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The East Shore Mainstreet

KOOTENAY LAKE BC

~Locally-owned, community-supported independent news serving the East Shore of Kootenay Lake~



This magnificent panoramic photo near the Boswell Boat Launch was taken by Jacqueline Wedge (Crawford Bay) this spring.



It's that time of year again. This young bear (atop the editor's chicken coop) signifies the season of bear awareness. Please keep your property clear of food items, garbage or anything that lures these curious, hungry animals to our homes. We want them to stay safe as much as much as we want to remain that way. Photo: Garrett Garbula, Gray Creek



THINK LOCAL EVENT

Monday, June 20th at 4:00 pm
Crawford Bay Park Pavilion

Join us for an important discussion on
Community Housing on the East Shore

In partnership with
The Economic Action Partnership
Government officials have been invited

Watch our FaceBook page for updates!

MUSIC!!



For more information contact:
Megan Rokeby-Thomas at president@kootenaylake.bc.ca
Anne Lindsay at executivedirector@kootenaylake.bc.ca



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Mainstreet Meanderings

by Editor Ingrid Baetzel

The Circle

It feels as though we're losing a lot of beloveds these days, doesn't it? We've seen some pretty spectacular humans pass away in the last months and it's difficult to not feel taken out a bit at the knees. At the same time, these times of grief have a way of sharpening focus on the minutiae, the tiny beauties everywhere, and also bring us closer together in community and care. As the buds burst and the waters rush, the bonkers birds bark us awake each day, we are offered the time to look with grateful eyes at our surroundings and take a moment to celebrate our predecessors, our parents, and all the pioneers. Work upon work upon work has gone into this place and the thousands of charms that make it home to so many of us. I will take this time to tip my tiny feathered fascinator to those who have gone before, to those who carved out this life of beauty and chaos and raw perfection. To all of you, fly high, rest easy, know we hold you in our circle of love.

There was a lovely Starbelly event at the Gray Creek Hall recently at which a band (Dirt Floor w/ The Heavy Lighters) rocked us, bluegrass hillbilly hipster style and I had a moment of deep recognition of the "coming back home" of all of it. The hall was filled with an even mix of East Shore and Slocan/Rosland area dancing feet. The floor bounced back with the happiness of the room. Bright eyes were sparkling as people worked to remember how to move after a

loooooong winter and isolation time. It reminded me of forever – of so many of us as wee ones on the floor of the hall, sleeping under the benches while our parents danced. It reminded me of community movie nights and sitting on Tom Lymbery's lap watching the reel snap and spin and spit its grainy image onto the screen. It reminded me that I still love that place, that old wooden charm that houses me in my different interests sometimes more than once a week, for months and months and decades on end... theatre, singing, workshops, celebrations, potlucks, funerals... the things that make me a part of this place, that hall, this space, that time, this time, weaving all around in whirls and swirls and orbs of melting colours.

And then there's been this recent wave of new families, new young people, new energy moving into the area. The exciting new friendships, the developments atop mountains where young people are again carving out a spot for themselves, working from sunup to down on the land that's called them here. The circle continues and will forever.

So, the grief inside death and dying winds around memories and re-awakenings, deep appreciation for all that we've been handed, and slides like a purring cat around the welcome signs to those who are called here, repeating the pattern. The circle is endless and we're all in it.

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The list is province wide but there are a great many Kootenay/Columbia Basin names on the list (more than 25) which I believe demonstrates the effectiveness of making regional applications coordinated through CBBC. The RCC is continuing to work with CBBC on additional grants for remaining communities which are not served at the federal standard of 50MBS download and 10 upload.

press release

Up to 14,000 households to benefit from improved access to high-speed Internet and seven communities to benefit from mobile connectivity

May 19, 2022 – Ottawa, Ontario

Today, the Honourable Gudie Hutchings, Minister of Rural Economic Development, together with the Honourable Lisa Beare, British Columbia Minister of Citizens' Services, announced up to \$108 million in combined federal and provincial funding to bring high-speed Internet access to up to 14,000 households and mobile connectivity to seven communities in rural British Columbia, (<https://www.canada.ca/en/innovation-science-economic-development/news/2022/05/the-governments-of-canada-and-british-columbia-announce-up-to-108-million-in-funding-to-improve-high-speed-internet-and-mobile-connectivity.html>) including First Nations communities.

These projects are part of an existing agreement between British Columbia and Canada. On March 8, 2022, both governments announced a historic partnership to invest up to \$830 million to provide all British Columbians in rural, remote and Indigenous communities with access to high-speed Internet. The governments of Canada and British Columbia will continue to announce projects selected under this agreement over the coming months.

Today's announcement builds on the Government

Crawford Bay Hall & Park Facility Rentals
Crawford Bay's Community Hall, Community Corner Building and Park Pavilion are now available for rent.
Info: bookings@cbhall.ca

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 The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake.

Over \$108 Million for High Speed Internet

press release, Innovation, Science & Economic Development Canada

Governments of Canada & British Columbia announce up to \$108 million in funding to improve high-speed Internet & mobile connectivity

Intro by Garry Jackman, RDCK Director Area A: *Over the past few months, the feds and province have finally started rolling out some of the funds that were promised on a large scale many, many months ago. There was a release of CRTC funds to ESIS, plus some months before that we had a release of funds through the province to Area A to connect local government infrastructure (which we want to strategically link to other upgrades to homes) and now some of the larger pot of funding is being released under the Universal Broadband Fund for applications put in about 13 months ago. The link in the press release lists communities which will benefit with the target being fiber to home. Since many of the communities are unincorporated there needs to be more detailed mapping showing what homes are in or out of a proposed service improvement area.*

As local government partnered through our Regional Connectivity Committee (RCC) we have been working with the Columbia Basin Broadband Corporation (CBBC) on applications in the tens of millions of dollars across the basin. Some of that funding is being received with this announcement. The local government reps for the RDCK on this committee are myself and Director Walter Popoff (Slocan Valley) and we will be asking for the release of the detailed mapping ASAP

Area A communities named in the announcement include Crawford Bay, Kootenay Bay and Wynndel.

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of Canada's progress toward ensuring that 98% of Canadians have access to high-speed Internet by 2026, and 100% by 2030. British Columbia's plan accelerates this work, with a provincial target of 100% of B.C. communities connected by 2027. The governments of Canada and British Columbia recognize the important role that high-speed Internet and mobile connectivity will have in economic recovery from the pandemic. Collaborating to provide better Internet and mobile services to British Columbians living in rural, remote and Indigenous communities will contribute to the economic growth of the entire province.

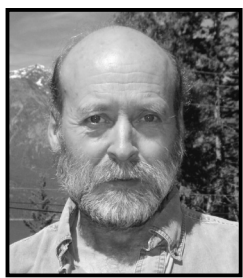
Quick facts

- Canada's Connectivity Strategy aims to provide all Canadians with access to Internet speeds of at least 50 megabits per second (Mbps) download / 10 Mbps upload.

- The Universal Broadband Fund (UBF) is a \$2.75 billion investment by the Government of Canada designed to help connect 98% of Canadians to high-speed Internet by 2026 and achieve the national target of 100% connectivity by 2030. Only the hardest-to-reach households may take until 2030 to get connected.

- On March 8, 2022, a Canada-British Columbia broadband partnership was announced. Through this agreement and a combined investment of up to \$830 million, approximately 115,000 households in British Columbia will be connected to high-speed Internet.

- Connecting Communities BC is part of the StrongerBC Economic Plan to move British Columbia forward by tackling the challenges of today while growing an economy that works for everyone. British Columbia's Budget 2022 significantly accelerates B.C.'s commitment to close the digital divide, helping communities access new diversified economic opportunities.



RDCK Area "A" Update

by Garry Jackman, Regional Director

Just a little more on meetings (not as much as last month), Last month I wrote fairly extensively about what seems at times to be endless meetings. I noted the best are the very local community meetings with volunteer groups or societies and concerned neighbours. For the past two years the ability to meet has been a real strain for many, and from now on our societies such as hall boards will sort out what works for them to resume in person meetings. For local government we have always had requirements around holding public meetings imposed by the province. Those were mainly around having sufficient notice (except in emergencies), posting agendas and minutes, generally following Roberts Rules plus the RDCK procedures bylaw and offering a 'public time' for questions and answers. Several years ago I pushed for our board to make it possible for residents to phone in to listen to meetings and ask questions. Since then that process which has worked particularly well for residents with land use applications who may only need to participate in a meeting for 15 or 20 minutes but who would need to travel several hours to be there in person.

Early in the pandemic, the province allowed us to hold all of our meetings remotely. With the province lifting Covid restrictions many people may miss the opportunities that phone or video participation offered to keep up with local government activities. I do not know what all of their reasoning was, but the provincial government has recognized the ongoing

value of electronic access to local government meetings so this is now a requirement for us to follow for all RDCK meetings, including our local committees such as the Sanca water advisory, the Riondel Commission of Management, the Advisory Planning Committee, the Area A Economic Development Commission and the Rec 9 Commission who work through volunteers directly on your behalf. Note the Advisory Planning Committee remains inactive due to a lack of local volunteers. The meetings will become a hybrid of in person and remote or electronic access.

There are some points to be clarified, but it appears that there are a couple of options for the remote meeting aspect of the hybrid model. We like to hold meetings in our community halls and move them around either for balanced ease of access or to be central to those persons who may be most concerned about joining the meeting. If the hall we are meeting in does not have internet access or computer equipment we can have the public call into the meeting by phone, assuming we either have a landline available or cell coverage. If there is cell coverage I think we can set up a hot spot and also provide video coverage. Whether we have video connections or not, the most important issue is to be able to hear the conversation so the phone needs to be on speaker and positioned so anyone attending remotely can participate. I am sure we can work this out.

Brief notes

The recommendations for the Area A CBT – Community Initiatives Applications were approved at the May 19 board meeting. Our grants coordinator, Lisa Rein, is sending out confirmations to all applicants whether they were successful and for what amounts. You can find the full list of applications by going to the "government" tab on the RDCK home page, then to "grants". The requests to Area A again far exceeded the amount of funding available (by a factor of 4.8 X) and the amount allocated between 49 successful appli-

cants was \$35,234.80.

Rec 9 met on May 26. Recommendations for the spring grant intake will go to the Board on June 16 for approval.

This year we experienced very little early flooding as often is seen with warm rainstorms in February or March. The snowpacks are still sufficient for staff to be on alert for possible floods during high water later in June. I want to remind everyone again the Post Wildfire Natural Hazards Risk Analysis for Akokli Creek and for the Cultus Creek fire are available on the RDCK page at www.rdck.ca/hazardreports.

Thank you to volunteers for your past and ongoing service to your community. 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.

Boswell Historical Society is hosting a Rummage/Garage Sale!

Saturday, July 2 at St. Anselm's Church

12680 Hwy 3A, 10-3

Treasures, baked goods and coffee (a fundraiser for the purchase of the church by BHS)



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East Shore Kootenay Lake Community Health Society

by Peggy Skelton

PSST.... So... come here often? Sowhat do you know about us?

We're here year-round... our purpose is to promote the health needs of residents living in the East Shore Communities as well as assisting in identifying, advocating for and sometimes fundraising to meet those needs...we cooperate with community groups with similar goals

Have we met before? Perhaps... or probably ...we do get around! ...

Here's a sample of what we've been up to...

We support the East Shore Community Health Clinic... We own the land it sits on and actively work with Interior Health to improve services here on the East Shore

We support and collaborate with many East Shore groups. The East Shore Transportation Society, East Shore Better at Home, Focus on Health, to mention a few. We also partner with Selkirk College and University of Victoria College of Nursing to support learning and research. We are members of the BC Rural

Health Network. as well as support Elder Connect and the Hospice society in any way we can, and of course, work with The Kootenay Boundary Division of Family Practice.

The truth be known we have some wonderful, exciting ideas to increase the availability of health care here on the East Shore. Being a member of the BCRuralHealth Network we can tap into ideas and options that have worked elsewhere in the province with out reinventing the wheel, but perhaps moulding it a bit to fit here on the East Shore!

So.... whatcha doing June 22, 2022? Specifically, 7pm? We'll be having our Annual General Meeting at the Boswell Hall. We'd like to meet you and love to have you join us as we discuss how we can positively impact Health on the East Shore. We want your thoughts, and your talents!!

If you can't come, you can still join us.... Here's the info! The fee is \$5.00/year to become a member. You can pay by cheque, payable to the East Shore Kootenay Lake Community Health Society or Interac e-transfer to the Nelson&District Credit Union, EShealthsociety@gmail.com and of course, any donations are accepted and very much appreciated from individuals or companies to support the ongoing initiatives of this society! Contact: Karen Arrowsmith 250-223-8177 or nkarrow@gmail.com.

Or if you want more information about the society, feel free to contact Linda Cassidy at casss3@telus.net.



Congratulations on your graduation, Grace!

It has been amazing to watch you set your bar high and knock every one of your goals out of the ballpark. Your perseverance and creativity will carry you into any future that you can imagine for yourself. You are awesome and we love you so much!

Love, Mom, Pop, and Gus

"Thanks for the adventure - now go have a new one!" Ellie, Up



Hidden Taxes

by David George

Better at Home

Having recently been in four hospitals in the Interior Health region, I have seen that slogan in all of them. It seems to be intended to prompt people in hospital to get discharged and go home as soon as possible.

When you have arrived at home, is there follow-up care and communication? In many cases the answer seems to be yes. There are several levels of home care available in the our region. Two different programs exist: Better at Home, and home care services from Interior Health.

Are you having home care visits? Is it more difficult to obtain this kind of care on the East Shore? Is home care expensive, or is it provided free? Answers to these questions can be found online at various BC government websites, some of which I quote in this column.

“Home support services are direct care services provided by community health workers to clients who require personal assistance with activities of daily living, such as mobility, nutrition, lifts and transfers, bathing and dressing, cueing (providing prompts to assist with the completion of tasks) and grooming and toileting.”

“To be eligible for subsidised home and community care services, you must: be a Canadian citizen (or have permanent resident status), be a resident of British Columbia for at least three months, and be 19 years of age or older. Please note: there are some exceptions to the three-month residency requirement and age requirement.”

Riondel Fire and Rescue Blotter

by Fire Chief Cory Medhurst

As we roll into the wildfire season we'd like to urge everyone to start thinking FireSmart to help protect properties and homes in the event of a wildfire. Once again the RDCK is offering free, no obligation, FireSmart assessments on homes. These assessments identify the vulnerabilities our homes and properties have to wildfire. A Wildfire Mitigation Specialist will recommend scientifically proven, easy and cost effective measures that can be completed around your home to drastically reduce the risk of loss due to wildfire. All homeowners who get an assessment will be eligible to receive a \$500 rebate for completing some of the recommendations around their own home. These assessments take a detailed look at both the exterior of the home and the surrounding property. They provide homeowners with uniquely catered recommendations to greatly improve any homes resilience against wildfire. The homeowner can discuss their own mitigation plan with the Wildfire Mitigation Specialist and also receives a detailed written report. The report is confidential and nothing is mandatory. Homeowners who complete every recommendation are eligible for a nationally recognized Home Partners FireSmart Certificate. Visit RDCK.ca/FireSmart or call 250-352-1539 to learn more.

As always, to report a wildfire or suspicious fires call 1-800-663-5555 05 *5555 on your cell phone. To register your burn pile call 1-888-797-1717 (it's free and is a service that provides the Province and emergency services with the locations of intentional burns). Together we can protect the best shore.

May calls to date are as follows:

May 2 – Six members attended to Gray Creek for a medical emergency. One member arrived

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Some payment is usually required for home support services, but is not required from seniors who receive the Guaranteed Income Supplement from the government of Canada.

United Way provides funding for Better at Home. Those non-medical services are delivered through local organisations such as Castlegar and District Community Services Society. Its Volunteer Driver Service will drive you to medical appointments or home from hospital over a wide area in the Central Kootenays including the East Shore. It can be reached at 250-365-2104, ext. 225.

I used it in April to come home from Nelson hospital. Would you like to become a Volunteer Driver here on the East Shore? Phone Michelle at the above number and extension. Your time is volunteered, but gas expense is presently reimbursed at 51 cents per kilometre.

Better at Home provides strictly non-medical services such as shopping with you or delivering your groceries, housekeeping, some home repair, friendly visitor, and is provided from Creston for us on the East Shore. Try phoning 250-428-5520 or 250-428-5585.

Other services, involving care aides, such as assisted bathing, etc., are provided through Interior Health, which people wishing to become new clients can phone at 1-800-707-8550.

I have heard that some of the care aide services provided by Interior Health have been centralised at a Castlegar location. I have also heard that a number of care aides have quit recently.

A recent post on Facebook is from a care aide who lives here on the East Shore. She is Noelle Wilkinson, and will be available for clients after June 15th. She might work for Interior Health, but this has yet to be decided. You may phone her at 250-777-8171 for more information.

prior to emergency crews and began assessment and stabilized the patient. When Paramedics and the rest of our crew arrived it became a well orchestrated and rather quick “load and go” with full stabilization and assistance with carrying the patient to the ambulance for transport to the hospital.

May 15 – In the wee hours of the morning, before coffee making time, a call for a medical emergency in Crawford Bay was received. A crew of 6 members attended the call to assess and calm the patient while waiting for the Riondel ambulance to respond from Sirdar while returning from another call. The crew assisted with patient comfort and movement to the ambulance.

May 19 – An ATV rollover in Boswell had 5 members responding when they were suddenly called down before leaving home. The family of the patient decided to drive to the patient to Creston themselves.

May 20 – Approximately 3 minutes before that precious coffee making time of the morning, a call for a medical emergency in Gray Creek had 5 members respond to assist paramedics with patient assessment and patient movement to the ambulance.

May 20 – Another medical incident in Riondel saw 3 members attend to assist Paramedics with patient movement to the ambulance.

May 22 – A call from our fire dispatch was received for a family with small children, in a boat that had run out of gas and were beached southwest of the Riondel marina. Dispatch, knowing that we do not usually deal with water craft rescue, asked if there was anything we could do. One member drove to the marina and walked to the point to get eyes on the situation. He was able to see a boat being towed into the marina and waited for the boat to come in to confirm it was the family. Another father and daughter that were walking

Most of the people providing home care services do not live in the East Shore. They have to travel on the ferry, which is an inefficient use of their time. What if they could stay overnight on the East Shore? They could serve more people each day.

The ambulance service has a quite new station building in Riondel. It has sleeping accommodation for at least two people. What if home care workers were enabled to use this facility for one or two night stays? This could work, unless BC Ambulance Service adopts a dog-in-the-manger attitude towards the idea.

If you would support this idea, get in touch with our own MLA Brittany Anderson. As she is part of the majority NDP government, she could actually do something of benefit to us on the East Shore. Her contact information is: phone (250) 354-5944, or toll free 1-877-388-4498, or email: brittany.anderson.MLA@leg.bc.ca.

Black Salt Cafe Presents... ★ Matthews Sinclair

Black Salt is thrilled to open it's 2022 season featuring the naïf contemporary surrealist paintings of the East Shore's own, **Matthews Sinclair**.

Join us during the our opening weeks to contemplate their brilliant beauty in the first ever public showing of his works. ★

the path along the lake came across the stranded boat and assisted them with getting back to dry land, and to Kootenay Bay where their truck and trailer was parked.

Kootenay Lake is a vast lake that see's hundreds of new visitors every year for fishing, swimming, kayaking, canoeing and sight seeing. This lake is known for having an attitude with sudden temper tantrums without warning, surprising even the most seasoned boater or swimmer; and although water rescue on the East Shore is rare, it does occur. It comes as a surprise to most of our visitors and some locals that we do not have water rescue capabilities, or the training for water rescue here on the East Shore. Although I think most of our members can swim, and we will do what we can from shore, we simply don't have the training and safety equipment required. Our closest fire rescue boat with trained personnel is in Balfour, or Kaslo Search and Rescue with their amazing crew and rescue boat. Should either of these boats be out of service for whatever reason, the closest staffed boats come from either Creston SAR or Beasley VFD. We urge all boaters and lake users to be prepared with fuel, food, and communications in the event of an emergency on the lake. Be safe, be prepared, and enjoy the glacial waters of our beautiful lake.

If you or your loved ones find yourselves itching to help your community meet a great group of peeps, join our team of professional volunteers, we meet every Thursday night from 7PM–9PM at the fire hall in Riondel. Go online to www.rdck.ca/EN/main/services/fire-services/volunteer-as-a-firefighter.html and fill out the application, hope to see you at practice soon!

Next Deadline:
June 22, 2022



Hacker's Desk

by Geoffroy Tremblay

PONNUKI IS DEAD; LONG LIVE PONNUKI!

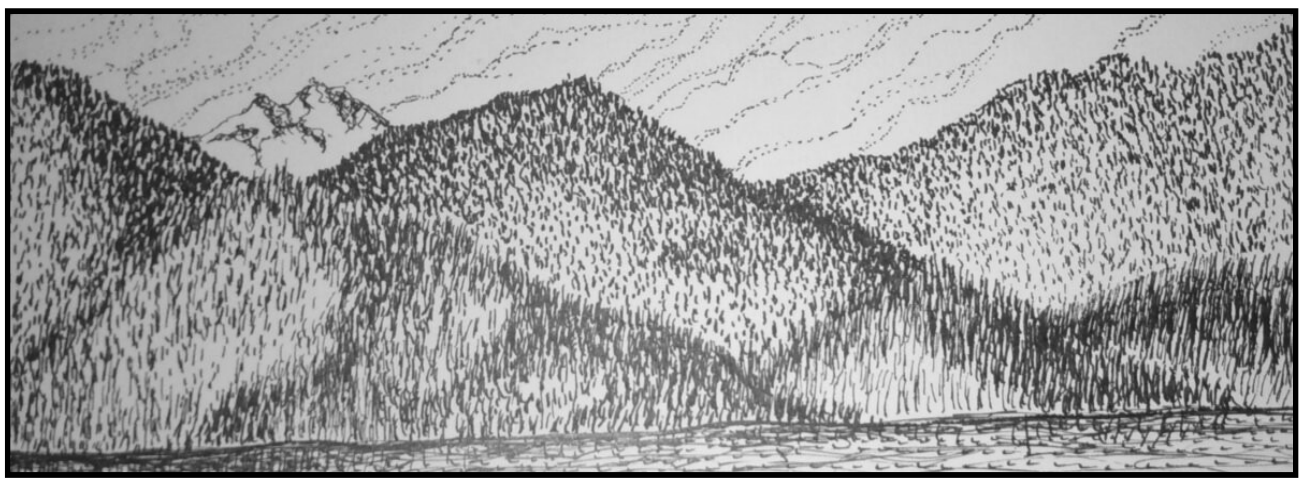
Papers were signed, the partnership was dissolved, and studio ponnuki is no more. Please note that if you work with me on projects, don't worry; nothing really changes. I am still working with all my clients on the same project.

What changed is the name of the business. Studio ponnuki came from a previous project that lived on for a long time and is now in a new phase.

It used to be a personal blog, then a tech blog. Later it became Melina's and my business where I wanted to house everything under one roof. Yoga, massage, publishing, tech, hacking, branding, design and more all in one place. I was often told that I should only focus on one of these elements. But how could I ever focus on only one aspect of my life? I wasn't told that I could start 5 businesses instead of running one with all my interest!

And so it went. Studio ponnuki changed and evolved over the last 10 years, from one thing to another. We had a launch party, we fought about it, we disagreed about what to call it, but it carried us for all that time. It was an excellent adventure of learning and evolution.

So what is the new business? Well, let's start with the name. I asked my most trusted business advisor, Naïma (my daughter), what should I call my new venture? She said without hesitation, 'Tagne!'. I was surprised. 'Tagne' was the word that my friend's kid called the mountains ('Montagne' in French, which he reduced to 'Tagne.')



I couldn't see myself explaining to all my client why the business was called Tagne.com or trying to spell my new email. I decided not to go for it. But she had a point: I really love mountains. I've always been called by the mountain living, and here I am. I also wanted to honour my French language heritage, so I decided to call it Montagne. A quick online search and Montagne.co was available. It's now registered and is my new business name.

This transformation all started a couple years ago when I was questioning my work and my role with my business. I had a bit of an identity crisis, who am I and what is my job. As an entrepreneur, I have difficulty separating my personal and professional life. This lack of separation creates more tension when there is a need for change.

I hired Alicia Pace to help me re-focus the direction of my business. During these sessions, it became clear that I needed to bring about a re-brand or a clear new phase in my business. Working with Alicia was quite powerful. Her approach brings together my emotional state and my relation with myself and my work. It helped me clarify where I was and where I wanted

to go. How to re-focus on the parts that I like about my work and how to take a bit of distance between who I am and the work I do.

So what is Montagne.co? One thing I really like about my job is working with people. I like listening to people and figuring out where they come from and where they want to go. I enjoy troubleshooting and finding solutions, creating strategies and offering the tools that people need to apply these strategies. My goal with Montagne.co is to do more of this. While I continue to host websites and work in branding and graphic design, my focus changes toward supporting and helping my client do the work they want to do. Listening, consulting, training and supporting clients.

Now studio ponnuki isn't really dead. It just comes back to what it was initially supposed to be, a place that hosts all of our projects. Melina has Yinyogi for her massage and yoga teaching. She also has Random.Style for her sewing business. Meanwhile, I have Montagne.co as my main consultant work, encrelibre.com as my publishing studio, and damaru.yoga, my yet again newer yoga and meditation project!

Yarns From the Back Alley Shepherdess

by Barb Kuhn



The weather is warming up, it is May Long weekend. May 22nd is the sixth anniversary of my arrival on the East Shore of Kootenay Lake to stay. I am happy to be able to call this place home.

My bench in the alleyway is shaded in the mornings, but in full sun in late afternoon and early evening.

As my trailer is right next to my daughter's garden, I call it the Garden Suite. Better than any accommodations I had at the Hilton Inn when I travelled a lot.

It has been a long winter, with many opportunities to climb up on my roof, either to shovel snow to decrease the weight, or to clean my woodstove's small-diameter chimney. At least once a week I had the chance to appreciate the view up there.

Riondel is waking up, the summer residents are arriving. Patio furniture is coming out of hibernation. The campground is filling up and our back alley is being frequented by walkers. They are all friendly, whether they are new to Riondel or have been coming here for years.

What can't be seen on first glance at the surroundings, is the sense of community here. Neighbours helping neighbours. People organized to help each other on a regular basis. People who talk to each other as they walk around town. People who meet each other for coffee or tea on a regular basis. People interested in each other and how they can be of service to each other.

I have travelled to many places in the world, and what struck me the most was not necessarily the look of a place. It was more about the feel of space in the

place, the immeasurable. It wasn't the most luxurious 5 star hotel, or the proximity to points of interest. It was the people. How they shared their lives with everyone; friends, family and even strangers. I don't know if this barometer was a remnant of my childhood. Those of us from Nova Scotia, no matter where we landed in the world, are known for hospitality. The tea kettle was always on, and a clean bed was ready for a relative or someone in need, even if it meant we had to sleep on the floor ourselves. It was just how we were raised. Many people who visit the Maritimes comment on how welcome they felt, how people invited them to their homes for dinner, having just met them. It was such a surprise, in a world where mistrust is fostered with many examples of impending disaster, should you choose to avail yourself of the kindness of a stranger.

Giving of ourselves, our time and energy, is a simple thing. It can be as simple as making eye contact and smiling when we meet someone. For someone we know, a hug can go a long way. In many of the places I travelled, a handshake sufficed when you met someone, but after a meal together, a hug was given. It just seemed right. Breaking bread together meant you were now friends.

Many people in our world are suffering today, some obviously, some not. It is easy to think that everyone in our prosperous country has enough of everything. This is especially true when we are accepting foreign people so that we can share what we have with them. We sometimes forget that our neighbours may be quiet about the fact that their needs are not being met. Perhaps they don't have enough food, or need health care that is unavailable to them. Sometimes all they need is an ear, for someone to listen. Someone may be willing to help, but unless they know what is needed, they can't.

So, everyone, enjoy the sunshine, gather with your neighbours, welcome all the visitors. Remember, a stranger is a friend you just don't know yet.

Fore!

by Mike Ashton, CPGA

Blame the Scots. The addiction to golf has existed on this planet for hundreds of years now. Get used to it. This blight upon humanity can be blamed on the Scots. It's a good chance that it all began in that territory - a territory that bends the knee to Boris Johnson! That unique territory is not a sovereign country. Fair warning, nothing makes sense there.

The year is 1457 when an official reference to golf first appears. A Scottish parliament banned the playing of "ye futbawe (football) and ye golf" in 1457. And yes, there has been some sort of parliament in Scotland since the 1200's, not just a king. Back then that royal Targaryen thing was a big deal, so you can add to the list of unsavoury proclivities of the Scots: they had a barbaric system of obedience to a guy in their game of thrones. Just like in North Korea these days. The ruler of Scotland was rarely a woman. Nothing. Made. Sense. He who ruled wasn't the choice of the people. He was the first-born son (possibly an idiot, of course) of the preceding guy, who may have married his cousin too.

Anyway, somehow golf survived. Some of our ancestors defied the aristocracy, and foolishly chased a little white feathery ball around the sandy land near St Andrews. They putted their balls on fairly smooth grass where the sheep preferred to graze, beside sandy depressions where they hid from the wind, beside those greens. Golf survived, as did Scotland...although I don't know if William Wallace would agree.

The Scots may have stolen the idea of a game with a stick and ball from the Dutch who played 'kolf' at least as far back as 1261. Nobody really knows. Maybe the Scots knew a good thing when they saw it. When it was cold enough, the Dutch kolfers could play on skates. (So thanks too to two tribes now. They're there, their clubs and kolf sticks in hand.)



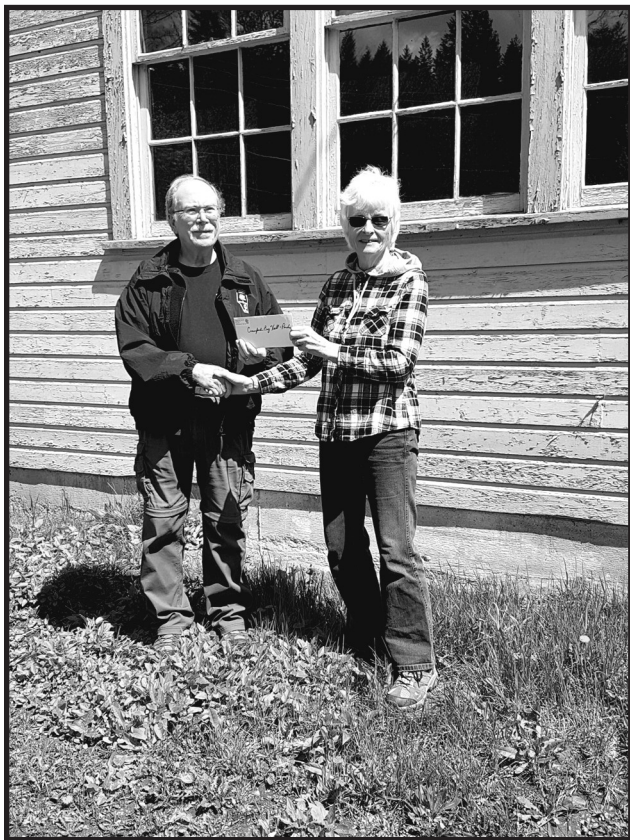
Hall Board News, June 2022

by Susan Hulland

The Biggest Opportunity (to date) to Restore Our Hall!

Since mid April when we began the recent outreach for money to help us with our association's contribution to the Clean BC Grant (CCF) we have received a total of \$15,700 from the following community members: John & Bonnie Pelletier, Yasodhara Ashram, Alanda & Sonni Greene, Alex & Elizabeth Lackovic, Pete & Paula Howe, Marion Cook, Barb Cunningham, the Fiddick-Halfknight family, Chris Choquette & Corey Jacobs of Pilot Peninsula Woodlot Licensees, Lorna Robin & John Smith, Betsy-Ann Schultz, John & Joan Edwards, Diane & Wayne Ferguson, Don Fraser, Ben & Jeanne Lahnemann, Cherry & Garry MacLagan, sisters - Sheila Szabo, Nonie Fraser-Lee & Margie Ray, Ted & Janet Wallace, Laurie & Doug Slater, Lori O'Neill, Ann Hagen & Ric Bell, Lois & Don Lien as well as three anonymous donors. This represents tremendous continued community support and we want to thank our generous donors once again.

The RDCK is considering our Community Development Grant application (also intended to accompany the CCF grant) and we are grateful for this.



Fraser Robb of the Kootenay Lake Lions handing our association co-chair, Susan Hulland, a cheque for \$2,000 to help pay for construction drawings and estimates which are a critical part in the process of restoring Crawford Bay's Community Hall.

After three months of work, reading 45 pages of guidelines and answering 10 pages of questions our association met the May 25, 2022 submission deadline for the Clean BC Grant and have our fingers crossed for hearing good news this November. Huge thanks to our treasurer, David Wells, for his tireless work on this!

Kootenay Lake Lions Club Donation & Canada Day Activities

This long standing community group recently donated \$2,000 towards the cost of construction drawings and estimates. What a gift! We are particularly grateful for this donation as we know how hard members of this community group work to make the money

6 Mainstreet June 2022

that they, in turn, donate to worthy causes.

The Lions will be at the July 1 Canada Day Celebrations at the park with ice cream, hamburgers and their wonderful french fries! They are looking for a person to organize some games for the kids. Anyone interested can call Ivy Jeffery at 227-6807.

Facility Rentals

Crawford Bay's Community Hall, the Fraser Pavilion and Community Corner building located in the park are again available for rent. For information contact bookings@cbhall.ca.

When BC Parks recently rented the hall for four days the Eastshore Internet Society installed a dish on the building which they have left in place for now, making it easier for them to provide internet service to the building for future renters. Thank you ESIS!

Crawford Bay Park Clean Up Event

We will be holding this event from 9:00 - 1:00 on Saturday, June 18 to spruce the park up before the July 1 Canada Day Celebrations and steak barbeque sponsored by the Kootenay Lake Lions. Please plan to participate because just an hour or two of your time can make a big difference to this space which belongs to all of us. Bring your own tools of choice (rakes, shovels, pruning devices, wheelbarrows and cleaning supplies, etc. There will be foremen on site to direct you to specific work areas that need attention. Bring your own snacks and drinks. Please join us and spend some time with your neighbours.

KOOTENAY SOUND HEALING CENTRE
Therapeutic Healing Gong Journeys

Wednesday 7:00PM
Friday 7:00PM
Sunday 12:30PM



theresa@kshc.ca to register
691 Riondel Road, Trail Entrance
www.kootenaysoundhealing.ca

Boswell Memorial Hall

Father's Day Breakfast
Sunday, June 19, 2022
8:30-10:30am

The Fitness Place

Gym now open to ALL!

5:30am - 10:30pm

(with select hours closed for cleaning/school use)

Please sign a waiver at
eastshorefacilities.com and text or
email Amy to get signed up!
587-434-8770
Email eastshorefacilities@gmail.com
for more info.

TOM SEZ

by Tom Lymbery

If you want to double your money – just fold it and put it back in your pocket.

Fillers were used for years in newspapers in order to “fill” any space at the bottom of a column. My researching these was the start of this Tom Sez column as I happened to come on short items of interest, or otherwise. Today's papers just leave a vacant space.

Red Nose Tea – for those with hangovers.

I actually wrote a Glossary, even before I started writing a book, usually this comes with completing an index for a book. But I had many oddball expressions I had been using for years, as well as many logging terms that needed explanation.

If you happen on US TV political ads don't you admire the wonderful promises? NO MORE INCOME TAX, for instance by a minor politician who has no control over major taxation whatsoever.

One of the major difference between Canada and the US is the way the 50 states have diverse regulations. Banking, for instance is controlled by our federal government so we have stable, country wide banks. Some US states allow almost anyone to open a bank, as easily as a grocery store. This was the cause of all these minor banks failing, adding enormously to the US Great Depression.

The lake level is predicted to rise steadily, but late snow may be slowing this up. All in feet and inches, as is the official Map of the lake that shows contours in feet. Evidently metrification hasn't really taken hold in Ottawa.

Kootenay Lake Lions will resume (after missing two years for Covid) the traditional July First at the Crawford Bay Park with their great hamburgers, fries and ice cream. The Many Bays Band has always provided great music in the Fraser Pavilion that terrifically enhances the day. Volunteers are needed to help with the kids games.

The ornamental cherry by the store was in full bloom May 8, 2022, only 20 days later than its earliest. Please read Disaster Spring 1955 in this issue for the story of an extremely late spring.

The winner of the annual ICE POOL on the time of the Yukon River ice break up at Dawson City was Solveil Bourque who won just over \$3,000 for his guess of 8.17 pm May 7, 2022. Actual time was 8.23 pm May 7th.

Gray Creek Pass Report

There's a pile of snow up the hill, even added to with all the late snowfalls.

EPIC 1000, the challenging cycle race is scheduled to leave Merritt on June 25, 2022 so first runners can be expected in Gray Creek on June 26th. Crossing the Pass on their way to the finish line in Fernie. Unless we get a sizeable melt and motorcycles can utilize the roadsides, it seems unlikely that the Epic 1000 riders will be able to push their way through the snow.

Dr Lennard Pretorius comments that dedicated riders are prepared to carry their bicycles over two to three kilometres of snow, but if more than that they may have to divert by Creston and Cranbrook.



Thoughts from the Frog Pot

by John Rayson

Supply Chains & Family Practitioners

Much has been written with regards supply chain problems and covid. In fact, the problems with supply chains in general have been in the making for many years, if not decades. Our immediate concerns appear to be that of the cost of gas and inflation. We are vaguely aware that these problems may be associated with the war in Ukraine but may not make a direct association; much easier to blame Ottawa and look for simple, immediate solutions. However, things are seldom simple and easy solutions are not available.

As an example of a supply chain that has a long-standing background, I would like in this column to discuss the issue of a lack of Family Practitioners for patients across Canada. This issue is now attracting a great deal of attention in the lay press and certainly speaks to the concerns of many patients, including those locally. It would appear, if you are reading the newspaper, that this is a relatively new and now urgent problem. I would like to state this is a problem that has been long in the making but ignored by all, including politicians and the public.

I, as the first medical manpower chairmen for the British Columbia Medical Society in the mid-eighties have had a long-standing interest in the issues surrounding medical manpower. In the mid-nineties, two

academic economists from BC [Baer and Evans} recommended that the enrolment in medical schools be cut by 10% as a cost saving measure. This recommendation was adopted by the governments of the day and implemented. The reduction occurred at the same time that enrolment of women in medical school reached 50% or greater. All studies indicate the average female physician, over her practice lifetime, works 70% of that of her male counterpart. This figure has nothing to do with gender bias but merely reflects the legitimate necessity of women to take time for pregnancy, raise and care for children plus carry out the many tasks expected of women in a household. Thus, at the same time that we reduced the enrolment in medical school by 10%, we had reduced the medical pool by a further 15%, resulting in a total of a 25% reduction in available physicians.

All of the above occurred during a period Canada was limiting the supply of foreign medical graduates, the population was living longer and medical care becoming increasingly complex. Of course, it would take governments some time to recognize these increasing difficulties and would take even longer to allocate the necessary funding, if in fact any additional funding has been allocated to correct the problem. Is it any surprise that we now seem to have a crisis 25 years after the initial decision? No; not considering it takes 9 years to train a family physician and 12-13 years to train a specialist.

The above discussion merely highlights the fact that supply chain issues are long in the making and will not lend themselves to quick or simplistic solutions. The issues are now compounded by war, inflation and as applied to family physicians, we have an aging Canadian universal health care system, designed for the sixties and never updated.

Today, I will leave you with a quote from the famous philosopher "POGO". For those of you too

young to remember, Pogo was a major alligator character in a comic strip who often commented on current events. This comic strip was popular when I was young {never mind my age} and will only be remembered by a certain age group. To quote Pogo: "we have met the enemy and they are us". It would seem as relevant today as in the distant past.

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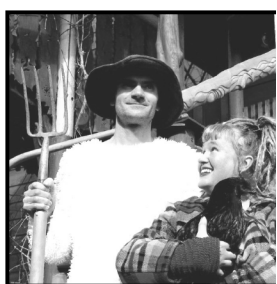
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Tales From Shpaxieland



by Heath Carra Questionable Morels

Dawn's first light glints off our knives as we slip into the understory of the forest. Here, beneath the

canopy, the trees preserve the nocturnal, which suits us just fine. Silently, so as not to wake it, we creep into position while our prey still sleeps.

We'd been hearing the stories for years; we'd seen the blurred photographs. We'd spread out the maps and poured over them - my wife and I planning our hunt. We'd strategized as we sharpened our knives and mended our baskets.

Above us, layers of birdsong trill in ripples and waves. Below us, dreamy in the humus, lurks the leviathan. It treads the mycorrhizal abyss with its hyphae; it swims in the root zone depths as we slip silently through the mossy swell above it. We dip under branches. We avoid fallen twigs and dead leaves. We squat in the shadow as we pause and listen. Our movements through the forest disturb the birdsong which ebbs around us, betraying our locations. We crouch, and we freeze, our knives held poised and ready, though in our hearts we quaver at our task.

There is no breeze. Nothing moves. Stillness sits thick around us as the sun glacially rises.

We've studied our breathing exercises, and we practice them now - the long and steady inhalations that rise like the tide, drawn on by the moon and then

released. It slows our hearts. It steadies our hands. It disappears us into the landscape. We synchronize with our surroundings, and the birds forget us. We are sleeping stones. We're mounds of settled earth. We're pockets of shadow left over from the night.

As the world around us comes into light, we can see that we're on the edge of a conflagration. A fire has stalked through this forest before - burnt trunks stand as blackened monuments to that chase. Their bark is scorched. Their needles are incinerated. Their branches have been turned into charcoal. And beside them, defiantly, a birch leafs out, its new leaves catching the sun and radiating brightly with green. This twilight of the forest is a place of bold contrast. It's otherworldly, and that's why we're here, to catch the otherworldly creature that rises from the deep.

A mound of blackened moss gently swells like the ground is drawing a breath. My eyes widen. Fifty feet away from me, my wife steadies her knife and grips her basket. Leaves stir. A twig tumbles over. There's a tremble through the forest floor, and the birds go silent. Nothing at all moves.

And then suddenly, it breaches through the char, its great pitted head exploding up out of the ground and sporulating in the sunlight.

"Thar she blows!" I hear my wife cry as she lunges forward. The beast turns to meet her, and I attack it from behind. It rears and bellows; this pyrophilic fiend scatters litter and stones as it thrashes through the soil. I harpoon my knife toward it, but it bats me aside with its fluke-like stem and then turns on me as I tumble to the ground. Mighty Morchella towers over me with its spongy elongated head, and it regards me with its deeply pitted eyes - its black-edged ridges seeming to frown down at me where I lay in terror.

My wife slashes at it, but it slashes back. She steps beyond its reach and then returns to the attack giving me time to regain my feet. She's my hero. She's my warrior queen. She's my Queequeg, that's what she is.

Outflanked, the monster turns and flees. It plunges

through the forest, splintering branches and furrowing the earth. We scramble in its wake as we chase it. It dodges around a boulder and dips under a fallen tree. My wife goes left, and I go right, and we spook a small flush that hides beneath a cedar. They bolt through the bracken ferns, but we let them go. Our eyes never waiver from our prize.

It plunges over a small cliff and up another rise. It makes a great carpogenic leap as we come up behind it, but it twists in the air, and it's on us again. It crashes down between us, scattering us. My face hits the ground, and I taste dirt. When I lift my head, I can see that it now has my wife's basket, and it's trying to stuff her into it! I leap on its back. I grab a ridge with my hand, sink my knees and toes into its pits, and I tug its head back as I bring my knife around, but it bites me in the wrist and the knife drops. It thrashes and bucks, but suddenly she's there. She's on it from the other side with her knife in her hand. The beast shudders under me and roars into the morning air as she strikes. She presses, and she twists. She strikes again! Again! Again! And finally, again.

The three of us collapse together, and for a long time we lie like that in a spreading pool of spores - two of us exhausted, one of us dead. We lie there until the sun is upon us and the birdsong has returned, and slowly we rise. We look with horrified wonder at what we've done.

"I guess we're going to need a bigger basket." My wife says.

Next Deadline:

June 22, 2022

www.eshore.ca



Tom's Corner

by Tom Lymbery

Disaster Spring 1955

If you think 2022 is a late spring, hearken back 67 years to 1955, when it remained cool and rainy all through April and May. It finally warmed up with a week's sunshine in mid-June, followed by several days of heavy rain. On June 26th, the south fork of Gray Creek burst out with a rumbling mass of boulders, logs and debris. That merged with the debris in the main creek, and it all came roaring down.

That day I had delivered some supplies to Kootenay Cottages, where a girl from Rossland was holding the fort for Elisabeth Murray while she was away in Cranbrook with her dying husband Harold. I made it back across the highway bridge over Gray Creek, but I was lucky.

When the Greyhound driver came off the ferry that night, he found Crawford Creek had flooded

the highway by Ray and Ruth McGregor's farm, leaving the bridge inaccessible. So he took the upper loop road to cross where the bridge is high above the water. The same thing occurred at Gray Creek – he had to take the upper bridge up Oliver Road hill. But when he reached La France Creek he found the road on both sides of the bridge - and the bridge itself - had washed away. He was forced to return to the ferry and go back to Nelson.

Power had come to the East Shore in 1952, so there was electricity and telephone – the old magneto - cranked system where you had to crank hard to reach the operator in Nelson. We and all other resorts had reservations coming up on July 1st, so we all had to phone customers to advise their only access was via Nelson. School was just out, and my sister Alice, who was teaching in Kimberley, had to drive south almost to Spokane due to all the washouts, before she could turn north to get to Nelson, and home.

That night everything rumbled and shook with the crashing boulders and debris coming down Gray Creek. I woke to find nearly two feet of muddy water running down the highway into our campground. In one trailer there was a man who worked at the Bluebell mine in Riondel. He and I started digging a ditch to let the water run out, but soon

realized this was a waste of time. So we tackled building a three-foot dam across the highway north of the future Cedar Grove campground, where the creek was running four feet deep through the trees. We used rocks, boulders and logs for this. The bridge was out so no traffic could get through in any case.

Meanwhile Crawford Creek was rampaging through the McGregor farm (today's Crawford Bay Regional Park), causing extensive damage. We heard that the

flood had washed all of Ray's chickens into the lake, so when binoculars showed a large white flock across the bay just before Bootlegger Bay (where a stream exits Lime Lake), I thought I would try to rescue the chickens. Not yet having an outboard, I got June Willis to help, and we rowed across the bay with sacks and nets. But when we got close enough, we saw bright yellow beaks and legs – Snow geese, which took off before I could get a photo. Evidently the heavy rain and overcast had brought them down. Why hadn't we phoned Ray first? Because only businesses had phones at the time, virtually no one else. (Even in 1963 when I married Sharon, her family still had no phone, and



Bridge washout at Sanca Creek, June 1955. Photo: GCHS, courtesy Mary Carne

Sharon was intimidated by the magneto complications. A stamp was only five cents as compared to 35 cents for a three-minute phone call to Nelson.)

We also rowed along to the mouth of Gray Creek, and found it had filled in the old channel and washed out a new one about 200 feet closer to the hall.

The original split cedar overflow culvert by the hall, built 20 years earlier by relief camp workers, had been torn out completely, along with the pavement above it. But the hall itself was not damaged - the floodwaters had gone just south of the hall.

Further south, Lockhart Creek had flooded the highway, but the bridge held, barely. But the largest washout by far was at Sanca Creek. It tore out the 80-foot Howe Truss bridge and completely shifted it about 100 feet downstream. This would be the greatest impediment toward reopening the East Shore highway. There would be no through traffic across BC until a Bailey bridge could be brought and assembled over Sanca Creek, several weeks later. We had no mail, no *Nelson Daily News* to keep us up to date, and no local radio either. But finally Greyhound was able to resume its schedule, and gradually things got back to normal.



Lockhart Creek floods the highway, but the new bridge holds up - luckily for this road crew. June 1955. Photo: GCHS, courtesy of Hephher family

to hitchhike to Montreal to meet them, and expected to return with them by train in relative luxury.

John had only about \$20, but knew that a responsible, upright youth would have little problem getting rides. His only problem was getting a series of short distance rides, but then one good ride lasting hundreds of miles would happen. But when he reached Toronto, he found that his parents were held up by a shipping strike in England. He was 3000 miles from home, with

only seven dollars left in his pocket. He had no choice but to thumb his way back home.

John traveled relatively fast, and sometimes found an abandoned car to sleep in overnight. In Natal in the Crowsnest Pass, he got a ride in a McGavin's Bread truck. The driver asked if he was hungry, and John filled himself up on day-old buns and doughnuts.



The Carpenter Creek flash flood leaves the historic town of Sandon devastated, 1955. Photo: GCHS, courtesy Mary Carne

Past Fernie he had a ride in a loaded transport truck with two friendly American drivers who were heading to Seattle. They warned him he'd have a tough time getting past Creston, as the highway was washed out on the east side of Kootenay Lake. The truckers offered to take him through the US as far as Seattle where he could catch the CPR ferry to Victoria.

As a hitchhiker in a commercial transport truck, without cash or booked transportation, John would not be allowed across the US border, so he needed to stay low in the sleeper. But about 15 miles into Idaho, the truck developed mechanical trouble. John was sitting in the truck cab to depress the clutch they were working on when a border patrol officer happened along. John was taken back to Kingsgate and given a voluntary return to Canada.

John reached Creston only to learn the Sanca Creek washout had closed the highway completely. However, the train was still running to Nelson, with a freight going through at midnight. John had never boarded a moving train before, but he managed to climb onto a flatcar of lumber and spent a most uncomfortable and wet trip to Nelson. He had been warned to jump off before the station and rail yards, but he did this much too early, and had a long walk to get through town and back out on the highway again.

John got to Rossland, and then had to walk a long way on the old rugged gravel Cascade Highway to Christina Lake. He finally got a ride with a young fellow in a newer car who was glad to have the company for the trip to Vancouver. There his new friend gave him \$2, which paid for the ferry to Nanaimo. A young fellow he met on the ferry gave him a ride to Victoria. Soon after John's parents arrived home, but he didn't tell them about his trip for some time.

Special thanks to John Whittaker for his story. (Since John was so enterprising at 16, we can see why he became so successful as a BC Land Surveyor.)

**Next Deadline:
June 22, 2022**

Helping Hands Day

by Rebecca Fuzzen

Sunday May 1, 2022 was Helping Hands Day on the East Shore and it was our largest event yet since Helping Hands Day started up in the spring of 2019. A total of twenty-eight volunteers (this includes the awesome power of the East Shore Youth Network) helped twenty-one seniors with a variety of chores from garbage clean-up, to window cleaning, to yard and garden work. We started at 9am and most of the work was done by 4pm.

Helping Hands Day is made possible because of the wonderful connections and partnerships between many of our East Shore Community Organizations. Perhaps who, you might ask, is involved in Helping Hands Day?



1) Our seniors; for without them there would be few in need of such help as we can offer and we would not come together as a community for such a great cause.

2) Community volunteers (you know who you are)

3) The East Shore Youth Network

4) Garry Sly and the Community Connections Board (ESKLCSS)

5) Garry Jackman and the RDCK for funding

6) Susan Dill and the East Shore Hospice

7) Rebecca Fuzzen and East Shore Better at Home

8) The Crawford Bay Market

9) Darren of the Cabin Restaurant in Kootenay Bay

10) Those involved in follow up and feed-back

Hats off to all involved for making this event fun and successful. Heartfelt thank-yous are in order here.

On Sunday morning, May 1, with two groups of volunteers, one group in Riondel and one group in Kootenay Bay at the Cabin Restaurant, we began with a quick debrief and to receive the lists of who to visit, and what jobs needed to be done. A brief discussion

around supporting our seniors ensued and people, particularly the youth were asked to reflect on the below three questions

1) What does growing old mean to you?

2) In your mind's eye how old is old?

3) What are some of the advantages/disadvantages and challenges of growing older?

If you have answers to any of these questions that you would like to share, I would love to hear them

Please email answers to betterathomeeastshore@valley.services.

On Sunday evening, May 1, once the work was done, many of the volunteers of the day were gathered again at the Cabin Restaurant for spontaneous pizza and street hockey.

As we look forward to a Fall 2022 Helping Hands Day we carry with us some of the valuable learning outcomes; Namely that seniors will receive a reminder phone call of the event a day or two before and that volunteers will receive short intro stories on the seniors they are sent to serve.

Who receives help on Helping Hands Day?

All seniors who request help or have been referred receive help on Helping Hands Day, as long as the tasks being asked for are within the perimeters of safe volunteer activities and do not require ladders, chainsaws, special training or special equipment. Unfortunately there are some specialized jobs we are unqualified to do.

People wishing to donate for services received on Helping Hands Day can donate to: Community Connections, skootenaylakecss@gmail.com Please earmark the funds for Helping Hands Day. Cheers!

May SKLCSS Update

by Gary Sly

The East Shore TAPS program has a new Coordinator. Her name is Ginger Leclerc from Gray Creek and the new TAPS phone number is 250-354-8473. Email for TAPS is eastshoretaps@gmail.com.

We have started to do in person programming at local community halls and community centers. We have been in Boswell twice this month, as well as in Crawford Bay, Gray Creek and Riondel. We are still working on establishing a set schedule for TAPS days but at this point we will be trying to maintain a Tuesday/Thursday rotation. We will be in Boswell on Tuesday June 7 and Tuesday, June 21. We are still confirming the dates for Crawford Bay, Riondel and Gray Creek but we will post them to our Facebook page, East Shore TAPS program and on posters once they are confirmed.

Our seniors program is intended to be a social program that enables seniors to access activities, nutritious meals, social support, and make connections to other community services. As it is new to our community, we are hoping that community members will come out to join us for lunch and to help us to shape the program to meet the needs of our communities.

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St. Anselm's Strawberry Tea a Success!

by Margaret Crossley

Thank you to all who attended the Mother's Day Strawberry Tea and celebration of local history at St. Anselm's Church in Boswell. We had a strong turn-out and a great start to our fundraising drive to purchase the property. The Directors of the Boswell Historical Society (BHS) were all on hand to set up and take down, to manage the parking, to welcome visitors, and to serve the strawberry shortcake and other desserts and refreshments.

Karen Arrowsmith and Darlene Knudson (pictured below) greeted guests as they arrived and did a great job of launching the Fine Art Raffle and selling copies



of *Boswell Beginning's and Beyond* (2021). Thank you to Michael Cone and Luanne Armstrong who attended with copies of their own recent publications. We are indebted to Deberah Shears who set the stage by generously providing beautiful musical accompaniment throughout the afternoon. Please mark your calendars for our next major fundraiser: A Rummage and Bake Sale on the grounds of St. Anselm's on Saturday, July 2, from 10:00 to 3:00.

BHS is fundraising to purchase the St. Anselm's Church property in order to preserve a part of our local history. The Heart – A Gathering Place will provide a welcoming and comfortable space for small group meetings and events for residents of the East Shore. You can help us achieve this goal by participating in the various events/activities scheduled over the next few months and/or by directly donating to BHS via an E-Transfer to: boshistsoc@gmail.com or by cheque made out to the Society and mailed to: The Treasurer, Boswell Historical Society, 12637 Hephher Road, Boswell, BC V0B 1A4 or our GoFundMe page <https://www.gofundme.com/bhs-community-purchase-of-st-anselms-church>.

Boswell Historical Society is hosting a Rummage/Garage Sale!

Saturday, July 2 at St. Anselm's Church

12680 Hwy 3A, 10-3

Treasures, baked goods and coffee (a fundraiser for the purchase of the church by BHS)



Next Deadline:

June 22, 2022

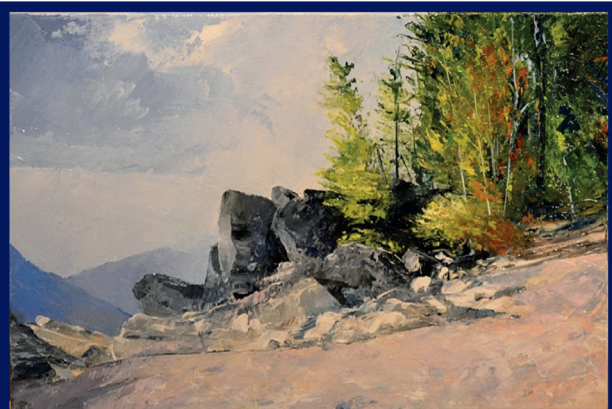
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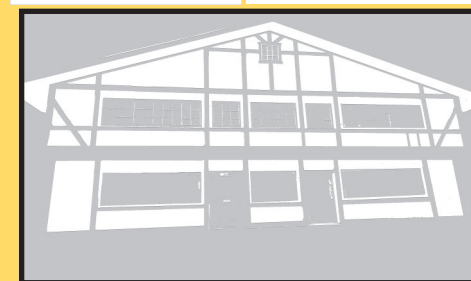
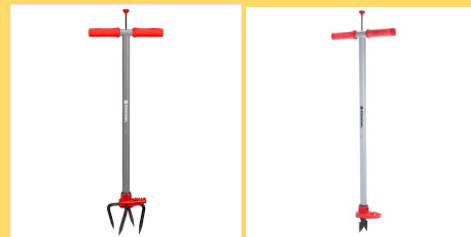
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Who is your Community Hero?

a Mainstreet Feature

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

I know that **Leona Keraiff's** footprints are embedded in many areas in Crawford Bay but this is not what makes her my heroine. It is not all the volunteering and activities that make her so special. It is not about the hampers to feed the hungry, or the care that she gives to the widows and sick (like my Mom), or the smiles and greetings she exudes to friends and strangers, alike. It is not because of the gifts from her kitchen, or garden that she welcomes a new neighbour with. No, it goes beyond all these compassionate acts of kindness, that are enwrapped in an effervescent joy. She is my heroine because of her magnificent heart of LOVE and TRUTH, from where these roots of goodness spread-out to all she meets.

Laurie Slater



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Seldom Scene

by Gerald Panio



Let me digress. Besides being a killer play, both literally and figuratively, and being pure catnip to actors for its leading roles of Macbeth and Lady Macbeth, Shakespeare's *Macbeth* represented the high point of my junior high school acting career. I played the blood-steeped lead in a Grade 9 production that showed at the annual Kootenay Festival of the Arts in the Capitol Theatre in the early 1980s. To this day, I've no idea why my English teacher thought that a nerdy kid who spent too much time in the back of the science lab would make a convincing Scottish regicide but, given the fact that the girl playing Lady Macbeth was so far out of my league that she might as well have been from another planet, I was way more than willing to wear a kilt and wrestle with iambic pentameter. I still remember some of our key lines together. Sadly, *Macbeth* was also my acting swan song; the following year the chosen play was a musical, and I couldn't sing or dance to save my life. Life is cruel.

But back to the movies. When I heard that one of my favorite directors, Joel Coen, had recently completed filming *The Tragedy of Macbeth* (2021), I had high hopes. Joel and his brother, Ethan, who partnered on all of their films starting with *Blood Simple* in 1984, have never disappointed me. Their track record, with films like *Fargo*, *The Big Lebowski*, *A Simple Man*, and *O Brother, Where Art Thou?* is a testament to remarkable their ability to innovate on classic themes & genres. *The Tragedy of Macbeth*, the first solo effort on Joel's part, continues the family tradition.

Finding an original approach to one of the most filmed plays (more than 200 entries under "Macbeth" in an Internet Movie Data Base title search) in Shakespeare's canon isn't exactly child's play. We've had classic versions from Orson Welles and Roman Polanski, a Noh-inspired Japanese masterpiece from Akira Kurosawa (*Throne of Blood*, 1957), a *Godfather*-style Mob drama (*Men of Respect* (1990), a memorable Great Performances production featuring Patrick Stewart, and a comic version set in a hamburger stand in Pennsylvania (*Scotland, PA*, 2001). What's left to do?

Quite a lot, as it turns out. One of the most interesting moves is to roll up several minor characters into one creepy, Mephistophelean henchman. This is Ross, played by Alex Hassell as if he were auditioning for the role of Death in Ingmar Bergman's *The Seventh Seal*. He's a Nemesis figure from classic Greek tragedy, a monk-hooded trickster whose presence bodes both good and ill. Ross holds his own against Macbeth, Lady Macbeth, and the witches. He operates as a kind of sinister leitmotif for the entire film. *Et in inferno ego*: In hell, too, you'll find me.

Another key innovation is Joel Coen's choice of black & white photography. Given that a prevailing theme of *Macbeth* is blood, and that most recent versions of the play have ramped up the story's gore-soaked realism, shooting in black & white definitely goes against the grain. There are a lot of memorable chiaroscuro lighting effects that suggest the German Expressionism of *The Cabinet of Dr. Caligari*, and

the cinematic stylings of Orson Welles and Bergman. Coen's *Macbeth* is filled with sinister dark archways, intimidating ogives, distorted planes & perspectives, imaginary architectures, and blasted landscapes. Interior spaces are vast and brooding and Wagnerian, and stripped of furniture—soulless giant mazes in which the gods manipulate the players like rats. There are echoes of M.C. Escher's stairs to nowhere and Giorgio de Chirico's dreamscapes. It's no surprise that Stefan Dechant and Nancy Haigh received Oscar nominations for *Macbeth*'s production design and Bruno Delbonnel for cinematography. Haigh already has two Oscars to her name, and Delbonnel is past due for his first with five previous nominations.

A focal point of anticipation for any production of *Macbeth* are the witches. In this version, the first witch (Kathryn Hunter, who plays all the witches in the film) that Macbeth meets is straight out of a Satan's own Cirque du Soleil. Something wicked, indeed. Later, One becomes Three—rafter-sitting carrion crows as Fellini might have pictured them.

The Coens have also always been masters of soundscapes in their films, and *Macbeth* resonates with the ominous cries of birds, thunderous doom-laden knockings, hollowing winds, and tolling bells.

For the first time in my personal experience with the play, *Macbeth* is played by a black actor. Deservedly, Denzel Washington was up for an Oscar as Best Actor. His *Macbeth* is a combination of the traditional

guilt-wracked betrayer and a coldly calculating psychopath from hell. He's capable of a level of ruthlessness that shocks even his wife, no stranger to treachery. There's a superbly played scene where Lady Macbeth stares in disbelief at Macbeth as he coolly announces that he's slaughtered the two attendants of King Duncan that they'd set up as patsies for Duncan's murder. Lady Macbeth, who thought she was in catbird seat, suddenly discovers what it means to be married to a man whose mind is filled with scorpions.

I feel a little sorry for Frances McDormand, who plays Lady Macbeth.

McDormand gives a fine performance, looking like the Mother Superior of a convent of no return. She's edgy and sere, but ultimately plays in the shadows of Washington and Hassell. In Joel Coen's version of the tragedy, I find Lady Macbeth to be more of a victim than a driving force of the play's evil. I have to admit, I miss the take-no-prisoners femme fatale who vows she'd dash her own child's brains out if it would get her closer to the throne.

There is one facet of Shakespeare's art where this latest version of *Macbeth* occasionally misses the mark: the dialogues themselves, Shakespeare's language is challenging for any actor who hasn't devoted a lifetime to it, probably far harder than losing or mastering a particular accent. The text of *Macbeth* is 95% poetry and 5% prose. Only rarely does one get to hear an actor communicate all of that poetry with the preternatural clarity that comes from having inhabited it for years or decades. Coen's actors all deliver their lines well, but there are moments when they falter and the speeches fall from the sublime to something lesser. *Macbeth*'s "Tomorrow and tomorrow and tomorrow..." soliloquy is a case in point. To get a sense of what's possible when all the stars align, check out Fiona Shaw's readings of Shakespeare's sonnets available on YouTube, or listen to the audio recordings of the complete *Macbeth* as presented by the Marlowe Dramatic Society, the Arkangel Complete Shakespeare, or the Naxos AudioBooks Shakespeare.

And don't forget that you actually need to *read* the play *before* you watch or listen to it. Trust me on this. Even though Shakespeare actually wrote in modern

English, it's 500-year-old modern English, so you're going to need a leg up. Some of the best annotated versions of the plays include *The Norton Shakespeare*, *The RSC Shakespeare* published by The Modern Library, *The Complete Pelican Shakespeare*, *The Riverside Shakespeare*, the Harbrace Shakespeare for high schools, and the wonderful Signet Classic Shakespeare paperbacks. *Asimov's Guide to Shakespeare* is another labor of love by a true fan of the Bard.

Pressed for time? Videojug.com's "Macbeth in 96 seconds" should do the trick. No one will ever know. For some of us, the more *Macbeths* the merrier. In this age of online streaming, a quick search of YouTube, Bing.com, Netflix, Amazon Prime, Britbox, Acorn TV, and the Apple Store gives instance access to all the classic (and not-so-classic) versions, either free for streaming or available for purchase or rental. As Will himself put it,

Lay on, Macduff,

And damned be him who first cries, 'Hold, enough!'

Riondel Arts Club

by Sharman Horwood

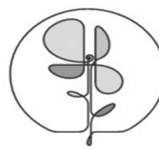
Finally we are getting some lovely sunlight. Flowers and trees are blooming now in their usual seasonal splendour. I always think of nature as an art form in itself.

The Riondel Arts Club has re-hung the paintings in the hall of the Riondel Community Centre. We have added a few new paintings, along with some older ones that you might not have seen before. Come by and tell us what you think.

Gerald Panio is continuing his fascinating art lecture series throughout June. On June 7th, he will show a film on Paul Cezanne's artwork. He was a French Post-Impressionist painter, and influenced the development of 19th century art. Then, on June 21st, Gerald will give a lecture on Canaletto and his Veduta paintings (cityscapes). On June 28th, Gerald will present a video on the acclaimed Mary Cassatt, the American artist famous for images of women's social and private lives. The lectures are all on Tuesday afternoons, starting at 1:00 p.m. For art and seniors' association members, they are free; but they are open to everyone for a \$5 fee.

If you're at all interested in creating art, please stop by on Tuesdays at the Riondel Community Centre. Some of us start painting, or drawing, at 10:00 a.m. Mosaic artists get together on Thursdays. We are a mixed group, from beginners to advanced and welcome anyone who would like to "have a go." In the meantime, have a terrific spring.

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Diemm at Harrison Cultural Centre

by Peter and Mary (Wherpeter)

Coming to Harrison Memorial Cultural Centre, 16004 Crawford Creek Road, Crawford Bay, BC Saturday June 25th, 2022 ...

ArtConnect presents Coffee House Music Night #3. The evening will begin with an Open Stage featuring fine local musicians at 7:00 pm and conclude with a much-anticipated encore performance at 8:30 pm from Diemm

Diemm ... crystalline vocals. Lyrics like arrows. Ethereal folk harp. Diemm is a harp-playing singer-songwriter and spokenword poet, dreaming aloud. She plays original Chamber Folk music, with poetry will weave new layers between the conscious and subconscious mind. She says, "I don't write poetry, it writes me."

In addition to winning the 2019 Independent Music Award for her spoken word poem 'Mythmaker' Diemm's writing has been reviewed in favourable comparison to the iconic poets Rumi, Pablo Neruda and Leonard Cohen. She lives a simple life in the mountains near Kaslo BC, and sometimes she hyper-ventilates about how beautiful the natural world is.

To entertain is one thing. To enrich is another. Diemm dreams aloud, to find that one note, that one resonant chord that opens a cascade of 'yes' inside you. Poetry that tugs you into the liminal place between conscious and subconscious mind. Diemm holds hands with the Muse and bows to the power of music to align and illuminate ... and remind us to remember our invisible wings.

Praise for Diemm:

Diemm has the incredible ability to discuss heavy, sad, or even complicated topics in a manner that makes them sound light. ~ Alana Ballantyne, Two Story Melody

Diemm sings a lot of otherworldly melodies that sound as if they might've been inspired by Indian ragas or Punjabi folk songs. And the spoken word pieces work because Diemm is a truly expressive raconteur. ~ Roots Music Canada

What to expect at a Coffee House Music Night

Doors open at 6:30pm Open Stage at 7pm Coffee Break at 8pm Feature Act at 8:30pm

Musicians: If you're interested in playing the Open Stage, please register with Paul & Mary at the Centre at 6:30 pm so that you'll be ready to present your three songs when you're introduced beginning at 7:00 pm. Those registered to play on the Open Stage will not be charged admission. Positions on the Open Stage are given to the artists who register first.* Please BYOM (bring your own microphone), and enjoy every moment performing to this live and appreciative Coffee House audience!

* Note: There are limited spots on the Open Stage ... please come early to ensure yours.

At 8pm, the coffee break will provide time for us all to meet and mingle with our fellow music lovers, artists and Coffee House volunteers. Coffee or tea may be had for a \$2 donation, with thanks. We will all return to our seats for Diemm at 8:30 pm. Admission is \$15.00 cash at the door or online at Eventbrite.

More about the monthly Coffee House at artconnect.cc/events.

We are thrilled with the response from BC musicians, and Feature Performances are now booked through until September! Please watch the website for details.

With your support, these Coffee House Music Nights will continue on the fourth Saturday of every month. Come experience the community vibe of ArtConnect's Harrison Memorial Cultural Centre, the new meeting place for the Arts in "Artistic by Nature" Crawford Bay, BC!

Let's all get together in the name of peace, health, love and music! See you there!

The Way they Came – A Play

by Ellie Reynolds

Every story begins with two bodies; though it might make us squeamish to think about our parents as lovers. I know I rolled my eyes as a teen when my mother told me the story of my conception: a drunken steamy night on the tiny Caribbean island of Carricou. They had feasted on lobster and my mother was tipsy from the rum and happy enough to forget her sadness over five years of unsuccessfully trying to make a second child.

How about you? Do you know the story of how your life came to be? And how about how about your birth...we all enter the world in a way that on some level, shapes the rest of our journey through life. Born in water? Emergency C-Section under bright lights? Your mother in labour for hours, or days or...? Every birth is different.

I have given birth three times. Each one was dramatically different from the others, and I felt transformed by each birth in a way that made me wonder why we, as a culture, don't talk about or honour our birth stories more. In 2016, thirty-nine weeks pregnant with my third (and quite unplanned) baby – I had a terrifying hemorrhage in my living room at midnight while trying install flooring. Our wonderful midwife navigated the dark lake road, speeding me away from my family and into the emergency room in Creston, into the hands of capable surgeons who saved me and my baby from what could have been fatal for us both given ten more minutes of bleeding. This experience was so different from my previous two intimate and unmedicated home births that it took me a long time to let go of the trauma, mixed with strange feelings of shame around having needed so much help this time. Isn't the female body supposed to be wise and competent, perfectly made for physiological birth?

Why am I telling you this? Because I have become someone who writes one woman plays based on true events, and I knew that this story was going to become a play – I just didn't know when. It turned out Covid would provide the catalyst: I joined a weekly Zoom class for solo performers/writers taught by a woman from LA. The classes used to be in-person, but she, like everyone else, was fumbling around trying to move her work onto Zoom. Piece by piece, week by week, I wrote the story of almost dying in the midst of motherhood. And then I got some financial help from the Columbia Kootenay Cultural Association, and also through crowd funding I received generous help from my friends and community members who believed enough in me to want to support my creative efforts to bring this story to the stage. Next I hired Bessie Wapp from Nelson, my dear friend and artistic collaborator (she also directed by first show Matchmaker on the Roof). Suddenly I had booked the yoga studio at Tara Shanti and created an online ticket link – I was going to 'birth' the show and share it with the community. I did know this was a brave thing to do, and I was duly terrified. Would it be 'too much'? It doesn't shy away from the details after all. Would I open myself up to judgement? Why on earth was I doing this?! On and on...but I also quietly and firmly believed that telling birth stories can be healing, and I wanted to create space for reflection and shared experiences around the topic. My husband Charles had engineered some trucks lights to sit on tripods and be controlled from his tablet via Bluetooth (he's a genius that way) and he was still soldering wires together as the audience was arriving for the first show! There were some glitches, but this wonderful community showed up: masked and curious, ready to be entertained. As they rose in a standing ovation when the lights went down.

I performed 'The Way They Came' five times in that beautiful and 'womb-like' Yoga Studio, to small but sold out small, masked audiences. Since then I have toured it to Creston, Cranbrook, Winlaw and Silverton, and in September I'm even taking it to the Vancouver Fringe Festival. I have loved sharing the show with whoever has been moved to attend the performances. It has been deeply moving and satisfying to hear that

the content and message of the show resonated with people, whether they had given birth or not. There's plenty of laughter too, after all the only thing that separates Tragedy from Comedy, they say, is time.

Thanks to the invitation of the Art Connect Society, I'm going to perform the show again on the East Shore again, at the beautiful Harrison Memorial Cultural Centre in Crawford Bay, on July 2nd. If you're interested in coming, check out www.artconnect.cc for details and tickets.

ArtConnect presents Zabel Trio in Concert Saturday, June 11, 7pm

by Zora Dovalova

The ArtConnect society celebrated Mother's Day with a beautiful event. The voices of two wonderful soprano singers Noemi Kiss and Kathleen Neudorf wove melodies accompanied by a very skilled piano player Christoph Martens. The audience was mesmerized, and many people tried to suppress tears. The strength of the naked voices not amplified by any sound system took us all by surprise. Their blending with the newly repaired acoustic piano was perfect. The choice of the repertoire was masterful: we enjoyed songs you only can hear online or CD.....songs such as the famous Belle Nuit by Offenbach, Nella Fantasia by Norricone, some Donizetti, Schuman, Mendelson, Legrand and beautifully arranged folk songs. Christoph's piano playing was stunning. The two ladies delivered an incredible performance to a full house and received standing ovations. It was decided right on the spot that we shall have them back and some of the audience members added that we want them back "next week"! The trio truly inspired and touched us in a deep way.

I was very happy that Noemi Kiss (who sang on international stages before she got married in Canada) accepted my invitation to sing at the Harrison Church. She agreed to come again in October and this time she will be accompanied by Mr. Restivo, Juno nominated piano player and presently the instructor at the Selkirk College, and Mr. MacDonald, composer and violinist. Make sure you pencil this one in your calendar, it will be a very special concert.

We are also inviting Noemi Kiss to lead a vocal workshop at the church in August. If you already like singing, if you like to improve your voice or even if you don't believe you have a voice or talent, please come and enjoy a full day with this talented singer and instructor. I can assure you that at the end you will find your true voice. You will understand how the voice is formed and how it resonates in the body and why is it so enjoyable and healthy to sing regularly.

We are thrilled to announce the next event in our concert series - the local and wonderful Zabel Trio! Please come out and enjoy this super energetic trio comprised of the lead singer Isabel Drolet, our local reincarnation of Janis Joplin! Yes, this girl and her band members Patrick Alexandre on stand-up bass and Morgan Rael on guitar can rock! Even if you might have heard them play at a local pub it still does not mean that you really heard them. This time they will play for a listening audience, and I am sure they will include songs you never heard before. They already played once during a coffee house and received big ovations. Please don't miss these guys.

The tickets are sold at the Crawford Bay Market, Lakeview Store, Gray Creek Store, Destiny Bay, and online at our website artconnect.cc

Next Deadline:

June 22, 2022

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 Powers of Squid

Octopus, squid, and cuttlefish are cephalopods. Octopuses have short lives, have little social activity, and unusual brains, yet they have become recognized as having a certain intelligence. However, squid, too, are quite remarkable in their own way, and intelligent as well. Their unique abilities may be due to the fact that they're predators. All cephalopods are predators, and their drive to find and capture their prey "has likely been the driving evolutionary force behind the development of their intelligence" (*Wikipedia*). In recognition of the possibility of squid intelligence, studying them has become quite trendy.

Squid are great communicators, possibly because they have more social activity than other cephalopods. The Humboldt squid, for instance, "shows extraordinary cooperation and communication in its hunting techniques" (*Wikipedia*), the first among invertebrates to show cooperative hunting habits (*Wikipedia*). Humboldt squid, unfortunately, will sometimes eat each other.

Squid are colour blind, as far as scientists can tell, but they can instantly change colour, "using different colors on their upper and lower bodies to blend into different backgrounds and attract potential mates" ("Are Squids as Smart as Dogs?" in *Medical News Today*, Lisa Templeton, Feb. 10, 2020). They are able to camouflage themselves; they also have the ability to "voice" two different messages simultaneously. As Wen-Sung Chung, of the Queensland Brain Institute, puts it, a "squid can say 'I love you' to his favorite lady" with one part of its body, at the same time as

it signals "go away" to rivals with a different part of its body. According to Chung, this requires "a very complex cognition process" ("Are Squids as Smart as Dogs?" in *Medical News Today* by Lisa Templeton, Feb. 10, 2020). He maintains they use a "skin powered" alphabet in the way they change colour.

Squid also use this ability for hunting. Cuttlefish in particular use their colour by moving it in waves over their skin surface in order to mesmerize their prey, as do some octopuses. As a result, the study concluded that a squid's brain is "more complex than that of a rat or a mouse," likening it to the complexity of a dog's brain. In other studies, squid have been found to "count, solve problems, recognize patterns, and communicate through a number of signals" ("Are Squids as Smart as Dogs?" in *Medical News Today* by Lisa Templeton, Feb. 10, 2020). Consequently, in captivity these marvelous sea creatures benefit from environmental enrichment their keepers give them. The animal's resulting behaviour shows a "neuronal plasticity not exhibited by many other invertebrates" (*Wikipedia*).

With other families of animals, this might not be seen as remarkable, essentially because they all came from the same evolutionary tree. However, cephalopods did not. They evolved independently. They are not related to dinosaurs, for instance, as are birds. Nor are they related to primates, as are humans. Cephalopods evolved independently yet similarly; they have developed some of the same characteristics, however, such as eyes. This is called convergent evolution. (Another example of this would be bats and birds. Bats are mammals, but birds are not, yet both species developed wings, a similar characteristic that enables them to fly.) The first cephalopod emerged about 500 million years ago. "They diverged in evolution so long ago . . ." says biologist Sarah McAnulty in *Here & Now*, yet "they're basically the most advanced behaviorally, animals of their kind of lineage." (Sarah McAnulty is a squid biologist at the University of Connecticut and founder of Skype A Scientist.)

Along with their ability to communicate--despite their colour blindness--squid can also "ghost." This is the "ultimate high-tail-it maneuver" ("Why the Humble Squid is the Supergenius of the Sea," in *Treehugger*, by Christian Cotroneo, Feb. 8, 2022) When they are being hunted, or are in a dangerous situation, they squirt ink in approximately their own shape to hide the fact that they have dodged away behind the smoke-screen.

Scientists now are also suggesting that squid can manipulate their DNA. Most animals "are the net sum of information baked into their DNA--and dictated to the rest of the body" ("Why Are Squid So Smart?" in *whur, Here & Now*, by Jeremy Hobson and Serena McMahon, May 13, 2019). However, with squid, they "interfere with the code as it's being transmitted by RNA" ("Why the Humble Squid is the Supergenius of the Sea," in *Treehugger*, by Christian Cotroneo, Feb. 8, 2022). According to Zoe Doubleday of the University of Adelaide, "cephalopods are notoriously variable, and population abundance can fluctuate wildly, both within and among species." She goes on to add that "being able to adapt to an ever-changing environment is an essential survival skill. And squid do it like no other" ("Why the Humble Squid is the Supergenius of the Sea," in *Treehugger*, by Christian Cotroneo, Feb. 8, 2022).

There are more than 300 different varieties of squid. They range from a thumbnail-sized squid called the pygmy squid, to giant squid, which can grow as much as 40 feet long, yet all of these remain some of the most elusive creatures in the world, as you well know if you've seen the videos of the unusual deep-sea squid varieties. The ability to communicate in such a variety of ways, displaying unsuspected cognitive abilities, along with the practice of manipulating DNA, shows a squid's biological system is unlike other animals'. As told to *New Scientist*, some scientists believe it is "a special kind of evolution based on RNA editing rather than DNA mutations and could be responsible for the complex behaviour and high intelligence seen in cephalopods."

The future of squid research looks promising.

For the Love of Genre

by Sharman Horwood

Chasing Evil



Kate Quinn is widely recognized for her historical fiction. She has written five novels based in classical Rome, as well as two about the Borgias. Her three most recent novels are centred in the events of WW II. They include *The Alice Network* (2017), *The Huntress* (2019), and *The Rose Code* (2021). All three focus on women who fought, spied, and even broke codes in

Bletchley Park for Britain's Government Code and Cypher School. Quinn is known for the accuracy of her research, and her characterization of actual figures. Her ability to weave an interesting story within the historical turmoil improves with each novel.

The Huntress takes place during and after the war. Despite the title, the novel focuses on the development of four main characters: Jordan McBride, a teenager in Boston, Tony Rodomovsky, an American caught up in the thrill of chasing Nazi war criminals; he joins Ian Graham, a British war correspondent tracking the criminals, and Nina Markova, a young Russian pilot, a famous Night Witch who successfully bombed the German soldiers invading Russia's western borders. Together they search for the Huntress (*die Jägerin*), a German woman who murdered several children and men during the war. Who is this woman now? What has she become?

They all have widely different backgrounds. Ian

Graham, for instance, is a famous British war correspondent. He has stopped writing in order to find the Nazi criminals who have escaped Germany under different names and disguises. Jordan McBride, lives in Boston, Massachusetts; she is in the process of graduating from high school and marrying her high school sweetheart, though she isn't sure that's what she wants. She wants to become a photographer, perhaps good enough to be hired by *Life* magazine. Nina Markova is from Siberia. Born on the shore of Lake Baikal, she fears the water, but is lured away from Irkutsk by a passing plane: she realizes she will do anything to become a pilot and works at an airport to learn how to fly. She later persuades Major Moskova, the historical organizer of the legendary Night Witches, to enlist her.

The story of the Night Witches (*die Nachthexen*) is central to this novel. These female pilots were legendary because they were known to be fearless, and hardy. (Quinn cites the titles of books where you can read more about this amazing squadron of fighter pilots.) At the start of the war, Russian women were barred from combat. However, Major Marina Moskova, known for her actual aerial feats, used her connections to convince Stalin to allow her to organize this troop of female combat bombers. He wasn't disappointed. They were relentlessly efficient in their bombing runs against the Germans invading Russia's western border. For three years, members of this team flew "anywhere from five to eighteen runs per night" in winter and in summer. (The male bomber squadrons flew far fewer.) In winter, the young women, primarily volunteers in their late teens and early twenties (*Wikipedia*), would attach each load of bombs and arm them with bare fingers in sub-zero temperatures. They needed to be able to feel with their fingertips because of the bombs' sensitive mechanisms. Some lost parts of their fingers from frostbite but still continued to fly. They survived on "catnaps and camaraderie," often sleeping as little

as three hours a night. At times, during a bombing run, if all the bombs failed to drop, some navigators had to climb out onto the wing and manually release a bomb from its rack; they didn't use safety harnesses. Also, because they had to fly low, they didn't use parachutes. Their mortality rate was high: the regiment lost 27% to crashes and enemy fire. One of these highly effective bombers--Lilia Litviak--became history's "first female ace"; unfortunately, she was killed in an aerial dogfight before the war ended. Many in the team were awarded the Hero of the Soviet Union medals, the USSR's highest decoration.

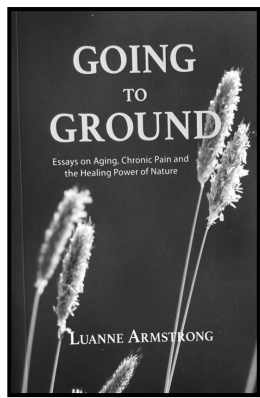
The Germans called them Night Witches because of the way they attacked. As they approached the target, these pilots would idle the planes' engines, then glide down to release the bombs. The soldiers on the ground heard only wind noise. They "likened the sound to broomsticks" (*Wikipedia*) and dubbed them Night Witches.

Nina Markova is a Night Witch. She is "a compact bullet of a woman in shabby boots" (p. 402). Before the end of the war, she leaves Russia, and encounters an escaped prisoner of war in Poland. They run into *die Jägerin*. After escaping her, Nina swears she will kill *die Jägerin*. As the war ends, she meets Ian Graham, a famous war correspondent tired of the war's chaos. He helps to get her into England as a refugee before joining him in his efforts to bring Nazi war criminals to justice.

Quinn calls *die Jägerin* a "fictional composite." She is based on two real women who committed the crimes ascribed to the Huntress. Quinn deftly employs real figures along with her fictional ones, while describing "the suspenseful quest for justice" (*Booklist*). The novel is insightful, as her characters face their fears and opt for a better future, for themselves as well as others, maturing together in the aftermath of a horrific war.

BOOK REVIEW

by Tom Lymbery



Going to Ground: *Essays on Aging, Chronic Pain and the Healing Power of Nature*, by Luanne Armstrong, Caitlin Press, 193 Pages, \$24.95

This is the 25th book by Luanne, a prodigious writer. She explains that as soon as she learned to read at age 6, she began a life of books. Even borrowing 25 from a library, more than she could carry. She edits books for

people, recently finding more older people who want to record their memoirs.

She mentions growing up with her mother, who should have been a professional singer, and her dad who struggled to wrest a living from a small farm. He had to get outside work, so we were pleased when he got the first rubber tired backhoe on the Eastshore, digging a much needed trench through the bush to bury two 2" black plastic pipelines to supply water to our growing campground.

Luanne lives for her daily walk to her beach, accompanied by her two dogs and delights in the sound of the waves. She has a white cat that is afraid of being taken by an eagle – which has nearly happened several times on the beach walk.

After two car accidents and a tough life and arthritis Luanne suffers much pain but this doesn't keep her from writing books, and editing those written by others.

Sisters Of The Ice - the true story of how the St. Roch & North Star of Hershel Island protected Canadian Arctic Sovereignty, by R Bruce Macdonald, Harbour Publishing, 146 Pages, \$19.95

The St Roch is a sailing ship with a diesel engine, captained by Henry Larsen that was the first boat to navigate the North west Passage, and also circumnavigate North America. On the boat built by the RCMP, Larsen was from Norway but knew the waters better than others, supplying isolated posts and reinforcing the Canadian sovereignty that was tested by the US and Russia.

The St Roch was built of steamed oak frames, covered with a thick layer of ironbark, an **extremely tough tropical wood intended to protect the hull from the ice. Intended principally to sail it was soon found that the round bow dug into the waves, instead of cutting them.** After some years she was upgraded by sharpening the bow, and installing a more powerful 300 horse diesel engine instead of the original 150 horse one. However, she had no clutch and the delay in engaging reverse, all too often saw her stuck on a sandbar

Under Captain Henry Larsen she delivered mail and supplies and did all the duties that were needed for isolated RCMP posts.

Fred Peterson and Fred Wolki of Banks Island planned a sailing ship with an engine to supply their island and also transport the vast amount of furs produced there. They had Ole Andreasen design what they wanted and found they needed \$28,000, which was a large sum in 1934 at the height of the Great Depression. But the enormous demand for white fox pelts had made them rich, so they engaged Kneass Boatworks of San Francisco to build the ship. Similar to the St Roch with a round hull covered in ironbark, but with a sharper prow and a gas instead of diesel engine. Kneass was proud of his work so used mahogany for its beauty and durability.

When completed the new boat was loaded on the deck of a large steamship Patterson with a crane. Then taken north to be slid off the deck into ice laden waters. Then the North Star of Herschel Island started a long life of Arctic service.

Today both ships are on display at the Vancouver Maritime Museum – well worth a visit.

East Shore Reading Centre

by Taryn Stokes, Librarian

Happy June to everyone! I'm happy to announce Hour Children's Summer Reading Program, starting June 25. We are inviting kids to check out a library book and then tell us about it when they bring it back. The kids can write the name of the book for us to post around the library. We will have some ice-cream coupons to local ice cream places to celebrate completed books; these will be available while supplies last. Look for our posters and flyers around town in June.

In May we had 196 items checked out and served 33 patrons. We added 25 new items this month, including some much appreciated donations. We have another summer themed book, *Every Summer After*, by Carley Fortune. The latest in the *Women's Murder Club* series has arrived, James Patterson's *22 Seconds*. There are also new books from Canadian authors; *The Darkness in the Light*, by Daniel Kalla, and Iona Whishaw's *Framed in Fire*.

The East Shore Community Reading Centre is open Tuesdays and Saturdays between noon and 3PM. We can be reached at 250-777-1492 or via email at escomlib@gmail.com. Our address is 16234 King Road, just across from the Crawford Bay Hall. We are pleased to host the Hospice Library collection at our location as well. Take care and happy reading to all.

Requiem for Olivia

by Michella Moss

In some sun dappled parallel universe,
We sit together, grand old dames,
dogs at our feet, watching the sea slide into
the shore, and then return to it's depths.

We remember how you danced,
and how I sang.

Dance into the light, my dear Oh...
As I sing for you.

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Hospice Update In The Moment

by Maggie Kavanagh

I am part of the Eastshore Writer's Group and the recent prompt initiated by Cindy from our group was 'Lost and Found'. In this writing prompt I found my way back to some deeper emotions relating to my mother, my father, a childhood friend and many others who I have lost in some form or another. I found this process quite revealing and healing. I hope to share some of these experiences over the next few months.

Feeling the loss of a loved one passing isn't always the only time you can experience grief. There are other feelings of loss that can feel similar. It could mean the loss of a childhood friend; the loss of a partner in a separation or divorce; the loss of a child or adult child who has left home. The loss of pictures and other items; the loss of your belongings due to a fire or some other tragedy. Who were the people or things special to you that you lost and/or found? Write about it, tell us about it. Please send to Maggie's email: yogimag@gmail.com.

East Shore Hospice volunteer care is free of charge and is available in your home. Hospice care does not replace nursing care, home support or any other professional service. A hospice volunteer can be a caring listener with an open heart and mind, who is also comfortable sitting in silence with a terminally ill person. This support can also give the caregiver(s) some respite to care for themselves. This means that the caregiver can have time away from the caretaking role.

If you or someone you know is in need of Hospice Care or you would like more information, please contact Susan Dill East Shore Hospice Coordinator at the East Shore Community Health Center Hospice Office at 250 227-9006, or at her home 250 227-9350. Hospice mobile 250 505 4915 should be operational sometime in March 2022. Hospice related books are found in the Crawford Bay reading room - Library; with hospice books on care, grief and mourning.

Watch for articles on Hospice care that will be posted regularly in *The East Shore Mainstreet* by Maggie Kavanagh or any one of our other volunteers.

Notice of Passing



**Barbara Basaraba
April 24, 2025**

In loving memory ~ We are saddened to announce the sudden passing of Barbara Vera Basaraba (nee Zarchukoff) on April 24, 2022. Barbara was a resident of the Boswell area and loved her life there with the people of the community she had called home since 1989. Barbara was raised in Salmo, BC, the youngest child of Alex and Fanny Zarchukoff. She worked as a nurse in Vancouver, Lethbridge, and Edmonton and did the mail run along Kootenay Lake for many years. Barbara was predeceased by her parents and her brother Alex Zarchuko and sisters Laura Desnoyers and Mary Wishlow. She was predeceased by her husband, the love of her life, George Basaraba, in 1985 and by her partner and companion Al Becker in 2000. The loss of her grandson Joshua Heisie was a significant blow to Barbara in 2020. She is survived by her daughter Lorna Heisie of Creston, BC, grandson Matt Heisie of Los Angeles, California, and sister Winnie Carlson of Penticton, BC. She leaves behind many cousins, nieces, and nephews whose lives she was very much a part of. Barbara was very active in the Boswell community and thoroughly enjoyed spending time with her friends in yoga class, book club, quilting club, carpet bowling league, dinner committees, and more. Barbara's primary hobby was quilting with at least one or more vibrant and intricate pieces always on the go that she shared with family and friends or donated to the community. Books were another pas-

sion, with four or five stories on the go at any time. Distance was not a concern to maintaining close ties with her friends and family. She frequently hosted countless guests at the home she built in Twin Bays, and would hop in the car without hesitation to travel from Calgary to Penticton several times a year on her rounds of visits. She'd frequently travel into Creston (Wloka's Fruit Stand was a favorite destination), where it seemed ice cream was often involved. When not quilting, she was often house sitting, dog sitting, and visiting. Barbara's sudden departure has left many of us deeply saddened, and the community without a great connector who brought people together. In memory of Barbara, we will get together on June 11, 2022 at the Boswell Community Hall from 11:00 am-3:00 pm to share stories, food, experiences, fun times, adventures and collectively remember this person whom many loved. Barb would ask that any donations be made to the Boswell Hall to support the community. Condolences may be sent to the family by visiting firstmemorialkelowna.com. Arrangements entrusted with First Memorial Funeral Services Kelowna, 250-762-2299.

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Medicinal Mushrooms

by Maya Skalinska

M.H., R.H.T. Master

Herbalist, Registered

Herbal Therapist



Medicinal mushrooms have been used in healing remedies for centuries. There is reference of their use as far as Hippocrates in 455 B.C. In Asia, the recorded use goes back over 3000 years, and to this day they continue to be a prominent part of their health care systems. Here in the Western world, we're just catching up. Clinical studies on medicinal mushrooms started in the early 1900's in Russia, and now continue all over the world with remarkable results.

So, what's so special about them? They are broad spectrum medicines, and the ultimate adaptogens. Adaptogens are a class of natural medicines which help our bodies adapt to all kinds of stress: physical, emotional, environmental or chemical. As far as broad spectrum, here's an example, the king of all mushrooms: Reishi. Reishi mushroom is anti-bacterial, anti-viral, anti-inflammatory, antioxidant, anti-tumor, anti-candida. It regulates blood pressure and blood sugar, reduces cholesterol, works as a kidney, liver, lung and nerve tonic, supports the cardiovascular system and helps with insomnia. Reishi mushroom is also an immune modulator and reduces stress response. That's just what the newer clinical studies have found. From the ancient texts of Traditional Chinese medicine, it states that Reishi "enhances vital energy, increases thinking faculty, prevents forgetfulness, delays aging by removing toxins, therefore heals the whole body." I say that's pretty good wisdom from 3000 years ago, and it's just scratching the surface. There are hundreds of clinical studies and many books written on just Reishi alone.

16 *Mainstreet* June 2022

So, how do they work? All medicinal mushrooms have a few common denominators:

1. Polysaccharides: Many herbs such as Echinacea are rich with these compounds, but medicinal mushrooms have a special component - a protein wrapped around the polysaccharide which creates a crystal like compound believed to act as a key communicator within our bodies. They are referred to as beta glucans and play a role in many immune regulating functions.

2. Triterpenes: Each medicinal mushroom comes with its unique triterpene profile largely responsible for the broad spectrum medicinal activities.

For example, triterpenes from Reishi show activity against hormone related cancers, as well as inhibition of cholesterol production, similar in action as statins. Triterpenes from Chaga are showing activity against lung cancer cells, as well as strong anti-inflammatory actions due to autoimmune disorders. In my opinion, clinical research into triterpenes is one of the most exciting to follow, with so much new evidence showing a variety of healing activities throughout all of our body systems.

There are many more bioactive compounds which make medicinal mushrooms powerful medicines. Way too many to list here.

Here's a quick summary of some of my other favorite medicinal mushrooms:

- Cordyceps, which shine in respiratory health, as they improve oxygen uptake, while reducing bronchial inflammation. As all mushrooms, they enhance immune function and energy levels, and work wonders as a kidney and liver tonic, specifically for hepatitis B. They also inhibit the production of DNA and RNA synthesis in cancer cells. This is the mushroom that became famous after a group of Chinese runners broke nine world records in track and field world championships in 1993. The coach attributed their success to the cordyceps they were consuming on a regular basis, which is now used by many athletes worldwide.

- Shiitake stems are medicinal, and the caps used as food. So don't throw out the stems. Cook them

along with the caps for immune enhancing activity.

- Lion's Mane is one of my favorite nootropics, a class of herbs and mushrooms specific to enhancing cognitive function. Lion's Mane has shown to regenerate and create new neural pathways. Need I say more?

- Chaga works wonders on digestion, kills off parasites, balances hormones and as all mushrooms, plays an important role in immune function, energy and overall health.

There is so much more information about the wonders of medicinal mushrooms, but if there's only one thing to remember, then I say they are the best immune regulating natural medicines we have found so far. The discoveries of the health benefits of these amazing mushrooms just keep on growing as more clinical research gets published on a regular basis. They are truly amazing.

Maya is a Master Herbalist, and Registered Herbal Therapist with BCHA. She offers Iridology, Herbal Medicine and Nutritional Consultations in Crawford Bay and Nelson. For more information please email: mayaskalinska@yahoo.com

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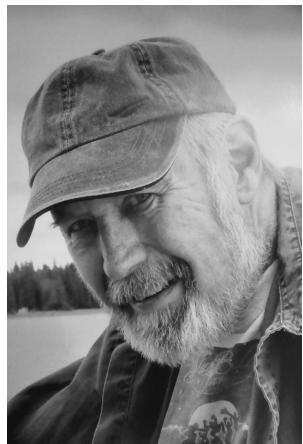
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Notice of Passing

**John Howard
Smith**

**July 29, 1943
– May 20, 2022**



John was born in London, England during an air raid blackout and thunderstorm in the middle of the night, and was a breech birth. No doubt his mother Daisy was too exhausted to consider possible alternate names. His

father Ashley served as an Air Raid Precautions officer during the war. John's only sibling, his brother Roger, was born in 1946.

The family moved 25 miles east to Leigh-on-Sea, on the tidal estuary of the River Thames, in 1952. As youngsters, John and Roger spent a lot of time on the beach or in the local woods. John's father died of a heart attack at home in 1956, aged 46, a few days after John's 13th birthday. His Mum went back to work until she was 72, and died peacefully at age 95. John took on a great deal of responsibility at a young age, and had to learn practical skills to help the family.

After school and technical college John worked as an electronics technician. At the age of 24, he set off for Canada in with no particular plan. He landed in Montreal in November, 1967, where it was colder than he ever thought was possible. John spent the next two years travelling across Canada, and working in Calgary, Prince Rupert, and on Vancouver Island. In 1969, John hitchhiked back east across Canada on his way back to England. He found that he really did not belong in England anymore, and returned to Canada, where he met his future wife Lorna the same day that he got off the plane in Vancouver.

In the spring of 1970, John and Lorna set out together for the Maritimes, looking for a different way of life away from the city, and knowing that land was cheaper in the east. They bought an abandoned farm in Nova Scotia; a hundred acres with a house that had been built in 1842, and a 60-foot barn that needed a new roof. Before long they had tractors and equipment, cows, sheep, two acres of strawberries, ten acres of hay, and lots of information from their neighbours, who had farmed in Pictou County for generations. There was always a shortfall of cash during the winter. John cut logs off the property that could be sold for 50 cents each for pit props in the coal mines in nearby Stellarton. Lorna hitched up the logs and pulled them out of the woods with the farm tractor. It was hard work in the snow, stacking eight-foot lengths by hand.

One winter, John went to a course in welding and blacksmithing at the agricultural college in Truro, and immediately fell in love with blacksmithing. He also saw it as a way to make a living during the winter months. John partnered with a neighbour and set up the "Forge and Anvil" blacksmith shop, where he worked during the winter months and continued farming in the summer.

After 10 years on the farm, Lorna and John had two beautiful little daughters and Lorna wanted to move back to the Kootenays, where she grew up. In 1980 they sold everything that they couldn't pack, and travelled back to BC, bringing along all the blacksmithing tools. In 1981, they found a piece of land to buy and a house to rent in Crawford Bay. John's first blacksmith shop was in the garage next to the old Crawford Bay Store.

Between 1981 and 2021, John built a house and three blacksmith shops, and travelled extensively to trade and craft shows to build up the blacksmithing business. Kootenay Forge became a name that was known to blacksmiths across Canada and the USA. He trained 20 people, most of whom were his employ-

ees for varying lengths of time, and he was the first blacksmithing instructor at the Kootenay School of the Arts in Nelson. Several people that he trained went on to start their own blacksmithing businesses. John was featured in many newspaper and magazine articles as well as on television. He was either a founder or participant in the creation of *The East Shore Mainstreet* newspaper, the Artisans of Crawford Bay, the Kootenay Blacksmiths Association, and the Starbelly Jam Music Festival. He chaired several other community organizations, including the Kootenay Lake Chamber of Commerce, the Hall and Park board, and the Economic Development Commission. It is easy to find evidence of John's vision, work, and community participation wherever you look on the East Shore of Kootenay Lake.

Meanwhile, daughters Gina and Marla kept expanding their parent's horizons with their own projects, which included keeping chickens and horses, music and skiing, swimming and boating, and later on cars and trucks and boys and careers. They both demonstrated a great deal of common sense and talent by adding two fine men and three marvellous granddaughters to the family, as well as pursuing their educational and career goals.

There was a transition beginning in 2003, when John and Lorna moved to a gorgeous lakeshore property, retirement slowly happened, and grandchildren were being born. These were still busy years, but there was also plenty of time for play, swimming and canoeing, campfires and hiking, and travel to a few exotic lands.

In 2015, John was diagnosed with Parkinson's Disease. John promptly organized the first Parkinson's support group on the East Shore. He also continued to volunteer in the community, serving on the board for the Bluebell Manor and the East Shore Transportation Society. In 2017 John and Lorna built a new home in Crawford Bay with easy access and a short level driveway. John faced his deteriorating health with a great deal of bravery and patience over the next five years. Always a sociable person, John made new friends of home support personnel and hospice volunteers. In spite of increasing confusion from dementia, John always fondly remembered his various friends and neighbours in the community. His love of music and conversation, and his gentle humour, persisted until the end.

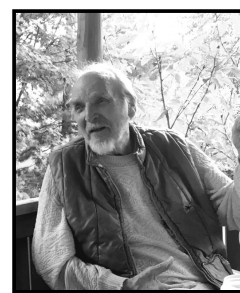
John came backwards into the world. He left it facing forwards, with his humour, determination, and faith for the future still lighting his way. He died peacefully on May 20, 2022, surrounded by family – his wife Lorna, daughters Gina and Marla, sons-in-law Cory Medhurst and Marc Leganchuk, brother Roger, and granddaughter Rowan. He is also survived by beloved granddaughters Teagan and Tienna. There will be a memorial event for John in July.

Did you know?
**Notices of Passing are
free in Mainstreet.**

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June 22, 2022
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Notice of Passing

**Alvin Jackman
September 24, 1932
– May 22, 2022**



In loving memory of Alvin Jackman of Crawford Bay, who passed away in Creston BC at 89 years of age. A private family service will be held at a later date. In lieu of flowers,

friends and family can make a memorial contribution to the Creston Valley Ministerial Association: PO Box 753, Creston BC, V0B 1G0.

Funeral arrangements entrusted to GF Oliver Funeral Chapel.

Notice of Passing

**Geraldine "Dean"
Joyce Hunley
(nee Verhaeghe)**



It is with great sadness that the family of Geraldine "Dean" Joyce Hunley (nee Verhaeghe) announces her unexpected passing, Thursday, May 5, 2022, at the age of 73 years at her home in Crawford Bay, B.C.

Dean was a very loving lady who touched the hearts of everyone she met. Dean was born in Rocky Mountain House to Jerry and Joyce Verhaeghe, where she also met and married the love of her life, John Hunley. Together they raised two beautiful children along with several foster children. John's job took them to several different towns where

Dean always found work, mostly in banks but also at *The Bay*, a newspaper office, and Airmark, cleaning offices.

Dean loved to play games, cards and dice. She kicked butt in bean bags and rocked at throwing darts. If asked to make a trip to the casino she would not turn you down. On her down time, she loved to read, often finishing a couple books a week.

After John's passing, she moved to Crawford Bay, B.C., where she helped her sister and brother-in-law at the RV park running the ice cream shop. Dean loved to entertain. There was always room in her home or on her deck for family and friends. Any hour was happy hour at her home!

Dean will be lovingly remembered by her children: Andrea (Jim), Chad (Bonnie); grandchildren: Morgan (Trenten), Casey and Zach; siblings: Verral (Sandy), Peter (Debbie), Cindy (Bryan) and Greg; as well a numerous extended family and friends. Dean was predeceased by her husband John, her parents Jerry and Joyce Verhaeghe, infant daughter Shawna, and nephew Newly Verhaeghe.

A celebration of life will be held Saturday, May 28, 2022, at 2 p.m. at the Rocky Funeral Home (4808 - 48 Street, Rocky Mountain House, Alta.) with a luncheon to follow.

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.

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.

BUS/ORG SERVICES/ANNOUNCEMENT

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. wvharder@shaw.ca

ALCOHOLICS ANONYMOUS: If you drink, and don't want to stop, that's your business. If you drink & find you can't stay stopped, that's ours. 1.250.800.4125

CONSTRUCTION/CONTRACTORS/TRADES

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

NEW BUILD & RENOVATION - Design Consulting Services Westwood Cabinetry - Kitchen, Bath & Custom Closets. Furnish, refresh and update your home or rental property. Book an appointment - jennifer@socialroominteriors.ca. Visit SRI Design - www.socialroominteriors.ca

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

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 - Confidential palliative care support for individuals living with life threatening illness, support for their loved ones. ES Hopsice can provide trained volunteers to provide respite care to give family caretakers a break and provide companionship for the patient. Contact Susan Dill: East Shore Hospice Coordinator via the Health Centre: 250.227.9006 or cell 250.505.4915 or home at 250.227.9350. Hospice related books on care, grief and mourning are available. eastshoreshospice@gmail.com

ELISA ROSE SHAW, QHHT PRACTITIONER: Certified Level 2 in Quantum Healing Hypnosis Technique. Healing and answers through past life regression and connecting with your higher self. Email elisaroseforever@gmail.com, call 250-505-0128.

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

PROVINCIALY REGISTERED HEALTH CARE AID - Christian McStravick of Mary Anns Way, providing confidential, home based support for individuals, and their family members. Specializing in personalised home health care, respite care, and hospice care. Servicing Boswell to Riondel. Please contact Christian via phone: 1 (800) 278-8716 or email: christianmcstravick@gmail.com

REGISTERED ACUPUNCTURIST, LISA SKOREYKO R.A.C. Treatment for pain, emotional disturbances, gastrointestinal issues and much more. 250.777.2855. http://lisaskoreykoacupuncture.ca/

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 doctor referral required. 250.505-6166.

SUSAN SNEAD: Massage practitioner using tuning forks, foot reflexology and energy balancing to create a balanced full body massage and tune up. Astrological counseling with 40 years experience. Bach Flower and other flower essences available. For appt: call 250.225.3520.

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/ACCOMMODATION

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. bookings@cbhall.ca

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

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.

Want to Contribute?

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mainstreet@eshore.ca

Massage Therapy
Harreson Tanner, RMT
Over 40 years clinical experience



* Knowledgeable * Skilled * Experienced

For appointments, call 250-505-6166

**Planning a wedding?
Holding a meeting?**

Consider renting the
BOSWELL MEMORIAL HALL
Booking/info: Melody Farmer
at 250-223-8443

Next Deadline:

June 22, 2022

www.eshore.ca

NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

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

BULLETIN BOARD

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

*** BULLETIN BOARD * BULLETIN BOARD ***

CHILD AND ADULT IMMUNIZATIONS, CRESTON PUBLIC HEALTH UNIT
250-428-3873.

EAST SHORE HEALTH CENTRE
Call 227-9006

See BELOW for doctor and nurse practitioner days

Doctor hours are from 9:30am to 4:30 pm.
Please call 227-9006.
Appointments are required.

For emergency care, call 911
We are not an emergency facility.

HEALTH PHONE NUMBERS

ES Health Centre: 227-9006

Community Nursing:
1.800.707.8550 Ext: 2 then Ext 3

Mammography:
1.800.663.9203

Mental Health & Substance Use Clinician, Jen Diosy - Appointments only:
250.505.6829

Laboratory Services:
1.877.740.7747 or www.labonlinebooking.ca
for Lab Appointments

PRIMARY CARE PROVIDER DAYS: JUNE 2022

June 1, Weds: Dr Moulson & Jayme Ingram
June 2, Thurs: NO COVERAGE
June 3, Fri: Jayme Ingram NP
June 6, Mon: Jayme Ingram NP
June 7, Tues: Jayme Ingram NP
June 8, Wed: Dr Moulson, Jayme Ingram, NP
June 9, Thur: NO COVERAGE
June 10, Fri: Jayme Ingram NP
June 13, Mon: Jayme Ingram NP
June 14, Tue: Jayme Ingram NP
June 15, Wed: Dr Moulson, Jayme Ingram
June 16, Thur: NO COVERAGE
June 17, Fri: Jayme Ingram, NP
June 20, Mon: Jayme Ingram NP
June 21, Tue: Jayme Ingram NP
June 22, Wed: Dr Moulson, Jayme Ingram
June 23, Thur: No COVERAGE
June 24, Fri: Jayme Ingram NP
June 27, Mon: Jayme Ingram NP
June 28, Tue: Jayme Ingram NP
June 29, Wed: Dr Moulson, Jayme Ingram
June 30, Thur: NO COVERAGE

**NO WALK-IN SERVICES
APPOINTMENTS ARE REQUIRED**

CANADA DAY CELEBRATIONS 2022
Kootenay Lake Lions Club will be hosting the 2022 Canada Day celebrations at the Crawford Bay Park. Festivities start at 11:00 with the singing of Oh! Canada Burgers, Famous fries, Drink and Ice Cream. Music by local musicians from Creston and area at the Fraser Pavillion. Come out and have a burger, listen to the music, say hi to your friends & neighbors! **Still looking for a person to lead the kids' games call Ivy 250-227-6807 if you would like to take this on as the kids love it!**

You are invited to the EAST SHORE KOOTENAY LAKE COMMUNITY HEALTH SOCIETY ANNUAL GENERAL MEETING
June 22, 2022 at 7pm
Boswell Community Hall
Hope to see you there!

HEY YOU! **Crawford Bay Hall & Park Facility Rentals**

Crawford Bay's Community Hall, Community Corner Building and Park Pavilion are now available for rent.

Info: bookings@cbhall.ca

Dreamscape Landscaping

- Lawn care -Landscaping
- Garden irrigation
- Fruit Tree Pruning
- Spring cleanup
- Monthly services



Call Adam 778-651-3681
cannonmoves@gmail.com

Hours of Operation Resource Recovery Facilities

Crawford Bay Transfer Station
May 1, 2022 – November 5, 2022
9:00 am – 3:00 pm
Sunday, Tuesday & Thursday

Boswell Transfer Station
Year Round
11:00 am – 3:00 pm
Wednesday & Saturday



rdck.ca
250.352.8161 | wastedept@rdck.bc.ca

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH

Everyone welcome.

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

Satsangs available anytime for inspiration - Online at our website (yasodhara.org/about-yasodhara/satsang/) or YouTube ([youtube.com/user/yasodharaashram/](https://www.youtube.com/user/yasodharaashram/)).

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Fr. Lawrence Phone: 428-2300
Sun Mass at 2pm.

CHRISTIAN SCIENCE CHURCH SERVICES

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

MEETING PLACES

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 held at 4:30 pm at the Crawford Bay School on the first Wednesday of the month.
Email cbess.pac@gmail.com for info.

ALCOHOLICS ANONYMOUS:

Every Wednesday Night.
7 pm at Crawford Bay Corner Building, 15990 Hwy 3A
(1 hour mtg.) Closed, Big Book Discussion

BALFOUR		KOOTENAY BAY		
Winter	Summer	Winter	Summer	
6:30	6:30	7:10	7:10	AM
8:10	8:10	9:00	9:00	
9:50	9:50	10:40	10:40	
11:30	11:30		11:30	
	12:20	12:20	12:20	PM All times are Pacific (PST).
1:10	1:10		1:10	
	2:00	2:00	2:00	
2:50	2:50		2:50	
	3:40	3:40	3:40	
4:30	4:30		4:30	
	5:20	5:20	5:20	
6:10	6:10		6:10	
7:50	7:50	7:00	7:00	
9:40	9:40	8:40	8:40	
		10:20	10:20	

Osprey 2000 • MV Balfour

The summer schedule is generally in effect from the third week of June until after the Labour Day weekend.
All times are Pacific Time (PST).

CRAWFORD BAY COMMUNITY PARK

June 18th 9am-1pm

CLEAN-UP DAY!



A couple hours of your time can make a big difference to our park! Bringing extra rakes, shovels, gloves, and wheelbarrows encouraged.

Shulland@cbhall.ca for questions



The Mainstreet is a community-written monthly newspaper that serves the communities of Creston 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, and on the Osprey 2000.

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

\$40 - 3.25 wide X 1.75 tall (inches)

\$45 - 3.25w X 2.5t

\$50 - 3.25w X 3t

\$55 - 3.25w X 4t

\$60 - 3.25w X 4.5t OR 6.75w X 2.25t

\$70 - 3.25 X 6t OR 6.75w X 3t

\$95 - 3.25w X 9t OR 6.75w X 4.5t

\$115- 3.25w X 10.25t

\$150- (1/4 page) 5w X 7t

\$175 (1/3 page) - 6.75w X 7t

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

\$250 (1/2 page) - 10.25w X 7t

\$450 (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.

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

FOR FULL COLOUR, ADD 30%

Can we help you with an Insurance Quote?

Auto, Property, Business, Recreational & Travel
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CRAWFORD BAY
kootenayinsurance.ca
16030 Hwy 3A, P.O. Box 98
Crawford Bay, BC VOB 1E0

CONTACT:
T: 250 227 9698
TOLL FREE: 1 844 467 8748

HOURS:
Mon to Fri: 9am to 1pm,
2pm to 5pm
Sat: Closed
Sun: Closed



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EAST SHORE INTERNET SOCIETY

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Central Kootenay Lake's community non-profit ISP.

Ladybug Coffee

at the ferry landing in Kootenay Bay
Open 6:30am-3pm, 7 days a week, all year

- Oso Negro Coffee and Espresso
- World Famous Breakfast Sandwich
- Fresh Baking
- Daily Homemade Soups and Specials
- Frozen Dinners and Soups
- Awesome Team

Don't rush to make the ferry, come early, relax, have a coffee and a bite to eat, enjoy the moments, Life's always good at the Ladybug.



The worlds longest free ferry comes right to our door

We're the unofficial Greeter, for the East Shore,

There's always a smile and a how do you do?

At the Ladybug window, as you fill up your brew.

When your breakfast is ready we'll call you by name,

You'll taste why that sandwich, leads us to fame,

With a muffin and coffee, you're on your way,

As the Ladybugs wave and say "have a great day!"

Follow us on Facebook for Events and Ladybug Happenings
Life always tastes good at the Ladybug.