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The East Shore Mainstreet

KOOTENAY LAKE BC

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



Photo by Leone Lund - Kootenay Bay Ferry Landing

Mainstreet Needs You:



The Mainstreet has become unsustainable for the long run. Operating and printing costs have become unaffordable in relation to paper sales, and Mainstreet needs your help. This 30+ year old locally-owned, independently run community newspaper is asking for support to determine whether it can continue to print and remain as a primary communication channel for the East Shore.

Does Mainstreet matter to you? Would you like to see it remain, and maybe even grow? We have ideas and plans for the future, and we want to be here, but we can't do it without your help.

We are re-designing the website, making it sleeker and more user-friendly. We are hiring social media and reporting personnel to push the digital connections and stay current on hot topics and news that affects YOU! Help keep our East Shore connected, and this special community network up and running. We've got some amazing plans in the works and are excited to share them soon.

Individual Sponsorship Packages:

- Mainstreet Friend: \$10 per month
(or one time donation of \$100 and up)
- Mainstreet Family: \$30 per month
(or one time donation of \$300 and up)

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- Mainstreet Colleague: \$50/month
(or one time donation of \$500 and up)
- Mainstreet Exec: \$100/month
(or one time donation of \$1000 and up)

These are packages available on the website at www.eshore.ca. There are multiple ways to pay (e-transfer, cash, bank transfer, cheque, Paypal, credit card) and it should be whatever is easiest for you! For the business/corporate sponsors, we will have a rotating sponsorship banner on the website with your logo prominently displayed and linked to your webpage, if desired.

Go to www.eshore.ca for more information.

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



Mainstreet
Meanderings
by Editor
Ingrid Baetzel

Hey folks! The **Donate Button** is active and live on the website, if you're inclined to support *Mainstreet* as we go forward over this next couple of months. Thank you to those who have given feedback on the system and helped de-bug it. It's a learning curve, and your patience is appreciated. The upcoming weeks will help to determine whether *Mainstreet* will continue to print. We have big ideas and great hopes, and now just need to know that it is valuable enough to the community. Warm thanks to the handful who have already sent in donations. It makes this month's print more doable.

Evacuation of Crawford Creek area residents: We're seeing some pretty dramatic waters and concerning flood risks taking place this year. May 30/31 even brought about an evacuation order affecting many dozens of homes in the Crawford Bay flood plain area. Residents were required to leave their home and go to Kokanee Springs lodge. Fortunately, they were able to return home the next day, but the Emergency Preparedness Team and the RDCK continue to warn people to use extreme caution and stay away from fast moving water areas entirely.

I am so glad to welcome Julia Kinder on board to be helping with *Mainstreet* business. We are still defining her role and being flexible as we go along, but Julia is doing a wonderful job keeping the *Mainstreet's*

social media pulse active and energized. She may be taking on more responsibilities as things move along, and that is also partly dependent upon what kind of financial supports we can put in place in the coming months. If you have a hot story, or an item of interest, get in touch and let us know. One of us can probably look into it on your behalf. Watch for Julia and her little buddy, Boswell, ripping around on her e-bike, media badge blowing in the breeze! She brought back the fun "Word on the Mainstreet" this month and is a great resource for me for ideas and encouragement. Welcome to the team, Julia! Also, enormous thanks to Geoffroy Tremblay of Studio Ponnuki and Encre Libre for all his support, advice, time and skills.

These times are just so powerfully disconcerting. It's a challenge to focus on the positive, and revel in our blessings, when the world seems to be aching so much. Whether its famine, fires, high waters, violence, viruses, fear... there is so much to choke us into submission. But, through it all are glimpses of the powerful goodness in the world, and particularly around here. We rally to each other's aid and stand together. I'm still, and always, grateful for being here, in this time and place.



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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 2020 issue items by:

Next Deadline: June 24, 2020

Please visit www.eshore.ca to donate to the *Mainstreet* (subscribe for free for notifications to posts on the website while you're at it!) We need to come together now to save this 30 year old publication on the East Shore. Donate today and watch for further opportunities to support. Thank you from the heart.



Word on the (Main) Street

by **Julia Kinder, Mainstreet Reporter**

Line ups outside the store, hand sanitizers at every door and self isolation are just a few things that have changed due to the Covid-19 pandemic. I went to the street to ask community members how it's affected their life either personally or professionally. Here's what a few had to say:

Olivia Wedge-Darchen, Student
How has Covid-19 affected your life personally



School is online so that's quite a bit of change. Other than that I live in a rural area so it's not like I'm stuck in my house so it's not that different in that aspect. I'd say school is the main difference.

Bridget Klueppel, Canada Post
How has Covid-19 affected your work life?



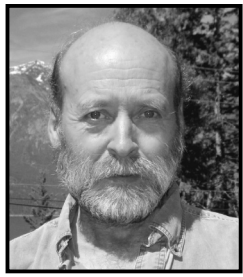
It changed a lot in the beginning but now it's the new norm. I have to clean my cash drawer every day. The amount of parcels I've been getting are three times as much as during Christmas. Lots of online shoppers.

Leia Belcourt, Dog Patch Pottery
How has covid 19 affected your business?



I wasn't able to open in March as planned as well as April and most of May. Now I've started to be open part time and I'll be heading into my regular schedule this weekend so that's like a couple months of business lost. I've been able to get CERB so that's helped out a little bit. I normally get the federal summer work grant for hiring a student which is usually 50% of wage but this year it's 100% so I've got that so that will be helpful. Despite difficulties like no cancelled craft shows, no cross border travel, changes to the ferry schedule, etc, I'm still optimistic, but there's a chance that things could get really tough.

Deadline: June 24/2020



RDCK Area "A" Update

by Garry Jackman,
Regional Director

RECREATION – PARK AMBASSADOR PROGRAM: The recreation services have seen the most extreme impacts over the past few months including the greatest numbers of RDCK layoffs and service reductions. Our general manager for this department is working with a province wide group to establish guidance for government operations as well the public at large, since we know many will be gathering in open spaces to enjoy fresh air and the summer weather. Increased use of outdoor spaces is encouraged first while indoor recreation spaces will be opened in stages. Large urban centers are facing distancing challenges which we need not face. But even with our ability to space apart groups of friends or families there will be tendencies to cluster, perhaps when we hear one or more people playing music outdoors or to appreciate that rare patch of sandy beach. RDCK is training some of our staff to act as park ambassadors to provide advice to users of public spaces and to help private societies who are responsible for golf courses, campgrounds or community parks and beaches to manage their properties in accordance with the guidelines set out by the Provincial Health Officer. I have asked our staff to position the RDCK as a source of generic signage, information sheets and perhaps even personal protective equipment to simplify the burden on small local community groups. Contact me if your group wants help or information.

Recreation services have taken a serious hit on the bottom line, only partially offset by closures and staff layoffs. The ability for our dedicated staff who are on layoff to receive the federal supports has been critical.

RESOURCE RECOVERY: We have waited for so long through negotiations with Recycle BC to get to the transition point on recycle depots that we are proceeding now, even though we have some COVID related challenges. The changes have been outlined in several RDCK press releases (go to rdck.ca) with the most recent release being 25 May 2020. At the same time, we are back to offering full services at all of our landfill and transfer station sites by the beginning of June. The uptake on the extended yard and garden waste tipping fee waiving was good, which I am sure will bring more calls to do away with this fee entirely and encourage less burning and more "fire smart" communities or properties. As I have noted previously, we are aware of these benefits but will continue to have conversations with some of our member municipalities about the total costs of diversion to composting prior to making other major changes in tipping fees. There is no free scenario, just a variety of benefits and offsets.

We had a close review of the budget impacts on the service reductions and specifically not taking payments for household waste brought to our sites by individual residents. Overall this has had little impact on our budget as municipalities and major commercial haulers continued to pay through their accounts based on tonnage recorded at scales. Waste volumes are not down (even though it would be nice if we produced less waste) so revenues are within annual projections.

FINANCE AND ADMINISTRATION: As noted above, budgets for various services have been impacted since March. The RDCK cannot run a deficit in one service and cover it with revenues from another. This is a restriction placed on local government by the Province of BC. We also cannot plan to run an annual deficit and if we do fall into deficit (say due to an emergency expenditure where there are insufficient reserves in the service) we must, by provincial law, tax sufficiently in the subsequent year to completely eliminate the deficit. There are no opportunities to produce five year projec-

tions for local government where we plan to run in the red for the first few years and then project a "stronger economy" will miraculously bring increased revenues and make the deficit vanish. Budgeting with such projections is a luxury enjoyed by the province and feds only. Finance and administrative staff are talking to the province on how deficits might be repaid over a longer period or otherwise offset. This is important for services such as transit, where we do not want to cut services to save dollars for the rest of the year and leave a segment of our population with more serious mobility challenges. We also have large annual costs for transit fleet financing. Given these challenges I still do not have a hard copy 2020-2024 financial plan (budget book) to go over with constituents but we also should not be sitting together, so it must wait.

ECONOMIC DEVELOPMENT, GRANTS AND LOCAL COMMISSIONS: Many commissions have continued to meet by video or telephone while others (such as Area A EDC) have not yet resumed. Through June the last few commissions should be back in operation with support from RDCK staff in setting up electronic meetings. We did put recommendations for Rec 9 grants to the May Board and will be putting our CBT-Community Initiatives Program recommendations to the June Board meeting.

Agriculture has been a key focus for sub-regional economic development, with the ability to bring in and house fruit pickers for the Creston Valley being one of the challenges. Beyond providing staff time to investigate how to support the ag sector and some local government funding for groups such as food banks, we continue to support larger initiatives across the Kootenays to support regional food security and the local jobs this brings. I have seen a very encouraging level of cooperation and information sharing among our agricultural producers. Ideally, we can leverage this goodwill to support some longer term improvements in our local food system.

On a similar note, I have been reviewing recommendations provided by working groups in the forestry sector which also demonstrate improved communications as well as appreciation for the challenges faced by each organization in the forest sector that is competing for access to fiber while also considering the larger social objectives of conservation, protection of species at risk, watersheds protection and interface fire risk reduction. Work in these groups has not slowed over the past two months.

PUBLIC PROCESS: Often enough issues arise where I receive messages from residents expressing concern. Almost all are informative, some are passionate, some suggests underlying anger or frustration which may well go beyond the issue at hand. Some (very few) messages are inappropriate, using disparaging language, unduly targeting, or criticizing staff or other individuals or jumping well beyond the bounds of the local issue. I respond to some of those to let the author know they will need to be more specific at times, or at other times to simply state I will not respond further to certain messages which contain inappropriate language or references. Only one message clearly fell in this category for the Riondel Telus issue, but I can think of several other examples, some from back just a month or two ago, usually around land use disputes between neighbours which again may have much more to do with prior history than the issue before the RDCK.

I do not answer every message the day I receive it, as is often the practice of some who have a standard reply starting with "thank you for your message" and ending with some open ended statement. I do try to get some homework done as topics and concerns arise and will reply in batches. You will not necessarily be copied on messages received by others even if the question is the same (in order to respect privacy).

Today I have a half dozen or more unanswered emails on the Riondel cell tower proposed by Telus. I am waiting for confirmation of a few items from Telus. If I wait beyond the weekend (start of June) I will send interim responses which many may find to be less than satisfying.

CONT'D NEXT PAGE...



Hidden Taxes

by David George

Canada at the Crossroads

We stand at a crossroads. Right now. We have three choices as a nation. We can try to go back to what we regard as the previous normal state of things in this country, or we have the opportunity to make changes of minor or major importance in how we live.

If we choose to try to go back, we will face the certain increase in temperatures and CO2 and use of oil and coal to the extent that our grandchildren will probably have no grandchildren because our mother earth will have become so polluted with the excreta of what has been called modern civilisation that life for humans will have become, if not impossible, then "nasty, brutish, and short".

We could continue to allow our seniors to be shut up in for-profit so-called care homes for the end of their lives. We could continue to ignore those who have no home or people who care about them. We could continue to ignore our veterans, those who served our country, and who have post-traumatic stress or are homeless.

Taking another direction at the crossroads, we could choose to make minor changes, such as decreasing the use of oil or coal and making cars and trucks a little more efficient. We could continue to fly anywhere in the world we wish to, and board floating cities called cruise ships to see exotic places.

We could make a few changes in the way we care for our elderly citizens, and make the wages of those who care for them a little greater. If we take a lot of half-measures, we might gain a few more generations of descendants who live almost the same sort of lives we have lived, remembering the promise of the boom years following WWII.

There is a third choice, and I truly believe it is the one we as Canadians must take. Right now, during this time of pandemic, we have the ability to stop, reflect,

and make serious changes in our country, and by example lead the world. We can reconstruct our country during the next years.

We have the opportunity to change the way we treat the planet, without lowering our standard of living. Yes, there will be some sacrifices, but not on the scale which Canada has already survived through two world wars. We can stop burning carbon fuels on our roads, except in emergency and transport vehicles until they can be converted to electricity. We can stop burning coal to generate electricity, and stop mining coal for export, with the exception of some metallurgical coal for steel production. We can use natural gas as a transition fuel, particularly for heating until full conversion to electricity can be achieved. We can develop electric-powered aircraft and ships, remembering that our Sun delivers to us every day about one kilowatt per square metre of energy, which can be stored in high-efficiency battery systems. We can restore passenger rail service across our country, using the same electric locomotives which freight trains will use. We can stop insisting that we have to fly everywhere whenever we want. Internet systems already provide nearly perfect images of anyone we need to see almost anywhere in Canada.

We can treat our senior citizens much better, in government-regulated, publicly owned not-for-profit long term care homes, where the staff are all paid a living wage. We can give all our veterans jobs, such as mail delivery to all addresses, in a system similar to that in the USA, where about a quarter of postal employees are veterans. We can change our country starting now. We are blessed with a national minority government, as well as a provincial minority government here in BC. Minority governments have a track record on getting more done to the advantage of the people than majority governments.

Now is the time for all good people to come to the aid of our country and our planet. Write and phone your Member of Parliament and Member of the Legislative Assembly.

There is no time to lose; change must begin now while we have this opportunity for Canada at the Crossroads.

RDCK REPORT CONTINUED...

A few notes on the cell tower process. The public process is the responsibility of Telus and their land agent. Some other public processes may be the responsibility of the RDCK, but Telus has the lead responsibility in this case and must meet the Industry Canada standard. I am once again following up and asking questions about inconsistency between what I heard last summer and what I am hearing now. The responsibility for public health begins with Health Canada and from there is placed on the proponent (Telus) to demonstrate to Industry Canada how they are within what is accepted under Canadian legislation. I understand some would like the RDCK to be a catalyst to change the Health Canada legislation. The RCOM has a copy of the detailed study indicating "watts per square meter" intensities which you can review. This approach is more specific than picking a distance from a tower to a residence, regardless of the power intensity put out at the tower.

The responsibility for abiding with land use regulations does fall to the RDCK. The proposed site is not zoned and there are no restrictions within the official community plan to specifically prevent the landowner from using their utility site for utility equipment. Zoning along the east shore has been discussed from time to time. The federal guidelines suggest measures which local government can build into zoning to lessen community impacts where zoning bylaws are in place. I am still evaluating options within the tools the RDCK can use. I am also balancing comments from the segment of community who have indicated they want to have improved communications. Clearly impacts versus benefits are not the same from one property to another. Telus has now confirmed they are not looking at the Teck lands but the project is still on hold due to other priorities.

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.

**JUNE
Horoscope**

by Michael O'Connor



June begins under the weight of many retrograde planets and Mars in Pisces. Then on the 18th Mercury joins in by turning retrograde as well while in Cancer, a challenging sign position for the wing-footed messenger. Then, right on Summer Solstice, there will be a Solar Eclipse at 0 cancer 21. This indicates major changes for us all, as though humanity as a whole is destined to take a 90-degree turn and there will be no turning back. Fasten your seatbelts...

Aries (Mar 21- Apr 19): Tending to what is yours is keeping you busy. Home, property, personal possessions, investments... all apply. As determined and animated as you may be, it may feel like you are sluggishly moving through water.

Taurus (Apr 20-May 20)

You have begun taking stock of what and perhaps who is most important to you. You have entered a phase that might be leaving you feeling insecure and possessive, which could deepen. Empathize with others.

Gemini (May 21-Jun 20)

While you have been more assertive of late and pushing pretty hard, it may also feel like you are going against the grain. If you get stubborn and persistent, you could lapse into narrow-mindedness. Patience with the flow.

Cancer (Jun 21 - Jul 22)

You might be dealing with a resistant current that is hindering progress. Do not take it personally and realize you are hardly alone in this. Patient perseverance is ever wise and especially so this month.

Leo (Jul 23 - Aug 22)

By now, your outreach, exposure, and your network have likely increased. However, despite some social

respite, a lot of your focus has been behind the scenes. This trend will continue and deepen well into July.

Virgo (Aug 23 - Sep 22)

A busy time both learning and unlearning, which began in April, continues. The going will likely be tedious all summer, so persevere along with others and practice being here now and take in the summer.

Libra (Sep 23 - Oct 22)

Despite an expanded perspective, you may still be dealing with some clouds of confusion regarding your place in the world. This is contributing to wavering confidence levels. Perhaps it is time to go your own way.

Scorpio (Oct 23 - Nov 21)

A soul-searching journey is underway for you. The time is right to proceed more slowly and thoughtfully. Avoid blind leaps and try to weigh your choices more carefully. Choices made now could have binding results.

Sagittarius (Nov 22 - Dec 21)

Intimate encounters with friends and lovers are having a big impact on you. Feelings of jealousy are a distinct possibility. Financial matters are playing a role. Make extra efforts to achieve win/win deals.

Capricorn (Dec 22 - Jan 19)

Although your energy levels may be running higher than usual, your focus may be obscured. Meanwhile, you may find yourself saying what others want to hear for the sake of keeping the peace. Nothing is quite as it seems.

Aquarius (Jan 20 - Feb 18)

While others are dealing with clouds and confusion, your mind focus may seem extra sharp. However, you may be challenged with having to be more patient with clarifying to others what you deem clear to you.

Pisces (Feb 19 - Mar 20)

A creative cycle is underway and much of your focus is centered on home and family. Creating a happy, healthy and inspirational flow requires extra effort. It may be wise to lay low for a while, maybe all summer.



**Crawford Bay Hall
Memories and Musings**

Compiled & Submitted by Leona Keraiff

One of our most familiar pioneer families are the Frasers. William (Bill) and June had four children, the eldest of whom, June, was 10 years old when our hall opened in 1938. Here are some of her memories as told recently to her daughter, Marion...

"She went to many dances there - heel and toe polka and Schottische. Mum actually played the piano at a few dances in the hall! There were also records played at the dances.

"There were whist drives. They went and played whist - it wasn't a competition or a tournament - just an activity and something to do. Fall fairs, dances, badminton - there were schedules for the activities.

"Mum drove to the dances. Mum was only home in the summers. She was in boarding school from grade 3-6 at Taunton House in Vancouver. Then in grade 7 she was boarding in Nelson until she graduated.

"Mum remembers helping her mum pick the perfect blooms and helping her dad pick the perfect potatoes for the fall fair. I (Marion) remember running around the tables and everything was at eye level and my cousins and I watched for the ribbons to come out.

I have fond memories of the fall fairs at the Hall. It was one of the highlights of the summers when we were growing up. I remember my sisters and I picking tiny flowers from Granny's beautiful garden to create miniature arrangements that we entered in the Fair. Granny always had lots of things entered and she seemed to always bring home a few ribbons and accolades.

"Mum remembers biscuits - baking powder biscuit competition. There was all kinds of baking at the fall fair.

"Mum's grandmother hired men to work on the hall building to give them employment as the depression was ending. Mrs. Birkenshaw made the place cards for the opening of the hall. They had dried flowers in them. They were beautiful. The whole community was there. Captain Hincks spoke at the opening. They owned what is now Wedgewood Manor.

He was the MC for the dinner. Mum does not know who made the food but figures it must have been the women in the community. The tables were in a U shape with Captain Hincks at the top of the U.

"Best memories of the hall are the dances and falling in love. There were fights outside - mostly about girls. Mum says they were jealousy fights. People came from Boswell for the dances and mum and her friends went to Boswell too sometimes."

Bill and June's youngest child, Don, also sent us some memories...

"I attended grades one to ten and used the hall which was attached to our school, 1946 to 1957. I remember well playing volleyball and badminton in

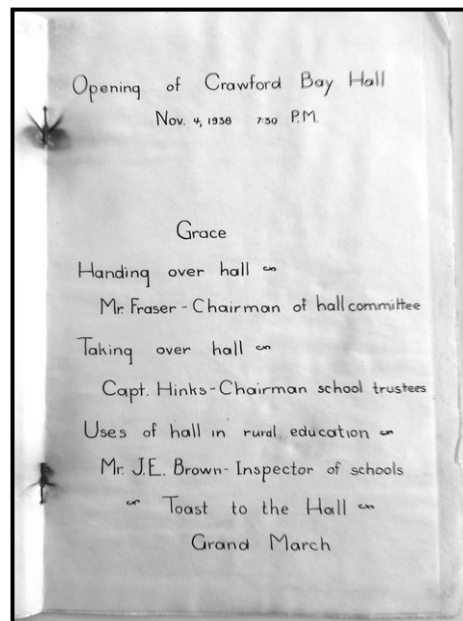
the hall. Some of us made it to the B.C. finals in the latter. One of my mixed partners was Marilyn Pratt. The McGregors were also good players, a bit older than me. I remember well the fall fairs. Dad and mom competed with great enthusiasm. I remember square dancing. We put together a dance group which included Marge and Ron Wastrowdowski. We competed in Creston. I wasn't allowed to attend the Saturday night dances but collected beer bottles on Sunday morning. Some of my boyhood heroes were tough men, Beanie Johnson, Doug McLaughlin and so on.

"The hall was an important part of my life growing up in C.B. In winters we daily used the hall for Phys Ed classes and to play volleyball. In evenings I played badminton there as part of the C.B. badminton club. The hall was too small for basketball. Also as teenagers we formed a square dance club and used the hall to practice for competitions in Creston. My parents disallowed me to attend Saturday night public dances. Too rowdy. I remember Doug McLaughlin was sometimes the bouncer. I did go to collect discarded beer bottles from the

hall grounds on Sunday mornings. Sometimes there was also blood on the ground.

"I was never a scout. Dad was a keen scout in Scotland and later became scout master in C.B. By the time I was of scout age the C.B. scouts had folded. The building of the hall was prior to my memory so I heard little about it. Christmas Concerts, the fall fair, and special community events are what I remember. There were even visiting performers from out of town. I still have an autographed poster from the *Sons of the Pioneers*.

"My best friends from grade one to ten were: Mike Randall, Billy and Anne Gladwin. Paul Danielson, Marge and Ron Wastrowdowski, Benny Draper, Gordon Walker."





Hacker's Desk

by Gef Tremblay

The Art of the Phonographer

One of the main elements of electronic music production is creating your own samples or sounds. Pre-recorded sounds can be used as a one shot instrument hit, a loop created from a longer sample, or a soundscape used for ambient sounds or background textures. Of course, you can buy any of these sounds and a lot of software includes tons of samples, but since I have a solid case of imposter syndrome, using someone else samples always feels like cheating. In any case, it's always more fun to do the whole process so that I can learn how it all comes together.

One problem with sound sampling and field recording, is that the tools to do the work aren't readily available. While we've been seeing quite a development in the field of photo and video camera in the form of cell phone and tablet, sound recording hasn't receive much attention. You can record audio with pretty much any device, but the quality of the recording will greatly vary. The consumer doesn't really care, and it's not a strong selling point in the mass market. I actually purchased a phone that had a better sound recorder, but it was discontinued due to its niche market.

A second problem is the noise introduced by any recorders. Electronic self-noise is the noise left on a recording which is created by the devices themselves. The microphone can introduce some noise, the recorder can add some noise as well as the wiring and even the power source you are using (battery or using a power adaptor) can be noisy. The noise issue isn't too important when you record loud events or instrument, or crowds but when you start to record soft sound, voice

recording or nature soundscape, then your recording is ruined. In short, whenever you record in a place where there is a lot of silence, electronic noise fills the void. Around here on the East Shore, if there is plenty of something, it is silence. So, when I set out to record birdsongs or subtle soundscape, noise overwhelms my recording.

When dealing with noise there aren't a lot of solutions. The sound recording profession also seems to wall itself in an 'untouchable' group that you can only attain through the purchase of expensive gear and costly setup. When researching it I came across a lot of "Sounds recording is really hard", "There is no way to make good sound recording on bad equipment", "The higher priced equipment will give you better quality and there is nothing to do about it" etc... When you realize that a microphone can cost more than a thousand dollars, and that's only a microphone that doesn't do anything by its own, you have to scratch your head about the whole field.

You should take into consideration that, for photography, Google and Apple have invested millions in making sure the photo you take is the best it can be using AI, facial recognition, multiple frame photo and automated post processing of the photo taken. In a sense you could introduce the same technology for sound recording with active noise reduction, with AI detecting different sound to make sure you have the perfect recording every time. With the technology introduced in noise cancelling headphones, and voice tracking technology in listening aids, there has to be way to automate the recording process. At this point there isn't much you can do.

I am very sensitive to audio and music in general. Old music that brings me back in the past annoys me which is why I'm always looking for new music. ASMR which is a physical reaction to a certain type of recording (comforting, close proximity sounds, check it out on YouTube it's quite funny) has a strong effect

on me while it doesn't have any effect on other people. Scientifically it's not clear either how our body and emotions react to sounds the way they do.

From the bells attached to my front door to the particular flutter of the wings of the raven in my backyard, sounds create instant imaged and emotions in me. That's why when I hear noise in the back of a recording it really kills the mood. I finally found some cheap(er) equipment that introduces next to no noise in the recording and can now take some decent sound bites of reality. What I realized when recording is that what I am really after is silence. Similar to water colour, where water and paper are an integral part of the composition, silence is really where all the sounds start from and go back to.

Crawford Bay Hall Board News

Lots of Good News and Some Bad News.

submitted by Susan Hulland

The best news of all is that recently **one of our grant applications was accepted and we will soon receive money** for a specific aspect of Phase 2 of the Crawford Bay Hall Rejuvenation and Preservation Project! Unfortunately, we are not able to name the agency or give details until the official announcements about all the successful applications are posted but it's very encouraging news.

Improvements were recently made to the Community Corner building in the Park and it now has an expanded bathroom with a larger door for access, a new window, and a fresh coat of paint. New safety handrails have also been added to the building. This work was done by Ken and Angela Doggart of Inside Out Property Services and funded by a grant obtained by Garry Sly for the 55+ group. Thanks to Lorna Robin for overseeing the project and to Catherine White who donated \$200 toward these improvements.

More good news is that we are **getting great feedback from the 'Memories & Musings'** we are publishing in conjunction with our monthly Hall Board News articles. If you, your friends or relatives would like to contribute recollections and photographs about Crawford Bay's Community Hall to this growing body of history, please contact lkeraiiff@cbhall.ca We would love to hear from you!

The bad news is that **three of the buildings in Crawford Bay's community park were recently vandalised and damage was done in the Enchanted Playground.** This is incredibly disheartening and we ask that local residents help us by keeping an eye on their park.

We have **awarded two grass cutting contracts** for the 2020 summer season. Paul Hindson of Kokanee Chalets will be mowing the park and has volunteered to mow the soccer pitch twice for free! Enzo Salviulo of Riondel will mow at the hall grounds. Due to our present inability to rent our facilities, mowing will be done more sparingly than usual.

Spring 2020 work is now finished at the Kootenay Bay Public Boat Launch. The metal gangway that is a critical component of the wooden wharf is now reinstalled. Thanks to Dave Hough of Steel Wheels for donating half the cost of transporting it from Creston to Kootenay Bay. Thanks also to Sylvio Lamarche, his family and friends who helped move it into place. We have upgraded the signage at the boat launch as well.

Thanks to Sandy Oates for his help hanging the new signs which were made by Rook Graphic Design in Creston.

There are several ways you can stay informed about what we are doing. Check out our Facebook Page @crawfordbayhall or continue to read this fine community newspaper. If you prefer the old-fashioned approach to getting your news, there is now a dedicated bulletin board on the front of the Crawford Bay Hall where we post our monthly Hall Board News and Memories & Musings. Persons wishing to donate to our fundraising campaign for improvements to our 82-year old community Hall can contact us at info@cbhall.ca

Do You Know Where Your Dog Is?

A Mainstreet Reminder

Right now, there are baby fawns lying in thick grass and underbrush around many houses on the East Shore. Does tend to give birth nearer to human settlements as a method of protecting the vulnerable young from predators. Please be aware of this and do not approach a lone fawn, thinking it has been abandoned. The mother is almost always nearby and foraging for food. A doe may birth one to three babies, with two being most common. They are typically born from April through June and are born with their eyes open and fully furred. The fawn is able to stand in 10 minutes and can walk in 7 hours.

The only time a fawn should be picked up or reported is if it is obviously ill or injured. If a fawn is wandering aimlessly and crying, that may be an indication the mother may have been hurt and will not return.

The fawn's natural predators are many, and most of them wild, but some of the most dangerous are domestic dog packs. Much of this we do not have control over, but we certainly have control over our dogs.

Do you know where your furry friend is right now? Does your dog run free and leave for extended periods of time? Please imagine that your precious family friend injuring or killing a helpless fawn while he is out on his run. Please imagine the horror of this scenario and keep an extra close eye on your dogs during this birthing season.

It is of vital importance that we keep our dogs contained to prevent needless dog attacks on fawn as well as other wild animals. Doing so will help prevent attacks on our defenseless native wildlife.

RECYCLE BINS AT GRAY CREEK STORE TO BE REMOVED SOON

by Tom Lymbery

Since the RDCK has been pressured by Multimerials BC they have joined ReCycle BC and are forced to remove the recycle bins at Gray Creek Store which have served for many years. This is unfortunate not only for locals but this is the only Highway 3A site readily accessible to tourists. Sometime this June all recycles will have to go to the Dump – at specific times when a worker will supervise and advise you at to what's acceptable. Peanut butter jars need to have been washed and labels taken off cans – most of you have been doing this regularly.

This hits us hard at Gray Creek Store as there will apparently be no acceptance of the large volume of commercial recyclables such as shrink wrap, strapping, commercial cardboard and more. Apparently all these will have to go to the Creston Dump landfill. We have a commercial company who picks up our garbage weekly.

We have supported recycling since it first became possible with containers that David of the Creston Bottle Depot set up at the store about 25 years ago, so its sad to see our efforts deleted.

We plan on retaining the Kootenay Lake Lions bottle and can bin and hope that people don't leave garbage beside it'

Crawford Bay School Grads of 2020



Brandon Duteau

I came to the Crawford Bay School at the end of September from Penticton. I am going to work for my father at his drywall company in Edmonton, then take the excavation course and get a job running heavy equipment.

“It takes a man to drive a pink car.”



Eli Vriends

I have been at CBESS for just over 6 years after moving here from Calgary. I am right now enrolled in Selkirk College for Carpentry with the YTT program and am almost done my first year. My plan is to get my red seal for carpentry and work in the field as long as I can.

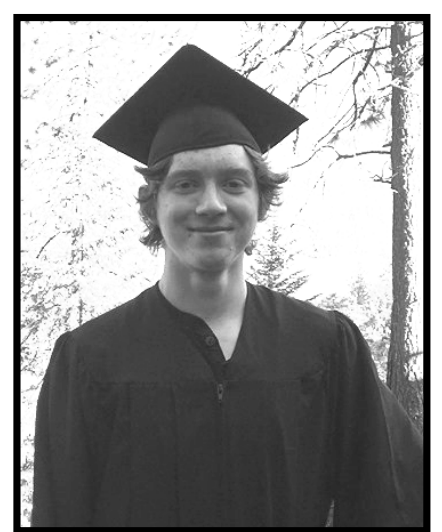
“Your focus determines your reality” – George Lucas



Liam Borhaven

I moved to the East Shore six years ago from the lower mainland. I was home schooled previously; however, I decided to attend CBESS for my high school years. I have enjoyed being a Student Trustee and part of the East Shore Youth Network Board and I plan to attain a BA in Anthropology and travel. I am heavily motivated by what I see in the world around me. Whether, it is from seeing the life work of another person or seeing what has yet to be done. I am inspired by the efforts of those who think outside the box, on how they can change the world for the better or educate others in important issues. A big goal for me is to break barriers such as poverty and prejudice so that everyone can be treated with respect.

“Anyone can cook, but only the fearless can be great!” (Ratatouille 2007)



Logan Hicks

I attended CBESS in Grade 9 for a while, moved to Calgary and then made my return to finish my schooling here at CBESS. I spend my time updating my arsenal of skills and expanding my knowledge of woodworking and things like that. My favourite memory is of the summer that I got to help out Matthew Winger build his house. That summer he planted the seed that sprouted my new passion. Wood. My plan for the future is to continue my studies in carpentry and specialize in timber frame off grid houses, In twenty years I'd like to be running my own business that would incorporate off grid technology into the properties.

“Satisfaction lies in the effort, not in the attainment.” – Mahatma Ghandi



Oscar Morrison

I arrived at CBESS in grade 4 from Canyon Lister School and was at Crawford Bay until graduation this year. I plan to enjoy the East Shore now that I have graduated.

*Welcome to the Thunderdome.
– Mad Max*



Joli Mwinyi

I moved to Crawford Bay from Vancouver in grade three. I have been accepted to a couple different programs related to forensics, but due to Covid I have decided to defer and take a gap year which I will use to work and potentially travel.

Bye? – Joli Mwinyi



Noah Ashton

Arthur and I are the only grads who started in kindergarten here, but I missed Grades 5 and 6 at Crawford Bay because I was in Vancouver. My plan for the future is to become a video game developer and attend college at Selkirk or Camosun.

*“...Now, I do not know whether I was then a man dreaming I was a butterfly, or whether I am now a butterfly, dreaming I am a man.”
Zhuangzi.*



Arthur Brunton

I have been at CBESS since kindergarten and have never transferred. I plan to pursue college and possibly university for computer programming, preferably with a focus on game design if the option is available, and become a game designer/programmer.

“It's difficult to change the world on your own, but twisting it a little might not be all that hard.” - Shinobu Oshino

Next Deadline:

June 24, 2020

www.eshore.ca

mainstreet@eshore.ca

250.505.7697



Thoughts from the Frog Pot

by John Rayson

Coronavirus #2

In my last column, I attempted to raise awareness of some issues associated with the present pandemic and issues for the future. We are now one month later and the situation continues to evolve. New issues and insights continue to arise (the outbreak in New York probably arose due to arrivals from Europe, not China). It is obvious that an outbreak of a new disease anywhere in the world means that it is everywhere; viruses move on airplanes. There are no geographical barriers.

No country, to date, has done enough testing to ascertain the exact incidence of the disease in the community. It has become increasingly apparent that individuals with the disease can be asymptomatic but still spread the virus. Thus, we do not know the extent of the disease within the community and as a consequence do not really know how serious is the disease. We do know that 81% of fatalities in Canada occurred in nursing homes. We are aware that the disease is more serious in individuals who have underlying serious conditions such as diabetes, heart disease or are immune compromised.

The curve has been flattened (more so in B.C. than elsewhere), hospitalizations are down and the number of new cases each day is declining in many but not all jurisdictions. In addition, many countries have allowed businesses to open and provinces across Canada are easing restrictions on schools and businesses.

The steps taken to date, resulting in a marked improvement in the numbers of cases and deaths in Canada have been due to the public following the plans of medical experts and politicians. Is it time to declare victory over the virus? No! We are only in the early stages of the pandemic. There is still no cure for the disease, no effective antiviral drugs and a vaccine is many months in the future. The virus could increase in the fall in conjunction with the regular flu season, resulting in an increase in hospitalizations and deaths. No one knows the answers. We may have a better understanding of the disease process than we had during the pandemic of 1918 but there is still not a cure.

Governments are now faced with the problems of the economy and a very restless population. I do not envy them the task of attempting to open up the economy but at the same time have the population maintain realistic expectations. We have not defeated the virus but only slowed its progress.

As for the economy, it is expected the Canada will have 5.25 million unemployed. A number that will equal approximately 20% unemployment. It is estimated that the global economy will drop 3% this year. I would suspect that is only a guess as the most negative figures are not yet available. Much of the speculation is based on economic activity in February and March prior to the full impact of the pandemic.

Governments in Canada have responded by providing relief for wages, low interest and forgivable loans plus other programs. All of which will increase the deficit for Canadians. Canada's debt will increase, tax revenue decrease and to date we do not have a budget. It is in everyone's best interest to attempt to open the economy. How will we cope?

Much will depend on whether individuals are prepared to take the risks of returning to previous activities. Shops are only partially opening and allowing pick up, take-out food continues, restaurants will be

allowed to open patios and airlines allow fewer passengers, probably with masks. In addition, individuals will have less disposable income. Large scale gatherings, such as football and hockey games will not return in the near future and our ability to gather in groups larger than approximately fifty will be curtailed.

The full economic impact will become apparent over the next few months. Don't expect a rapid rebound. Air Canada announced the layoff of twenty thousand employees and banks have indicated that they do not intend to have employees now working at home return to offices (an example that could have a huge impact on the real estate market). Many large corporations will require fewer employees and some will increase the use of robotics.

The Canadian government, elected as a minority, has been acting as a majority, not sitting and making decisions with little input from an ineffective opposition. We have yet to see the full ramifications of the decisions made during this period (for example; \$300 tax free to all receiving OAS). The OAS program makes no sense as it would better to give an increased amount to those in need. Our democratic principles are being compromised and we are unaware of how decisions are made?

The next months will see many changes in how we live as we progress through this process. I will attempt to highlight these changes in future columns

Next Deadline:
June 24, 2020
www.eshore.ca

Riondel Rallies to Reject Cell Tower Location (not tower itself)

submitted by Ben Johnson for the Riondel Cell Tower Urgent Relocation Group

On Friday, May 15, residents of Riondel and environs held a protest rally to bring urgent attention to the matter that Telus was preparing to build a cell tower in the lot next-door to Bob's Bar & Grill; a location surrounded on all sides by residences. In this quiet town of 250 people, over 60 people attended the rally and some had to walk or cycle away in order to comply with the Covid-19 restrictions for public gatherings. People were also conscientious about social distancing and there was signage and reminders for everyone to care for each other's health.

Each protester and family attending sent a clear message that they did not want a cell tower in that location. These messages were repeated on social media, in both Nelson and Creston newspapers, on CBC and The Bridge FM radio. How did things get to this point where such a fuss needed to be made?

There is a protocol governed by the Department of Innovation, Science and Economic Development Canada (ISED) which details the steps a telecommunications company must take in order to secure "concurrency" from the land use authority (in this case the RDCK). The protocol is called CPC-2-0-03, you can Google that if you want to read it.

ISED "recognizes the need to have a collaborative and consultative policy with respect to antenna-supporting structures that encourages the public... to sub-

mit their comments regarding the location of towers in their communities."

Last June, in an attempt to comply with this protocol, Telus held an information session in Riondel about the proposed cell tower. Here is some info about that session:

- Telus claims it contacted 48 residents directly about the info session. That would be approx. 20% of residents. Notice was posted on the bulletin board and in the Mainstreet.
- Twelve people attended the info session, roughly 5% of Riondel's population.
- Of residents within a 90m radius of the proposed tower site (the bare minimum required to be informed about the information meeting), at least four knew nothing about the info session, and none of these residents were aware that a decision would be made based on their feedback.
- Of those who attended the session and left feedback, at least eight wrote that they were opposed to the location.
- Of those who left feedback, only two report receiving a response to their feedback, the response seeming to be a form letter saying that Telus was going to proceed anyway.
- No residents felt engaged in a collaboration or that their feedback was taken seriously in any way.

With all of the above to consider, should concurrence have been granted by the Land Use Authority (RDCK) to build the tower next to Bob's? Alas, it seems that is what happened.

Due to the expressed concerns of Riondel Cell Tower Urgent Relocation Group, ISED is currently meeting with Telus to determine whether the protocol was, in fact, followed. For their part Telus has said the cell tower build is on hold while they prioritize health-

care communications. In my opinion Telus could save a lot of marketing dollars touting their health services and protect our health by not installing high-intensity radiating antennas right above people's houses and social gathering venue.

In the bigger picture, we want what is best for the future of our town, and for the health of all residents, young and old. There are better alternatives to serve Riondel; Teck even expressed interest in working together to locate the tower on their land, away from residences. We would all welcome a real collaborative process here, to create the optimal outcome for our future.

NO JULY 1/2020 FIREWORKS

by Tom Lymbery

Unfortunately, our Kootenay Lake Chamber of Commerce is unable to present the fireworks this Canada Day. We tried hard to see if this could happen because of the lack of entertainment due to the Coronavirus problem but found nothing possible.

Canada Day Fireworks are funded by generous donations from local businesses as well as a grant from our government in Ottawa.

Our Crawford Bay Park and great volunteers organize the kids games. We have really appreciated the Many Bays Band directed by Donnie Clark. So sadly we announce that none of this will happen this year.

Since Kimberley and Cranbrook discontinued fireworks some years ago our spectacular event over Kootenay Lake - hopefully the Kimberley Daily Bulletin will alert people as to the closure.

Crawford Bay Hay Association

by Mautz Kroker

There is good news for the old air strip and the community! This year we won't see rotting hay in the fall. Equine, goat, cattle and sheep owners will get affordable food for their animals and the new regional park and wetlands will profit as well.

I applied for and got the haying contract from the park administration for the air strip for this year. I developed a local business concept that will provide advantages to the community and area.

The haying contract is initially limited to one year while the park administration is still working on a management plan for the park and the wetlands after they got an environmental and ecological assessment. Over the next year the administration will present the management plan to the public and community with recommendations for the use of the area. Haying the field will be one of them. The haying area will be smaller than before for the purpose of extending protected spaces for animals and to avoid more erosion by replanting a bigger area towards the beach. After a public discussion and meetings there will be a decision about the future use of the park and all its different areas.

I intend to start a small local company called THE CRAWFORD BAY HAY ASSOCIATION to keep and develop a local source for hay with many benefits for the community. I bought the equipment and I am ready to go for this year to work on this idea. The main idea is to keep and affordable source of hay for local livestock owners, to maintain the open field (reducing fire hazard) and to generate a monetary profit for our park and the wetlands.

The field does not produce high quality hay like farmers do in Creston but, without using any chemicals, it can be considered organic. By cutting the grass earlier, I can increase the hay quality and break the seeding cycle of weeds in the field. This might make the hay more attractive for horse owners despite the fact that they will still have to supplement with better quality products from Creston. I won't use at all any chemicals on the field even if I might get a long term contract.

I will produce small square bales which even people without heavy duty equipment can handle. There will be an option for picking up the hay at the field after baling or delivery. I am planning to hay the field after mid-July when birds are done with breeding. Otherwise it is a local source that will spare all the driving to Creston to get the hay for our animals. Last year, I drove seven times for only my own animals! This is a lot of time, wear and tear and a substantial footprint, comparatively.

All profit of the business will go at the end of the year to the park administration to help to pay of the debts (although is only a very small amount of 2.5 million dollars) and to pay costs for maintaining the park. A long-term contract would secure an annual benefit for the park. Depending on the size of the field, seasonal and economical conditions, it'll be between \$2,500 and \$5,000 per year in the long run.

Here are some numbers:

After considering a smaller field I estimate the haying outcome between 120 and 150 of the big round bales. The farmer from Slocan Valley was producing, one of those round bales with a weight of approximately 500 to 600 pounds which equates to approximately 10 small square bales. For the business calculation I'll use the average numbers of a possible harvest outcome.

8 *Mainstreet* June 2020

The base for my calculation will therefore be a number of 1400 small square bales of 55 to 65 pounds each. If the annual result will be higher, then even better for the project.

I am planning to ask \$5.50 per bale to keep the price affordable. Non-locals (anyone living outside of the Regional District Area A) will pay \$6.50 per bale.

The price per bale can be annually adjusted, depending on the market price in Creston. E.g. if prices for high quality hay go up above \$7.50 to \$8.00 or \$8.50 the price for our hay will be amended accordingly. I will pay the same price for the hay as anyone else in the community.

I'll schedule and announce the harvest days in the *Mainstreet*, on a Facebook page and via phone. People can come by and load from the field or they can get the bales delivered for \$1.00 extra per bale.

Any left overs of the harvest will be properly stored. People can pick it up at their convenience later by appointment. In this case one bale will be \$1.00 more per bale as well to cover the costs of storage and arranging later pick up.

The long-term plan is creating a co-op company.

Interested community members can decide to join for a certain amount of money. This money will be used to build a big lockable hay barn where the hay can be safely stored after harvest. Co-op members will pay a better price for their hay if they're invested money and work time in building the barn. I would like to fix and renovate the small shed at the top of the field for storing the equipment at the end of harvesting season. But this depends on the recommendations of the management plan for the park.

There are instalments of \$1,500 for the equipment per year in

the business plan. After the equipment is paid off I'll transfer the equipment into the co-op company. The revenue for the park will increase then by \$1500.

Eddy Draper (D3 Logging) will support the hay project and help with maintenance and repair of equipment. He has all the heavy-duty machinery that might have to be used in case of main equipment failure to load and haul it to the nearby work shop. I calculate \$1500 per year in maintenance and repair. If the full amount isn't used it will go to a sub account of the company for future years and as a safety cushion for bigger repairs until it reaches \$5,000. Everything above will go then to revenue.

At the end of each harvest year, I will publish a report and the numbers to the public and send the revenues to the park administration. I will have help to maintain the Facebook page and public relation work. For the harvest and delivery work, I count around two plus weeks and will calculate \$2500 for that.

NUMBERS: This is a minimal calculation. I am sure the revenue can be increased with higher rates and field outcome in good years. It depends as well from the size of the harvesting area and how much people are willing to pay for this hay.

- 1 bale for locals \$5.50
- 1 bale for not locals \$6.50
- delivery per bale \$1.00
- storage per bale \$1.00

1400 small square bales at \$5.50
\$7,700

Earnings from delivery/storage & not local customers: \$1,000

Estimated income \$8700

Costs:

- maintenance -\$ 1500
- instalments for equip (5 yrs) -\$ 1500
- labour/time -\$ 2500
- fuel, etc (just a guess) -\$ 600
- public work, social medias -\$ 100

Revenue \$ 2500

Any revenue exceeding those numbers will go to the park administration as well. An unexpected increase of harvesting costs will need to be taken into consideration. I hope this concept is convincing and I can create good outcomes for the community this year.

Thank you very much to the following for help and advice: Garry Jackman, Mike Jeffery and Ingrid Baetzel for help and advice.

Tom Sez

by Tom Lymbery

The ice of the Yukon River broke at 5.03pm May 2, 2020. In the contest to predict the exact time, five people shared the top prize, each winning \$884.25. The contest was organized by the Dawson City branch of the IODE.

Would one battery charge for an electric bicycle be sufficient for its rider to make it up to the 6800 foot summit of Gray Creek Pass?

May 18th 2020 was the 40th anniversary of the Mount St Helens Volcano eruption. May 18, 1964 was the first time Croasdaille Creek flooded and closed the highway. In 1967 it happened again on May 18 and closed the highway even longer. Both times it interrupted those returning from the Creston Blossom Festival.

The pink ornamental cherry tree by the store bloomed May 3rd this year – somewhat earlier than we had expected.

Every newspaper in BC has to send a copy to be saved in the archives. Presumably these are now all stored electronically so the last two issues of *Mainstreet* will be included. When we see copies of the front page of the *Nelson Daily News* on Facebook you can see the yellow mailing label.

RCDK has ordered that the recycle bins at Gray Creek Store will be removed sometime in June. You will then have to go all the way to the dump where a worker will supervise and tell you if you have brought anything not acceptable. There will be no provision for commercial recyclables from the store, such as shrinkwrap, strapping and more so all these will have to go to the Creston dump to be buried. We know that this is a backward step but our protests have gone nowhere.

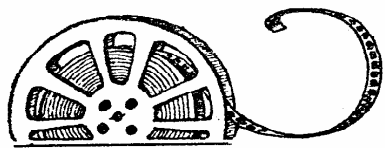
Thank you for contributing your bottles and cans to Kootenay Lake Lions. We plan on retaining the Lions bin at our store but are concerned that there will be people leaving recyclables or garbage that will have to go to the Creston Dump

In last month's article about Kokanee Carnival I forgot to mention the hang gliders that used to jump off Commander Mountain and had to be careful of power lines when landing.

Dave and Ray Besanger have much improved parking at our store. When can we mortgage the farm to get it all paved.?

We are so pleased that Julia Kinder will be working with Ingrid on *Mainstreet* and look forward to her writing. Will she also be able to promote advertising sales, as this is so important to keeping the paper going.

We have had to cancel this year's 1st of July Fireworks because of Coronavirus. We tried hard to figure out if it could possibly be done as we are so short of entertainment. Did you know that this spectacular event attracts up to 4000 spectators?



Seldom Scene

by Gerald Panio



"In today's capitalistic society there are ranks and castes that are invisible to the eye. We keep them disguised and out of sight and superficially look down on class hierarchies as a relic of the past, but the reality is that there are class lines that cannot be crossed. I think that this film (Parasite, 2019) depicts the inevitable cracks that appear when two classes brush up against each other in today's increasingly polarized society."

--Bong Joon Ho

Here's one lesson that I've learned the hard way: If you have out-of-town guests paying a visit and wish to show off your home theatre system, DO NOT choose Korean director Bong Joon Ho's *Snowpiercer* (2013) as your treat for the evening. Pretty much everyone in the movie dies violently in a two-hour bloodbath that does have a point but that your audience will likely miss as they're watching the main characters getting stabbed, bludgeoned, blown up, and machine-gunned. I mention this important lesson because it will explain why I was hesitant to choose Bong's latest film, *Parasite* (2019) for this column, despite the fact that it was a huge international success, won the Palme d'or at Cannes, won four Oscars at the Academy Awards, and was the first foreign language film to win Best Picture.

I needn't have worried. *Parasite* does have moments of unanticipated, brutal violence, but it's also one of the most brilliant black comedies since Stanley Kubrick's *Dr. Strangelove or: How I Learned to Stop Worrying and Love the Bomb* from 1964. *Parasite* was so good that it actually made me go back and re-watch *Snowpiercer* to see what I'd missed in that traumatic first encounter.

As it turns out, both films have essentially the same theme: class warfare. But whereas *Snowpiercer* was based on a French graphic novel, *Parasite* was based on Bong's original screenplay and profoundly rooted in contemporary South Korean culture. The premise is simplicity itself: an impoverished family living in a half basement (that offers great views of drunken pub crawlers pissing against walls) worms its way into a wealthy family's modernist dream home. How they pull off this outrageous con game, how they revel in their undreamed-of ascent into luxury, and how it all falls apart is a masterclass in filmmaking. Bong Joon Ho, in his seventh feature film since his debut in 1994, now has the entire world's attention.

What he has managed to do with *Parasite*, which he handled much more crudely in *Snowpiercer*, is tackle the subject of the struggle between haves and have-nots, between the 1% and everyone else, in a way that makes audiences laugh and cheer before they realize that the rabbit hole they're being taken down is where monsters live. You can laugh now, but those monsters are going to feed.

I've said enough about the plot. The less you

know, the better. Not that seeing *Parasite* only once will be enough for most film fans. *Parasite* just gets better the second and third time around. Let's look at some of the reasons why.

The acting is flawless. There's the feckless dad, Ki-taek (Song Kang-ho), who has failed at every business he's tried and is reduced to folding pizza boxes. And not doing so well at that, either. His wife, Chung-sook (Jang Hye-jin) has a little more backbone but doesn't see getting out of the basement any time soon. We meet son Ki-woo (Choi Woo-shik), four-time college entrance exam failure, when he's panicking over the family's loss of free wi-fi. Older sister Ki-jung (Park So-dam) is the brains of the family, a gifted slacker with zero prospects in an economy that sees hundreds of applicants for any kind of meaningful job.

On the one-percent side, we have the Park family, living in a perfect architectural bubble, oblivious to anything but the immediate needs of the family and the father's business obligations. The attractive but oftentimes clueless mother, Choi Yeon-jeong (Sun-kyun Lee), is the kind of woman who takes it for granted that her housekeeper (a flawless Lee Jeung-eun), with eight-minutes warning, will prepare a special meal in the middle of the night when the family returns home unexpectedly from a rained-out picnic. The father, Park Dong-ik (Lee Sun-kyun), obsesses over employees who threaten to "cross the line"—by which he means employees who make any gesture that doesn't signal complete subservience to their masters' whims.

Completing the family is a troubled young son who lives in a fantasy world of Indians and expressionist art, and an older daughter Da-hye (Jung Ziso), who is more interested in canoodling with her tutors than learning from them.

None of these roles are caricatures. However we might feel about them early on in the film, or at the end, we relate to them as human beings. Neither the humor nor the tragedy would be half as effective if any of these people were mere cartoons. They are all people we've met. None of them deserves their fate. None of them is guiltless in bringing that fate down.

Bong Joon Ho, working with cinematographer Kyung Pyo-hung, has an unerring instinct for camera placement and shot framing. This is one of the best-looking movies of the year, whether we're looking out a Frank Lloyd Wright picture window, down an urban street that's a warren of pirate electrical cables, in close on faces expressing triumph or revulsion, or at a lone bulb blinking Morse code into a winter night. Sadly, *Parasite* was the first movie to win Best Picture without being nominated for Best Cinematography since *The Departed* in 2006. Kyung Pyo-hung will have to settle for the 22 other awards he's already won.

Production Designer Ha-jun Lee and Set Decorator Won-woo Cho were nominated for their work, losing out to *Once Upon a Time...in Hollywood*. They should have won just for the Park house, which probably fooled 99.9% of the audience into believing it existed (the house was actually created by Ha-jun Lee from a basic floor plan sketched by the director; check out this article

by Bridget Cogley at [dezeen.com: https://www.dezeen.com/2020/04/16/parasite-film-set-design-interview-lee-ha-jun-bong-joon-ho/](https://www.dezeen.com/2020/04/16/parasite-film-set-design-interview-lee-ha-jun-bong-joon-ho/)).

I want to thank *Mainstreet* columnist Sharman Horwood for sending me a detailed backgrounder on aspects of Korean culture subsequent to my showing *Parasite* as a Marquee Monday feature at the Community Centre. Sharman taught for many years in Korea, and confirmed that Bong wasn't veering far off the mark in the targets for his satire. The pressure in Korea to pass high school exams with grades that will guarantee entry into one

of the top three universities is extraordinary. Students get extra tutoring before and after school, and then work on homework till one in the morning. When Ki-woo lands a tutoring job with the Park family, it's like winning the lottery. The wife of one of Sharman's friends made \$4000 a month as a tutor, back in the 1990s.

The economic crash of 1997 meant major layoffs in large Korean companies; unemployment continues to this day, and there's very little in the way of a government-guaranteed safety net for families without savings.

Even the scene where the Kims try to take advantage of free fumigation in the streets is not that far off the mark. Sharman recalls kids running around after the men spraying, playing a game of running in or out of the smoke.

You might also want to google "scholar's stones," also called *suseok* in Korea. There are forces you just don't want to mess with.

In a fine example of synchronicity, I read American-Canadian novelist Ruth Ozeki's *My Year of Meats* just before watching *Parasite* for this review. If Bong is looking for a new story to once again let him juggle black humor, social satire, and human loss, *My Year of Meats* checks all of the boxes. The novel's protagonist is a young American-Japanese woman directing a series of TV profiles, to be shown on networks in Japan, of American wives cooking their favorite meat dishes. It was an amazing first novel that started out like Monty Python, veered into deepest darkness, and ended with glimmers of hope. Bong has mastered the first two steps; I'm not sure how comfortable he is with the last. *Parasite* isn't *Snowpiercer*, but these trains are heading down the same track and I'm not sure the final destinations have changed.





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Riondel Arts Club

By Sharman Horwood

We are almost back. The Riondel Community Centre hasn't permission to re-open yet, but as things continue to normalize across the country, I'm sure it will before too long.

The Arts Club is bracing for that re-opening. We are preparing paintings and artwork to go into Bob's Bar & Grill when they are once again able to open to the public. We will continue then to show work in the Community Centre hallway as well.

If you feel you have any desire to paint or draw or do mosaics, as well as needle art, consider joining the Art Club. We get together on Monday and Tuesday mornings. Beginners as well as experienced artists are welcome.

In the meantime, create! I've been impressed with the ways people across the country have used the lock down time. Bands have formed, children draw on sidewalks, people sing together across driveways. Bake a new pie, finish that quilt you always wanted to do, or pick up a pencil in front of the television to draw something. Creativity can be so remarkable.

Stay healthy and stay safe!

Nelson & District

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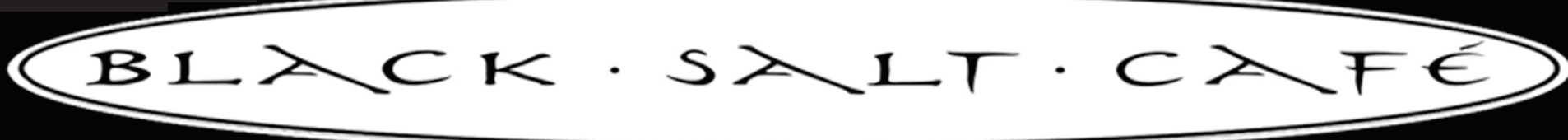
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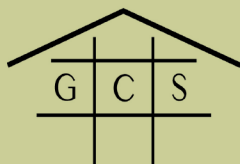
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Tom's Corner

by Tom Lymbery

Cominco's Elephant Brand

How did a smelter happen to get into the fertilizer business? When Cominco became a major producer of zinc, the fumes from the process at the Trail smelter were sulphur dioxide gas which is extremely toxic. This killed nearly all the trees and vegetation around Trail. The farmers to the south in the US were losing all their crops, and they sued the company.

This made Cominco's engineers design a process to scrub the fumes, which then started fertilizer production in 1930. Construction proceeded quickly. A sulphuric acid plant, a phosphoric acid plant, and an ammonium phosphate plant were built on the Warfield bench above the smelter operations. Cominco's annual report for 1931 says that 1800 tons of fertilizer had been produced that year. Less pollution, more profit for the company.

Even today there are few trees in the Trail area, but they are slowly growing back. Cominco worked hard to get some green coverage. Walter Mear who used to work for Commander Harrison in Crawford Bay tried to transplant broom seedlings to Trail when Walter was the City of Trail gardener. However these are more sensitive to lack of snow and cold winters, so they didn't survive. More recently the company supports the Communities in Bloom program so successfully that Ron Welwood told me Nelson couldn't compete any longer.

For many years we had to be careful what we said as many expressions were strictly not allowed. So instead of saying BS, we substituted "Elephant Brand".

Apparently a fertilizer customer in India suggested the elephant as the symbol for the new fertilizer company. Cominco applied for a trademark on its Elephant brand fertilizer in 1931. The oddly-spelled "Earnie the Elephant" had become the mascot for the brand by the 1940s, but wasn't trademarked until years later, in 1960. Agrium of Calgary (formerly Cominco Fertilizers) still holds the Elephant brand trademark, which runs through 2027. I'm still looking for an Elephant Brand advertising jingle that we used to hear on Spokane radio. Perhaps it's a myth - I asked a couple of Cominco employees in Spokane who couldn't remember it.

Cominco's Director of Agriculture R. E. Neidig announced that the company had perfected an efficient and economic attachment to distribute concentrated fertilizers which would fit any grain drill. In 1935 construction started on a new plant in Trail to recover the remaining sulphur dioxide from the zinc roasters. Included were a waste heat recovery boiler plant, an absorption plant, additional ammonia and ammonium sulphate capacity and a sulphur reduction plant.

The following year, in 1936, Herman Trelle of Wembley in Alberta's Peace River region won world championships for samples of wheat and oats, and was pleased to inform Cominco his prize crops had been fertilized with Elephant Brand.

The upshot of the US lawsuit against Cominco was that the company had to pay those US farmers for their losses. Even today, the company is charged with polluting the Columbia River in Trail and has to continue to pay out. None of these other infractions have proven to be profitable like its excursion into chemical fertilizers. Quite recently some liquid sulphuric acid from the Warfield plant was spilled by a contractor on the highway through Trail. More than 100 vehicles had to be scrapped as the acid immediately ate the brakes and undercarriages.

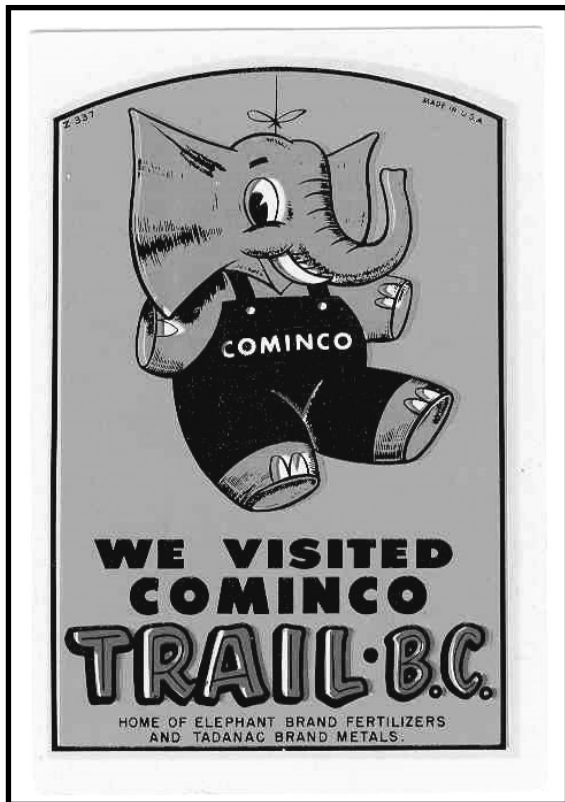
But fertilizer production continues to be an important part of the company's business. Most of this goes out by rail but occasionally you can see truckloads of fertilizer crossing the ferry on their way to Saskatchewan.

What triggered this article was an article "Cominco's Chemical Fertilizer Industry, 1930 - 1955" in an October 1955 issue of Cominco Magazine. Thanks also to Greg Nesteroff for his "Cominco, West Kootenay Power, perpetuated in place names", Trail Times (Apr. 3, 2020).

A bit of background on the company: Consolidated Mining and Smelting Co of Canada Ltd. was incorporated in 1906, joining up the Rossland mines, the Trail smelter, other operations like the mine in Moyie, and soon, the Sullivan lead mine in East Kootenay. Later changed to Cominco, now Teck Resources, the company has been a solid foundation for employment in all the Kootenays. Even in the

Depression of the 1930s the company was taking on some new employees in Trail, as well as at the West Kootenay Power and Light Co. Even prospectors like Joe Gunther on the East Shore were helped because they could occasionally sell an option to the company on something they had staked. Joe even talked me into taking out a Miner's Licence to allow me to stake claims, but I never did use it.

Looking at Cominco history I find that its Bluebell mine in Riondel was BC's largest producer of lead and zinc between 1951 and 1970. And the silver values also were most important. The years 1951 to 1972 were boom times for the East Shore with about 200 workers at the Bluebell, and creating the need for more schools as well. All of us have benefited from the success of the Company.



The "Earnie the Elephant" mascot for Elephant Brand fertilizer was in use since the 1940s, but not trademarked until 1960.

BOOK REVIEWS

by Tom Lymbery

RAILWAY ROCK GANG, by GARY SIM, SIM PUBLISHING, HARDCOVER, 196 PAGES, \$49.95

This is the story of maintenance of the right of way of BC Rail of their tracks north of Pemberton before it was taken over by Canadian National. This is in the 1980's so they were still using speeders to go to their work site with whatever equipment was needed for that day's specific project. Today speeders have been superseded by trucks with steel guides to keep their rubber-tired wheels on the tracks.

A major portion of this book is a most comprehensive glossary, giving you translation of so many rail words, many of which go back to the very early days of rail. I found info on a most interesting product for splitting boulders or even solid rock. You mix the powder with water to make a slurry which you pour into the holes you have drilled. Come back tomorrow and the stone will be split apart!

Branded SMITE or another is DA-MITE, Gary can't explain how this works and what I found on google I can't explain here. No need to use blasting powder or dynamite for breaking up stone into pieces that you can handle. All I would need would be a gas driven, portable Ponjar drill and I could have removed those Volkswagen sized boulders in the middle orchard that are still in the way of Janet and Rob Schwieger. I googled Ponjar and these that our store sold many years ago are still available, made in Sweden. A most ingenious machine, it had a single cylinder with a spark plug between two pistons, one created the ignition and the lower one pounded the steel rock drill, which could be extended to drill 12 feet or so. And the exhaust blew out the rock chips as drill steel has a hole down the centre.

The toughest project that Gary Sim and his crew had to handle was retrieving two locomotives that had hit a rock slide and gone deep into Seton lake. The BC Rail line is very narrow with an almost vertical bedrock slope on one side and the deep lake on the other. Gary had qualified for his job because he was an experienced mountain climber and had to climb high to drill holes to anchor pulleys for the cables used to winch out a very heavy locomotive. This is described in detail with photos. Their crew was able to get one engine out to be sent to the BC Rail service shops in Squamish. However the second engine got hung up on an underwater rock outcrop so wasn't possible. A private enterprise operation was able later to use inflatables but that unit ended up being scrapped. All very much more complicated than getting two engines out of Kootenay lake in January 1995 which had access for a barge to load the engines lifted from the lake.

THEY CALL ME GEORGE - THE UNTOLD STORY OF BLACK TRAIN PORTERS AND THE BIRTH OF MODERN CANADA, BY CECIL FOSTER, PUBLISHER BIBLIOASIS, 296 PAGES

I looked forward to reading this book as I remember the helpful colored porters on the sleeping cars. However the author doesn't include those occasional amusing stories that make books easy to read. If humour is lacking then you are reading a textbook. I did work my way through this as it importantly tells the story of how Canada excluded those from Jamaica and the British West Indies until after 1962.

Because this is almost a textbook I am not going to stock this in our store, so please don't ask Rosie for it. However don't get me wrong - this is a very important report on correcting Canada's efforts to create an all white, European nation.

Stanley Grizzle, a coloured Porter on the CPR sleeping cars was very active with the unions and apparently spent his life working to allow coloured British Subjects to be allowed to emigrate to Canada. John Diefenbaker had traveled by train in so many trips from Saskatchewan to Ottawa and had become friendly with so many Porters so supported their efforts with his Canadian Bill of Rights.

Canada appears today to be multicultural - but unfortunately too much racism exists.



"The way to get started is to quit talking and begin doing." - Walt Disney

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pebbles by Wendy Scott

Lingering Daffodils

The magnolia continues to toss its petals turning the grass beneath from green to pink. Lilly pads spread in the late spring sun, shading the fish, but I've not seen

any new little ones yet. There's the daffodils that we've been waiting for – those stiff golden trumpets that are the true heralds of the season we call spring.

In Ancient times the blossoms were considered immortal. These were the flowers that would be found by the blessed in the Elysian Fields of Greek mythology. The Greeks called them asphodelos, the French had to add a 'd', the Brits liked the sound of that, rearranged the letters a bit and poets took it from there. Now we find their hosts of golden daffodils, here, in Canada, in quantities they could not have imagined.

I'm not sure how many Wordsworth had in mind, but if he had walked the streets of Toronto in the late winter of 1957, he could have counted 5000 – yes, they were flown in from British Columbia's abundant fields and if Wordsworth had had a few pennies to spare, he could have been one of the first to contribute to the Canadian Cancer Society by buying a flower.

How did this come about? It began in Toronto with a fund raising tea and a few bunches of daffodils to brighten the tables. The flowers were seen as symbols for the dedication of volunteers and for the determination of those involved in cancer research and education. They were bright messages of hope for cancer patients and their families.

Lady Eaton liked the idea, took it a step further and served seven hundred cups of tea at Eaton's Toronto store. The Daffodil Tea turned into an annual event – as did the many Cancer Walks – and The Canadian Cancer Society became the world's largest purchaser of daffodils.

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If you have the time to wander north on Vancouver Island – all the way up to the Northern tip – you might discover an anomaly in the rain-forest.

You could call it a secret garden because for many years, it was. Bernt Ronning, a Norwegian fisherman and trapper, came to Canada to take up an offer of five acres of land in the province of British Columbia. These pre-emptions in the dense rainforest were often a surprise to settlers expecting to find farmland. His piece of property was beside a government wagon road leading from the town of Holberg – a road that would never reach Cape Scott, its promised destination.

In 1910 Bernt Ronning began to clear his forest and prepare his land. Two Monkey Puzzle trees, male and female, would become seed stock for monkey trees all over Vancouver Island and the lower mainland. A Giant Sequoia began its long impressive life at the foot of a small hill. In the fall daffodil bulbs were tucked carefully into the forest floor to bloom the following spring. And this man built a home – a grand home, complete with a sprung dance floor.

It was not possible to bring a horse along the muddy trails on the northern tip of Vancouver Island, but that did not stop the young people from coming to this welcoming place for many spur of the moment parties. They would hike for hours – and sometimes, overnight – from Cape Scott, San Josef Bay and Holberg.

Even after his death in 1963, hikers continued to stop here on their way to Cape Scott. But Bernt Ronning had been a bachelor with no family. There was no one to care for this oasis in the trees; no one to discourage the salmon berries and up-start birch. It did not take long for the rain-forest to hide pathways and shrubbery and to smother delicate flowers.

The Monkey trees, well equipped with their own barbs, grew straight and true through the confusion of the forest floor and, at the bottom of the hill the grandest of all redwoods, the Giant Sequoia, stretched a little more every year. Bernt Ronning knew that in time it would tower above the rest. He also knew he would not see its full grandeur, but he must have had enough faith to believe that someday someone would continue to cherish the seasons as he had.

Over a period of ten years, Ron Moe and his wife, Julia had hiked past this place on their way to a cabin at Cape Scott. They had been coming up from their home in Seattle since 1970. They knew the smothering tenacity of the rain-forest and they stopped more and more frequently to watch and worry. By 1980 they had saved enough to buy Bernt Ronning's tangled, overgrown dream. The Monkey Puzzle trees, embraced in twenty years of undergrowth, had drawn them into the garden that would become the centre of their lives.

We found Ron Moe at the bottom of a wet trail, encased in yellow rain gear and enthroned on his yellow tractor. He had worked an extra year with the Coast Guard to pay for the tractor. "Five acres of rain-forest are too hard to clear by hand. I got that much figured out!" His laughter mingled with words that told a tale of discovery, dismay and dedication.

Forty years of hard work, with many set-backs, had gently uncovered that secret garden from the wild, brought new life to ponds and pathways, and created the possibilities for still more slumbering surprises. Botanists from UBC and the University of Victoria have helped Ron and Julia with their cataloguing but even these experts have been perplexed by some of the more obscure exotic species.

At home in Riondel geese have been heading north for several weeks and swallows preparing various houses. The magnolia still flaunts its outrageously gorgeous blossoms and lawn mowers roar about their busyness. The weather is gorgeous, but we have been advised -- no, we have been ordered to stay home in this time of COVID. This time of virus will pass and we will emerge, carefully, to reclaim some thread of normal life.

Blast from the Stacks Riondel Library News

Muriel Crowe & Shirleen Smith

Greetings library patrons from your librarians in Exile. We have big news for you for the coming month. The short version: We're Baaack! (sort of)

Riondel Library falls under BC's Covid-19 Restart Plan, Phase 2 (along with health professionals, parks, restaurants, arts and cultural facilities, etc.). This means we'll be going back to the business of loaning out books and DVDs - but with major differences to keep you safe and keep us safe too. Our collective health and safety is our primary concern.

So how will the pandemic version of Riondel Library work? First, we will be following Worksafe BC's protocols for Libraries (for info go to www.worksafebc.com) and find Libraries under Protocols for arts and cultural facilities). And then, given the extreme vulnerability of many of our library patrons and the whole town of Riondel, we're going to take further precautions. There will be no public access to the library. We just don't have the resources or space to keep the area and people safe from transmitting the virus indoors. Our staff will be limited and we'll be wearing masks and gloves, washing & disinfecting all the plastic-type surfaces on books and dvds (and tables etc.), and quarantining the books that can't be washed for double the recommended time (6 days) before they circulate again.

Here's the plan:

1. **Digital is still the best!** The very safest way to get your new reads is to access ebooks, digital audio-books, etc. Those of you who have taken advantage of free Creston Library cards can access their electronic/

virtual resources. If you would like a Creston Library card, email the_librarian@bluebell.ca and we'll assist you.

2. **What's the quick and easy way to select books?** The Library Grab Bag! Welcome to the soon-to-be-wildly-popular Library Grab Bag! Just email us your general preferences for books and DVDs and we'll put together a bag of goodies for you.

3. **How can you select books yourself?** Go to www.library.riondel.ca for our website. You'll see a nice red Catalogue button on the left side. This will take you to our catalogue on Library World. You'll have to enter the Library Name: Riondel Reading Centre. No password required, just press Sign In.

4. **How will you tell us what you want?** To get your (very clean) hands on actual library books, we'll be taking your book requests via email at the_librarian@bluebell.ca. If this is a problem for you, try phoning us at 250-225-3242 and leave a message.

5. **How will you pick up your books?** Once we have your book request, we'll fill your order ourselves. There will be no public access to the library. Once we fill your book and DVD order, we'll let you know via email (or phone).

6. **How can you do your part?** Please don't come to the library or handle library materials if you are unwell or anyone in your household or contact group is unwell. Pick up your books alone. Use the hand sanitizer before you touch your book order. Try not to touch anything else - gloves are a great idea. Also, we'd love to see all your creative face masks.

7. **How many books & DVDs can you take out and how long can you keep them?** To space out your contact with the library, you can take out 16 items at a time and keep them up to 4 weeks. And, hooray!, There will be no late fines.

8. **Where do you return your books?** There will be a book return box by the Eastman Library entrance.

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Smarter Than Jack or Jill

by Sharman Horwood

Animals are smart, amazing creatures. If you have an animal story you'd like to share, please contact me at shhorwood@gmail.com.

The Intelligence of Trees

A friend of mine, Judy Barradell-Smith, recently described a trip she once made to tour the New Forest, a national park in England close to the southern coast and Bournemouth. She and her two daughters took a guided tour through the forest, which is not exactly new at all. Apparently, the park official—a ranger—talked a great deal about the underground symbiosis between trees, particularly among the oak trees in the New Forest, and the fungi that lives on or near their roots. Fungi filaments create an enormous underground network that actually enables a form of communication between trees.

In a strange bit of synchronicity, I recently watched an online documentary that discussed the same aspects of trees and fungi. Dr. Susanne Simard, a professor with U.B.C., and Peter Wohlleben, a government wood ranger in the Rhineland-Palatinate in Germany, are the specialists in the documentary titled “Intelligent Trees.” Apparently trees are not just trees. They are part of a large association that enables individual trees to support and communicate together.

Beneath trees around the world there is a great fungi and root association. Mushrooms are the fruit of the fungi, and sprout above the ground's surface, but the reality is that fungi filaments are everywhere. They cover thousands and thousands of kilometres below the ground, spreading all over. Surprisingly, this system, known as the mycorrhizal fungi system, works together with trees, growing among and through the tree roots. You might even call this an “internet”

between trees and fungi, and research at U.B.C. has shown that forest trees will share up to one third of their nutrients with the fungi. The fungi help to spread more of the nutrients to other nearby trees.

Tree roots don't just absorb water from their immediate area. They pass moisture along with chemical nutrients through the mycorrhizal fungi network. Researchers at U.B.C. injected specific nutrient isotopes (in this case Carbon 13) into trees and later analyzed the sap content of nearby trees and seedlings. Remarkably, trees and seedlings near the original tree showed an increase in Carbon 13 content. Seedlings that were “kin” to the original tree also gained more than the others, but they all showed a significant increase in Carbon 13. In fact, there are certain trees that seem to “mother” those around them, passing many of the important nutrient chemicals to them in the form of carbon, nitrogen, and phosphorous, all needed for healthy growth.

As the park official told Judy and her daughters, trees will even warn each other of danger through these millions of kilometres of filaments associated with the tree roots. If a tree and its fungi threads detect mould or a virus or a wood boring insect invasion, they will pass this information on to other nearby trees. They will all immediately increase defensive chemicals in their systems to ward off the invaders.

Apparently, trees don't like to stand alone. They like neighbours, “kin” or not. Trees on their own—I call them “loners”—don't do as well as those in a group. The trees like diversity as well, not just each one's own species. Where there is diversity, the trees develop more healthily, and “loners” tend to not thrive. They live shorter lives than trees in a family group. Unfortunately, our current system of re-planting trees that have been cut down is to replant using all of one kind of tree. Research shows that the trees thrive when several different kinds of trees are planted together. They prefer company as well as diversity. Together they thus mitigate the extremes of weather and climate on each other.

Both Wohlleben and Dr. Simard claim there are “mother” trees. These direct some of the nutrients passed through the mycorrhizal network towards the others, including seedlings as well as more mature trees in the “family” group. “Kin” seedlings do well near them. In a way, they are passing on knowledge through this network, too, of what is good, and what is not good.

Peter Wohlleben wrote *The Hidden Life of Trees*, among other books. What he sees is their social life. In the documentary, he talks about how trees will keep neighbouring stumps alive. The core wood inside the stump goes rotten, and its cambium dies, but the roots remain. The stump is nourished below ground through the network, and thus still lives though it has neither branches nor leaves. Also, sometimes when a tree is failing, others nearby will lean towards it, to lend a kind of support. Wohlleben also claims that “beech trees are bullies and willows are loners,” characterizing trees more than most do. He sees the transfer of chemicals—nutrients or otherwise—as a form of language shared between trees through the mycorrhizal fungi. Dr. Simard uses more scientific language, but she doesn't disagree. To her, trees “pass on wisdom,” or a form of knowledge to each other, and thinks of their root systems and the mycorrhizal fungi as a form of brain. It processes information, and passes knowledge chemically on to others. Human brains do the same, passing electrical or chemical signals through our synapses (neurotransmitter transporters, if I understand this process correctly).

Talking about tree life isn't easy. Wohlleben gives them character, and even scientists use human terms to describe what is happening within a forest system that is not very human at all. Forests cover a great deal of the earth, and they are not exactly sentient in the same way we are. However, they produce our oxygen, and make our planet habitable. Neither the scientists nor Wohlleben are advocating that people run out and hug trees, or sing to them as we were once advised to do with indoor plants, just that they be understood more clearly, and above all, used wisely.

For the Love of Genre

by Sharman Horwood

Leaping Down the Rabbit Hole

The Scold's Bridle (1994), by Minette Walters, is a British murder mystery with a modern context—in other words, not your usual cozy mystery. It is also a wickedly intelligent novel to read. Mathilda Gillespie's body is discovered in her bathtub, wearing her antique scold's bridle, with daisies and nettles tucked into the upper part around her forehead in a kind of flower arrangement.

Her wrists have been slit with the utility knife that now lies on the floor beside the tub. The investigators are not sure what happened. Her death may have been a murder but it could have been suicide, though there is no evidence of nettle stings on her hands. She was a notoriously disliked woman, with a sharp tongue, unwilling to be kind to anyone who knew her. She was also rich.

A scold's bridle is a torture device used through the Middle Ages to punish women who nagged, criticized, or complained a great deal. (Images of it can be seen on Wikipedia or Google Images.) It is an iron cage that fits over a head. Once strapped in place, the device shoves a metal piece into the mouth, pushing down on the tongue. Whoever is wearing it can't speak while it's strapped on. Of course, the irony of Mathilda owning one amused those who knew her.

Mathilda Gillespie was always proud of her antiques, particularly of the scold's bridle, but then Mathilda had rather a vile sense of humour. When her daughter was young and wouldn't stop crying, Mathilda would place the bridle over her head as punishment, even though the girl was just a toddler. Not many people

liked Mathilda, and DS Cooper—who is certain this is a murder—grew to dislike the dead woman even more as he came to know her through the case. At one point, he calls her an “evil minded old bitch who got her kicks out of hurting people.” However, Dr. Sarah Blakeney comes to see her as more a victim than an instrument of evil. Apparently, Mathilda's father used to use the bridle on her as a young child. Like many, Mathilda was likely the victim of abuse, causing her to become an abuser as an adult.

Mathilda Gillespie was very well off, but she didn't leave her money to her daughter, or to her granddaughter. Instead she leaves it to Dr. Blakeney, one of her few friends. As a result, Sarah Blakeney becomes a prime suspect in DS Cooper's investigation. However, as Mathilda's only friend when the woman died, Sarah feels that she must somehow fulfill the old woman's final wishes, which may not be what the will dictates. In fact, if Sarah rejects the bequest, the money will go to a facility that rescues donkeys, part of Mathilda's streak of evil humour. Sarah feels that she has to find out what happened to her, her daughter and granddaughter, and try to unravel the relationships between these “three people so intent on destroying each other, and themselves.”

One mystery is Mathilda's diaries. She was vigilant in her diaries and very truthful. She knew each one of her family's secrets, and wrote them down in the small books. DS Cooper, however, can't find them. The reader, though, gets a chance to read excerpts from them throughout the novel, and each reveals facts the investigators don't yet know.

This is a mystery that really does keep the reader guessing, right to the end. Was Mathilda a victim or not? Is her daughter, Joanna, simply cold and indifferent to both her mother and daughter, or is she, too, a victim? She likes to portray herself as a kind of mystery. Is Joanna's daughter, Ruth, a neglected child or does she have a naturally vicious nature? In all, getting

to know the characters of this novel is a bit like jumping down a rabbit hole: a few are surprisingly good, but several are really quite bad.

DS Cooper is determined to solve the case. As with most whodunnits, the tangle centres around the characters and habits of the people involved, and he has to pluck at each thread until he can undo this knot. Dr. Blakeney is involved in a difficult marriage. Her husband is an artist. His portraits display people's personalities, not their faces. He is also frequently unfaithful, and he's tempted by the lovely Joanna.

Joanna, of course, and her daughter, Ruth, need money, and think the inheritance should go to them. Other relatives and old acquaintances also turn up and add to the story. They smell the possibility of money as well. Mathilda owned her home, plus some very expensive antiques, along with the money she inherited from her own father years before.

Minette Walters is the first crime writer to be awarded a major prize for each of her first three books. *The Ice House*, her first novel, and one I find reminiscent of an Agatha Christie novel (*Nemesis*), won the Crime Writers' Association John Creasey award for best first novel. Her second novel—*The Sculptress*—won the Mystery Writers' of America Edgar Award, and *The Scold's Bridle*, her third, then won the CWA Gold Dagger award. Her first five novels were all turned into television mini-series. Walters used to say that she often didn't know who committed the murder until halfway through writing the novel, a fact I find surprising since the plots are so clever.

Walters is an extremely good writer, with believably complicated plots, and brings a characteristic wit to all of her work. Her characters' dialogues are witty and thoughtful. After writing thirteen mystery novels, and two novellas, though, she stopped writing for ten years. Now she writes historical novels instead.

If the historical novels are half as good as her mysteries, they should be well worth reading.

Gratitude and Community!

by Farley Cursons

“Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountains is going home; that wildness is a necessity; and that mountain parks and reservations are useful not only as fountains of timber and irrigating rivers, but as fountains of life.” John Muir

I’ve been taking a lot of time lately focusing on the practice of **gratitude**. It’s been a truly eye opening experience these last few months as our rural community has adapted to a strange new normal. As a child of the Back to the Land movement of the 1970’s I’ve always known that there would be an *interruption* of some kind. Admittedly, my expectation was based on some kind of nuclear attack or reactor meltdown in Hanford Washington, or maybe a major earthquake in the Lower Mainland, all of course leading the government to declare martial law. That was all naturally going to happen before the end of the 1980’s.

In any case or timeline, like so many of us right now, I am beyond grateful for where I live on the planet, my family, our amazing community of friends and the very special place we call home. The East Shore of Kootenay Lake.

As we follow news stories around the world my attention has been captured by the reduction of industry pollution and its effects on wildlife. Early on, as world citizens self isolated, we saw satellite images of major industrial centers with clear skies, whales and dolphins returning to city harbours, and herds of ungulates ranging freely in metropolitan cities. I was particularly stunned by pictures of the Himalayas taken from villages 50 miles away with reports that residents hadn’t seen the mountains for decades due to air pollution.

To me there’s no debate. In the words of our late friend and mentor Peter Duryea: “It’s really important to understand this relationship we have with nature because... it’s us. And what we do to nature we’re doing to ourselves.”

Right now I’m thinking that we shouldn’t completely go back to normal. Normal wasn’t really working. If we go back to the way things were, we will have lost the lesson.

EASTSIDE STORY



**FINALLY,
TRUMP WEARS A MASK
TO PROTECT HIMSELF**

by Al & Ali George, Crawford Bay

~ Papatūānuku ~ Mother Earth in Maori

*Rest now, e Papatūānuku
Breathe easy and settle
Right here where you are
We'll not move upon you
For awhile
We'll stop, we'll cease
We'll slow down and stay home
Draw each other close and be kind
Kinder than we've ever been.
I wish we could say we were doing it for you
as much as ourselves
But hei aha
We're doing it anyway
It's right. It's time.
Time to return
Time to remember
Time to listen and forgive
Time to withhold judgment
Time to cry
Time to think
About others
Remove our shoes
Press hands to soil
Sift grains between fingers
Gentle palms
Time to plant
Time to wait
Time to notice
To whom we belong
For now it's just you
And the wind
And the forests and the oceans and the sky full of rain
Finally, it's raining!
Ka turuturu te wai kamo o Rangi ki runga i a koe
Embrace it
This sacrifice of solitude we have carved out for you
He iti noaiho - a small offering
People always said it wasn't possible
To ground flights and stay home and stop our habits of consumption
But it was
It always was.
We were just afraid of how much it was going to hurt
- and it IS hurting and it will hurt and continue to hurt
But not as much as you have been hurt.
So be still now
Wrap your hills around our absence
Loosen the concrete belt cinched tight at your waist
Rest.
Breathe.
Recover.
Heal -
And we will do the same.*

From the Prime Minister herself:

Thank you for the amazing response to this poem! I never expected it to travel so far and wide. Many people have asked who the author is so I wanted to clarify that I wrote this poem on the train home after the announcement of total lockdown was made here in Aotearoa, New Zealand. I felt like I could hear Papatūānuku exhaling in relief as we all began our journeys home. In truth, one month of lockdown is not enough. Even six months would not be enough! We need a total and sustained change of habit, globally and within our own communities. I hope so much we take our time to reflect on the fact that if we can do it to save ourselves for a month, we ought to be able to make similar habit changes for Mother Earth for the long term. The most telling thing for me was how empty our veggie plant aisles were after lockdown was announced - in a crisis, we will turn back to our mother to provide (and of course she will!).

Lots of people have asked for translations... Papatūānuku - Mother Earth (the addition of the “e” in front signals the words are addressed or spoken directly to her.)

Ka turuturu te wai kamo o Rangi ki runga i a koe - means something like, “tears from the eyes of Ranginui drip down on you” (Ranginui is our sky father, it is common to refer to rain as the tears of Rangi for his beloved, from whom he was separated at the beginning of time in order that there could be light in the world). Not long after the announcement we were moving to level 3, it poured with rain in Porirua after many months of hot and dry weather. I could feel my garden rejoicing.

Hei aha - This can be translated in many ways, but I meant it like the English “oh well, whatever”

He iti noaiho - “something small”. Because our sacrifice feels enormous but in reality I think it is not sufficient to truly see Papatūānuku recover. However, in Māori, we often talk about the significance of small actions or gestures. We say “ahakoa he iti, he pou-namu.” Although it is small, it is a treasure.

Feeling Our Roots Yasodhara Ashram in these Changing Times

submitted by Nicole Plouffe

As we navigate our way through these changing times, we find ourselves looking to new ways of operating, listening to what is required day-to-day and prioritizing what will guide us into the future. We are learning to flow with the change and be open to new opportunities for growth.

Currently we are closed to day visitors until at least July 31. This means the Ashram is closed to tours of the grounds and Temple, or dropping in for lunch, dinner and satsangs, or visiting the Gift Store. Retreats and programs are also cancelled.

Unfortunately we are also unable to host the annual Strawberry Social because of COVID provincial restrictions. We are looking into options for another way of giving back.

Swami Lalitanada highlighted living at the Ashram during the pandemic in a recent newsletter: “As a community with a sizable proportion of elders, we are rigorously following the health guidelines, always adding nuances as needed. But our cloistered existence is held within a vibrant spiritual atmosphere. ‘We’re trapped in paradise!’ said one of our young residents.

We are feeling our roots and the power of community to remain connected - to each other, to the world around us, and to the invisible power of the Divine. We have the intention to send out Light through watching our thoughts and offering our practices. Each evening in satsang - adequately distanced from each other - we open our hearts and dedicate our chanting to those who may be suffering and to all who are helping.”

Satsang is a part of the day we all look forward to - gathering as a community. We now offer this service to the global community by recording one satsang each week and releasing it on Sunday mornings. It has been graciously received and we feel connected to everyone through it. Please check out our offerings on our YouTube channel - Yasodhara Ashram.

We are also venturing into online classes-- something that we have wanted to do and that we now have time for. We have piloted some reflection classes via Zoom and have had great responses from those who participated. Beginning June 10, we will be offering a series of online classes and we plan on more in the upcoming months..

Our roots are deep in this wonderful East Shore community. We miss welcoming people to the land. But we remind ourselves that even harsh, changing winds can help strengthen our roots, allowing us to expand in new and different ways.

Trail Report

**Farley Cursons,
ESTBA Executive Director**

“Wilderness is not a luxury but a necessity of the human spirit.” Edward Abbey

With the challenges of risk managing recreation trail use during a pandemic, we at the East Shore Trail and Bike Association, in partnership with our stakeholders, have been very active in our effort to ensure an enjoyable and safe non-motorized trail experience on the East Shore.

Our Society manages a number of trails in the area including the Trans Canada Trail, The Riondel Heritage Trail and the Crawford Peninsula Trail network. ESTBA also works closely with BC Parks to maintain the Pilot Bay Park and the RDCK supporting Crawford Creek Regional Park managers. Most of ESTBA’s managed trail network is on crown land with which we have



a Partnership Agreement with Recreation Sites and Trails BC. Our managed trail in Riondel is predominantly on land owned by Teck Metals Ltd for which we hold a License of Occupation. ESTBA has simple volunteer agreements with provincial and regional park managers.

While the majority of recreation facilities have been required to close due to the virus we have been working with our partners to support the continued access to almost all of the managed East Shore trails. All trail users we have encountered have been following trailhead COVID -19 signage guidelines and most of all they were having a super positive experience. Although ESTBA has the mandate to manage area trails it should be made clear that these are your non-motorized community trails.

The East Shore Trail and Bike Association has been involved in a couple of significant projects over the last year or so. With support from the Columbia Basin Trust and the RDCK Economic Development Commission (EDC) we are in the completion phase of a ‘Trail Enhancement’ improvement project. For the last year, as mandated by our RSTBC Partnership Agreement, we have been focusing on making improvements to the Crawford Peninsula network. With specific focus on the Height of Land and historic William Fraser Trails. We have done our best to create a consistent experience for both hikers and mountain bikers by making the worst parts of the trail the best. We have replaced and built a few benches at various viewpoints, did some serious rock armoring and improved trailhead parking areas. In addition we are placing updated designation and orientation signage at key locations to ensure everyone has a great experience. Thanks to the generosity of local private landowners, the re-establishment of a significant segment of the historic William Fraser Trail has been reactivated with a new trailhead at the powerlines below the YRB yard.

It’s important to note that the Crawford Peninsula area also has a couple of licensed woodlots. These are smaller operations with strict sustainability guidelines. For your safety please stay on the trails and do not venture out onto the working woodlot blocks.

We will be doing an area wide distribution of our updated trail map in the very near future. Beside the map there is some area and access information on the back. Thanks to Building East Shore Tourism (BEST) for supporting our map printing and of course Geoffroy Tremblay at Studio Ponnuki for the design. Please contact us if you would like some maps for your business. It’s been tricky distributing them until now.

The second project we have completed in the last year is the Riondel Heritage Trail. In partnership with the Riondel Age Friendly Society, Community Con-

nections and Teck Metals Ltd. we created a network of existing and new built trails in order to have a walking tour of the beautiful community of Riondel. The trail map is an inset on the back of our larger trail map. Look for the existing trailhead posts with additional interpretive signage coming soon.

The epic task of clearing tree blowdown after the winter is 90% complete with just the deepest parts of the Lakeshore Trail needing attention. It’s been a challenge to adjust our logistics now that our friends at Tipi Camp are no longer at Cortiana Bay. With Klaus Plauman on chainsaw and Sandy Oates and myself with forest rakes and pruners the trails are looking awesome! There will be more storms and blowdowns which we’ll do our best to address throughout the season. Thanks to those who let us know through social media where our attention is needed. ESTBA would like to thank the RDCK Recreation 9 Commission for their funding support to maintain area trails.

ESTBA Society memberships are available and we have been so grateful for the many individuals, families and businesses who have become members. By supporting ESTBA through a society membership you are helping to attract grant funding and enable increased attention to trail maintenance throughout the year.

The East Shore Trail and Bike Association will be hosting our Annual General Meeting in the coming months. This will be a great opportunity to find out more about our society and perhaps get involved. Stay tuned to our facebook and instagram for the exact date.

See you on the trails!

Seniors Supports on the East Shore

**Submitted by Laverne Booth,
Elder Care project Coordinator**

Loneliness among older people and among youth is rampant in our society even before the lockdown. Now we are, many of us, alone in our homes for weeks on end. We need each other!

Here is a list of current services that might prove helpful for families in general and seniors in particular at these times.

Better at Home is helping seniors remain independent in their own communities. At this time the East Shore Better at Home continues to provide our seniors with grocery pick-up and delivery as well as friendly phone calls. If you would like to receive this service or volunteer please call Coordinator Rebecca Fuzzen at 250-505-6717 or email betterathomeeastshore@valley.services

Food Bank Support

Columbia Basin Trust provided the area with emergency Food Bank support for anyone affected by the Covid-19 crisis. Community Connections is organizing this, please call Garry Sly at 250-505-2634 and he can set up credit for you at the local Eastshore grocery stores or food establishments.

Seniors Services- Garbage disposal and possibly yard care maybe available in the month of June-please email SeniorsServices@gmail.com or call Susanne Dill at 250-227-9350 for more information. **Riondel Seniors Newsletter** - contact sheryl_fulton@sfu.ca. **Facebook- Seniors Services** - contact kimyounginbc@gmail.com

Community Supported Agriculture - Cartwheel Farm is still welcoming local food lovers from Wynndel to Riondel into their 24-week home delivery service. They offer a selection of certified organic

Epic 1000 Cancelled

A Mainstreet Report

The Epic 1000 bike race from Merritt to Fernie has been cancelled this year. In a query by Tom Lymbery to organizer Dr. Lennard Pretorius, the following response was received: *Thanks for checking in. Yes, I have cancelled the race for this year on account of the covid pandemic and the limitations and restrictions. Even though the current restrictions would allow the race to continue and many had been asking me to go ahead with it, I did not feel it wise to have a bunch of riders from all over the world travel to and through all the smaller communities along the route putting you guys at possible risk. I greatly value the support and positive attitudes of the communities and people along the route that contributes the Epic experience just as much as the landscape and scenery and did not want to risk harming this by being inconsiderate or ignorant of the risks and needs. Riders come and go every year - you guys are part of the route and much more important to me.*

GRAY PASS UPDATE

The Epic 1000 cycle race from Merritt to Fernie that usually comes through Gray Creek to cross the Pass has been cancelled this year – please see letter from Dr Lennard Pretorius in this issue. The reported snow level is 114%% of average so we expect pass opening to be later this year – but you never know – the weather may change completely by July 1st. We have also had to cancel the July 1st fireworks this year so there’s no event to bring Kimberley people over the Pass. Since the BC Epic 1000 cycle Race has been cancelled it relieves the strain of trying to make sure the Pass is open before July 1st, when the first riders come through Gray Creek.

vegetables from their gardens plus the choice to add local eggs, meats, bread, desserts, coffee, fruit, spices, and BC seafood for delivery every week or every other week. Contact Laura at 250-254-5525.

Kootenay Food Tree Project - call Nicole and/or Bernard at 250-227-9111.

Eastshore.elderconnect.ca is a new SmartHub created through a partnership with BC Healthy Community Society, the ElderCare Foundation and our local organizations such as Community Connections, Age Friendly Community of Riondel, ESKL Community Health Society, Better at Home and more. Check it out- it is still in BETA (testing) stage. To make sure that you and your business are listed on this provincial site- please update your information on <https://eastshore.life> as the two websites will be linked.

Do you want training on smart phone, email and internet, or social media??? Would you like to be a wayfinder in your community to help others to connect socially and technically? If so, please contact Elder Connect project coordinator Laverne Booth at eslearningplace@gmail.com or call 250-551-6020.

THANKS to all you connectors out there who have taken time to call your neighbour(s), who have made masks, delivered food, or been a KIND NEIGHBOR in any way in the past weeks. WE NEED EACH OTHER.

Next Deadline:

June 24, 2020

www.eshore.ca

East Shore Hospice Update

by Barb Kuhn

As our isolation transitions to social distancing, we are noticing how good it feels, just to be out and about. Seeing familiar faces reinforces what we all know; we need other people in our lives.

There is an actual hormone created by making eye contact and being in the physical presence of other people. It is not just for childbirth or nursing mothers. We all have it. It is called oxytocin. This hormone is responsible for that warm, fuzzy feeling that we get when we visit with each other. Not surprisingly, it is the hormone of attachment.

Social distancing can provide opportunities to make eye contact and visit with each other, to encourage oxytocin production while keeping each other safe. We need to take this opportunity to do what we can to help each other feel well. Oxytocin can boost our immunity.

So smile and say hello to your neighbours and friends! Remember those of us who are dealing with challenges, especially needing our help. There is an old saying, "Sorrow shared is half the sorrow. Joy shared is twice the joy". Notice the word "shared". Translation—we need each other.

East Shore Hospice is available to help those who are dying and those caring for the dying or have recently lost a loved one. If you or someone you know is in need of our services, please call Susan Dill. Confidentiality is preserved and our services are free.

Notice of Passing

James (Jim) Ernest Donaldson
SEPTEMBER 9, 1930 – MAY 1, 2020

Memo from Tom: Jim's dad worked on the Nasookin when it was the Ferry.

James Ernest Donaldson passed away peacefully in his sleep on May 1, 2020 at Mountain Lake Seniors Community, Nelson, BC at the age of 89.

Jim was born in Nelson on September 9, 1930 to James Herbert (Bert) and Mona (nee Harlow) Donaldson. Tragically Mona passed away of tuberculosis when Jim was just seven years old leaving him and his two sisters to be raised mostly by their grandmother while their father was away working on the stern-wheelers, as did his father before him.

In 1954, Jim married Rose Renzie of Procter and they settled in Nelson where their son Phil was born.

During his working career, Jim was a miner at the Bluebell Mine in Riondel, then spent many years at Kootenay Forest Products as a mechanic and as Shop Foreman, before going out on his own having a successful business as a mechanic and welder. Later, he was co-owner of the tugboat "Melinda Jane" contracted to push CPR barges to Kaslo, Lardeau and other centres on Kootenay Lake.

In addition to building the family home at Nine Mile, Jim was skilled and methodical with a talent to build or fix just about anything. In his later years, before the onset of dementia, Jim could be found in his shop crafting beautiful scale models of some nine local sternwheelers and tugboats complete to the most minute detail, now in the collection at Touchstones Nelson. Jim was predeceased by his parents, sisters Marylou Sutherland and Margaret Hagyard, and his son Phil in 2016. He is survived by his wife Rose, granddaughter Andrea Donaldson (Vancouver) and daughter-in-law Lana Donaldson.

Notice of Passing

Donald Cameron
April 28, 1927 – April 25, 2020

On April 25, 2020, former Procter resident Donald (Don) Cameron passed away in Duncan BC, in the company of his children and close family members at the age of nearly 93.

He was born in Sydney, Australia, and had a happy childhood with his older brother and sister. At 15 he began a 5-year apprenticeship in Metal Machining and worked for a number of years in both Australia and New Zealand before travelling to Canada aboard the steamship Oransay, to marry Isa Mackinnon in Procter, BC, on August 13, 1955. Don began his Canadian career on the Kootenay Lake tugs, followed by work as a machinist at West Kootenay Power in Trail and South Slocan.

He finished his career back on the Kootenay Lake ferries, as Chief Marine Engineer. Don was also a dedicated member of the Masonic Lodge; an avid hiker and skier with his dear friends; as well as being a keen amateur radio enthusiast (call sign VE7CRZ).

After Isa passed, he moved to Duncan, from there he began travelling between Canada and Australia and New Zealand up until his 90th year. Last summer, Don was fortunate to have made a last trip to the Kootenays where he attended a MacKinnon Family reunion and had great visits with his extended family and local friends.

Don will be greatly missed by his children, Faye (Roy) Gilbert, Johan (Garry) McLeod, and Glen (Nickie) Cameron; grandsons, Graham (Ase), Colin and Owen Gilbert; granddaughters, Cierra and Emily Cameron; and great grandson, Magnus Gilbert, as well as his lifelong friend Heather Brown. Don will be laid to rest in Nelson Memorial Park.

A Celebration of Life is being planned, and will be held in Procter, BC at a future date.

Bill and Jean Greenfield

WILLIAM ALLAN GREENFIELD
Jan 9, 1932 - Feb 17, 2017

JEAN GREENFIELD
April 21 1926 – March 13 2020

Tea cozies... Bill Greenfield was talented with those knitting needles. Not only could he turn out some lovely tea cozies and classy toques, but his sweaters were unique and a delight to behold.

Was he a knitter by trade? Certainly not, Jean said, Bill was a printer. But it was not the printed page that brought these two together. No, Bill had another talent.

During the first years of the Second World War, Jean was a young teenage girl living in London. The bombing raids, known as the Blitz, hit London between September 1940 and May of 1941. Jean said she was terrified and hid under the stairwell of their house. She remembered her father telling her, "Remember we are British!"

London, and Londoners, were resilient and continued to function as normally as possible. Dances were organized and servicemen stationed in London always attended. Peace was declared in 1945, but this only marked the beginning of the "mopping up operations". Parties, concerts, and dances continued in London and it was at the Tottenham Ballroom that Jean met Bill. Was it the uniform that attracted her? No, not really, it was his dancing feet. Jean says Bill was the finest dancer she had ever met.

Bill was a member of BOAR, the British Army of the Rhine. The BOAR functioned, at first, as an occupying force in Germany, and later as a defender of

West Germany in the event of possible war with the Soviet Union.

During this time Jean and Bill became good friends, you might say. They fell in love and it was Bill's father who declared that Jean would make an admirable daughter-in-law.

And so, in 1955, in postwar London, Jean and Bill were married. In 2017 they marked 62 years of marriage.

But postwar England was not a place of abundant jobs. Jean and Bill emigrated from England in the 1960's, landing in Saskatoon, then Winnipeg during a Canadian winter. It was, Jean said, colder than they had ever imagined a winter could be, even though there was not much rain.

Riondel became home for Bill and Jean and Bob's Bar a regular Friday night haunt for that all important fish and chips, although Jean often declared she didn't go to Bob's for the fish and chips just because she was British. If singsongs were on the menu, Jean's voice would rise above the rest and you would be obliged to join in.

...The lake grows calm and falls still

The fish,

*covered in black for the funeral ceremony,
 move leisurely though the water without
 the thrust of their fins.*

Free like never before, Like nothing else.

-Zulmira Ribeiro Tavares

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.



Holistic Health Tips

by Kim Young

Black Bean Brownies

Black beans and chocolate?! Yes my friends!

These brownies are moist and delicious – you'll never know the beans are there, I promise.

As Charles M. Schulz said "All you need is love. But a little chocolate now and then doesn't hurt"

Black Bean Brownies

Serves 12 -16 (Depending on how you slice them)

Ingredients

1 can black beans, rinsed until they stop foaming

4 tbsp raw cocoa or cacao powder

1/4 tsp salt

2/3 cup oats

1/4 cup raw honey

1/3 cup coconut oil

1 tsp baking powder

1/2 cup dark chocolate chips

2 to 3 tbsp water (if necessary)

Directions

Preheat oven to 350° F. Pour all ingredients (except chocolate chips) into the blender and pulse for 60 seconds (you may need to add a bit of water to help start the blending process). Then blend until smooth for another 45 to 60 seconds. The batter is ready when it's a smooth consistency.

Grease an 8 x 8 baking pan with coconut oil. Pour batter into the baking pan and fold in chocolate chips, or sprinkle on top. Bake for 20 - 25 minutes or until fork comes out clean. Let cool for about 10-15 minutes before cutting.

June 2020 Mainstreet 17

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

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, Astrology consultations, Workshop/Event space, Acutonics® classes, and products. www.kootenaysoundhealing.com, 250-225-3518, theresa@kootenaysoundhealing.com

REGISTERED ACUPUNCTURIST, LISA SKOREYKO R.A.C. Treatment for pain, emotional disturbances, gastrointestinal issues and much more. 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: Harreson 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 ACUTONICS PRACTITIONER (TUNING FORK THERAPY): With certificates in Ayurvedic massages, Foot Reflexology, Fibonacci tuning fork alignment. Bach Flower Remedies and Astrological consultations. 250.225.3520.

18 **Mainstreet June 2020**

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

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

RENTALS/ACCOMODATION

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

RESTAURANTS

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

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

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

YARD/LANDSCAPING/SITE PREP

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



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For appointments, call 227-6877/505-6166

CLASSIFIED ADS

BUSINESS ANNOUNCEMENTS

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

BUSINESS SERVICES

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

- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL MEMORIAL HALL
Booking/info: Karen Lee at 250.223.8686

The Fitness Place

Fitness Place Supervised Hours:
Mon-Fri, 8-10am
&
Mon-Thurs, 6-8pm

Please be sure to visit during supervised hours if you don't have a key card or are just dropping in.

Valid membership with a key card hours are 7 days/week from 5:30am to 10:30pm.

Questions? Call, text or email Julia Kinder at eastshorefacilities@gmail.com or 250.777.2497

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

CRAWFORD BAY HALL
Your community hall
A non-smoking facility



NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

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

BULLETIN BOARD

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

*** BULLETIN BOARD * BULLETIN BOARD ***

CHILD 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.

HEALTH CLINIC MESSAGE

We are doing phone appointments right now, unless the patient absolutely has to be seen, or they can go to emerg. In Creston or Nelson. If someone is having symptoms of Covid-19 they are asked to stay home and call 250-551-7500 or 811.

Lab and Doctor appts.

Our doctors are doing telephone appointments when possible.

If you are experiencing any symptoms such as fever, cough, shortness of breath, **"Please do Not Come INTO CLINIC"**
" Call 811 or Nelson Testing Site Phone 250-551-7500

We do not have the testing kits here at the clinic.

PLEASE CHECK BACK PAGE CALENDAR FOR DOCTOR DAYS

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)

DOCTOR DAYS IN June (SEE ABOVE ABOUT COVID 19 PROTOCOL)

Every Tues: Dr. Piver
 Every Weds: Dr. Moulson
 Every Thurs: Dr. Barbour

NEW NURSE FOR EAST SHORE
 The East Shore Kootenay Lake Community Health Society would like to welcome Sue Robertson, home health nurse. Ms. Robertson will be available three days per week (Tuesday, Wednesday, Thursday) for patients on the East Shore. Nursing services may include pain management, chronic disease management, intravenous care, ostomy care, post-hospital care, wound care, palliative care, and self-care teaching. If you would like more information or to book an appointment, call 250-352-1433.

CAMPGROUND CLOSED
 Due to the Covid-19 pandemic, the Riondel Community Campground is temporarily closed for the safety of our community. Washroom facilities are not available. Reservations will not be taken at this time. Please contact rccsociety@bluebell.ca if needed.

Thank you to the Nelson and District Credit Union, East Shore Branch for their assistance in helping the East Shore Fitness Place purchase a new rubber weight dead-lift system!



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

Contact: Ingrid Baetzel, Editor
 Phone: 250.505.7697
 Box 140, Crawford Bay, B.C. VOB 1E0
 Email: mainstreet@eshore.ca
 Web: www.eshore.ca

ADVERTISING RATES

\$35 - 3.25 wide X 1.75 tall (inches)
\$40 - 3.25w X 2.5t
\$45 - 3.25w X 3t
\$50 - 3.25w X 4t

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

Sample Sizes - more sizes available.
Column Width: 3.25 inches - double width: 6.75 inches - full width: 10.25 inches
Services Directory: \$5/month, up to 3 lines.
Classified Ads: \$5/first 30 words, 10c/word additional

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

CHURCH/MEETING CALENDAR

- RIONDEL COMMUNITY CHURCH**
 Everyone welcome.
- CHRIST CHURCH & EAST SHORE CONGREGATIONS ST. ANSELM'S CHURCH BOSWELL (Anglican)**
 No services at the present time. Contact Christ Church Creston for info - 250.402.3225
- HARRISON MEM CHURCH, ANGLICAN**
 Crawford Creek Rd., Crawford Bay
 No services at this time.
For info, please contact Rev. Leon Rogers: 250.402.3225
- 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. Lawrence 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 Schedule		
June 2019		
Vessel	Departs Balfour	Departs Koot. Bay
Osprey	6:30 am	7:10 am
Osprey	8:10 am	9:00 am
Osprey	9:50 am	10:40 am
Osprey	11:30 am	12:20 pm
Osprey	1:10 pm	2:00 pm
Osprey	2:50 pm	3:40 pm
Osprey	4:30 pm	5:20 pm
Osprey	6:10 pm	7:00 pm
Osprey	7:50 pm	8:40 pm
Osprey	9:40 pm	10:20 pm



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Free delivery 3 days a week!

Thanks to everyone for staying home to help keep our Community safe, and taking advantage of our free Monday, Wednesday and Friday delivery service. We're happily continuing our free delivery program so get in touch and let us come to you!

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EAST SHORE INTERNET SOCIETY

HIGH-SPEED INTERNET

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www.eastshoreinternet.ca

Central Kootenay Lake's community non-profit ISP.



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Weekly or every other week June to mid-November

New for 2020: Local eggs, bread, baked goods, coffee, spices, meats, and BC seafood available

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