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YEAR 29, NUMBER 6

JUNE 2019

The East Shore Mainstreet

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Alpine Flowers at Gray Creek Pass

Photo: Dave Lymbery

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Agreement#: 40718537



Circle of Friends Art Shoppe in Riondel is delighted to report that a grant has been received from Canada Summer Jobs.

This position is open to youth between 15 and 30 years of age at the start of employment.

Employment will commence July 1, 2019 for eight weeks, 30 hr week @ \$15.00 per hour

For more information email circle@bluebell.ca
Or phone Bonnie @250-225-3509

235 Fowler Street, Riondel, BC
Hosts local artists, craftspeople & artisans!

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Weekends only 10am-4pm
July/August :
7 days a week, 10am-4pm

The East Shore Fitness Place

Celebrating 10 Years!

East Shore Facilities Society would like to acknowledge and thank ALL volunteers for their service over the years.



A special thank you goes out to the following three invaluable volunteers for their many years of volunteer service at the Fitness Place and/or on the East Shore Facilities board.



Doreen Zaiss



Leona Keraiff



Laverne Booth



Fitness Place Supervised Hours:

Mon-Sat, 8-10am & Mon-Fri: 6-8pm

For more info or to sign up for the key card program, please contact Julia Kinder at eastshorefacilities@gmail.com or 250.777.2497 (email is preferred)



OFFICE DESK

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or Best Yet, Email to: mainstreet@eshore.ca

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

Copies every issue: 700-1000

The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake, written by community volunteers.

Send in July 2019 issue items by:

Next Deadline: June 26, 2019



24TH ANNUAL
STRAWBERRY SOCIAL

Saturday 22 June from 1 to 4 pm

Join us at Yasodhara Ashram for this free event featuring Slava Doval and DanceFusion youth.

For more info call 227-9224 / email info@yasodhara.org

LETTERS TO THE EDITOR

CLEAN UP COMPLAINT

Dear Editor:

For the second year (that I know for sure) YRB has claimed to have cleaned our streets. I raked and shoveled a full wheelbarrow of gravel just from my front lawn and property frontage. They swept but haven't picked up any of the gravel, just pushed it aside. The result is like vacuuming your house without a bag in the machine. Dust everywhere and the gravel spreads as it makes its way back on the street. A waste of time on their part and if you are going to "street clean" then do the job right!

Lynne Cranna, Riondel

May 7, 2019

*The Honourable Claire Trevena
Minister of Transportation and Infrastructure
Victoria, BC*

Dear Ms Trevena:

RE: ALL-ELECTRIC FERRY PROPOSAL FOR KOOTENAY LAKE, BC

I am writing to request that your ministry power the proposed new ferry, we are to be receiving in 2022, as one that is 100% electric. Corvus Energy manufactures modular lithium ion batteries right here in Richmond, BC, and the fact that they already have some 100% electric ferries in use in Norway, using these BC-Canadian-made batteries, makes very good sense to proceed with this technology for our new ferry boat.

I am writing this letter as a director of our Nelson-Creston Green Party Riding Association and as a representative of the large number of Nelson Creston residents who wish to see our province moving towards a sustainable future. We feel this is an excellent opportunity to showcase forward thinking 21st Century technology by NOT reinvesting in diesel power at all but

moving toward 100% electrical power. We could be the pilot project for the province to demonstrate green technology in action.

This new ferry will be smaller than most other coastal BC ferries and thus design problems could be solved more easily and faster. It would also address the ongoing issue of dredging.

We look at the Norwegian *MF Ampere Ferry* as an example, as the world's first All-Electric Car Ferry. Here is the link to this information on the Corvus website: <https://corvusenergy.com/marine-project/mf-ampere-ferry>. This 80 metre vessel carries 120 cars and 360 passengers which is larger capacity than our proposed ferry, but as an example, that ferry alone saves 1 million litres of diesel per year, 2680 metric tons of CO2 are mitigated and 37 metric tons of NOx are mitigated, as an illustration of the environmental benefits.

I have highlighted, below in an appendix, some of their information from the Corvus website to further illustrate the many benefits of this all-electric ferry.

In light of the urgent climate crisis that we have now entered, according to the renowned UN IPCC report of October 2018, it is imperative that we reduce fossil fuel use as much and as soon as possible. We could be a shining example, a prototype of BC's first all-electric ferry, by using this Corvus Energy Storage System (ESS) to power our new vessel. And we have the technology available to us right here in our own province, with this multi-award winning energy company in Richmond. We feel the time is now for this innovative action, and that perpetuating any diesel use, a backward step for the environment and society.

We look forward to your response on this proposal

Sincerely, Mary Donald

East Shore Director, Nelson-Creston Green Party Riding Association

Appendix:

Corvus Energy Storage System ESS Benefits:

Eliminate onboard fuel consumption

Zero emissions

Low noise

Reduced maintenance

Rapid return on investment

Improved redundancy

Reduced port infrastructure costs for the project.

Also of note on their website: *The emission free MF Ampere is a new build, and has been designed in catamaran style with two efficient aluminum hulls to reduce resistance in water compared to a traditional hull design. The new vessel weighs half as much as other ferries operating the route.*

The project is also the first of its kind to incorporate high power shore charging using Corvus Energy's liquid-cooled ESS technology.

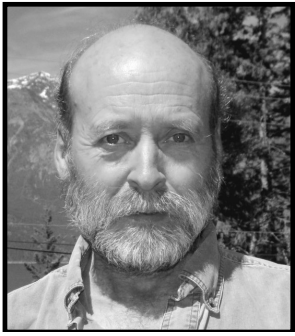
The first of many such vessels planned for Norway, the MF Ampere demonstrates that the robust Corvus ESS technology may be used to replace all traditional engines on ferries operating on short crossings. The project also validates the use of ESS shore charging stations where port electrical infrastructure is weak.

Also of interest on their website, pertinent facts are offered including:

FAQ- Frequently Asked Questions: What type of maintenance does a Corvus Energy System require?

Corvus Energy Storage Systems (ESS) are designed as a solid state unit that is resistant to water, vibration, impact and electromagnetic interference (EMI). They require no maintenance after commissioning and are designed to provide years of reliable service. The system performance may be monitored from any location in the world using the Corvus Gateway monitoring system. Not only may the state of health, state of charge and many other parameters be monitored remotely, the Corvus Gateway also allows for remote software upgrades as required.

Corvus Energy has amassed unsurpassed experience from 190+ projects, totalling over 200 MWh and more than 2 million operating hours.



RDCK Area "A" Update

by Garry Jackman, Regional Director

MORE ON TRANSIT

A few concurrent initiatives are happening around transit. Other articles in this issue will provide updates on the community bus which was purchased from Valley Community Services (based in Creston) a few months ago. This bus is held by a local society. As it comes into service it will serve some of the immediate needs of our communities plus it can start to build the ridership case for establishing BC Transit service within Area A.

Currently the RDCK partners with BC Transit and Interior Health to provide a variety of transit services across the Central Kootenay with some connections to the East and West Kootenay. Funding formulas vary with BC Transit typically paying for half the cost of regular transit (through your provincial taxes) and the other half coming through local property tax where the services are established. Interior Health pays for the Health Connections service, described further below, from their funding allocation provided by the province.

The typical range of services include regular transit (running on a fixed route and schedule), by request service (examples can be found in parts of Creston), handyDART and Health Connections. Area A residents in the south portion (around Wynndel) have access to a fixed schedule bus which loops back and forth from Creston two days a week. They also have access to the handyDART service if they qualify. This is a door to

door service for persons who have disabilities which prevent them from using the regular transit service. Information on what the handyDART service entails can be found on the BC Transit website. The overall schedule for the Creston Valley Transit System, with connections to Wynndel, Ericson and West Creston, can be found by searching Creston Valley Transit.

Creston Valley residents, along with any Area A resident who can make it into Creston for the morning departure time, can use the Health Connections bus to ride to Cranbrook and back for medical appointments two days a week. If seats are available, passengers without medical appointments may also ride this bus. The Health Connections bus is funded by Interior Health so it does not require a local property tax. The rider fare is very reasonable at just \$2.50 per trip but the trips need to be booked 24 hours in advance.

For the northerly portion of Area A, we currently only have connectivity to the extensive West Kootenay transit network via the bus at Balfour. It took some time, but at least now the bus arrivals and departures from Balfour are scheduled to allow time to board or disembark from the ferry. Once on the Balfour side, riders can access regular transit or they can board the Health Connections bus which goes to the Kootenay Lake hospital in Nelson. They can also make connections to go to the Kootenay Boundary regional hospital in Trail.

BC Transit, in partnership with local government, has been very successful in increasing ridership in the west Kootenay since 2013 when several of the disjointed transit schedules were aligned to allow for easier travel from Trail to Nelson plus creating feeds from Nakusp, the Slocan and the Kaslo area. Now BC Transit is planning for a further expansion and enhancement of the system. If residents from the northerly portion of Area A can show an adequate demand for

service we may be eligible to receive a substantial subsidy to establish BC Transit service along the east shore. This will likely take one and a half to two years after the demand case has been established. Currently BC Transit is looking for expansion ideas to put into their fall budget proposal.

On May 22, Transit planners along with the RDCK transit coordinator met with 17 stakeholder reps from the east shore to begin the planning cycle. In the coming months BC Transit planners will return to the east shore to hold public meetings to present ideas for transit routes along the east shore and to gauge the level of local support. If you anticipate a need to use transit now or over the next several years please consider coming out when meetings are announced.

A longer vision is to have BC Transit service running the full length of Area A from Riondel to Creston plus looping down to the ferry terminal. The current "service areas" which the RDCK would use to raise its portion of the funding are not continuous and each is aligned with a different transit network. Sorting out a long term plan will be complex and may require voter assent. The shorter term objective, as stated above, is to demonstrate a local demand for service and plug into the already established network on the other side of the Kootenay Lake ferry by having a feeder route on our side of the lake.

REMINDER ABOUT REGIONAL ENERGY EFFICIENCY PROGRAM

As noted in previous articles, the RDCK has been proactive in linking residents to grant programs, such as those offered by Fortis and BC Hydro, to upgrade their homes and appliances to save energy. The most recent program we are helping to promote is the Regional Energy Efficiency Program which has two

Continued on next page

LETTERS TO THE EDITOR

MORE ON THE FERRY

To the Minister Clair Trevena,

I understand that you believe that there was public input that supports the decision to keep the ferry in Balfour. Unfortunately, there was not. There were no meetings held on the East Shore until the decision was already made. We have repeatedly tried to have our voices heard and we are ignored. What will it take? The SNC Lavalin report determined the move to Queens Bay was a long-term solution that would save money and was better for the environment. How much did this report cost taxpayers? Please answer the question.

Further we feel we were politically hijacked by a few residents who maintained "not in my yard" and a few businesses that gain from the long ferry waits. How can we as Canadians be heard? 2500 signatures ignored. Countless letters and phone calls ignored. I am asking what the democratic process is? This is a health and safety issue. Beyond, this is a democratic issue. There needs to be an investigation on this decision-making process. The RDCK grant money obtained by the Balfour Queens Bay group and the absence of meetings on the East Shore with the people that use the ferry. Please be assured that this is not just about the East Shore users but the 1000's upon 1000's of users from all over the world. This is about the health of the lake. Dredging is not the answer. Moving the ferry is.

The four prevalent questions are:

1. How much did the Lavalin Report cost. And why has the government ignored the recommendations
2. Why were there no meetings held on the East Shore with the ferry users?
3. How do we appeal this decision? Does it need to go to court or is there a separate tribunal option available.
4. How many people used the Kootenay Lake Ferry in 2018.

Thank you for addressing these questions and I will look forward to hearing the answers.

Regards, Danielle Rogers, Riondel

MORE DOCTOR DAYS

Dear Editor:

I am becoming more and more concerned about the lack of doctors and doctor days here on the Best Shore. The wait time for an appointment is now over three weeks.

Tuesdays and Wednesdays and not enough. Both of the kind gentlemen who work here now are probably destined to retire soon. A female would DEFINITELY be a welcome addition to the team!

If you are also concerned, please take the time to write or call the appropriate folks listed (I have). Hopefully the squeaky wheel will get attention...

Email our MLA: Michelle.Mungall.MLA@leg.bc.ca and HLTH.Minister@gov.bc.ca. (Adrian Dix)

I sent one email to the two of them.

Mungall's phone number: 1-877-388-4498

Dix's phone number: 250-953-3547

Interior Health Patient Care Quality Office in Kelowna: 1 877 442-2001

Their email address is not listed but if you go to their complaint department you can email them on their website. Their address is 505 Doyle Avenue, Kelowna, BC V1Y 0C5

Sincerely

Leona Keraiff, Crawford Bay

BACKCOUNTRY BENCHES A DELIGHT

Dear Editor:

A group of hardy East Shore hikers recently witnessed the amazing, East Shore Trail and Bike Association in action: despite layers of clothing and mosquito netting, Farley Cursons and Taz Archambault were toiling away up Pilot Peninsula.

We came upon them unexpectedly just after experiencing the joys of sitting on the new bench at the Height of Land viewpoint. Sandy Oates and Klaus Plaumann painstakingly built, dismantled, hauled and then reconstructed it, kilometres up the trail! As you can hopefully see in the photo; eight of us were able to sit and eat lunch together. After asking Sandy about the bench I learned that he and Klaus actually built three of them. More discoveries to be made... Thanks for your dedication fellas! We appreciate you,

Leona Keraiff on behalf of our group



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Deadline: June 26/19

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JUNE Horoscope

by Michael O'Connor

Tip of the Month: Despite the light and airy disposition of Gemini, Mercury and Mars in Cancer suggests that June could prove to be an emotional and moody month. Venus in Gemini

a third into the month does help alleviate the mood somewhat. Yet, the Sun in Cancer, marking Summer Solstice, will activate another plunge. Positively, people are moved to get to the bottom of things. Mercury in Leo late in the month will synchronize with more playful attitudes.

Aries (Mar 21- Apr 19)

Digging in deeply probably has more to do with renovations and repairs, but could describe a personal process. What is true for you is more important than ever. You are focused to identify and get your genuine needs met.

Taurus (Apr 20-May 20)

Uranus in Taurus finds you forging ahead with the finesse of a bulldozer. Determined to realize your ideals, your days are full and you hardly want to socialize. Yet, you are willing to exchange knowledge, to listen and learn.

Gemini (May 21-Jun 20)

You are on a roll and are determined to get deep traction. Yet, you may also feel as though you are at the mercy of situations you cannot change or control. Rather, it is you that is undergoing the change. Cooperation works best.

Cancer (Jun 21 - Jul 22)

Finding your place or best approach has become more important. You are ready and willing to at least consider new strategies. Seeking the attention and support of friends and people in power positions is likely and ideal.

Virgo (Aug 23 - Sep 22)

Pushing through obstacles for the sake of securing public and professional posture is likely now. This includes entertaining new cultural interests and expressions. This is the year to take risks and try new angles.

Libra (Sep 23 - Oct 22)

Your sights are set on seeing a bigger picture and in detail. New social and cultural interests are highlighted. Meanwhile, professional pressures are pushing you into action. Nothing boring, though you may feel a little stretched.

Scorpio (Oct 23 - Nov 21)

It may feel as though you have come to a fork. Two distinct directions are available and you must decide. One can be understood as a higher road but may be more work. Life teaches by consequences. Be discerning.

Sagittarius (Nov 22 - Dec 21)

Your social scene has opened a little wider. Yet, you also have to give more. Although your ambitions are strong, you may also be looking for your escape route. Surrender to the flow on this one will probably work best.

Capricorn (Dec 22 - Jan 19)

A busier pace is underway. Challenging interactions with other key players are pushing you to see things from their perspective. Fortunately, it includes some pleasurable pursuits and encounters as well.

Aquarius (Jan 20 - Feb 18)

A playful mood finds you entertaining and being entertained. In the background, a busy pace implies hard work and threatens to sour the mood. Creating a more satisfying atmosphere close to home is featured.

Pisces (Feb 19 - Mar 20)

You are on the move again. Circumstances are likely pushing you to cover a lot of bases. The support of friends could prove necessary, let alone welcome. Fortunately, you are in an energetic and sporting mood.

funding streams, one for new construction and the other for home retrofits. The RDCK has partnered with the Community Energy Association and Nelson Hydro to roll out this program. Go to rdck.ca and look under the "services" tab then "sustainability" where at the bottom of the page you will see the link to "energy".

A community meeting has been scheduled for 6pm on June 11th at the Crawford Bay hall where the program will be explained and contacts for further information and program applications will be available.

VOLUNTEERS FOR RDCK COMMISSIONS

We still have space for additional community volunteers on the Area A Economic development Commission, the Recreation 9 Commission and the Area A Advisory Planning Commission. There is also one more space available for an Area A resident from Wynndel on the Agriculture Advisory Commission. Please contact me to learn more about these positions. Your local knowledge and input is important to our communities.

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.

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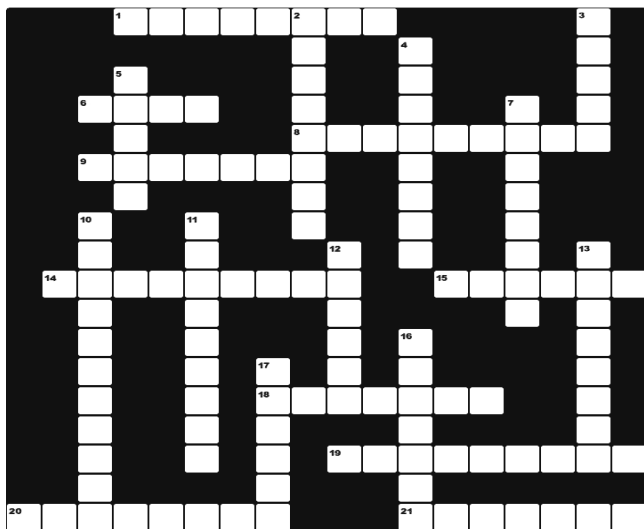
Please bring resumes to Cam.

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Email: cbstorebc@gmail.com

Cranial Contest and Challenge Corner

June 2019 EAST SHORE Crossword



- ACROSS**
 1 young's kind of tips
 8 festival or beach
 9 common name in pape
 14 new lawn care co
 15 tom's
 18 not japanese, floor
 19 soak it all away
 20 he hacks
 21 zodiacally talented

- DOWN**
 2 new dump day
 3 answered proust in may
 4 pete's show
 5 one of the the bays
 7 what you could win with ksr in may
 10 skoreyko skill
 11 jk does what?
 12 infrequently scene
 13 rvfd chief
 16 exchange students recently from
 17 bird and boat

4 Mainstreet June 2019

Bathroom Boredom Busters

Sudoku No. 001/002

8	9	2			3		1	4
				6	8		7	
4	5			8				1
		8				2		
1		3	7			5		
	7	1			6		5	
5		9	2				8	
6					7			9

9	1	6	2	4				
2	3							
			1	8				2
5	2	1						7
	8	9				5	1	
7	6			9				3
				8		7	2	1
	9				4	6		5
	7	3			5			

WHERE/WHO/WHAT AM I?

PHOTO CONTEST

Be the first to email (mainstreet@eshore.ca) with the answer to the question below and win a beverage of your choice at Ladybug Café!

Fran Kinder won the May contest! The answer was Little Log Cabin at the Gray Creek Hall.



Where is this sign and what is it warning readers to do?

Deadline: June 26/19

www.eshore.ca



Hacker's Desk

by Gef Tremblay

Rain Maker

I like the rain. One of the first logos I designed for studio ponnuki was actually a rain cloud. I think rain is beautiful and I do get flustered when people simply associate 'beautiful day' with warm and sunny.

The last rain we had was warm and somewhat healing and appealing. More rain during the season would be excellent, since, in the previous few years, it's been dry. It would be great to have ways to call upon the rain or to ask for the weather for our benefit.

Many cultures have tried to invite the rain, through prayer, rituals and even dances. Dancing for the rain - now, that sounds really fun. In North America, the Zuni tribe had a rain dance. In Africa, they have a Rain Queen, who helps the rains to come. China had shaman who, through sacrifice, conjured rain, and in Thailand, there is a tradition of doing a cat parade where you bring your cat around town for people to throw water at them in order to conjure rain. In the Buddhist tradition, there were also many scriptures on ceremony to call upon the rain.

Throughout history, many religions and cultures had this close connection, not only to the rain, but also to nature in general. Through practice, humans could affirm their relationship with all these elements. It is not so much about whether it worked or not, but rather about that aspect of spending time doing something



positive in direct relation with our environment.

Unfortunately today we're left with nothing in our culture. Why are we so disconnected from our environment? I understand that our pragmatic view of reality disposes of anything that couldn't be proven, but it seems to also remove a lot of romanticism and even power in our life.

In short, science-based culture tells me, "You can't technically call rain when your dancing with a bunch of people," but I feel like, "So what? I love the rain, and dancing for the rain seems to be the best thing I can do right now in our reality."

I understand that reality might seem even more depressing now than ever. With global warming and the end of the world as we know it, it's hard to think everything will be fine. It's wrong to give up and accept that there is nothing to do so we should just do whatever we're doing but continue to feel bad about it. It's even worse to do nothing at all about it, and simply despair and be angry.

There are a lot of people who are wanting to bring change to our culture so we can lessen the effect that we have on our environment, and it's essential that if we're not to do anything, we should at least keep a positive attitude. We can't all be environmental activists, but we can choose what emotions and vibrations we put around us.

Feeling grateful for what we have, being positive that there will be a solution to everything, letting our minds fantasize about a world without pollution - these are all very affirmative actions we can take. And I think having a ceremonial dance offering to the rain is an awesome idea that should be practiced all summer long.



EAST SHORE INTERNET SOCIETY

We are thrilled to announce that we have now broken the all-time record for active ESIS subscribers! Our active subscriber count will be over four hundred and thirty by the time you read this article. So congratulations! You are part of a local success story.

We will be celebrating our successes and reporting on the activities of the past year, as well as presenting updates on our plans for the future, at the ESIS Annual General Meeting (AGM) which is happening on Monday evening, June 17th at 7:00pm at the Crawford Bay Hall. All community members are welcome to attend; you must have an active ESIS service in order to vote for a new Board of Directors.

Interested in helping guide the next phase of development? Consider joining the ESIS Board of Directors! The AGM will be an opportunity for potential new Directors to be nominated. Looking forward to a great East Shore summer,

Barefoot Handweaving



New Ted paintings
Summer colours

OPEN every day 9 - 5:30

250-227-9655

The Proust Questionnaire

CASSIA WELLDON

The Proust Questionnaire has its origins in a parlour game popularized (though not devised) by Marcel Proust, the French essayist and novelist, who believed that, in answering these questions, an individual reveals his or her true nature.



What is your idea of perfect happiness? Movement. Anything at all, really, because it says, "Hey look! Here's your body, so you're alive!"

What is your greatest fear? Pork.

What is the trait you most deplore in others? Gossiping. Undermining someone who is trying their best at life just to be the centre of attention for 5 minutes, no fact checking involved.

Which living person do you most admire? Terri Fiddick. I don't know how she does it and still looks so damn cute.

What is your greatest extravagance? Self love.

On what occasion do you lie? If I'm pressed to tell a secret I promised to keep, a surprise, protecting my family.

What do you most dislike about your appearance? The frown wrinkles between my eyebrows. They didn't consult me before they showed up and I don't think they represent. Maybe just squinting at the sun?

What is the quality you most like in a man/woman? Man: authenticity. Woman: strength.

Which words or phrases do you find that you most overuse? "Like"

What or who is the greatest love of your life? Horses.

When and where were you happiest? Here. Now. Today.

Which talent would you most like to have? I keep trying to play guitar.

If you could change one thing about yourself, what would it be? My natural hair colour to red.

What is your greatest achievement? Learning to love what comes out of my mouth.

If you were to die & come back as a person/thing, what would it be? A cat.

Where would you most like to live? Italy.

What do you see as the lowest depth of misery? Loneliness.

Who are your favourite writers? Shakespeare, Tolkien, Rushdie, Amy Tan, CS Lewis, James Clavell, Frank Herbert.

Who is your hero of fiction? Peter Pan.

What is your greatest regret? Thinking I had time to say I love you.

How would you like to die? Quickly, with a shit-eating grin on my face.

With what one person, living or dead, would you most like to dine? Tesla.

What is your motto? There's not enough time.



by Al George of Crawford Bay

Deadline: June 26/19

www.eshore.ca



Hidden Taxes

by David George

T or F Crisis - Part 1

T rue or False? That is one interpretation of the letters at the head of this edition of Hidden Taxes. One could also look at the third letter in the name of the health authority which provides health care over a large area including the East Shore of Kootenay Lake.

Should it be called Interior Health or Inferior Health? Many East Shore residents use the latter spelling, as we struggle to obtain adequate health care in our part of the Kootenays. In plain words, having a physician available at the East Shore Community Health Centre only two days a week is not adequate.

How did this come about? Many who live in this area have been here at least as long as we have, and remember when we had a resident physician, based in Riondel. After her passing, there was a struggle to bring doctors from across the lake, first to the ageing Riondel clinic, then to a rather inadequate trailer in downtown Crawford Bay, and finally to a better structure which is now our health centre. For a few years we had three doctors, two male and one female, each here one day a week. Then the female physician retired, and a young woman seemed to be going to take her place.

Finding that a practise in Nelson and one day a week in Crawford Bay did not suit her, she left, and we now have only two days a week when a doctor is here. This by any reasonable definition is a crisis, folks. We have an ageing population on the East Shore, about 30 percent of whom are 65 or older. This is at least half again more than the general Canadian population who are over 65. There are at least as many people living on the East Shore as there are in the Salmo area, and somewhat more than live in and around Kaslo or the Slocan.

What is different about Salmo, Kaslo, and the Slocan (New Denver area) is that they all have a health

centre which is open five days a week.

Yes, ours is also open five days, but not with full services. The three above also have Community Nursing services, which we also used to have until some unmentionable bean counter decided that we do not need a resident community nurse.

If we want a nurse to come to us, it would be logical to expect that they would come from Creston. Oh no, they come from Nelson, and our taxes pay for their travel time as well.

That disconnect from north of Boswell seems to have happened sometime during the early years of our Area A in the Regional District of Central Kootenay. Ask our Area A representative Garry Jackman about this sometime.

What can we do about this crisis in health care?

I wrote by email to the Minister of Health, Adrian Dix, and the Chief Medical Officer for Interior Health, Dr. Trevor Corneil about two weeks ago, with copy to our MLA, Michelle Mungall. No replies have been received yet, and I am pursuing the matter further for my next column. I strongly urge anyone who cares about getting better health care on the East Shore to write to any or all of those mentioned below.

Hon. Adrian Dix: HLTH.Minister@gov.bc.ca
Victoria office: 250-387-3655

Dr. Trevor Corneil: trevor.corneil@ubc.ca

The phone numbers below are not certain...

UBC: 604-822-2772 or try 604-827-4168

Michelle.Mungall.MLA@leg.bc.ca. Nelson office: 250-354-5944 or 1-877-388-4498, or Victoria office: 250-953-0900

Garry Jackman: gjackman@rdck.bc.ca. Phone: 250-223-8463

Remember the BC Healthy Communities people who were around on the East Shore last year?

Their report is available online and they might be interested in helping us with this crisis:

bchealthycommunities.ca/news_item/925/view

Next month I will have done more research into our ongoing health care crisis. Look for more information in T or F Crisis, Part 2 in Hidden Taxes.



Crawford Bay Hall Board News

by Susan Hulland

2019 Spring Clean Up Day Report On May 11, more than two dozen people attended our Spring Clean Up Day and, among them, donated almost 70 hours of their time to make our community a better place!

Seven volunteers worked at the Kootenay Bay Boat Launch where they cut down Cottonwood trees and hauled away several truckloads of woody debris to minimize wildfire hazard. Thanks to Dave Hough (Steel Wheels) who used an excavator to uproot stumps to enlarge the parking lot and removed three loads of waste from the site on his 18-foot dump trailer.

Several volunteers worked in and around the community hall. They removed an old flower bed, raked around the perimeter of the building, clipped encroaching Acacia tree seedlings from the former school grounds, and did some deep cleaning inside the building. Meanwhile at the park, other volunteers pruned trees, sanded and painted picnic tables, raked the Enchanted Playground and cleaned out the storage shed behind the Community Corners building.

A lunch was served to volunteers at the park at noon. A big thank you to Lorna Robin and Barbara Wells for preparing the food and to Paul Hindson of Kokanee Chalets for lending his barbecue.

Special Thanks for a Financial Donation - We wish to thank Crawford Bay resident, Lorna Robin, for her donation of \$500 to our association. Her generous gift was made through a (now-expired) program offered by the Nelson & District Credit Union so thanks to them, too, for supporting our community so well.

And More Thanks -The board of directors wishes to sincerely thank members of the community who helped with the unpleasant task of patrolling the park after our recent initiative to reduce the number of Richardson's Ground Squirrels (aka gophers) that are damaging the park infrastructure. In particular we thank Lea Belcourt for organizing volunteers and tracking the number of bodies which were retrieved and later disposed of by directors of the association.

For a full account of this issue, Public Statements are posted in several places in the park and on bulletin boards in Crawford Bay and Kootenay Bay. It can also be read on the Facebook pages of the Crawford Bay & District Hall & Park Association and the *Mainstreet* newspaper mainstreet@eshore.ca.

We welcome your ideas for viable solutions to the gopher problem that we could implement in the future at info@cbhall

AGM FOR THE EAST SHORE YOUTH SOCIETY

By Mautz Kroker, ESYN Secretary

Another year is gone, and it is time again to give a report and outlook into the future for the East Shore Youth Society. **The East Shore Youth Society board wants to invite you to our AGM on June 20 at the Crawford Bay Hall at 5:30pm.**

We went through an intense year with some big changes. Ingrid Baetzel and Carol VanR left for new challenges after they initiated and juiced up the whole youth program over the last three years. Our kids and parents should really say a huge thank you to these two for their energy and ideas over the years. We have been sad to lose Carol and Ingrid and thank them for creating and running so well an active and involved youth program in the happy East Shore bubble.

But the world keeps turning, tears dry, and there is always hope. We met a good group of interesting and engaged people who were willing to take over and continue the program. In the end, we hired a young couple, Vienna and Matt, as our new youth coordinators. These two bring a youthful energy, many outdoorsy ideas and gleaming eyes to the program and that's how one could describe the work they have done since they got hired as well. We hope to have them for a while.

This is where we are now, we invite you all to check out what has been going on over the last year in terms of youth group activities as well as what is planned for the future. The youth program is approved for funding of \$55,000 per year for another three years (thanks to Columbia Basin Trust for this valuable support) and we're looking forward to another cycle of excitement.

Before the meeting, we will have a drop-in with food and snacks at the Crawford Bay Hall where the youth will tell you what happened over the past year and they will prepare an early dinner for anybody who shows up to listen.

Please come by and meet Vienna and Matt and see what they have planned! Then, stay for the AGM at 5.30, listen the reports and to vote a new board for the next year. We are always happy to get new board members and could certainly use your support, so consider sitting on the board. The demand is not that great (one meeting per month) and the rewards are numerous. How does THAT sound?

Save the Date 24th Annual Strawberry Social June 22, 2019

The Ashram invites all friends and neighbours – and visitors too – to the 24th Annual Strawberry Social. Mark Saturday, June 22 in your calendar now.

The day will be a joyous occasion to meet old friends and new, and to celebrate the heart of community. Festivities will start with the Strawberry Social at 1 pm, followed by a 2:30 pm and 3:30 pm dance performance by Slava Doval and DanceFusion youth.

Now that spring has arrived, landscaping around the Temple has begun with the planting of some perennials. The garden is being tended with care and the grounds are beginning to bloom.

You are welcome to drop in to spend quiet time in the Temple, or to walk around the grounds. Please be sure to check in at the Gift Store, generally open 9 am to 5 pm.

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Riondel Fire and Rescue Blotter

A monthly update on East Shore call-outs and events involving Fire & Rescue/First Responders/Ambulance

by Fire Chief Cory Medhurst

We currently have 15 firefighters on our roster, six of whom are also first responders and two who are only first responders (not firefighters). The ambulance crew, when called, is always two members, which in our remote area can be difficult in certain situations. We need more members; as call volume increases over the summer and volunteers maintain personal lives we need more trained personnel to help.

May 2019

Riondel VFD responded to a below average call volume once again for May; which we are happy to see. The calls we responded to are as follows:

May 4th: Four responders responded to an address in Crawford Bay for a medical assist call; supporting the ambulance crew where needed.

May 8th: There was a medical assist call on Riondel Road which unfortunately was not attended by us; there were no First Responders available or in the area. Luckily the ambulance crew was fine and did not require support for this call. An unresponded call, in my view, is unacceptable and shows the need for more members to join the ranks.

May 7th: There was a wildland fire call to an address on Riondel Road which saw five members attend with our engine. The homeowner was burning slash in a good location, however embers from that fire jumped uphill approximately 25 - 30 feet and lit another pile and tree on fire. This fire was dangerously close to a dwelling on the property. Five members attended with the engine (Fire Truck) and spent over an hour applying water to both fires. The crew then disassembled both piles and soaked the area. This is a very close reminder how dry it is out there and how easily things can get out of control; even on a day that may seem fit to burn.

May 12th: Three responders responded to a medical assist call in Crawford Bay once again supporting our ambulance crew.

Just a quick reminder to contact the RDCK to see about having your property evaluated for Fire Smart; watch and adhere to any BC Wildfire notifications and fire bans; and be careful out there, it is going to be a DRY season. We as a department will also be very vigilant in watching for vehicles tossing cigarette butts; it's not only not cool but it's DANGEROUS and will be reported. Please carry a bottle or can with water to extinguish your cigarettes. Let's be responsible.

These are our calls to date. They show a lower call volume than normal, which we like to see. Medical First Response calls include everything from serious calls for cardiac chest pain, shortness of breath, and major trauma to time sensitive lift assists (getting the patient into the ambulance). All calls are usually to help the ambulance crew but sometimes to do patient care until an ambulance is available.



Thoughts from the Frog Pot

by John Rayson

The title of this column comes from "the boiling of a frog in a pot" as a modern metaphor for our lack of reaction to change.

The last column traced the development of Canadian Medicare. The Act is now over 35 years old and our healthcare system is not #1 in the world, we are only #1 as compared to the United States. The Canadian healthcare system is ranked approximately #37 in the world. We need a broad public discussion on the issues facing Medicare and the potential to meet the increasing and varying demands on the system for the future.

In this column and subsequent columns I will give some thoughts on the type of reforms that will be necessary and the implications of such changes.

Canada has a number of issues that will have to be taken into consideration as change takes place. To name a few:

1. Canada has a huge geography with the majority of the population living within 150 kilometres of the American border
2. Canada has a small population of 38 million people.
3. 81% of Canadians presently live in an urban environment.
4. We do not have a National Health plan. We have 13 different plans administered by 13 different agencies including the federal government, plus all provincial governments and territories. Health care has been a provincial responsibility since 1867.
5. A significant number of Canadians do not have a physician, thus depend on walk in clinics or the emergency rooms of hospitals.

As there are a number of issues to be addressed it is my intention to concentrate this month's column on primary care. I will attempt to discuss other aspects of health care and additional suggested changes in future columns.

A visit to a primary care physician [Family Physician] is often an individual's initial contact with the healthcare system. The majority of primary care physicians are independent contractors on a fee for service arrangement with the appropriate provincial health ministry. However, as noted above, many Canadians do not have a primary care physician.

We have an aging population with many individuals having multiple health issues, and increasing numbers of patients with chronic illnesses. In addition many procedures previously requiring long hospital stays are now being done on a day care or outpatient basis with the patient back in the community immediately.

It would seem that primary care should be delivered by a team with the primary care physician working with a primary care team, including nurse practitioners, dietitians, physiotherapists and pharmacists, to name a few. Not all visits require the patient to be seen by a physician but can be delivered by other members

of the team freeing the physician up for more complex services. In addition such a team could develop programs to deliver preventative medicine; eg. smoking cessation. At present there are few mechanisms to deliver such programs to patients in the community.

It becomes obvious that such a system could not function on a fee for service basis but would require other forms of proper compensation [salaries, hourly compensation etc] for the members of the team including the primary care physician.

A system as outlined above would make better use of primary care providers, having the potential to increase the number of patients seen, better address the issues of chronic illness and the issue of an aging population. Given 81% of Canadians live in an urban area this potential model would be feasible, in order to benefit the majority of the population. However, we would still have many isolated geographic areas with isolated individual care providers, requiring other creative solutions.

As well, the present system has the primary care physician providing the management and funding for an office: reception, chart management, data entry, filing, and general administrative tasks etc. The office services under the model outlined above would now have to be delivered by the healthcare system, which brings with it the problems associated with an increasing bureaucracy.

The above thoughts are by no means complete or exhaustive but are only a brief outline of one potential area for change and some of the complexities that will arise.



HOT LUNCH CHEF

The Crawford Bay School Parent Advisory Council is seeking a Hot Lunch Chef/Manager for the 2019/2020 school year.

We are requesting expressions of interest for this contract position.

- The hot lunch program is served Monday through Thursday throughout the school year.
- The candidate should enjoy working with children and youth, have a passion for quality healthy food, possess knowledge of Food Safe Certification requirements, and be able to work independently under the direction of the PAC.

To apply for this position, or for info, please contact: cbess.pac@gmail.com

Applications will be accepted until June 17, with the position beginning September/19.

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June 2019 Mainstreet 7

TRANSIT UPDATE

submitted by Laverne Booth, for the East Shore Transportation Society

BC Transit came to the East Shore to consult with “stakeholder” groups on May 22. Nineteen individuals represented various interests at this meeting including: Seniors, Health Society, Better at Home, Investors in the Community Bus, youth, Boswell residents, and Yasodhara Ashram. We met with Adriana McMullen (our regional planner out of Victoria) and Chelsea Mossey (regional coordinator for East and West Kootenay) as well as Tom Dool, researcher responsible for transit with RDCK. It looks like BC Transit will host a public meeting in the next few months with East Shore residents, so everyone will get their time to speak.

What did we find out? It seems that we are finally considered the 8th partner in the West Kootenay BC Transit Service- thanks to the persistence of Garry Jackman and other residents. Not everyone is aware that Area A pays tax funds into two transit services- to the West Kootenay for no service- except that finally the ferry schedule lines up with the bus schedule. This connectivity is helpful to east shore residents- for recreational and after school activities in town, and also as a way to get to the Health Connector bus from Balfour to Nelson and Trail.

In the south of Area A, Wynndel has access to HandiDart and has a fixed route through the area twice a week. It seems that part of our area does not pay into transit service at all, which makes sense as they get no service. If and when we do get BC Transit service, we may have to increase our taxes, but the increase might be as little as \$1/month/person.

Garry Jackman will continue to work with BC Transit and RDCK to get as much benefit out of our current tax dollars for transit. RDCK has suggested that we look for funding from Interior Health for better health connections.

What do we do now?

BC Transit staff was pretty clear that it could take years for the north part of Area A to get regular service paid by the province. A group of dedicated and community minded folks have created the East Shore Transportation Society which plans to get the community bus on the road, and see how well we can get people connected up. We hope to learn what our residents want and would use for public transit, by getting responses to a survey being put out now.

You can get a copy at your post office, and please return to your local post office. You can do the survey on-line at <https://eastshore.life/transit-survey-2019>. Please share the link widely with as many residents as possible. Do add comments, and let us know how we can serve your needs.

The deadline to return the survey is June 28, 2019.

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

Community Futures is your small business expert.

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



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

Growing communities one idea at a time.

What is Conscious Breathing?

by Blanche Tanner

In 1982 I was working in Vancouver as a gold smith in my own manufacturing jewellery company, driving a new company car, and married to a West Van Registered Massage Therapist (Harreson Tanner). Our kids were in a private school (Waldorf school). I had already been meditating for over eight years and had lived in community with others who meditated for a good part of that time. I thought I had it all pretty together when someone I know who normally was not a very strong person became much more stable and clear. So I asked what she was doing and she said she was doing conscious breathing sessions. I decided to check it out and was amazed by my very first session as I realized growing up in an alcoholic family that I had a lot of suppressed feelings that I could see were affecting all my relationships and my life. I knew this was my life’s work and went on to train as a Breath Practitioner; that was over 35 years ago.

Conscious Breathing has been a part of Yoga and dates back as far as 5000 years. At the heart of yoga practice are various forms of breathing exercises known as pranayama or breathe control. In most ancient languages, Breath and Spirit meant the same thing. Prana (vital or life force) circulates in the body, influencing mental and physical health, as well as the quality of our consciousness. If the circulation of life force is blocked due to past trauma, stress or injury, illness can result. If our life force is weak, we lose our ability to concentrate. We will feel fatigued and lack energy. If it is disturbed, our minds and emotions become disturbed.

Did you know:

The average person breathes between 18,000-20,000 breaths per day. This totals an average of 5,000 gallons of air.

90% of the nutrition needed by the body comes from the oxygen we breathe. Only 10% comes from the food we eat and without sufficient oxygen, we will not get proper nutrition from our food. Oxygen is the fuel that burns our food.

We can go 10 -14 days without food, 4 days without liquids, hours without heat but only 4 minutes without air before brain damage occurs.

Air is the most quickly distributed element in the body. It immediately enters the blood stream as oxygen.

Each breath nourishes and feeds the circulatory system. Deeper breathing enhances cellular activity and there fore strength.

Only three percent of body waste is expelled through defecation and only a further seven percent through urination. The skin is responsible for a further twenty percent of the discharge of body waste. *Seventy percent of bodily waste matter is breathed out.*

The rate of blood flow at the top of the lungs is less than a tenth of a litre per minute. By contrast, the bottom of the lungs has a blood flow at a rate of over a litre per minute. With proper diaphragmatic breathing we can increase our capacity to discharge waste mate-

rial ten times; our breathing rate can drop from 14-15 breaths per minutes to 8-12; we become more deeply oxygenated and our lungs and heart don’t have to work as hard.

According to one medical researcher, seventy-five percent of the ills people bring to their doctors are related to poor breathing.

Conscious Breathing allows us to release and resolve emotions, stresses and memories which are often inaccessible through the more conventional talking therapies. Breathing, beyond the basic need for survival, acts as a bridge between spirit, mind, and

body; a bridge between the conscious and the subconscious. “Breath Integration” is one of the quickest ways to open our hearts to love and inner peace, and to fill our bodies with life and health. Connecting the inhale with the exhale consciously and continuously is one of the most effective ways of connecting us to our bodies, our thoughts and emotions, to each other, nature and existence itself.

The effects of this transformational breath process can be identified on at least four levels: physical, emotional, mental and spiritual.

1) Physically Conscious Breathing reduces stress and releases pain that may be held in the body.

2) Mentally, it helps us

become conscious of beliefs and patterns in our unconscious, which are preventing us from manifesting what we desire.

3) Emotionally, breath-work allows us to release and integrate what we have suppressed.

4) Spiritually, Conscious Breathing awakens our intuitive powers and our awareness of our essential innocence. In other words, we become fully conscious, conscious thinkers, conscious feelers, conscious breathers, and conscious participants in our own life experience.

“There is no single more powerful or simple daily practice to further your health and well-being than Breathwork.” Andrew Weil, MD

Testimonies

“One of the most profound spiritual experiences of my life. A dark cloud of anxiety was lifted and I saw, once again, that life was full of possibilities” Peter, Riondel, B.C.,

“Breathing is such a powerful tool to get in touch with what is really going on with my feelings” Dick, Blairmore, Alberta,

“The Breath sessions were extremely powerful for moving energy (especially emotional energy) I felt very safe with your leadership and presence during the session. It was so respectfully done” Jan, Castlegar, B.C.,

Blanche Tanner, Master Breath Practitioner, Family and Human Systems Constellation Facilitation, Meditation Instructor, Blanche has been involved with personal growth, spiritual awareness and healing work for over 35 years. For more info or to book a session call 250-227-6877 or e-mail lifeshift@bluebell.ca. Web site: www.lifeshiftseminars.com.

Conscious Breathing & Healing Gongs

For Health, Well-Being & Inner Peace

Crawford Bay Community Hall,

July 7th, 2019 from 1-4pm

Cost: By Donation

Please bring a foamy or something to lie on, blanket and pillow.

Sound and breath has the power to heal our wounds, ignite our spirit, raise consciousness and reunite us with the divine harmonies and rhythms of the universe.

To register or for more info:

Blanche and Harreson Tanner 250-227-6877

Email: lifeshift@bluebell.ca

Websites: lifeshiftseminars.com

www.kootenaysoundhealing.com

Food Roots Markets, Gleaning, and More

by Nicole Schreiber

Food Roots is pleased to be hosting a Summer Market Day this July during the Starbelly weekend, Sunday July 21st, from 10-3. This year we'll be located across from the Crawford Bay Store on the Shabby Shack Farm. It should be a fun and busy event with lots of activities happening in the area that day and many Starbelly attendees still in Crawford Bay. If you Make It, Bake It, or Grow It, consider being a vendor during our event. Spots are 10 bucks, 15 with electricity, so it'll be a great and affordable place to sell your creative wares or extra produce. eastshorefoodroots@gmail.com or 227-9111 to book.

The Kootenay Food Tree Project is prepping for an exciting year. Be sure to check out the article with all the details on what's happening.

Plans are in the works to once again have an apple-pick this autumn, and then juice the donated fruit so it can be donated to local community groups. If the apple crops in the area are good this year, then we'll try to have a Riondel pick and a Grey Creek pick as well. To do this we'll need people with apple trees to donate the fruit, volunteers to work with our expert at Creston Harvest Share to pick the apples, and a couple people with trucks to load up the apples to take to Creston for juicing. If you are interested in being part of this apple-picking-juicing-giving endeavour, please let me know. If your community organization would like to have some juice this autumn, contact us.

This autumn we'll be hosting the 2nd annual Autumn Jamboree, with a market, music, and more! If you have an idea for an activity that you'd like to organize for the event, please contact me. We'd love to bring back some aspect of the old fall fair, such as a simple exhibit of our best garden produce, or a photo exhibit of same. Or, perhaps a new tradition that celebrates the harvest would do the trick! Volunteers with ideas wanted.

Check out the Central Kootenay Food and Farm Directory, available in print throughout the Kootenays and also online at CentralKootenayFood.ca. It has an updated listing of the farms and food producers making local food here in the Koots. It tells you a little about each farm and lets you know where their products are sold. If you are a farmer or food producer, make sure you get your information in there for next year, cause it is great, and it is free! The directory is the first project of the Central Kootenay Food Policy Council, of which I am the east shore representative.

As a final note, I encourage you to take a few moments to look up a little tune I've been listening to with my one year old lately. Raffi's 'Naturally'. Even if you don't have a little one around, it'll make you bounce a little as you plant your garden this spring.

Current (& Currant) Kootenay Food Tree Project News

by Bernard Raidt & Nicole Schreiber

We're very excited to be entering our third year and will hopefully have some exciting things available this autumn to give out.

Currently, until it becomes too hot for planting, we are giving away some bushes we still have from last year, as well as some lovely things that have been donated to us this spring by local residents. At the time of the article we have strawberries, raspberries, saskatoons, quince, and red currants.

Speaking of donations, if you can bring us some raspberries or any other bushes from your garden, we are always grateful for nice, locally-established varieties. We are also always on the lookout for large and extra large yogurt containers and pots that are that size, too. It saves us a large amount of our limited funds that can instead be spent on bringing in more plants. If you are willing to save your yogurt containers, we'd be very grateful!

We also need volunteers to help periodically with the project, mostly to help pot up the bare-root seedlings that come via Canada Post and need to be planted asap. If you can help a couple times a year for a few hours please let us know. Many hands make light work, and planting baby trees is fun!

We hope to once again be able to give away maple seedlings at the annual Canada Day festivities in Crawford Bay Park. This year we plan to bring in some sugar maple seedlings to give away, which is great because they have lovely colour in the autumn and have the highest sugar content for syrup when mature.

If you'd like to be on our email list, receive notifications about our spring and autumn giveaways, please let us know - kootenayfoodtreeproject@gmail.com.

The Kootenay Food Tree Project is a volunteer initiative aiming to renew the culture of fruit growing along the East Shore. We believe that this will create economic possibilities in our region, especially small business opportunities for young people, as well as increasing food security in our area, and providing us with delicious, locally-grown fruit. All fruit plants are free to residents of the East Shore (Area A). At the heart of the project is the idea that people will 'pay it forward' by making more fruit plants to pass on to friends and neighbours in future - we'll show you how.

Red Currants

We'll be taking a little time each article to focus on a particular fruit or nut bush or tree. This time we turn to the Red Currant (*Ribes rubrum*), a wonderful, under-appreciated garden gem that we consider fundamental to a fruit patch or garden. (Those who may have sampled under-ripe berries of some inferior strain as children should definitely give these newer and better selections a try!)

Modern red currant varieties are easy-to-grow, very-low-maintenance, self-pollinating bushes that provide an abundant and reliable harvest of bright red, translucent, delicious tart-sweet berries mid-summer. They prefer full sun, can tolerate most soils, and grow from 3-5 feet tall. Traditionally preserved as a jam, the fruit is also wonderful for fresh eating, delicious in salads, drinks, smoothies, on ice cream, on cereal or porridge, added to stews, soups and tomato-based pasta sauces, and as our one-year-old will attest, eaten frozen all on their own throughout the winter. Pancakes with raisins and red currants, topped with more red currants and syrup, is a treat not to be missed. Red currants are nutritious, with high levels of vitamin C and vitamin K.

This year, consider planting one (or two, or three) of these great little bushes on your property, and soon you too will be enjoying these awesome berries! We have a few red currants available this spring and plan to bring in more for the autumn give-away. Let us know if you'd like to receive one. Kootenayfoodtreeproject@gmail.com - 250-227-9111.

Collecting Herbs

by Joan Huiberts

At last my garden is planted and I can start to reap the rewards of my efforts. I used to wait until the end of summer to start harvesting my herbs, only to discover that the leaves had faded and were well past their prime. Now I collect them throughout the spring and summer and have a much fresher, more aromatic product to store for the winter.

The best time to collect green leafy herbs is when the plant is preparing to set flower buds. At this stage all the goodness is in the leaves so that they can help supply the energy required to produce flowers and seeds. When harvesting in the spring and summer, choose a dry day and collect the leaves in the late morning when the dew is off the plant. You can usually collect about one-third of the plant at a time and if the plant is strong and healthy it can easily be harvested several times. You can do this with annual herbs such as basil and chervil, but with perennial herbs you must be careful not to over-harvest. If the plants are vigorous...like mint and Lemon Balm-you can take as much as you want and the plant will not suffer, but an herb such as French Tarragon needs more care and should not be harvested after July, as it needs to build up its strength for winter.

My secret for a high-quality dried herb is not to use a dehydrator, but to dry the leaves as quickly as possible in a warm, airy place with only dim or no light. Strong light and heat bleaches the herb and ruins the flavor and aroma. One of the best ways I've discovered for collecting and drying an ongoing supply of herbs is to collect more than I need every time I use them for making a meal. I chop up the extra herbs and put them on a plate in a warm, dimly-lit place in the kitchen. In two or three days they are ready to be stored. For larger quantities I remove the leaves from the stems and place them on drying screens in an airy, dark place. If I am drying large leafed herbs, such as basil, I chop up the leaves before they go on the drying racks, that way they dry faster and keep their flavor. For larger herbs, such as mint, I tie them in bunches of 10-12 and hang them upside down. If you bottle them up as soon as they are dry (like cornflakes) in a jar with a tight-fitting lid and keep the jar in a dark place, the herbs will stay dark green and aromatic for years. I still have mint and basil that are 3 years old and have more flavor than anything I have found in a store. I believe most store bought herbs are dehydrated at a high heat, sacrificing most of the flavor and aroma.

If you harvest steadily all summer long you will find that by fall you will have collected herbs for all kinds of uses. You can blend your herbs in the winter and make your own tea and soup mixes. You will have a quality product that you can enjoy and they also make great Christmas presents.

Deadline: June 26/19

www.eshore.ca

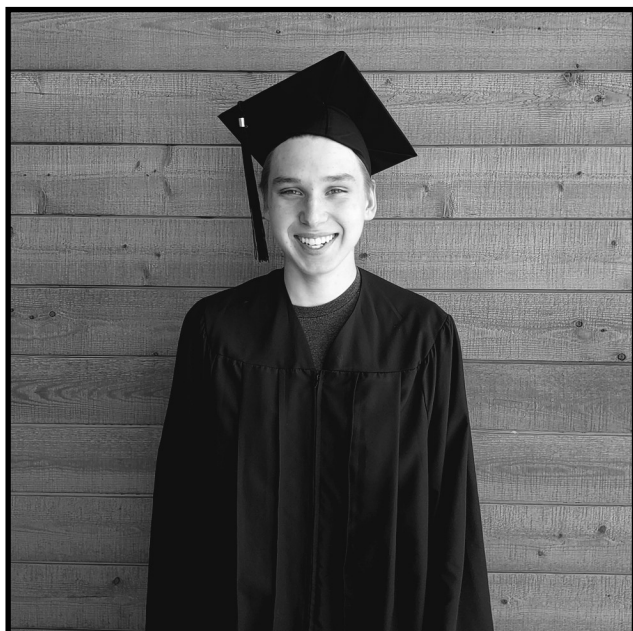
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CRAWFORD BAY GRADUATING CLASS OF 2019



MILES DULMAGE

I have been living and going to school in Crawford Bay pretty well my whole life. I went to LVR in Nelson for grades 9-11 but came back for Grade 12. I am currently in the Carpentry Foundations Course through Selkirk College, and graduating from Crawford Bay School.

My plan for the future is to look for good work around the area and see where life takes me.

"With an easy life you can never grow mature; with a tough life you can never remain immature!" – **Mehmet Murat ildan**



ANN LAMARCHE

I moved from Viet Nam to Canada last year. At first, my dad and I thought that we could buy land on the East Shore, use it as our summer camp, and I could go to Nanaimo for high school and university. But then my dad's friend was cooking pizza for the school and we decided to go and take a look at the school. I fell in love with it after Mr. Winger took us for a tour. That's why I decided to go to Crawford Bay School instead of Nanaimo. I've studied at CBESS for 1 year and 2 months last year.

My plan for the future is to take a year off and help my dad with a restaurant that we hope to open this summer.

"Education is the key to unlocking the world, a passport to freedom." - **Oprah Winfrey**



MORGANA PAGE-DEAL

I've gone to Crawford Bay School from kindergarten to now.

We moved around the Kootenays and Vancouver until I was three, when my family moved to Crawford Bay.

I'm going with the flow.

"Get a dictionary" - **Alonzo Lerone**



SKY SAUVÉ

I went to this school from grades 4-10 and then I came back in grade 12 to finish. I moved from Creston B.C in Grade 4 and in grade 10 I moved to Clearwater B.C.

My plan for the future is to become a mechanic.

Live Simply, Dream Big, Be Grateful, Give Love, Laugh Lots - **Paulo Coelho**



ZOE ZAIß-BAETZEL

I've been at Crawford Bay School since kindergarten. The school holds a special space in my heart, even through the difficult times. I've enjoyed my time here, and I'm excited about starting the rest of my life after graduating. I have been attending LVR in Nelson for one course in this final term of school before graduation from Crawford Bay.

I plan to move to Nanaimo and attend Vancouver Island University. There, I plan to study toward a Bachelor of Science with a Major in Biology. I hope to attend medical school after that.

"I don't know anything about science, except it's really good for you." -Katya Zamolodchikova



MAKAYLI WILKINSON

I first came to CBESS in grade 9. I was very nervous, and I wasn't sure I would fit in. Here I am, four years later, and I am blessed to have had all the experiences I have had and to meet and be friends with so many amazing people. Attending CBESS gave me the opportunity to express myself through art and physical activity. I have been to provincials for track and field and wouldn't be where I am without the numerous teachers and coaches training and showing me the way. I have recently just finished my permanent mountain mural installation for the school art wall. I was asked to design and paint the mural and was nominated as the best artist in the school. My time here was well spent, and I am super satisfied with my numerous artistic and physical accomplishments.

I plan on attending Olds College in Alberta and graduate from the Equine Science program. My plans for the future are to give back to the world and do my part to make it a better place. I want to open up my own business as a therapeutic riding instructor and plan on bringing a wholesome place to our community in the next 10 years.

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Two True Musical Tales of Choice

Ellie Reynolds and Bessie Wapp to present a theatrical double-bill

By Ellie Reynolds

When a woman tells the truth she is creating the possibility for more truth around her." -Adrienne Rich

Two years ago in April, Charles and I managed a rare night away from our three young kids. Ambitiously for East Shore folk, we drove all the way out to the Vallican Whole in the Slocan Valley to watch Nelson artist Bessie Wapp perform three theatrical solo shorts. The second short titled 'Jesus Christ Superstore' - was a true story that recounted a surreal weekend in which birth control, the big box phenomenon, and a cinematic cult classic converged. I loved the way Bessie used famous lyrics from the musical *Jesus Christ Superstar* to illuminate the dilemma in which she found herself in the story. The musical became entwined with her life, and the famous refrain from the show packed a bittersweet punch when she sang it as the lights dimmed to black. I left the theatre with one thought: Somehow, sometime - I wanted to do something like that. I was struck by the natural intimacy created between performer and audience in the solo performer format; nothing to distract the audience's attention from the voice and beating heart of the storyteller.

This feeling percolated away quietly in me until one day, late last summer - I had an epiphany.

Strangely enough, not only was Bessie my original inspiration for wanting to write something that combined memoir with musical theatre, but she was also the immediate catalyst to start writing this particular story at this particular time. One afternoon in the summer of 2018, we were chatting in the kitchen of the Gray Creek Hall (I had invited her to lead a theatre games workshop for the young children of the East Shore) She told me about a Nelson wedding where she and some of her musician friends had recently played. I reminisced about the wonderful Nelson band who had played at mine and Charles' wedding years ago. 'Did you get married before having children?' Bessie asked.

"Yes", I replied.

"How very proper of you" she joked.

That hit a nerve. Because...because... how could I tell her that I had never cared for being 'proper', had never held marriage in high regard as an institution, never planned on it for myself...and...suddenly the gates opened and out it all came. I told Bessie a story, and in doing so - shed a burden of silence.

Reflecting on this later I realized that apart from it being a relief to tell someone that story, it was actually fairly entertaining to recount the surreal events of those 24 hours. Maybe it has some legs? Turning this feeling over I mused "Maybe if I can tell one person, I should tell more people, maybe even...tell everyone!" Maybe I needed to stand up in front of everyone I knew in my community and tell the tale of this so-

called 'wedding'. Which meant I would also have to tell a bit about how I came to be in that position in the first place. Which meant going back to the time before I ever knew the Kootenays existed and I was just a nerdy teenager who loved musical theatre and couldn't get a boyfriend. So I did.

Just like the musical *Jesus Christ Superstar* had special meaning for Bessie at that time, the musical *Fiddler on the Roof* was like that for me. Though I have never had the opportunity to perform in the show or see it on stage, the songs have been alive inside me since childhood. The show really deals with the dilemmas and push/pull of trying to hold onto Tradition in a world that is rapidly changing and the friction those changes cause between the generations in a Jewish family, particularly with regard to marriage. Here I was, a woman who had, in a sense, broken away from her family and moved far away and made a new home in a new land - and as well as being happy, I was also profoundly missing my roots and mourning traditions that I had never even really known, but that came from further back in my Jewish lineage. The songs from *Fiddler on the Roof* became alive for me again. I couldn't stop singing them. And yet, there was another impetus in wanting to turn my own story into a piece of solo theatre: to tell the truth.

Undertaking this ambitious project would also stretch my very stiff theatre muscles; which have been all but dormant since I moved to BC twelve years ago. I always had the theatre in my life before in the UK: student productions, youth theatre, and I went and saw theatre productions all the time as an audience member. And then suddenly I was living in Gray Creek, and everything felt impossible; my kids were too little, everything was too far away. I thought the theatre was gone from my life. But now, thanks to my kids being a little bit older, thanks to having Bessie on my team, and to the Muses having some energy for me...it's back!

And now, Wonder of Wonders, I get the double pleasure of not only having Bessie direct the solo show I created but also of sharing an evening of theatre with her; performing our pieces as a double-bill. My brand new attempt at solo theatre titled *Matchmaker on the Roof* will be performed alongside her original piece *Jesus Christ Superstore* that inspired me back at the Vallican Whole. The two stories are practically begging to share an evening. Two Jewish women living in the Kootenays: Two hit Broadway musicals that deal with biblical content. Two powerful tales that hinge on a pivotal moment in a woman's life where she must make a crucial choice, and choose without delay. Our stories are both a bit sexy, a bit poignant, and very personal. There is love, loss, and music. And you just might find yourself laughing through tears.

If this has piqued your interest, please join us for 'On the Other Hand...Two True Musical Tales of Choice' Two performances will take place at the Gray Creek Hall the last weekend of June.

performance debut

On The Other Hand...

two true musical tales of choice by

Ellie Reynolds & Bessie Wapp



Sat. June 28 - 7:30pm

Sun. June 29 - 2pm

Gray Creek Hall

tx: sliding scale \$15-20 available at Crawford Bay Market & Ladybug Coffee

Matchmaker On The Roof

written & performed by Ellie Reynolds

Jesus Christ Superstore

written & performed by Bessie Wapp



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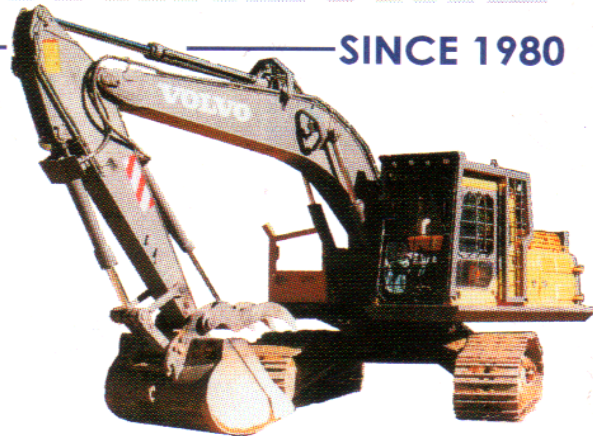
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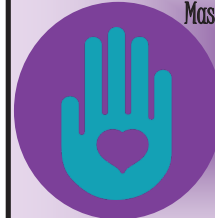
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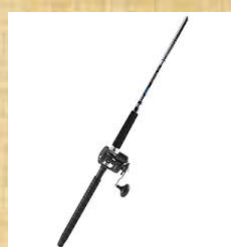
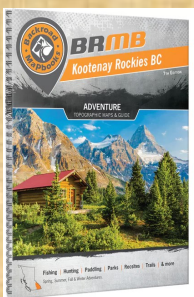
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East Shore Culture Day July 21

by Farley Cursons,
Project Manager - BEST

There are so many creative experiences and adventures that we enjoy on the East Shore. We might not realize it from day to day but we all share a unique culture that is really something special.

With the 20th Anniversary of Starbelly Jam being celebrated on July 19 and 20, we at Building East Shore Tourism have created a special event for Sunday July 21.

The event pulls together a wide spectrum of businesses and organizations from up and down the lake. It's been an exciting planning process and we are creating new friendships and learning a lot about one another's activities.

We invite residents and visitors to spend the whole weekend celebrating our local culture. Enjoy Friday and Saturday at the festival and stick around on Sunday for a wide variety of activities and events from Wynndel to Riondel. There are so many interest-

ing and out of the way locations along the East Shore. If your interested in checking out more live music, taking in some sonic yoga, going on a gallery tour or a group mountain bike ride then East Shore Community Culture Day is sure to satisfy.

You could also start your day at the East Shore Food Roots Farmers Market, visit the Artisans of Crawford Bay, join the East Shore Youth Council at the beach for a Vollyball Tournament or explore the lakes many beaches and trails. Stop in at Wynnwood Cellars for a taste of paradise and the Sirdar Station Pub for an Open Jam! Don't miss Argentinian Jazz Pianist Gabriel Palatchi at Kokanee Springs Resort.

The East Shore hosts a spectacular arts & culture community, unique history, well being activities and abundant recreation experiences. Why not celebrate them all on Community Culture Day?

This event is made possible thanks to the RDCK's Area A Economic Development Commission and the Province of British Columbia. Thanks also to the Kootenay Lake Chamber of Commerce for their support.

For more information including schedule and options for local camping/accommodations go to: www.eastshore.life/events or call 250.505.6489.

Kootenay Lake Art Connection 2019 and History of Area Art Walks

by Geri Gomola

Kootenay Lake Art Connection was becoming a faint memory this March when Farley Cursons called to ask me if I was interested in resurrecting it. Yes, there were some fond memories, but it was also a lot of hard work putting it together. My husband and I had just got back from our timeshare in Las Vegas. I was missing the sunshine and I needed something to keep me going. As I was leaving I heard my husband say "Don't do it"... now that is never a good thing to say to me. I met Farley at the Ladybug Café and listened to what he had to say. It seems that Farley keeps his cards mostly close to his chest and so I wondered exactly what my role was going to be in this. It was going to be me handing over the torch. Well that sounded ok. I would just do some consulting, but did he know what he was getting into?

But, it was a good thing for artists and the community as well as tourism. As I walked slowly back into the house, I realized that I did commit to more than I intended. People that know me know that I don't do many things halfway. Well we are just getting to the finishing touches on the brochure and Warren Clark will soon have it handed to him to begin the design part. BEST is sponsoring the initiative along with a dozen other things that it has going on right now and it seems Farley is involved in most or all of them, and its main focus is on tourism. Farley has a big job as the project manager. Starbelly is running only two days this year and it is the 20th anniversary so on Sunday July 21 a big day planned to promote the East Shore. Art Walk is only one of these initiatives. But Art Walk, again, is still my baby. Farley is in charge but he is allowing me the creative development of it. This year though It is not all about the arts and artists; it is about tourism. However, an art walk has to be about art and artists to some extent and that is where we have to come together because I realize where he is coming from and I think he realizes where I am coming from.

The venues are mostly existing galleries this year, although venues that consistently showed local art were included in most cases. Art Connection will have 18 venues instead of 28 and there won't be the draws we have had in the past, but the brochure and signage will be there encouraging tourists and locals to have a look at what the artists and artisans are showing off this year. There may be some surprise draws in the individual galleries.

As for Art Walk on the East Shore, this one included they didn't come out of the blue as Nora McDowell reminded me last week. I called to ask her what had started it all. She said that she would put on her thinking cap, make a few phone calls and find out just how it all started and get back to me and she did. Art Walk was started in 1996 by Joanna Wilson and Geri Buchanan and was a walking tour in downtown Creston only. Then Sandra and Sylvia Alfold ran it for a number of years expanding into the fruit stands east of town. In 1998 Frank Goodsir joined, expanding it as Art Walk/ Art Drive from Yahk to Riondel. Beth Penny ran it for a couple of years after that. In 2001 Nora and Frank Goodsir took over and coordinated it from 2001 to 2012. I am sure burnout occurred. In 2012 Andrea Revoy ran the Art Walk/ Art Drive and I was a member and remember Leah Wilson helped her with the Riondel end. After that there was no longer any heart for an art walk in Creston. Recently Eileen Hirotia and Frank Goodsir and Elaine Fold in 2015 started one just in Creston. I salute these amazing people and realize I was one the crazies that had all the same aspirations that they had.

I started Kootenay Lake Art Connection in 2013 and at that time I had a vision of creating an art connection from Creston to Riondel. I had high hopes of making 3A from Wynndel to Crawford Bay a busy thriving artist connected route where people would



East Shore Community Culture Day

Celebrate the 20th Annual Starbelly Jam Music Festival and stick around on Sunday to discover Kootenay Lake's East Shore and enjoy a wide array of activities and events from Wynndel to Riondel!

- * Food Roots Farmers Market * E.S.Y.C. Vollyball Tournament
- * Sonic Bliss Yoga Acutonics, & Gong Workshop w/ Kootenay Sound Healing
- * Gabriel Palatchi @ Kokanee Springs Resort
- * Wynnwood Cellars Wine Tasting * Open Jam @ Sirdar Station Pub
- * Kootenay Lake Art Connection Gallery Tour
- * Artisans of Crawford Bay * Gray Creek History Tour
- * MTB Ride w/ East Shore Trail & Bike Association
- * More Live Music @ Local Restaurants and Pubs throughout the Day!

Sunday July 21 2019

East Shore Kootenay Lake

KOOTENAY BAY - RIONDEL - CRAWFORD BAY - GRAY CREEK
BOSWELL - SANCA - KUSKANOOK - SIRDAR - WYNNDEL



Information and Schedule: www.eastshore.life/events or call 250 505 6489

stop and it would encourage more artists to open up along the route, and then that would encourage more tourists and other galleries and gift shops with even better connections.

For the most part, the businesses were happy to have artists' paintings and creations in their establishments and to have the added clientele stopping to eat and maybe making a purchase that they wouldn't otherwise have.

My idea was to get a representative from each area and have a smaller area myself and oversee the operation. It was more difficult than I thought and because no one in Creston wanted to be involved I decided to have the Art Connection start at Wynndel just to avoid the burn out. The first year was a strictly volunteer situation. I worked tirelessly and enlisted Val Van der Poel for the Wynndel area, Karen Arrowsmith for Boswell, and I would look after Gray Creek and Crawford Bay and Riondel. I pretty much had the venues and the galleries enlisted by that time, but I felt that it would be great to have artists in their areas look after people closer to them. I applied for the grants and projected the budgets and enlisted Nancy Gallagher and Deana Kubota to edit the write ups for the brochures. Warren Clark's work came highly recommended and he was the designer and helped with ordering signs as well as creating the brochure. Although it took a lot of time to organize everything, the brochure was the most important and most stressful part of the project because we were aiming for a professional artistic creation. Zora Dorval joined us for brainstorming about how to make the enterprise as effective as possible and we were joined by Lillian DeJonge who was the president of the Riondel Art Club at that time. (Lillian later became the representative for Riondel and the last year we partnered in the Art Connection).

There were hours spent trying to get photos in from galleries and artists. I tried not to leave anyone out but then it was difficult because the artists wanted to be in the best places and not all places were equal as far as setting and lighting and such. I decided to find new artists who would appreciate getting some advertising and not mind smaller venues.

Wynwood winery had just opened up and so we decided to have the opening there. Marg and Dave Bessarabia were enthusiastic art lovers and when we decided to have a juried art show with the opening reception we had judges from Creston and some artists as well. The wine was exceptional and flowed well at each reception. Delicious appetizers from the Black Salt Café were served. At that point the artists chosen would have their paintings hung in the winery over the summer. The first year we had a reception in Riondel as well. Bob's Bar and Grill catered. Wendy made an effort to make things special. Bob's bar and Grill always enthusiastically housed the Riondel Art Club's work and it worked quite well.

After that I encouraged the artists in Riondel to be part of the juried art show and they did and we did have a few sales from that. There were brochures on the ferry and at every venue and at all the chambers including Bonner's Ferry. There were radio announcements as well, write-ups in the *Mainstreet* and *Creston Advance* and *I Love Creston*. We had grants from CBT, RDCK, and Nelson and district Credit Union, Creston Arts Council. The Kootenay Lake Community Services Society looked after the administrative duties after the first year. There was cooperation and collaboration.

Well, here we are in 2019 and another year of hope that the wine will be good, that the art will be fabulous and that tourists will come and enjoy the area and maybe bring their young families back to build the school and community, and life will be simple and young men like Farley will appreciate the artisans and artists and be willing to work to bring an awareness of culture and art in our area.

**June 28 until September 2:
Kootenay Lake Art Connection
July 21: Arts and Culture Day
sponsored by BEST**

African Children's Choir

By Wes Brooks

On behalf of Kootenay Lake Community Church, I'd like to express our thanks to the East Shore communities of Crawford Bay, Kootenay Bay, Riondel and Boswell for their amazing support of the African Children's Choir on May 3, 2019. An almost capacity crowd enjoyed the presentation by 17 children from Uganda assisted by 7 staff and chaperones. The children are orphans because of wars or abandonment. Their school is located in Uganda and the children live at the school.

Each year the parent organization, Music for Life, arranges for a couple of African Children's choirs to tour North America hoping to solicit donations and sponsorships for the children in the choirs. They travel from September to June and are schooled by the teacher/chaperones while they are traveling, using part of each day for their lessons. By the time Choir 49 arrived on the East Shore, all the children in the choir had sponsorships for the rest of their school years – to the end of grade 12. The children then have opportunities for higher learning at various colleges, and some eventually attend university. They are given greater hope for their future, having goals of an occupation that will benefit their home land. The \$2,600 raised at the concert this year was significant and helped very much in the success of their tour.

Those of us who had the privilege of hosting them in our homes were able to interact with the students and chaperones. The children were all very well-behaved and appreciative of the billeting opportunities presented by our communities in Crawford Bay and in Boswell.

Again, we thank all those who attended the concert, as well as those who also purchased some of the items that were for sale. We thank the Crawford Bay Community Hall for waiving the cost of renting the facility for the evening. The children were a joy meet and if this opportunity arises again, you might want to attend their concert as you would come away with a greater appreciation of the work that is being done in far-away lands to make a very real difference in the lives of many children.

As we saw them off at the ferry landing, it was refreshing to see that children are the same the world over when given opportunities to play on the beach; skipping stones and laughing as they splashed in the refreshing water of Kootenay Lake.

Riondel Arts Club

by Sharman Horwood

I read somewhere that a garden is the beginning of an art project: its lines, shapes and colours a living painting. Many of the art club members have been very busy labouring over these personal art projects. However, they are as well still painting, doing mosaics, quilting, working in stained glass, or using other mediums to express themselves. If you are at all interested in painting, or working with mosaics, drop into the art club on either Monday or Tuesday mornings.

I would like to welcome back our summer members. Each spring several of them return to this area for the summer, and continue painting in the art room at the community centre. If you'd like to join us, please do. Everyone is welcome.

The East Shore is hosting an art walk again. It's titled the Kootenay Lake Art Connection. There will be several venues along the lake from Creston to Riondel, and brochures will be available at each. In Riondel, the site will be Bob's Bar & Grill. (Thank you, Bob and Wendy, for your support.) Stop by and see the new paintings that will be added at that time. We would love to hear what you think. Have a terrific June!

LAURA LANDSBERG TRIO Don't Miss This Concert!

by Deberah Shears

Since 2011, two summer concerts have been performed at Harrison Memorial Church every year. The first concert this year is the Laura Landsberg Trio: Laura on vocals, Paul Landsberg on guitar and Rob Fahie on bass. It will be held on Sunday, July 7, at 7 pm.

Summer Concert

@ Harrison Memorial Church

The Laura Landsberg Trio!

(jazz, blues, gospel)

- **Sunday, July 7 at 7pm**
- Light refreshments.
Children quietly seated
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- **Tix: 20/each** - The Lakeview Store in Gray Creek, starting June 15th and at door if any remaining.



Laura Landsberg has performed internationally as a jazz, blues and gospel singer. For over 30 years, her unique blend of jazz, blues, country and Brazilian music has captivated audiences in clubs, concert halls and festivals. You may have heard her doing her "Tribute to Ray Charles", "Aretha Franklin Show" or heard her most recently featured in her husband, Paul's, "Tribute to Henry Mancini". Laura's performance in July at Harrison Memorial will be a variety of her repertoire in this most intimate setting. The Laura Landsberg Trio - Laura, Paul and Rob - perform regularly and this promises to be an exceptional concert! Light refreshments will be served in the church yard during intermission. Children quietly seated are welcome to attend.

Tickets for this concert are \$20 each and can be purchased at Lakeview Store, Hwy.3A, starting June 15. If any tickets are left, they will be sold at the door.

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Seldom Scene

by Gerald Panio



Well, you know what they say about the best-laid plans.... I was all psyched up to be the *Mainstreet's* international film correspondent out here in London & Paris when a couple of health issues threw me for a loop. I wound up missing out on London's best Bollywood theatre, the Boleyn Cinema in the East End, the BFI series on Weimar Cinema, and the upscale Electric Cinema in Shoreditch. Fortunately, I was mobile enough in the end to carry on with the mission. I'll tackle the London scene this month, and Paris's in the July issue.

My first London movie experience was at the BFI/Odeon IMAX. At 20m high by 26m wide, this is the biggest screen in England. It's also almost a dead ringer in scale to the IMAX at Victoria's Royal BC Museum--my home-away-from home when I'm at the Coast. The BFI IMAX has about 500 comfy seats (including 20 for couples--a feature I could get used to), and a great digital surround system. Brenda and I caught *Avengers: Endgame* in 3D, at an 8:30 am showing. I'm not a big Avengers fan, but I figured this movie would put the theatre through its paces. That it did. 3D is getting better and better these days, and there's enough going on in *Avengers: Endgame* for four movies. Ironically, one effect of watching in 3D is that the effective size of the screen seems to shrink. It's an effect I've noticed before. If I had the chance, I would have watched this movie in regular IMAX format, trading sheer size for 3D razzle-dazzle. If you're going to watch a 20m screen you might as well be overwhelmed. I'm not going to review Avengers, except to say that it makes good use of the entire Marvel superhero universe, and to mention that I've a fondness for Josh Brolin's Thanos character as a kind of conflicted brother to Ron Perlman's *Hellboy*. Stay tuned for *Avengers: Endgame* at an upcoming Marquee Monday in Riodel.

And speaking of Marquee Mondays, there was a repertory cinema within easy walking distance of our Soho Youth Hostel. This was the Prince Charles Cinema. Started back in 1991, their website boasts: "We screen everything!" Mixing the old with the new, the current line-up features everything from *Bohemian Rhapsody* to *Back to the Future: Part II*. This week there's also a choice of *Vox Lux*, *Thunder Road*, *Dune*, *The Mask*, *All That Jazz*, *Ran*, *Andrew Rublev*, *Where the Wild Things Are*, *Dr. Strangelove*, and the *Iron Giant*. I couldn't make up a movie theatre closer to my own heart. This is the last of the independent cinemas operating in London's West End. Members can also enjoy rock-bottom prices on double & triple features, all-night marathons, and sing-alongs. Upcoming is a 6-film Studio Ghibli Pyjama Party and a 6-film Jean-Claude Van Damme A-Thon.

I went to a 10 pm screening of Walter Hill's cult classic *The Warriors*, shown in an original 35mm print from 1979, complete with scratches and faded-to-red segments because the print's so damn old. Not that anyone cared; we were all there to watch Coney Island street gang The Warriors fight their way back home across Manhattan against rival gangs like the Baseball Furies, the Turnbull AC's, the Orphans, the Lizzie's, the Boppers, and the Gramery Riffs. Not exactly Ingmar Bergman, but the perfect movie for a theatre that in its previous sleazy incarnation had record runs for *Emmanuelle* and *Caligula*. Besides, the plot of *The Warriors* is loosely based on Xenophon's classic Greek text "Anabasis," about Greek mercenaries who have to fight their way back home through the entire Persian army. How's that for pedigree!

Far and away my best movie-watching experience was the premier of *Tolkien* at the Curzon Mayfair. The Mayfair was the first of the high-end Curzon chain that now includes 20 cinemas with 46 screens. This the-
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atre has actually been in operation since 1934, and has an interesting location next to the heavily-armed Saudi Arabian Embassy and the only Mexican-Ukrainian restaurant in London.

I have to say the the screen quality and the sound system provided my best viewing experience so far in Europe, superior even to the IMAX. The Mayfair uses 4K Sony Digital Projection with Dolby 5:1 Digital Sound. Because *Tolkien* is a visually stunning film, telling the story of J.R.R. Tolkien's life from about age 14 to 28, I felt like I was being immersed in the alternately arcanelly academic, gorgeously romantic, and horrifically violent worlds of the young author-to-be. We see the roots of Tolkien's future fiction in his being orphaned as a young child, making life-long friendships with 3 like-minded friends in the TCBS (Tea Club, Barrovian Society), being inspired by brilliant scholars such as philologist Wright (played by Derek Jacobi), pursuing fellow orphan Edith Bratt (Lily Collins), and surviving the nightmare of The Somme in World War I.

Although the film was neither approved of nor authorized by the Tolkien estate, I can't imagine how his heirs would object to so loving a recreation of his youth. Nothing rings false. The film is a celebration of some of the things life holds most dear, and a demonstration of how tragedy can be transcended through art. *Tolkien* was Finnish director Dome Karukoski's first English-language film, and he was amply backed by Nicholas Holt as Tolkien, by Thomas Newman's musical score (with 19 Oscar nominations, it's time they gave him a statue of his own!), Lasse Frank Johannessen's cinematography, and Grant Montgomery's production design. Had time and circumstances permitted, I would have watched *Tolkien* a couple more times just to re-experience what it means to be fully immersed in cinema. Rarely in these days of superhero bluster, "*Tolkien* is a movie about people who think about things."

My final London movie experience was in yet another Curzon cinema, the Curzon Bloomsbury near King's Cross Station. This five-screen theatre features the Bertha DocHouse, a 55-seat cinema dedicated exclusively to great documentary films. What I saw there was *Amazing Grace*, director Alan Elliott's 11-years-in-the-making reconstruction of Sydney Pollack's film of Aretha Franklin's mind-blowing two-day gospel concert at the New Temple Missionary Baptist Church in Watts, Los Angeles.

Because Pollack botched the sound synchronization, his work was shelved for 47 years, awaiting the touch of a new director patient enough and skilled enough to fit the pieces back together. This is one of the greatest live concerts in the history of contemporary music. At the height of her musical career, with 11 number one single records and five Grammys, Aretha Franklin chose to step back to her roots in gospel to pay homage to the tradition that had made her the singer she was. Franklin was backed by the powerful Southern California Community Choir, the legendary Atlantic Records rhythm section, and her mentor Reverend James Cleveland. Pollack shot 20 hours of footage with 5 16mm cameras. The album that resulted was the best-selling gospel record of all time. Never will you see such a gifted artist more passionately in touch with her artistic and spiritual roots. We all owe director Elliott a huge debt for having resurrected a visual document that might have been lost forever. It was a Herculean effort. As soon as *Amazing Grace* becomes available on DVD I will be screening it at a Marquee Monday session. Stay tuned. Check out Odie Henderson's excellent review of the film at RogerEbert.com.

Paris beckons! Last night was the avant-garde-premier of the new Elton John biopic, *Rocketman*. You're not going to want to miss this one!

Why I Love Starbelly Jam (and you should too)

by Dan Silakiewicz

We are celebrating Starbelly Jam's 20th anniversary and I'm extremely proud to still be a part of it after all this time. (I've been to all but the very first). I love that it really feels like a back-yard party everyone's invited to. Somehow, we can put together the youngest youngsters, the eldest elders and everyone in between and all share a beautiful space and have a great time without anyone feeling left out! I wasn't sure what to put in this article and Leah suggested some memories from past, so here it goes, "Tom Sez" style:

Our frightening success having twice as many people as expected for Spearhead with just a few locals for security. Luckily everything went smoothly.

The year the power was out all over BC I woke up thinking, "We should get back to Starbelly, at least there is electricity, food, and running water!" There was, and it created a really cosy feeling of us all banding together in the otherwise dark world

The last encore of Saturday night was over (not sure which year). I was doing the final announcements and the crowd was nuts over the last act. Seeing the huge throng of dancers loudly demanding MORE! and screaming and cheering and then having to say 'Thanks, go home now'. The crowd was really rowdy, and I remember being concerned thinking, "What do we do if all these people just stay here?"

That night my voice was sucked off the stage by the microphone booming out of the loudspeakers. When you're up on the stage above everyone they are like a roiling sea dramatically lit by the stage lights. Then 10 minutes later I was out in the field, tiny again with the crowd thinned out. It was amazing how the people and entertainment breathed so much life into a place that could feel so big and empty in the blink of an eye

In an earlier year running around to try to find a place for the belly dancers to wiggle since there wasn't enough room on the stage and it was raining. So much wet chaos and running around before we set them up in the pavilion for an entrancing show

Getting pushed in a wheelchair in the Giant Parade because my foot was broken.

Emceeding, though not many people like doing it, is fun and you get to meet a lot of musicians, some quite famous. Mostly I don't have much to say to famous people but it's fun to meet them. There have been a few artists I really made a connection with, and it's great to feel like you're part of a bigger world out there

I've been lucky enough to play several times on the Starbelly stages, each thrilling and fun. I broke the floor of Moonbelly stage one year

I got to organize Starbaby in 2004. It was great except when some of us stayed too late and made too much noise. It got Nick really mad because he was woken up and stormed across the field to save Starbelly's stuff from the delinquents to find out the delinquents put on the show! I think we got overnight security the next year

Finally, just endless memories of dancing, eating great food and hanging out on a fabulous summer weekend with friends from near and far to hear superb music. As I look forward to it again, I hope you can join us as concertgoers or ever needed and appreciated volunteers! starbellyjam.org

Deadline:
June 26/19
www.eshore.ca



pebbles

by Wendy Scott

MID-SUMMER'S DAY

Late spring in Riondel brings welcome rain to prepare us for the so called "mid-summers day" or, to call it by the specific calendar date, June 21. But wait a minute, that's also the official first day of summer. Who's to blame for that muddle of time-lines – dare we blame the famous Bard himself? Or is it possible even he might have been influenced by his own fairy queen, Titania.

Or, wait a bit – just who was the scribe responsible for all those rhymes, stories, and sonnets. Many scholars – too many to list – have put forth their absolutely definite answers, a recent article in The Atlantic attributes the entire body of works, not only to a different author, but to Emilia Bassano, a woman who was a prolific writer, but knew that she would have difficulty having her works recognized simply because of her gender. And Maya Angelo agrees since she recognizes the truth in the harsh treatment of Shakespeare's women.

Be that as it may, the words arranged, spoken and sung – whether written by one or many are of the most elegant, descriptive and beautiful and come to mind, especially at this time of year when buds are bursting, butterflies mimicking fluttering petals and birds waking anyone trying to sleep in or, indeed, listening to their songs at night when attic windows are flung open for night breezes.

I'm reminded too at this time of year of a delicate, speckled flower with a tinge of brown and green. Many years ago, a young girl brought me one; she said they were chocolate lilies, but the Native Indians called them Indian Rice.

More recently I've discovered those same delicate flowers in Riondel, and Muriel tells me they *Fritillaria lanceolata*, or Mission Bells. A great variety of native plants and flowers grow on the East Shore but recently I've heard that several of our excellent flower and plant shops are finding it difficult to maintain their stock due to overall short supply. This is most unfortunate since the world of flowers and plants is a natural fit in the beauty of the East Shore, and especially Crawford Bay "artistic by Nature".

Nature provides the shape, colour, and scent of flowers and trees; the mountains, rivers, streams, and lakes are our surrounding backdrops. Glass can be blown, clay molded, and patterns worked into silver and bronze. But heritage is evident in the many pieces we gather to give as gifts – or guard to cherish as our own.

Two beaded bracelets of mine hold memories for me; one brings back the mountains and lakes of BC's Cariboo, the other another world in Mexico's Sierra Madre mountains. Each was beaded by a young girl learning how to depict and tell the story of her heritage. I'm reminded of those stories fashioned with beads when I take the time to stop in Crawford Bay and really see the stories behind the craft displayed or wonder when I watch the broom straw as its crafted and know that I might have seen that straw in a Mexican field.

Riondel Library

by Muriel Crowe

Our last event was a lovely evening open house with authors readings and while we discuss what should change in future events, we are priming for our big book sale on the BC days weekend. Every year we think there will be fewer books than last year and every year you prove us wrong. We do appreciate donations of books but ask that you bring them into the library or we are not sure if they are not there for us or someone else.

For The Love of Genre

by Sharman Horwood

Roger Zelazny is a science fiction and fantasy writer, and one of the writers who prodded my own desire to become a writer. His work is extremely imaginative, and rather lyrical in places. In an interview, he explained that he liked to read a favourite poet for fifteen minutes before he began to write. He claimed that animated what he wrote, giving it substance and spirit.

He was a legend in the SF/F community. He won the Nebula Award three times and the Hugo Award twice, having been nominated for each award fourteen times. In his stories and novels, he often used elements of myth from many religions, as well as the theme of immortality. He is most famous for *The Chronicles of Amber*, a series of ten books about a semi-mortal royal family and their ongoing struggle to become the rulers of Amber, the city in one of the two true worlds: Amber and Chaos. The Shadow worlds, including Earth, are created by the opposing magical tension between these two worlds.

The series begins with *Nine Princes in Amber*. Corwin, one of the nine brothers, wakes up in a hospital where he is being kept in a coma. He has amnesia, and is unable to recall his name, or how he came there—although he knows that there was an accident and both of his legs were broken. They are sore, but healed now, and he knows he should be leaving the hospital. He quickly prevents the nurse from giving him any more shots. He escapes from the facility after learning his sister had placed him there. He doesn't recognize the name, but memorizes her address from the director's file. He catches a Greyhound bus to New York, where she lives. She reluctantly takes him in.

Corwin gradually gets flashes of memory back, and as soon as he is able, he searches his sister's library. In a secret drawer in the desk, he finds a deck of strange tarot cards. The images of the major Arcana in the deck are of members of his family, including himself. Corwin recognizes his image, and a few memories of family members start to return to him. He knows this deck is important, and with his sister's help, he contacts Random, one of his brothers. With Random's assistance, Corwin is able to leave Earth. It's not a true world, after all. Members of his family are able to move from one Shadow world to another, either through the use of the cards—he learns later—or through their own innate magical ability.

Each step of the story takes the tale to a different place, a different Shadow version of reality, and with each, Corwin's abilities gradually return to him. He has been on Earth since the plague in the sixteenth century, suffering from amnesia throughout the centuries.

My tastes have changed but I still find the novel relentless and magical. It is the first in the series—with one storyline played out in the first five novels, and the second in the next five. They chronicle Corwin's struggles to regain his world. I would recommend any of Zelazny's novels or short stories, but *The Nine Princes of Amber* is a good place to start. Zelazny sets up reality as a weak construct, a series of illusions mastered by the magic of the Amber royal line. Enjoy.

If you are wondering if you would find something you would read at the gigantic sale just take a look at all we have on our shelves. There are bound to be duplicates, or new to you from favourite authors. There are generally dozens of cookbooks, art books, recreation, hiking, fix-it and more.

I have an idea for a contest in the fall. Many of us have had really strange summer visitors or hilarious stories about guests just waiting to be told. How about a double contest where you could write a wee story or tell it orally? Need some ideas – just ask your neighbours. Meanwhile watch this spot for contest details or hews that the Library Board has lynched me for creating more work.

BOOK REVIEWS ALONG THE E & N

by Tom Lymbery

ALONG THE E & N – A JOURNEY BACK TO THE HISTORIC HOTELS OF VANCOUVER ISLAND by Glen A. Mofford, publisher Touchwood Editions, 264 pages.

Glen Mofford has made good use of Facebook in promoting his new book – if he hadn't I don't think we would be stocking it. For anyone that has travelled on Vancouver Island they will have stayed in many of these hostleries and be familiar with the Esquimalt and Nanaimo railway. This rail line was built by coal baron Robert Dunsmuir and later taken over by the CPR. Passenger traffic was prolonged by the CPR running self propelled Dayliner coaches which were finally discontinued some years ago. Most of the hotels are still there and Glen has photos of the earliest and the most recent buildings.

Fire is what does in so many hotels, sometimes they are rebuilt close to the same site but very often they are gone forever. At times the requirements for a liquor license needed more room so the hotel had to be enlarged.

AQUA VITAE – A HISTORY OF THE SALOONS AND HOTEL BARS OF VICTORIA 1851 – 1917, by Glen A. Mofford, publisher Touchwood Editions, 269 pages.

Aqua Vitae is an interesting title for a book about saloons and bars where water was a scarcity. In fact beer was much preferable to water in the early years of our capital city before any attempt at plumbing was made and most water was unsafe to drink.

The book only goes to 1917 because that was when prohibition came to BC and many hotels went out of business until beer parlours were first allowed in 1925. Requirements for a beer parlour license were strict – no standing up to drink, no music or entertainment and in particular no use of the words Pub or Saloon. The could only advertise Licenced Premises – perhaps the influence of those in favour of total prohibition continued.

East Shore Youth Council Society AGM

June 20, 2019 - 5:30pm

A drop in will take place before the AGM and the youth will prepare food for those who come for the dinner and meeting.

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

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

Look back on our successes & plan for the future with us! Have your say, ask your questions, consider joining the board for the upcoming year.

Minimal commitment required (a meeting per month) & a great place to help guide the program & develop amazing programming for local youth.

Questions: eastshoreyouthcouncil@gmail.com

Barefoot Handweaving



New Ted paintings
Summer colours

OPEN every day 9 - 5:30

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Smarter Than Jack or Jill

by Sharman Horwood

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

The Simplest of Needs

I am always amazed by animal rescuers. No matter what kind of animal they try to help, no matter what size or level of danger, they wade in. I thought of this as I used a tea towel to throw over a tiny finch-like bird (probably a wild canary) that was caught indoors. I held it close and opened the window. It shot out of my hand with a sharp tweet that could have been abuse, but like to think was just glee at being freed. Animals don't always take rescue easily. They are often scared, very angry, and turn on the person who is trying to lend a hand. In the veterinarian documentaries tame horses bite, cows kick, and cats sink their teeth into the most willing, gentle fingers. The wilder sort do worse if they can. They are frightened.

Consequently, my hat goes off to animal rescuers who help stranded whales on beaches, injured bears or injured raptors. Not an easy task at any time. I have to say, though, I am even more amazed when wild animals approach humans for help. Further, the animals who venture close when they're asking for help have to have some understanding of humans: whether or not we are predators, as many so often are, or whether we are the gentle variety; the rescuers.

In this column, I've talked about the dolphin who approached divers to have a fishing line cut away that was injuring its fin. In this case I have to wonder if it somehow knew that the fishing line belonged to humans and therefore they would know what to do with it. Similarly, a large southern right whale approached a boat near Sydney, Australia. Its face was covered with tangled fishing line and accumulating more garbage on it. The whale was having difficulty seeing, and of course eating. Fortunately, though the animal was twice the size of their boat, the teens recognized the animal was in distress. It stayed beside their boat, at the surface, close enough so that they could see and grab the trash from its face. Once they had, it slapped the water with its tail a couple of times, demonstrating its own glee, as it swam away.

The David Sheldrick Wildlife Trust in Kenya raises orphaned baby elephants, to release them into the wild once they are able to fend for themselves. They are not tamed in the process, but they do become habituated to humans, and used to their care. Apparently, they communicate this to their more wild cousins. Three elephants trekked across the Kenyan savannah to reach the wildlife centre. They'd been shot by poachers with poisoned arrows. The centre's veterinarian and helpers hurried out to tranquilize the three so that the arrows could be removed and the wounds treated. None of these elephants had been raised at the centre. One of them, however, had mated with two of the Trust's released elephants. Apparently, news of what they would do had traveled into the wild.

We often expect intelligence in mammals, even wild ones. But not from fish, no matter their size. In March, 2003, Australian Joe Sciberras and his friends were fishing not far south of Sydney, Australia. A whale shark approached their boat and stayed close, just as the southern right whale had done. Whale sharks are not common on the east coast of Australia. They usually stay further north. These are enormous fish, the largest of existing fish species. They have some very small teeth, but they are filter feeders, subsisting on plankton and other invertebrates. They consume enormous quantities of water, and filter out the tiny food. The giants spend their lives cruising the oceans, mouths agape as they capture enough small prey to fuel their large bodies.

The whale shark remained beside Joe's boat, its head alone almost as long as their boat. It stayed close to the surface. They could see a large rope wrapped around the enormous creature's middle, digging into the skin. Curious, and feeling a little safe because the animal was acting calmly but determined, Joe jumped into the water. He swam over to it, checked the rope and returned to his own boat to get a knife. The whale shark didn't move. He then swam back to it, and climbed up onto its back. There he sat, his legs straddling the animal's back and sawed away at the rope. He had to stop at one point, and return to his boat to get a sharper knife. The animal stayed in the same spot. It didn't dive to get away from Joe, even though he was sitting on top of it, as if the creature knew Joe needed air or he wouldn't be able to help it. When the rope was cut through, Joe climbed off the giant fish, and then it swam away. (I have posted this video on my Facebook page, along with another of a wild raven who approached two women to have porcupine quills plucked from the side of its face.) The entire process took twenty minutes.

Why these animals thought humans would help them is a mystery. However, there is a history of cooperation among many creatures, even among some fish. In his book *Are We Smart Enough to Know How Smart Animals Are?* Frans de Waal describes the behavior of some cooperating fish, such as the coral trout and the giant moray eel who will hunt together, even though they don't always share the prey when it's killed. He also talks about cleaner wrasses. They hover at specific points on a reef where other, larger fish will line up to find them. There the wrasses nibble off the parasites that are infesting the others' skin. According to de Waal, "apparently, no species can escape the logic of cooperation, whether it involves the selection of good partners or the balance between effort and payoff." In other words, both species survive more easily because they cooperate, an attitude we might call emotional intelligence.

In my opinion, the raven, the elephants, the whale shark and the southern right whale are taking the spirit of cooperation to another level. They now consider humans to be generally helpful, and therefore possibly useful, a smart conclusion in these cases.



Mentorship on the East Shore

Thank You! For the past couple weeks many local businesses have taken five youth from Crawford Bay school and personally mentored us. We would like to thank Gisela Conrad and Yves from Boccolino, Jason from The Cabin, and Kathy Rave. This coming month we are working with Terry from Black Salt Cafe, Ryan from Red's Bakery and Jen Newcomen of ViBe. These local chefs have generously taken us into their kitchens and taught us new culinary skills and recipes. We are all so grateful to be able to work with all of these chefs and businesses.

Photo: Yves Rossi of Boccolino with the kids.

Positive Role Modeling for Our Youth

by Lisa Skoreyko

On May 10, 2019 our community was fortunate to be able to host international facilitator David Hatfield for a day of work with senior students and an evening presentation. If you missed out on the presentation this is an opportunity to hear a bit about it.

David is an educational facilitator and leadership consultant focusing on rites of passage, conflict, and masculinity. He has designed and led contemporary rites of passage programming since 2000 in Australia, Canada, New Zealand, Spain and the USA. During the day David worked with the grade 7-12 students facilitating a rites of passage experience. Shamus Burkel who is running a boy's group at the school also worked alongside David with the students. The following words from David explain more of what rites of passage means and what the day with the students looked like.

"Navigating the transition from teenager to young adult has never been easy. Modern culture has all but ceased to formally and skilful acknowledge the significance and importance of this transition, largely leaving young people to guide and mentor themselves. Most adults had to do the same thing in their youth. Though the term rites of passage is commonly used, intentional contemporary rite of passage experiences led by skilful adult guides and mentors are not commonly found. The youth to adult transition provides a foundation for the navigation all of the future life stage transitions and changes to be met throughout adulthood."

"Many parents and educators are challenged by youth's entry into adolescence and young adulthood. Perhaps this is an echo of the unmet rites of passage needs many parents still have. As well, there is a depthless desire for our children to be cared for and guided into their full potential clashing at times with the risky choices of our kids as their young adulthood emerges. Though often not reflected in modern culture, the wisdom of community support is reflected in the well-known African proverb, "It takes a village to raise a child"."

"Students in senior grades at Crawford Bay had dedicated time and space to acknowledge their youth to young adult transition. Through dialogue and several experiential activities, both at the school and in nearby nature settings, they had opportunities and guidance to focus on this moment in their lives. This offering was to encourage them to explore questions they have about their futures, to identify things they are finishing with and goals they wish to move towards, and to better recognize their unique qualities and gifts. This does not constitute a full and complete transition to young adulthood but provides some grounded and intentional steps in that journey."

The evening presentation and discussion for community members, parents and teachers focused on what it means to be a positive role model and mentor with children and why this is important. Mentorship can come in many forms. Some examples are skill sharing, modelling healthy ways to behave and navigate life, encouraging community involvement, sharing life stories, facilitating teaching around rites of passage, conflict resolution, or how to overcome obstacles.

If you are interested in mentorship, have some ideas you would like to share or feel inspired to get involved we would be happy to hear from you. Contact PAC at cbess.pac@gmail.com or Lisa at 250-777-2855 or laskoreyko@gmail.com.

I want to give a big thank you to David for coming here and speaking with us. I am very grateful that he came to our small community. Many thanks to our sponsors for this event: NDCU, Dancing Bear Inn, Eastshore Youth Council, Susan Snead and Jenn McCauley. As well as Erin Gibbs, CBESS staff and PAC, Ryland Stokes, Georgia Shuel, Martha Wilson, and Vienna Doenni for all their support.

David holds an M.Ed. in social ecology and an M.A. in process-oriented facilitation and conflict studies. For more information on David you can visit his website at www.davidhatfield.ca and view his Tedx talk at <https://www.youtube.com/watch?v=rotwI8ISyQo>.



Tom's Corner

by Tom Lymbery

Sailing to the Queen Charlotte Islands, 1976 - Part 1

by Denny Davis

Tom Lymbery introduces his longtime friend Denny Davis: Denny just had his 90th birthday on April 28. We have a long time friendship going back to Cub and Scout camps at Kokanee Creek on the North Shore, when Denny was staying with his maternal grandparents on Heddle Road. His grandfather E. H. (Ted) Applewhaite came to Nelson before the rail track to Robson to open one of the first banks, and then went on to fruit-growing on Heddle Road on the North Shore. Denny's great-grandfather on his father's side, Rev. James Reynard, built St. Saviour's Anglican Church in Barkerville during the Cariboo Gold Rush. Denny's family moved to Vancouver in 1942 so his father could get a job in the shipyards. So I was able to visit them when I was going to boarding school, and Denny and I cycled all over Vancouver.

At 17:30 hrs on June 30, 1976, Dave Gair and I left on our big adventure from Canoe Cove Marina in North Saanich. We were sailing on Rozinante, my 28 foot ketch.

This was to be a once-in-a-lifetime cruise, and in fact it turned out to be so. We were going to sail to the south end of the Queen Charlotte Islands, spend about three weeks exploring the lower half of the islands, and finally arrive at Queen Charlotte City. Dave would then fly back home and Tony Stranan would join me for the trip back home.

I had spent a great deal of time, thought, energy, and expense preparing for the trip, but there were a few things that I overlooked, some which could have proved fatal. To get weather forecasts I had installed an old AM car radio which had been detuned to receive, I think, 550 kHz. This was useful from time to time. One of the things I had bought was a hand-held radio direction finder (RDF.) This eventually proved to be of very limited usefulness, but it did get used. We towed a dinghy, a nine-foot Minto, which I had built (except for the shell) and of which I was very proud. There is an old saying that if you tow a dinghy far enough, you will lose it. We proved the truth of that saying.

On the way north we stopped overnight at Port Hardy for groceries, fuel etc, and decided to make one last phone call home before taking off for the Charlottes. We went to the Seagate Hotel which had a pay phone in the lobby, and there was quite a lineup for the phone.

Five days after leaving Sidney, July 5th at 1700, we arrived at Bull Harbor on Hope Island, off the north-eastern tip of Vancouver Island. There was a commercial fish dock at Bull Harbor where we were able to buy a tank of gas. The outboard motor had behaved erratically ever since we left Sidney - a taste of things to come. At that time there was a small community of four or six houses at Bull Harbor whose function was to operate a weather station. We did everything right - we walked to the weather station and checked the forecast for that night and the next day. The forecast was favorable, so at 1915 we left Bull Harbor for the

Charlottes.

The plan was to sail all night. We expected to be able to see the light at Cape Saint James at the southernmost tip of the Charlottes before daylight and verify our position. When we left Bull Harbor it was flat calm, and we motored for about two hours on a course of 275M. Then came a light (favorable) wind from the southeast. When we tried to hoist the mainsail, the halyard jumped the chiv when the sail was three or feet from the top. It was entirely my fault. I knew better but I had neglected to turn the boat into the wind before hoisting the sail.

At this point Dave and I had a disagreement. He wanted to shinny up the mast and free the halyard. I said no, it was too dangerous. In the end I said that it was my boat, I was the skipper, and I said no. Eventually Dave agreed that I had been right. Later while standing on the roof of the fish dock and able to use both hands, Dave still found it a difficult and time-consuming job.

When I bought Rozinante she was equipped with roller-furling on the mainsail. The sail didn't set very well when roller-furled, so I never used it. For some unknown reason, the last thing I threw on board before leaving was the roller-furling handle. It sure came in useful then. We were able to roll up three or four feet of sail so that we could return to Bull Harbor. After an hour or two the wind dropped and we motored back to Bull Harbor, arriving about 0330 on July 6. We removed the mainsail from the boom, wrapped it around the mast and secured it for the night. We were desperately tired and disheartened when we anchored and went to bed.



Denny Davis and friends aboard his Rozinante, a 28-foot ketch by renowned boat designer L. Francis Herreshoff (1890 - 1972). Photo courtesy of Denny Davis

At 0730 after less than four hours sleep, we woke up to find that the anchor was dragging. Now we had a problem - what to do about the snarled halyard. Should we go back to Port Hardy, Nanaimo, or even Victoria? The fish dock at Bull Harbor had a fairly high building on it with a flat roof. IF we were permitted up on the roof, and IF we could heel the boat far enough, we MIGHT be able to free it. We explained our problem to the fish dock operator and he agreed to give us access to the roof. Getting the boat heeled over proved very difficult, as Rozinante has a fifty percent ballast keel. Even with both feet firmly on the roof and using both hands it took Dave quite some time to free the snarled halyard. It would have been impossible for him to have freed it if he had been able to shinny up the mast.

At this point we made our biggest mistake. We were very tired after less than four hours sleep, and didn't really grasp the fact that it was another day and the weather forecast might be different. We left Bull Harbor under power but soon had the sails up. The wind was quite light and favourable so we were able to fly the spinnaker, on a course of 275M. Soon the wind shifted a bit so we dropped the spinnaker and hoisted the genoa. The wind grew stronger so we dropped the genoa and hoisted the working jib. The wind continued to intensify so we dropped the main and continued under jib and mizzen. My memory gets a bit hazy after this as it was so cold and wet and rough that I didn't write up the log until three days later. We initially tried four-hour watches so we could catch up on our sleep. It didn't work. My rain jacket had developed a two-foot tear under my right arm which didn't help me any. The right side of my chest was wet the entire crossing.

To Be Continued...

TOM SEZ

by Tom Lymbery

YRB has run the smasher thrasher clearing roadside brush and trees from Lakeview to Kootenay Bay - this is needed but it leaves an unsightly mess - couldn't it be run as a smasher thrasher - extractor. Lets hope no nitwit smoker throws a butt into the dry needles left on the roadside.

The RDKB has discontinued charging for disposal of major appliances - will this happen at Crawford Bay and Boswell Transfer Stations?

Wildflower mix seed in small packages at the store has no invasive weeds or grasses - this is a mix of annual and perennial seeds so some last but most don't.

A Salmon Arm man has invented the Water Winger - a rooftop sprinkler device that can be quickly set up on most roofs to provide wildfire protection. This is a sophisticated system with rope and pulleys included - cost - about \$1000.

Gray Creek Museum Days will be at our hall July 26 to 29 and free to all from 11 am to 5 pm each of those days.

July 1 is coming up - on a holiday Monday this year. Many Bays Band will sing "O Canada" at the flags to open the happy day at 11 am, followed by Daytime fireworks and much more. Our 10.15 pm fireworks attract people from Cranbrook and Kimberley as ours is so spectacular over the lake, unless there is a Forest Fire Ban on fireworks.

Even though the Yukon river ice broke at Dawson City on April 3, 2019 the ice did not flow downstream with the current as it usually does so it was not until May 16 that the ferry George Black could be launched. This delayed access to West Dawson and also to the opening of the Top of the World Highway to Tok, Alaska.

Kettle Valley Rail historian Joe Smuin passed away April 28, 2019. Author of Kettle Valley Railway Mileboards he was the eminent authority on the KV as his family had worked on the rail line. His uncle, Engineer Frank Smuin retired to Mountain Shores and Crawford Bay in the 1950s.

Norm Woods who designed the Kokanee Springs golf course has left an enduring legacy on the East Shore.

Rudy Dortman's obituary didn't include the fact that his twin Rudy had pre-deceased him, (Rudolph the Red Nosed Dortman). Both had worked at the Bluebell Mine.

GRAY CREEK PASS REPORT

How far do the cars and motorhomes get when they attempt the Pass at least a month before it can possibly be open? Perchance they are looking for pink snow?

Dave Lymbery found there was bare road as far as the 12 Km mark last week so the 6800 foot summit may well be clear by mid June - well before the Epic 1000 bike race crosses on July 1st

Deadline: June 26/19
www.eshore.ca



Holistic Health Tips

by Kim Young

3 Natural Remedies For Reducing Stress

When things go wrong at work or at home, that's the time you're most likely to feel your stress levels rising. If you have no coping mechanisms in place or a way of dealing with life's upsets, then stress can quite literally ruin your life.

"In times of stress, the best thing we can do for each other is to listen with our ears and our hearts and to be assured that our questions are just as important as our answers." — Fred Rogers

Here are three natural remedies for reducing the effect that stress has on your body.

Go for a Walk

If you can remove yourself from the situation that's causing you stress you will feel much calmer. As well, being outside, watching the trees sway or the clouds roll gently by has been proven to reduce stress thanks to the fractal patterns that can be found in abundance in the natural world around us.

Fractals are our evolutionary comfort zone and looking at them is known to have an almost immediate calming effect.

Deep Breathing

If you can't get outside for a walk, you can quickly reduce stress and calm yourself down with a few min-

utes of deep breathing. Breathing deeply from the diaphragm rather than the upper chest will slow your heart rate and signal to your brain that there is no need to kick into "fight or flight", the body's natural response to stress.

Deep breathing can also help strengthen your immune system by flooding your body with rich oxygen from deep in your lungs. If you can find a quiet place to meditate at the same time, you will soon feel your stress melting away.

Have a Snack

You don't need to feel guilty about snacking, especially when you snack wisely for stress relief. The right snack can lower your stress levels by releasing the feel-good hormone "serotonin" into your system. Don't turn to processed or junk food though, plan ahead and keep something healthy on hand.

High-carbohydrate content snacks like good quality granola bars are ideal for keeping in your bag or your drawer at work. Bananas have the added benefit of being sweet and contain potassium and Vitamin B6, which are known to fight stress. Walnuts are another fantastic stress buster thanks to the Omega 3 fatty acids and the serotonin-boosting tryptophan they contain.

It's almost impossible to eradicate stress entirely from your life, but there's no need just to accept the damage that stress can do to your body either. You now have three natural remedies you can use the next time life throws a curve ball at you.

For 4 more natural remedies to reduce stress, visit my website at www.kimyong.ca

Kim Young is a Precision Nutrition certified Holistic Health and Wellness Coach, Functional Aging Specialist and Reiki Master who lives in Kootenay Bay with her husband Jim.

The East Shore Fitness Place

Celebrating 10 Years!

East Shore Facilities Society would like to acknowledge and thank ALL volunteers for their service over the years.



A special thank you goes out to the following three invaluable volunteers for their many years of volunteer service at the Fitness Place and/or on the East Shore Facilities board.



Doreen Zaiss



Leona Keraiff



Laverne Booth



Fitness Place Supervised Hours:

Mon-Sat, 8-10am & Mon-Fri: 6-8pm

For more info or to sign up for the key card program, please contact Julia Kinder at eastshorefacilities@gmail.com or 250.777.2497 (email is preferred)

Focus On Health

by Catherine White

Thank you to everyone who participated in our first season of Focus On Health here in Crawford Bay. We had a great season and couldn't have done it without the support of so many individuals who helped. In particular and a huge high five to: Shannon Mulhall, Sharon Webster, Kathy Rave, Carol Blackwell, Rebecca Fuzzen, and Jacqueline Doublet. We are looking forward to beginning our next season in October with our first presenter being our very own Kim Young. Please stay tuned for further details in September.

Last month we had the pleasure of having Nicole Keating (BSc Pharmacy) from Nelson Pharmasave give us some insight and information on the role of a Pharmacist and how it has changed.

Here are just a few things a pharmacist can do beyond just filling prescriptions:

- package medications into blister packs which have compartments for dosages of medications for each time of the day and for each day of the week.

- can schedule an appointment to do a medication review with you (particularly useful if you have multiple medications)

- can discuss over the counter medications and conflicts with your current medications

- do DNA testing that will help determine which medications may be more suitable for you based on your DNA.

- give some vaccinations

- write prescriptions of your regular medications if you have run out and have not been able to get in to see your physician

- will liaise with physicians if they see medication conflicts to confirm that what you are prescribed is correct and safe for you.

Nicole shared a Power Point about Cannabis.

Cannabis

- Commonly known as marijuana
- It is a plant that produces:
 - hemp fibre
 - an active drug
- Two main components: THC and CBD
- Used both recreationally and medically

Two streams of Cannabis in Canada

Recreational Cannabis & Medical Cannabis

- Recreational legalized Oct 17, 2018. Each province determines how it is accessed
- Medical available since 2001. Access has evolved over the years

Medical Cannabis

- Federal government created access to cannabis for medical purposes
- Provided by Licensed Producers (LP) approved by Health Canada
- Requires signed document from a physician
- Purchased from LP only, not from recreational stores
- Active part of Cannabis =Cannabinoids – Most common are THC and CBD.
- THC causes the "high" feeling.
- CBD does not cause a "high" feeling

Medical uses of cannabis

Not approved in Canada for any conditions
Many self reported uses for medical cannabis
Studies and evidence are limited
Most evidence supports use for:

- Pain
- Anxiety
- Muscle spasms in MS
- Sleep problems
- Increasing appetite in HIV or Chemotherapy

Side effects of cannabis

- Potential short term effects:
 - confusion, dizziness, drowsiness, tiredness

- altered judgement, decreased attention
- diarrhea, nausea, dry mouth, increased appetite
- nasal and lung irritation
- Potential long term effects:
 - affects heart rate/blood pressure, dependence risk
 - anxiety, depression, mental health

Drug interactions

- Cannabis is cleared through the body in same ways as some prescription medications
- Potential for drug interactions with medications
- Speak with pharmacist to evaluate if any current medications interact with cannabis

Access to medical cannabis

- Register with a Licensed Producer
- Send Licensed Producer a Medical Document signed by a physician
- Order medical cannabis from the LP
- Cannabis shipped by mail to home or work
- May have to sign agreement with physician

Pharmacist can help with cannabis

- Your Pharmasave pharmacist can:
 - discuss your condition, symptoms, previous therapies and determine if cannabis is appropriate
 - collaborate with your physician
 - assist with completing forms to send to the LP
 - Assist with choosing the cannabis product, starting dose and how to take it
 - Check for interactions w/ current medications
 - Monitor for side effects/symptom improvement

Resources

- Health Canada Consumer Information: <https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis>
- Pharmasave: www.pharmasave.com

Notice of Passing

Mary Elizabeth Carne
1926-April 26, 2019



It is with deep sadness that we announce the passing of Mary Elizabeth Carne. She was born in 1926 in Vernon. She spent her younger years in the sunny Okanagan, working on orchards with her family. She attended business school in Kelowna and started to work for Greyhound Bus Lines in Penticton. Looking for adventure, she moved to Nelson with Greyhound in 1955. She met the

bus driver of her dreams, Max Carne, and married him in 1956. They enjoyed a lifetime of friendships they made at Greyhound. They settled in six-mile, one of the first full-time residents of the area. Mary retired from Greyhound to raise her young daughters, Jean and Debbie.

Once they were in school, Mary went back to work at Kokanee Travel, then Eaton's, and finished her working life as circulation manager at the Nelson Daily News. Max and Mary created a life that was defined by friends, family, travel and community involvement. Once they retired, they drove miles and miles in the RV with Mary knitting every mile.

Mary had many hobbies, interests and was curious about everything. She was a detailed historian keeping scrapbooks of local history and family events. She loved ceramics, gardening, collecting stamps and she took so many pictures that she was known as "Kodak Mary." Notably, she was an early adopter of the reduce, reuse, recycle concept. She was active in the community, supporting Brownies, Job's daughters, Duhamel Recreation Commission, S.O.S., the United Church, Good Sam, Kootenay Lake Yacht Club, and I.O.D.E.

Mary had a warm and hospitable spirit that endeared her to so many people from many walks of life and of all ages. We had to leave lots of time when we took Mary downtown because it took forever as she stopped to talk everyone. She had a big smile and kind words for everyone. She has left us with a legacy of the importance of family, expressing love well, hospitality and inclusion and the beautiful property at six-mile that is still enjoyed by family.

Predeceased by her loving husband Max in 2008; Mary is survived by her daughters Jean Carne and Debra Storey (David); granddaughters Melodie Rae Storey, Robbin Dickieson (Mark); great-grandchildren Liam and Phoebe Dickieson; her sister Nancy Rigby and numerous nephews and a niece. At Mary's request, there will be no formal service held, but the family is planning a special memorial garden on the six-mile property. If you wish to make a donation in Mary's name, please consider the I.O.D.E or the Shawn Lamb Archives.

Notice of Passing

John W. (Jack) McLeod P. Geol
Jan. 9, 1936 -April 13, 2019

Jack passed away suddenly after a very brief illness in Riondel B.C.

He was predeceased by his parents Robert and Emily and his grandson Duncan Landells McLeod (Rob and Asha). He is survived by his former wife Marion and their three children Robert (Viv) Rory (Beth) Catharine (David Berndt) and their children. He also leaves his sisters Frances Muehle and Helen White and their families.

Jack grew up in Lethbridge but loved the Kootenays and the West Coast. Cremation has taken place and a family service will be held at a future date. In Memory, donations may be made to the Royal Canadian Legion and JDRF.

Notice of Passing

Theresa Ann Eliuk
September 2 1960 ~ May 01 2019



Theresa passed away on Wednesday, May 1, 2019 at the age of 58 years. She will be lovingly remembered by her husband, Grant J Eliuk; her son, Dakota James David Eliuk and seven siblings, Debbie, Wilfred, Brenda, Ken, Bonnie, Cindy and Kimberley.

Theresa was born into the John and Bernadette Bay family of Kimberley BC. She enjoyed growing up in Kimberley with her friends, camping, fishing, swimming and exploring nature at such places as White Swan, (hot springs) Skookumchuck Valley, (hot springs) Kooconusa, and the Saint Mary's valley that leads to one of her favorite places, Gray Creek, BC.

Theresa enjoyed her 30 plus years of employment at CGA Alberta and had a key role in the formation of CPA Canada that resulted in earning one of the few honorary CPA's in Canada through many years of hard work and integrity.

Theresa is loved and missed by all, that she touched from her families, workmates, and friends worldwide from Italy, to Belize and Canada. Well Done Theresa.

To view and share photos, condolences and stories of Theresa, please visit www.choicememorial.com. You are welcome to the Celebration of Life on June 8, 2019 at the Royal Canadian Legion, # 1 116 7th Ave SE, Calgary Alta. Starting at noon we will celebrate with friends and family, enjoying speakers who will share their stories and memories.

From Tom Lymbery: Theresa and Grant Eliuk had been working hard to finish their new home in Gray Creek - hoping to move here permanently this year.

Hospice News

By Barbara Kuhn

The last time words fell out of my head and into the *Mainstreet*, I talked about bucket lists. It's useful to know how much time we have left so we can make plans and enjoy ourselves before we have to go.

A new profession has sprung up in recent years as an answer to gaps in our health care system. The end of life doula is becoming recognized as someone who can offer support to the dying person and their families. Courses to train people to do this work are being offered by Douglas College. Their training class held in Nelson last October was full. Apparently, all their classes are full, as the demand is rising for these services. Courses are also available at other facilities, please check with the End of Life Doula Association of Canada online.

End of life doulas approach death holistically. They are involved in the emotional, psychological and spiritual care of those dealing with imminent death. They differ from hospice workers as they charge a fee for service. The doula may work alone or with a partner to ensure continuity of care for the client and the family. They are a resource for the client and family in preparation for death. This helps the client plan their last days and be prepared so that they can enjoy the time they have left.

The profession has evolved because there is a tremendous gap in this type of service once a person has received a diagnosis of a life-limiting illness. Or, perhaps, a person is very old and is not necessarily going to die shortly, but is in need of someone to talk to around the issues of coming to the end of their lives. Our health care system is designed to provide palliative care and pain management.

A hospice referral will also provide psycho-social care for the client free of charge, provided by volunteers. We also have our Better at Home program here on the East Shore to provide friendly visits for the senior that is not in the dying process. This is also free of charge, the services are provided by volunteers as well (please call Rebecca Fuzzen. She can be reached at 250-505-6717).

The end of life doula is not a new concept. Traditionally, communities and families cared for the dying. We have a very large population approaching old age (in unprecedented numbers) and many people live alone and are not necessarily involved in their communities. More help is going to be needed in the future to care for the dying.

Hospice provides training for its volunteers periodically. The East Shore's demographics dictate that we will need more volunteers in the near future. If you or anyone you know is in need of Hospice support, please call Susan Dill at 250-227-9006.

Deadline: June 26/19

www.eshore.ca

Memorial Wall

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

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

JK Excavation Ltd.
250.354.7055
jkexcavationltd@gmail.com
trucking. excavation. snow removal

NO PET LEFT BEHIND!

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

Upcoming Clinic Dates: June 4 & July 9

Please call Creston Veterinary Hospital to book your appointment today!

CRESTON VETERINARY HOSPITAL
Your Hometown Vet!
250-428-9494
www.crestonvet.com

SERVICES DIRECTORY/CLASSIFIEDS

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

AUTOMOTIVE/MARINE

EASTSHORE AUTOMOTIVE - Service & Repair 250-227-9370

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

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/GENERAL HELP/SERVICES

HOUSE CLEANING SERVICES: For more info, please call 250.777.3503.

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

SAMURAI HARDWOOD FLOORING: Sales, Installations, Tile, Stairs and Millwork www.samurai-hardwood.com 2505513764.

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. 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 40 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

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.

*Contact Mainstreet
mainstreet@eshore.ca
Deadline: June 26/19
www.eshore.ca*

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

Transfer Station Hours

CBAY: Sun/Tues/Thurs 9am-3pm

BOSWELL: Weds/Sat 11-3

YOUR HALL IS AVAILABLE!

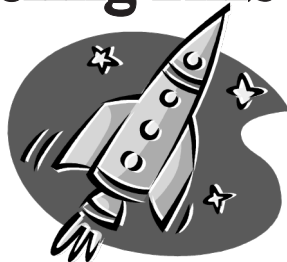
For community events, wedding receptions, workshops... you name it!
Booking: Kathy Donnison - 250.227.9205

CRAWFORD BAY HALL

Your community hall

A non-smoking facility

Traveling This Year?



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

Our Hours:

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

Kootenay Insurance Services Ltd.

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

Father's Day Breakfast @ Boswell Memorial Hall!

June 16, 8:30-10:30am

Tix at door: \$10 each, kids under 12: \$5

Contact Mainstreet

mainstreet@eshore.ca

Deadline: June 26/19

www.eshore.ca

NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

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

BULLETIN BOARD

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

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 2019

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

June 4 - Tues: Dr. Piver
June 5 - Tues: Dr. Moulson
June 11 - Tues: Dr. Piver
June 12 - Weds: NO DOCTOR
June 18 - Tues: Dr. Piver
June 19 - Weds: Dr. Moulson
June 25 - Tues: Dr. Piver
June 26 - Weds: Dr. Moulson

Call to make appointments at 227-9006 on doctor days and Thursday morning. Tues, Weds & Thurs (8:30 to 12:30)

Not a walk-in clinic - appointments to see doctors are required.

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

No appointments for lab visits, they are on a numbered, first come, first served system.

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

- **Board of Directors:** Meetings held on needs basis. Contact is Gary Hill: g.dhill@telus.net
- **RDCK Area A:** June 4, 2pm
- **Book Club:** Finished until September.
- **Farmers Institute:** Meetings held on needs basis. Contact is Bob Arms: armsrl44@gmail.com
- **Tone and Trim Fitness:** Every Mon/Thurs from 9-10am. Contact is Darlene Knudson: dar-lean@telus.net
- **First Responders:** First Mon of month at 10am. Contact is Rod Stewart: rod.jean@telus.net
- **East Shore Health Society:** Meetings held on needs basis. Contact is Margaret Crossley: margaret.crossley@usask.ca
- **Focus on Health Meetings:** Contact is Margaret Crossley: margaret.crossley@usask.ca
- **Nifty Needlers Quilt Guild:** 3rd Tues of each month - Contact is Marilyn Arms: armsmh46@gmail.com
- **Rural Crime Watch:** Meetings held on needs basis - Contact is Herve Blezy: hblezy@gmail.com
- **Yoga:** Every Weds from 1:30-3pm - Contact is Marilyn Arms: armsmh46@gmail.com
- **Vintners:** Finished until September.
- **East Shore Freshwater Habitat AGM:** June 10, 7pm

BULLETIN BOARD

VENDORS SOUGHT

Seeking vendors for Summer Market, Crawford Bay, July 21 10-3 Make it, Bake, it Grow it 227-9111 eastshorefood@gmail.com \$10, \$15 with electricity.

THANK YOU

East Shore Garden of Remembrance Would like to give a huge Thank you for the very thoughtful donation from the Riondel Golf Course from there 50/50 draw held at the Director tournament on May 26, 2019.

ES LIBRARY AGM

Eastshore Library AGM to be held in the Library on Thursday, June 13, @ 7pm

PSA - EAST SHORE PHYSICIAN STILL SOUGHT BY IHA

May 31/2019: Effective immediately, physician services are currently available two days per week at the East Shore Community Health Centre. IHA is working with the Kootenay-Boundary Division of Family Practice to recruit a primary care provider to join the existing two physicians at the clinic who currently serve the community. We regret interruption of services to patients who formerly saw Dr. Lee until her retirement and then Dr. Galbraith.

Riondel Seniors Goings On

Ongoing for the Summer:

- **Walk-a-Mile/Strength Training** - M/W/F, 10am
- **Pool** - M/Th at 1pm
- **Knitting Group** - Sat at 10am

The foregoing are free to members; non-members are welcome for a drop in fee of \$5.

- **Whist** - 1st Fri at 7pm. (June 7—entry fee: bring a treat to share & \$3/members, \$4/non-members.
- **Movie Night with Gerald** (and Popcorn!) - Mon at 7pm ... by donation.
- **Bingo** - Wed at 6:30pm
- **Seniors Executive Meetings** - 2nd Tues, 2:30pm
- **Potluck Lunch** - 3rd Tuesday at 12:30pm

All activities take place in the Seniors Room, Riondel Community Centre.

On Hiatus Until September:

- Dancercise (ballet/jazz) with Simon
- Sports Night with Buzz (pool, darts, ping pong)
- Bridge
- Yoga
- Games Night (cards, board games, dice, etc)

Membership Fees for 2019: \$50/year & are due now. Questions? Email Sherrie at <sfulton@sfu.ca>.

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH

Everyone welcome.

CHRIST CHURCH & EAST SHORE CONGREGATIONS ST. ANSELM'S CHURCH BO- SWELL (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: 250 505 8286

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.

CHRISTIAN SCIENCE CHURCH SERVICES

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

MEETING PLACES

ALCOHOLICS ANONYMOUS:

Meets every Sunday at the Community Corner in Crawford Bay at 7:15. (1 hour meeting)

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

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

PARENT ADVISORY COMMITTEE

(PAC) Meetings usually held at 5:30 pm at the Crawford Bay School on the first or second Monday of the month. Email cbess.pac@gmail.com for info.

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

East Shore time - summer schedule starts in mid/late June

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

June 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 Sunday Soccer, 2pm Alcoholics Anonymous, Community Corner, 7:15pm	3 Improv, Comm Corner, 7pm Shotokan Karate, CB School, 6-8pm	4 Tara Shanti yoga, 9:30am Creston Vet, CB Motel DR. Piver	5 Volleyball, CB Park, 5pm Shotokan Karate, CB School, 5-7pm DR. MOULSON	6	7 Shotokan Karate, CB School, 6;30-8pm	8 Riondel Curling BBQ Dinner, Rio Curling Rink, 5-7pm
9 Sunday Soccer, 2pm Alcoholics Anonymous, Community Corner, 7:15pm	10 Eastshore Freshwater Habitat Society AGM, Boswell Hall, 7pm Improv, Comm Corner, 7pm Shotokan Karate,	11 Tara Shanti yoga, 9:30am Lions Meeting 7pm DR. Piver	12 Volleyball, CB Park, 5pm Shotokan Karate, CB School, 5-7pm NO DOCTOR	13 ES Library AGM, 7pm	14 Shotokan Karate, CB School, 6;30-8pm	15
16 Fathers Day Breakfast, Boswell Hall Sunday Soccer, 2pm Alcoholics Anonymous, Community Corner, 7:15pm	17 Full Moon ESIS AGM, CB Hall, 7pm Improv, Comm Corner, 7pm Shotokan Karate, CB School, 6-8pm	18 Tara Shanti yoga, 9:30am DR. Piver	19 Volleyball, CB Park, 5pm Shotokan Karate, CB School, 5-7pm DR. MOULSON	20 ESYN AGM, CB Hall, 5:30	21 CBESS 2019 GRAD Shotokan Karate, CB School, 6;30-8pm	22 Strawberry Social, Ashram, 1-4pm
23/30 Sunday Soccer, 2pm Alcoholics Anonymous, Community Corner, 7:15pm	24 Improv, Comm Corner, 7pm Shotokan Karate, CB School, 6-8pm	25 Tara Shanti yoga, 9:30am Lions Meeting 7pm DR. Piver	26 Volleyball, CB Park, 5pm Shotokan Karate, CB School, 5-7pm DR. MOULSON	27	28 On the Other Hand, GC Hall, 7:30pm Transit Survey Deadline Shotokan Karate, CB School, 6;30-8pm	29 On the Other Hand, GC Hall, 2pm

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Wednesday & Saturday

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Website: www.rdck.ca
Facebook: @rdcentralkootenay

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