesse and by her siblings: Maurice (Beverly), Nanette (Dale) and Corrine (Bill (d. December 2009)). Janine was predeceased by her father Robert Lajeunesse (d. June 2011). Janine was born the second child and first daughter to Leone and Robert Lajeunesse.

Along with her older brother and two younger sisters, she loved growing up in Gray Creek, situated along the Kootenay Lake in the interior of British Columbia. After attending high school in Creston, B.C., Janine's exploratory nature urged her to move to Edmonton where she met David and on September 15, 1978 they were married.

They were meant to be together. David and Janine went on to have four children total: Roy, Tavis, Eva and Jon; the later three of which were birthed in the comfort of their own home. This period of her life introduced her to the home birth and midwifery movements and Janine became a vocal supporter for both. Her initial offense of being a "hard-nosed gardener" was soon worn as a badge of honour as she pushed her family to plant and weed and grow, all along instilling within them the importance of raising their own food and providing for themselves. She was a Garden Warrior.

Janine's open spirit, her incessant determination, her incredible wealth of knowledge and her welcoming smile are just some of the reasons why she has a fond place in so many hearts. She ensured that all of us who loved her will always have her around in the flowers we see and smell, the vegetables we grow and eat, the northern lights we watch up in the sky and in the long walks we take in the rain or shine.

In accordance with Janine's wishes a celebration of her life will be held at the Saito Farm later in August. If you would like to attend, please email [jrsdas@gmail.com](mailto:jrsdas@gmail.com). Any donations may be made in Janine's name to La Leche League Canada ([www.lllc.ca](http://www.lllc.ca)), the Association for Safe Alternatives in Childbirth ([www.asac.ab.ca](http://www.asac.ab.ca)), the Stollery Children's Hospital in Edmonton ([www.stollerykids.com](http://www.stollerykids.com)) or to a charity of your choice.

From Tom Lymbery: Janine's parents lived in Gray Creek, owning what is now the Musil property. Janine attended school in Gray Creek and Crawford Bay,

**SERVICES DIRECTORY/CLASSIFIEDS**

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

**AUTOMOTIVE/MARINE**

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

**NORTHSTAR CRESTON** - 1-800-551-9351 Full service 8-bay shop featuring Certified Service lube, oil and filter starting at \$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/REPAIRS/GENERAL HELP**

**ALL-SERVICE HANDYMAN** - Mark Johnston. Call 250.505.4983 or email: markjo59sol@gmail.com

**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 - eastshorehospice@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.

**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

**LISA SKOREYKO R.AC.** - Registered Acupuncturist. 250.777.2855. Unit #9 Crawford Bay Inn. 16210 Hwy 3A, Crawford Bay.

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

**REGISTERED MASSAGE THERAPIST:** Harrison 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, 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**

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

**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

*Next Deadline:*  
*June 27, 2018*  
*mainstreet@eshore.ca*

- Planning a wedding?
- Holding a meeting?

Consider renting the  
**BOSWELL HALL**  
Booking/info: Rose at 250.223.8288

*Thinking of Renovating?*



We can review your house insurance policy with you. Be sure to keep it up-to-date!

**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*

**CLASSIFIED ADS**

**BUSINESS ANNOUNCEMENTS**

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

**BUSINESS SERVICES**

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

**EMPLOYMENT/JOB OPPS**

**Red's Bakery** is now hiring full-time & part-time positions for the 2018 summer. If interested, please send resume to rydavista@gmail.com. Only resumes sent via email will be considered.

*Memorial Wall*

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

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

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



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

**NO PET LEFT BEHIND!**

A monthly mobile veterinary clinic located at the Crawford Bay Motel, Unit 6.

Upcoming Clinic Dates:  
**June 5 & July 10**

Please call Creston Veterinary Hospital to book your appointment today!

  
**CRESTON VETERINARY HOSPITAL**  
*Your Hometown Vet!*  
250-428-9494  
[www.crestonvet.com](http://www.crestonvet.com)

# 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 2018

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

Tuesdays: Dr. Piver  
Wednesdays: Dr. Moulson  
Thursdays: Dr. Lee

### LAB HOURS AT THE CLINIC ARE EVERY WEDNESDAY FROM 7:30-10:30am.

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 Thursdays, 9 - 10am, Con-  
tact is Darlene Knudson 250-223-8005  
**Book Club** - Thurs June 14 at 2pm. Contact is  
Melody Farmer - 250.223.8443  
**Quilters Guild** - Tuesday, June 19 at 1pm. Con-  
tact is Linda Brown: 250.223.8607  
**Vinters** - Sunday, June 17 at 2pm. Contact is Alan  
Mayder: 403.467.5720  
**BADEV** - Monday, June 4 at 10am. Contact is Rod  
Stewart - 250.223.8089  
**Sunday, June 17, 8:30-10:30:** Fathers Day  
Breakfast. Tickets are \$10 at the door.  
**Sunday, July 1 at 6pm:** Canada Day Celebra-  
tion BBQ. Tix available at Boswell Post Office as of  
June 11.

### Eastshore Freshwater Habitat Society AGM June 20/18, 7PM At Kootenay Lake Community Church



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

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

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

Email: mainstreet@eshore.ca

Web: www.eshore.ca

### ADVERTISING RATES

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

\$40 - 3.25w X 2.5t

\$45 - 3.25w X 3t

\$50 - 3.25w X 4t

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

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

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

\$100 - 3.25w X 10.25t

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

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

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

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

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

Sample Sizes - more sizes available.

Column Width: 3.25 inches - double width: 6.75

inches - full width: 10.25 inches

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

Classified Ads: \$5/first 30 words,

10c/word additional

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

**FOR FULL COLOUR, ADD 30%**

## We've Had a Facelift!



COME IN TO THE GYM. We've got you covered.

THE EAST SHORE FITNESS PLACE WELCOMES YOU  
(located at the Crawford Bay School)

WE HAVE PUNCH CARDS! Buy a punch card for \$30  
for 6 visits (doesn't expire) & your 7th visit is FREE!

PRICES: Drop in: \$5 Monthly: \$30

April & November 3 for 2 Specials: \$60

12-18 year olds: free 70+ Seniors: optional donation

Disabled/lower income: subsidized up to 50% off on request.

Mon-Sat, 8-10am AND Mon-Fri 6-8pm

Please watch the Fitness Place Facebook and  
Instagram pages for notices/closures.

Contact us! eastshorefacilities@gmail.com

## CHURCH/MEETING CALENDAR

### RIONDEL COMMUNITY CHURCH June 2018 SCHEDULE

No services scheduled for June!

### CHRIST CHURCH & EAST SHORE CONGREGATIONS

ST. ANSELM'S CHURCH BOSWELL (Anglican)  
No services at the present time. Contact Christ  
Church Creston for info - 250.428.4248

### HARRISON MEM CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!  
For info, please contact Deberah Shears at  
250.225.3336 or Rev. Leon Rogers: 250.428.4248

### 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!

For info, call: 250.229.5237

*Next Deadline:*

*June 27, 2018*

*mainstreet@eshore.ca*

*www.eshore.ca*

*Creativity,  
Community,  
Conscience.*

## COMMUNITY HEROES

### a Mainstreet Feature

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

**Danielle Linn and Cathy Fowler** for delivering food and  
water to those stuck in the record-breaking lineups on May 18.  
Your dedication and service was noted & warmly appreciated.

**The Crawford Bay Regional Park Ad-Hoc Com-  
mittee and especially Gary Jackman** for all the work  
done to save the wetlands and create a reality out of the idea of  
a regional park in our area. Kudos!

**The Crawford Bay Hall and Park Society** for seeing  
the land acquisition through and working so hard to retain and  
improve a local landmark.

**Chickee Cook** for her endless patience and kindness, deal-  
ing with our youth and school programming.

## 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 Fraser Robb at 250-227-9636.


**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 usually held at 5:30 pm at the Crawford Bay  
School on the first Weds of the month.

Email cbess.pac@gmail.com for info or to add to the agenda.

June 2018 Mainstreet 23

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
						Tom Lymbery's Bday, GC Hall Open House, 1-3pm Taste of the Ashram
3	4	5	6	7	8	9
Osprey Monitoring Workshop, Kok Park, 10am		* Creston Vet, CB Motel, Unit 6 Tara Shanti Yoga, 9:30-11	ESIS Town Hall, CB School, 6pm * Volleyball, CB School, 7pm	Tara Shanti Yoga, 9:30-11 Yoga w/ Melina, Bos Hall, 9:30 - 11am		
10	11	12	13	14	15	16
La Cafamore, Harrison Church, 2pm	ESIS AGM, CB Hall, 7pm	* Lions Meeting 7pm Tara Shanti Yoga, 9:30-11	* Volleyball, CB School, 7pm	Tara Shanti Yoga, 9:30-11 Yoga w/ Melina, Bos Hall, 9:30 - 11am		ES Amb Aux AGM, 10am
17	18	19	20	21	22	23
Riondel Golf Fathers Day Tournament	Electoral Reform Pres, Rio Comm. Centre, 1:15 (lunch at 12:30)	Tara Shanti Yoga, 9:30-11	* Volleyball, CB School, 7pm	Youth Society AGM, 5pm Tara Shanti Yoga, 9:30-11 Yoga w/ Melina, Bos Hall, 9:30 - 11am		Strawberry Social and Temple Grand Opening
24	25	26	27	28	29	30
Tipi Camp AGM		* Lions Meeting 7pm Wildfire/Climate Change Conference, Nelson Tara Shanti Yoga, 9:30-11	 Full Moon Wildfire/Climate Change Conference, Nelson MAINSTREET DEADLINE	Health Soc AGM, CB School, 2pm Wildfire/Climate Change Conference, Nelson Tara Shanti Yoga, 9:30-11 Yoga w/ Melina, Bos Hall, 9:30 - 11am		



TEMPLE OF LIGHT GRAND OPENING & STRAWBERRY SOCIAL

Saturday, June 23, 2018

This will be a joyful time as we celebrate this beautiful space dedicated to bringing people together in understanding.

Please bring your family & friends for this free event.

Schedule:

- 1-5 pm Strawberry Social with kids' activities & book sale
- 2:30 - 3:30 pm Ceremonies at the Temple, ribbon cutting & Slava Doval Dance Performance

Come celebrate with friends and neighbours!



Yasodhara Ashram  
YOGA RETREAT & STUDY CENTRE

527 Walker's Landing Road  
5 min from Kootenay Bay Ferry

250-227-9224  
info@yasodhara.org  
yasodhara.org

June 2018 Hours:

Open 7am-3pm  
Weds - Sun

(250) 777-2537

Now serving breakfast sandwiches!

Thank you for your continued support.



Kootenay Lake Ferry Schedule

Summer: Jun 20 – Sept 10, 2018

(before June 20, no MV Balfour ferry runs)

Vessel	Departs Balfour	Departs Koot. Bay
Osprey	6:30 am	7:10 am
Osprey	8:10 am	9:00 am
Osprey	9:50 am	10:40 am
Balfour	10:40 am	11:30 am
Osprey	11:30 am	12:20 pm
Balfour	12:20 pm	1:10 pm
Osprey	1:10 pm	2:00 pm
Balfour	2:00 pm	2:50 pm
Osprey	2:50 pm	3:40 pm
Balfour	3:40 pm	4:30 pm
Osprey	4:30 pm	5:20 pm
Balfour	5:20 pm	6:10 pm
Osprey	6:10 pm	7:00 pm
Osprey	7:50 pm	8:40 pm
Osprey	9:40 pm	10:20 pm

Transfer Station Hours

CR. BAY: Sun, Tues, Thurs 9am-3pm  
BOSWELL: Weds/Sat 11-3

Bottle Depot at CB Market, Sunday/Thursday, 10am-3pm

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