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YEAR 28, NUMBER 3 MARCH 2018



The East Shore Mainstreet

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



Young Osprey by Leone Lund (leonesphotocreations.com)

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Mainstreet
Meanderings
by Editor Ingrid Baetzel
Ferry Improvements

At the open house at the Crawford Bay School on February 27, Kirk Handrahan (Executive Director of the Marine Branch for the Ministry of Transportation and Infrastructure) stated that the ferry landing in Balfour will not move. That decision is final, said Handrahan. Although some residents feel that the tide can still be turned (see Tom Lymbery's letter in this issue), the Ministry appeared unmoving on this point and has moved the focus on to other developments around the Kootenay Lake Ferry.

Many locals are deeply dismayed at the lack of input sought from residents and are concerned that the level of effort to include the East Shore in the decision-making process is too little, too late, according to many people at the open house.

The Ministry had placards showing design ideas and artists' renditions of future infrastructure development to the Balfour ferry landing, including more parking lanes (to reduce overflow onto the highway), more park and ride options off-site on Busk Rd, electric car charging stations, a safer transit turn around and loading area for foot travellers, improved bathroom facilities and seating areas, and more. Although some of the plans were received by participants as reasonably well-considered, a few residents expressed concerns about the total loss of green space implied in the renditions, the apparent lack of actual increased parking space due to the shortening of lanes (although several extra parking lanes would be added), and concerns about the distance for walk-on travellers to go to get to the transit area, to name a few.

Perhaps, though, the biggest concern about what was missed was the obvious lack of thought given to the Kootenay Bay landing. There were no sketches, no improvement plans, no ideas being presented. Again, it felt as though we were missed in the considerations.

In a chat with Handrahan, *Mainstreet* asked what happened regarding consultation with East Shore residents back in 2016. Some questions asked were: Why weren't we talked to and engaged with? Do they fully understand who the actual and frequent users of the ferry system are? Do they understand that the voices along the East Shore represent many dozens of businesses and thousands of regular travellers who will be affected by ANY changes made at EITHER landing? Handrahan said that they regretted the lack of East Shore dialogue and presence by the Ministry. It was an oversight. Yes, he said, they could have done better.

Handrahan seemed almost surprised that we can still see line-ups in Kootenay Bay (on the narrow shoulder of Highway 3A) going on for hundreds of dangerous metres in peak seasons. Travelers not taking the ferry are forced to drive, sometimes for upwards of a full kilometre into oncoming traffic to access their homes or businesses in Kootenay and Pilot Bay. That this appears to have not even been noticed or acknowledged was deeply troubling to many. The lack of safe parking on our side for park and ride passengers is also a concern. While the government is encouraging a reduction in emissions and less single-passenger vehicle use, if there are not safe and ample options to encourage people to do so, it won't happen. A resident expressed concern about parking in Kootenay Bay due to having her car vandalized while parked.

The emphasis seemed to be strongly on the build of a new vessel to replace the MV Balfour, which must be retired in 2022. The plan is to build a 50-60 car vessel (the Balfour currently holds 28 cars) which can serve as a winter ferry & secondary ferry in the peak seasons.

Continued on page 4

LETTER TO THE EDITOR

NOTHING HOLY ABOUT WAR

Dear Ingrid;

Many on the East Shore are related to members of the armed forces and some are old enough to recall bidding good bye as a family member left home to go "overseas" to defend England and countries of the Commonwealth. For me, as a small child during the Second World War, it was a simple send-off -- my father could go to that place, overseas, kill Hitler, and come home. A child's simple solution -- like squashing a bug. After six years, when he did return, he was a stranger to me and I to him. That never did change.

And, you're right, Ingrid, somehow we have become enured to the horror, the loss, and the devastation that comes along with bloody conflict, and flipped the mere notion into a child's game. No, there is nothing holy about war. Thank you for Alicia Keys' words and your own.

Wendy Scott, Riondel

PART OF THE CONFLICT

Dear Editor:

A young Syrian, Muhammad Najem, is posting selfies of what is happening in Syria, giving us a first hand experience of the on-going conflict. <https://twitter.com/muhammadnajem20>. See what he is saying and pleading for in messages like the following.

"We know that you got bored from our blood pictures But We will continue appealing to you Bashar Al-assad, potin and khaminei killed our childhood. Save us before it is too late. What is the world, which can send machines to the martians and can't do anything to stop killing people"

Lets keep in mind that the war in Syria is a proxy war in which USA, Russia, China and Europe are all participating, benefiting most of the rich countries. We're also part of the conflict, and when we turn a blind eye, or stop discussing the issue, we become a dangerous part of the problem.

Gef Tremblay, Riondel

2 Mainstreet March 2018

THANKS FOR THE DRAMA

Bravo, Bravo!! If you missed Finger Foods, shame on you! We are fortunate indeed to have an incredible theatre group on our shores. -- Encore Encore!

Wendy Scott, Riondel

YAY FOR QUEENS BAY...

Dear Editor:

Highways are finally having meetings about the Kootenay Lake Ferry on the Eastern Shore, after previously completely disregarding the people who use the ferry as a lifeline, daily for work, school and business. Please don't give up hope that after being stymied by Balfour businesses and Queens Bay NIMBY that Highways still has the big picture in the future of the short, direct and economic route.

Let's get the picket signs ready and be prepared to picket meetings and any other ferry event. Publicity is the only weapon we have to fight back and get proper ferry service, as there is on Highway 23 north of Nakusp -- only one 80 car ferry giving hourly service.

YAY FOR QUEENS BAY
WE NEED HOURLY FRRUES
DREDGING KILLS FISH
WE WERE BULLIED BY BALFOUR

I'm sure you can think of more but we must get the TV cameras out. Picket lines do work. We saved our high school with one. See page 276 in *Tom's Gray Creek Book 2*.

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RDCK Area "A" Update

by Garry Jackman, Director - Area "A"

CBT-CIP (community initiatives program)

The application intake for this year closed on February 28, 2018. At this time I do not have the numbers on how many applications were received or what the total dollar amount requested was but this information will be available by the time the April Mainstreet comes out. The public meeting date is being set for April 25 starting at 6:30 pm at the Boswell Hall. Holding a meeting at Boswell for a change will be a little more fair to those who have driven year after year from Wynndel to Gray Creek. Holding the meeting a little later in April will also take advantage of a slightly longer day while being able to meet the RDCK Board date of May 17th to review recommendations for all applications under this program. The final results will be made available on the RDCK website at rdck.ca/cip-aap.

Kootenay Lake Ferry Project

The Ministry of Transportation and Infrastructure (MOTI) held its public information sessions on the east shore and Balfour area on February 27 and 28. Additional opportunities to comment or raise concerns about the project can be made on-line at www.gov.bc.ca/balfourterminal

Safety and capacity are the two key issues. Safety includes marine safety, whether it is the potential for low water damage on the Osprey Hull going through the Balfour narrows, conflicts with other watercraft

in the narrows, navigation issues at the narrows or the risk of people being trapped in their vehicles on the deck of the MV Balfour in the event of an emergency. Land safety issues include congestion at both terminals with traffic backing up into through roads. Capacity issues should be solved by providing greater capacity to move vehicles across the lake rather than greater capacity to hold vehicles in a parking lot until peak traffic abates. Please ensure that your thoughts on potential improvements for safety and functionality at the Kootenay Bay terminus are included. Without your input this project would only be about investing on the Balfour side.

2018 Budget

As has been the pattern for many years, some of the numerous RDCK service budgets will remain flat in terms of taxation, some will rise to roughly match the CPI (consumer prices index) while others will fall slightly due to the rebalancing of the tax burden between areas which have seen higher growth and those with lower. A few services will see significant increases which I will cover in more detail below. One service, Rural Admin, should see a larger than usual decrease in taxation as will the library service as we have finally paid off the short term loan which allowed us to complete the purchase of the Creston building from the province.

The BC Assessment Authority publishes details on changes in the property tax base early every year, with final adjustments coming a few months after the initial posting to allow for the property tax appeals process to run its course. On a regional district scale the numbers we have to work with right now will not change significantly.

I will go into some detail here on how some of the taxes are structured to be levied across the regional district, across a few rural areas and/or incorporated

already here.

We do have a mostly adequate East Shore Internet Society, although there are some coverage gaps.

We have a supplier of electricity which used to be the least expensive in the province, which has again been sold to a company outside British Columbia. FortisBC has created unfair residential rates which have caused suffering to some seniors, especially those who like us in the East Shore, have no access to natural gas. Even if we did have access to natural gas, guess who owns what used to be the publicly owned BC Hydro gas division? That's right, Fortis owns it. More on Fortis and energy in another column.

We have markets in Riondel, The Lakeview, the Gray Creek Store from 1913, and the nearly new Crawford Bay Market.

We have restaurants, a pottery, blacksmith shop, weavers, some seasonal shops, and a baker, who will return later this spring. We also have a lot of small businesses and services too numerous to mention. Have a look at the centre ad section of Mainstreet!

We have the Kootenay Lake Lions Club since 1979, part of 101 year old Lions Clubs International, which raises and gives a lot of money back to the community every year.

We have libraries in Crawford Bay and Riondel even though the province in a fit of Orwellian double-speak insists they are "reading centres".

We have a Seniors Centre in Riondel.

We have adequate tourist accommodations, including the lodge at Kokanee Springs Golf Resort, Wedgwood Manor, the a-frames and campgrounds at Kokanee Chalets, bed and breakfasts, a motel, the new campground behind the store in Crawford Bay, the Lakeview, and quite a few other places further north, and in Kootenay Bay.

We have a ferry system to cross Kootenay Lake which used to operate from 7:00am to 1:10am from Kootenay Bay. More on that in another column. Suffice it to say that our new provincial government is willing to build another ferry and discuss our needs.

Continued on next page...

municipalities, simply across on electoral area or even a 'defined' area within a single electoral area. The reasons for cutting the tax burden into these different geographic areas is based on the requirements set by the province that those who benefit from a particular service need to pay the related taxation. For this reason, only residents with access to some RDCK water systems would pay either the parcel tax (to fund infrastructure improvements) or the water user fee. Neighbouring communities without access to the water from the system would not pay. This is different from a municipal model, where for example residents may actually have different levels of water quality (such as when I was a youth in the Westside district of Kamloops) yet pay into a common tax pool.

In the RDCK all residents pay into a few tax services, but the majority of the services are covered by groups of a few of the member rural areas or municipalities. For the majority of our larger services we share the tax base with electoral Area B and C (Ericson, Canyon, Lister to Kitchener and Yahk plus West Creston and the flats) as well as the Town of Creston. In 2017, electoral Area A represented 26.62% of the total tax base within this group of four while in 2018 we represent 26.26% of the total. This means that if the total taxation for shared services between this group of four went up by 1.5% that the Area A share of that taxation would not increase in actual dollars. Another way to look at this is the burden of extra cost is being shared more by our neighbours than Area A residents. Over time trends will change and eventually we should expect to see a shift back to a larger burden for our rural neighbours along the lake when real estate trends shift.

This small benefit arising from market trends will be overshadowed by larger changes in taxation for the regional parks service and for a few small services such as the Riondel Fire Service. Another potential jump is through the Creston and District recreation Complex, which only applies to Area A as far as Cow Creek just north of Kuskanook. A further jump in taxation will be seen for our building inspection services as we overlap and train new inspectors to take over for three existing inspectors who are planning to retire over the next two years. Given the wide spread nature of the areas which each inspector covers and the length of time construction projects take the overlap will create significant taxation bumps.

Figures which are presented at public information sessions over the first two weeks of March will not be finalized and may be impacted by last minute news on grants or contributions which the RDCK is seeking. A final budget vote will be held at the March 15 RDCK board meeting and this will set the taxation which the province will be asked to collect for 2018 on behalf of the RDCK. As in past years, if you are not able to attend a public meeting where the budget is presented I will try to sit down with individuals or groups to go over the details of the budget.

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



Hidden Taxes

by David George

Life in Dogpatch - Part 1

If you are too young to remember Al Capp's comic Strip *Lil Abner*, which ran from 1934 to 1977, go to Wikipedia and look up Dogpatch. It was a town filled with lazy hillbillies including Lil Abner himself, mainly employed as a mattress tester.

Our East Shore here on beautiful Kootenay Lake has sometimes been compared to Dogpatch; no slur intended on our local Dogpatch Pottery.

We were early described as an area filled with remittance men, those second or third trouble-making sons who were paid a stipend to stay away from home. Later we seemed to have a lot of hippies and growers of a well-known Kootenay crop.

Today we still lack certain services which city people take for granted. Police, the RCMP, are in Creston, an hour or more away if called.

With the exception of Riondel on the north end of the East Shore, we have no fire department.

We have ambulance service, based in Riondel and Creston, and there are more highly trained people now, as well as a First Responders vehicle crewed by the Riondel Fire Department. Boswell also has quite a few first responders. Most of these first responders also carry AED defibrillators.

We have a health building in Crawford Bay, with doctors available three days a week, and a local physiotherapist, massage therapist, psychologist, and hospice society.

We have an almost new K-12 school, but only half its student capacity is presently enrolled. This seems due, not to home-schooling or students who attend high school in Nelson or the French school, but to the fact that parents who wish to enjoy our East Shore lifestyle must either bring their jobs with them, invent a job here, or depend on our largely seasonal employers

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March Horoscope

by Michael O'Connor

Tip of the Month: It will feel like an early spring, at least energetically with Mercury and Venus entering Aries on March 6 & 7 respectively, joining forces with Uranus in the late degrees. Yet, when Mercury turns retrograde on March 24th, just shy of 4 days after the Sun marking Spring Equinox, it could feel like a pull back into winter.

Aries (Mar. 21-Apr. 19)

The end of winter can be a sleepy, dreamy time, especially this year. But it won't last so get it in early if you need to recharge. Spring fever will grab hold well before it officially arrives. Taking early action on your growing ambitions will prove satisfying.

Taurus (Apr. 20-May 20)

Working on plans behind the scenes is likely. A search for wisdom that began in late 2017 will escalate. You will want the tangible, usable sort along the lines of 'how to...'. Increasing your social outreach is also indicated but family will come first.

Gemini (May 21-June 20)

Dreams of possibility are dancing in your mind. This mini cycle will extend well into April. Deep changes since late December will take on a new edge. This could amplify ambitions or increase your urge to slip back into sweet dreams.

Cancer (June 21-July 22)

Inspired visions and aspirations to higher realizations continue into March. Yet, you will feel the early call of spring. At worst, you may find yourself wondering about your direction. Positively you will acquire new tools and methods.

Leo (July 23-Aug. 22)

A slow but sure climb out of a deep cycle that has probably left you changed forever continues. You will feel and respond to the early signs of spring. By April, Mercury retrograde could, however, lead you to question things, perhaps everything.

Virgo (Aug. 23-Sep. 22)

Some fresh inspirations on relationship fronts are yours to enjoy now. These can be harnessed to satisfy an emerging creative cycle. Circumstances will lead you to dive deep, probably into your work. You will be happy to listen more and speak less.

Libra (Sep. 23-Oct. 22)

Paying closer attention to the quality of your lifestyle rhythms is likely now. Health issues may be providing a needed nudge to respond pro-actively. You will dig deep to access hidden reserves to break free from comfort zones that no longer satisfy.

Scorpio (Oct. 23-Nov. 21)

Waves of creative inspiration are washing in. They are exciting your passions inspiring deliberate action. You have endured delays, but that is about to change. By April, you will be sprinting. Be aware to successfully navigate through Mercury Retrograde

Sagittarius (Nov. 22-Dec. 21)

A promising momentum has been building and this trend will continue. Mars in your sign can usually be counted on to boost energy levels. Mercury and Venus in Aries will act like a cheerleading squad inspiring you to victory.

Capricorn (Dec. 22-Jan. 19)

Your imagination is very active now. You are wise to focus to make it work for you. Your ambitions are running high, but your energy levels may be challenged to keep pace. This will change as the month progresses, in your favor.

Aquarius (Jan. 20-Feb. 18)

Tapping your talent reserves continues. Before April you will have reason to see things as with new eyes. Positively, you will have reason and opportunity to explore, experience and experiment with new people and places.

Pisces (Feb. 19-Mar. 20)

Sun, Mercury and Venus joined forces with Neptune over the past few weeks igniting your curiosities to venture into unfamiliar territory. This trend will continue. Ambitions to increase your exposure and scope of influence will escalate.

**Next Deadline:
March 28, 2018**

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"Ferry Improvements" Cont'd from page 2

Mainstreet asked Handrahan what kind of environmental concerns are being taken into consideration with the build of this new boat. He explained that the idea is to build an electric/diesel combination vessel which would likely be run off diesel until such a time as the electric system is fully viable. The many representatives at the open house were taking suggestions and ideas from participants regarding the look and feel of this future vessel and they all encouraged people to give regular and constant feedback.

Come September 2018, the Ministry is hopeful to start the dredging process in the West Arm to accommodate the deeper hull of the MV Osprey. If it doesn't get done in September, it will be in the spring or fall of 2019, stated Handrahan. This assumption is that this process will improve the overall performance of the boats, make the travel safer and decrease the down time for the big boats during low water times. Handrahan said that he knows they've done it before, but there is no official record of dredging the area in the past 50 years. He doesn't expect it to delay sailings during the time.

Regarding down time, the Osprey will see some downtime as follows over the next month or two:

March 11 – March 24	<ul style="list-style-type: none"> Reduced weight load* on the MV Osprey Potential for increased wait times during busy sailings
March 25 – April 7	<ul style="list-style-type: none"> MV Balfour in operation while the MV Osprey is refitted Vehicle capacity reduced to 28 vehicles Potential for increased wait times during busy sailings
April 8 – April 21	<ul style="list-style-type: none"> Reduced weight load* on the MV Osprey Potential for increased wait times during busy sailings

As stated above, the Ministry is taking feedback. Now is the time for East Shore residents to ask for what they want. Do you want on-the-hour sailings? Later sailings? Improvements at Kootenay Bay? The ferry to dock in Kootenay Bay? Let them know! Go to <http://gov.bc.ca/balfourterminal> and click on "Round 2 Consultation – Feb 19 to March 30", then click on "Online Feedback Form". You can also print it out and send it in by mail or email to balfourterminal@gov.bc.ca.

Email addresses for ccing your feedback/letters.

Kootenay Lake Improvement Project:

balfourterminal@gov.bc.ca

Michelle Mungall, MLA:

michelle.mungall.MLA@leg.bc.ca

Kirk Handrahan, Exec Dir Marine Branch:

Kirk.Handrahan@gov.bc.ca

Garry Jackman, RDCK Director:

gjackman@rdck.bc.ca

Wayne Stetski, MP Kootenay Columbia:

wayne.stetski@parl.gc.ca

"Hidden Taxes" Continued from page 3

High-handed Management Trouble

We also have a credit union, with a branch building in Crawford Bay. Originally formed to serve the Bluebell miners, a number of years ago it merged with the Nelson and District Credit Union as the Eastshore Branch. At the time, this seemed like a good move.

Until this year 2018, we had a branch manager here on the East Shore. If we asked for a loan, our local manager could approve it, within certain limits.

Now for any loans we must spend a day in travel to Nelson, and apply there to a committee of staff who mostly have no idea about life on the East Shore, nor do they care much about us residents of Dogpatch. Like dictators they will hide behind orders, rules and regulations.

Here I am not referring to any of our East Shore branch people. They are doing the best they can for us. I am referring to the bad decisions made by the present CEO and top management of the Nelson and District Credit Union in taking away a lot of local autonomy, which was done without the knowledge of the board of directors or the members.

Give us back our East Shore branch manager!

Give us back the right to have decisions, including the granting of most loans, made here where we live, not in Nelson.

If you have had any problems caused by the new CEO and management in Nelson, I urge you to attend the Annual General Meeting of the Nelson and District Credit Union this year and raise hell. Put an item on the agenda demanding the return of branch managers, especially to our East Shore.

Talk also with John Edwards, our local credit union board member, who I am told has agreed to serve for another three year term.

Look for *Life in Dogpatch Part 2* in the next edition of Hidden Taxes.

COMMUNITY HEROES

a Mainstreet Feature

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

A huge community thanks to **JK Excavating** for above and beyond service, like paying to plow out the airstrip parking area (and providing the equipment to do so). You rock!

-DC, the happy operator

All those who helped make our 8th production such a success. Thanks for supporting the arts!
-Hexagon Players

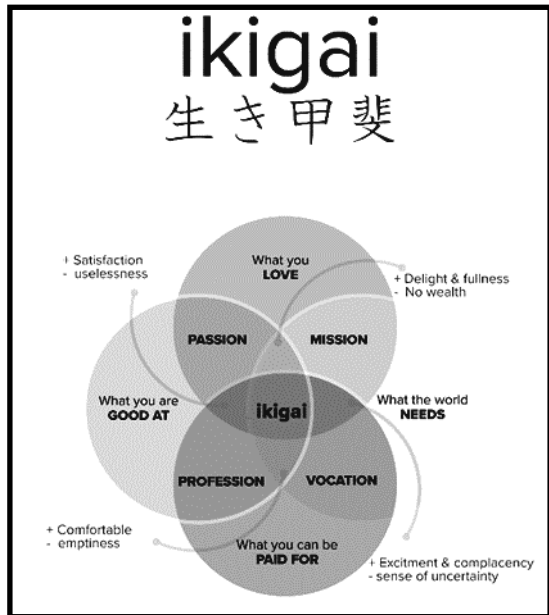


Hacker's Desk
by Gef Tremblay

Ikigai

In the middle of the winter on the East Shore you can often find yourself reflecting on your life purpose. Add the frozen water lines and broken septic pump and you have the right cocktail to simply be depressed about your life goals. There isn't a lot about finding your life purpose in our society. Make money, make baby, do good, follow the law, don't follow your passion too far off the beaten path, be polite... but then what?

I found it quite refreshing to stumble upon the concept of Ikigai right in the middle of the winter. Ikigai is a Japanese term that represent your personal reason to be getting out of bed every morning. It's a loose concept based around four factors: what you love doing, what you are good at, what benefits society and what you can be paid for. At the centre of these four overlapping concepts you can find your Ikigai. If you find the activity you like doing, that you are good at, that helps your community/society and that you can be paid for, then you are at the right place, you are getting closer to your Ikigai. But of course, all of these concepts change throughout your life.



For instance, if I practice what I love doing, something like illustration, it will come a point that I become good at. When I'm good at it, then maybe I can make money from that skill. Once I do I what I love and I can make a living out of it, I can see how what I am doing can influence positively the community around me.

In short you are in control of not only finding your Ikigai, but creating your own Ikigai. Observing the Venn diagram below, you can also find different points that help move you towards the centre. For example, if

you find yourself in the lower circle, doing an activity that makes money, but it's something you don't like doing, you're not that good at or it isn't helping your community, you at least know what to do to move toward your Ikigai. Throughout my own development I've moved from one circle to another, moving slowly toward the centre.

What makes Ikigai valuable is twofold. For one thing, finding your Ikigai brings a lot of happiness, it balances your passion with your work with your surrounding community, which gives a sense of purpose. In

turn, that happiness and sense of purpose seem to be at the centre of the ingredients for long life.

Okinawa island is considered to be a blue zone. These blue zones are different spots in the world where the life expectancy is a lot higher than most parts of the world. Okinawa has many centenarians who are still

very active in their daily lives. A lot of research has looked into the food that they eat, but more recently their lifestyles have been more broadly studied. This is where the concept of Ikigai was brought back to attention. Having its root in Confucianism, Bhuddism and Taoism, Ikigai has been around for many centuries.

The 10 Rules Of Long Life From Okinawa:

1. Stay active (even after retirement)
2. Adopt a slow pace of life
3. Only eat until you are 80% full (hara hachi bu)
4. Surround yourself with good friends
5. Daily gentle exercise
6. Smile
7. Connect with nature
8. Give thanks to things which brighten your day
9. Live in the moment (ichigyo zammai)
10. Find your Ikigai

I have had come up with a few of my own rules for happiness: sweat, stretch, meditate and create every day, but I find it inspiring to expand upon these and experiment with other ways. Hopefully reflecting on your Ikigai could get you out of the winter blues for at least a moment.

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New Business Introduction

Lisa Skoreyko Acupuncture
a Mainstreet feature

The East Shore has a something to celebrate in the opening of a new acupuncture clinic in Crawford Bay. The beauty of this area can be seen in the sometimes-seamless transition from one business to another, filling voids and answering needs harmoniously. Lisa Skoreyko, long-time East Shore resident is excited to be opening her doors for acupuncture treatments at the Crawford Bay Inn, Unit 9. Mainstreet interviewed Lisa Skoreyko (R.Ac) regarding this new business, a bit of her history with learning acupuncture and her plans for the future...



MS: So, you're opening shop right away... What will your hours be and how can people reach you?

LS: I'll be open (in unit 9 at the Crawford Bay Inn) on Tuesdays, Wednesdays and Thursdays from 9-5, however I can be more flexible if need be. People can contact me via phone at 250.777.2855 or email at laskoreyko@gmail.com.

MS: This new business seems to meet a current need in our area. What are you hoping to bring to residents and what are your hopes for the business as it develops?

LS: What I love about this field is that the learning

is limitless, and I look forward to continually adding to my knowledge. I would also love to offer community-style acupuncture as a more affordable option.

MS: What brought you to the East Shore?

LS: I was looking for a rural area where I could be more connected to a smaller community.

MS: How did you get into acupuncture?

LS: As a youth I had a curiosity about all the little symptoms that our bodies have and thought that this must be our body's way of getting us to pay attention. I would often go to my family doctor with many questions to which she would answer, "It's nothing," or, "You could take this pill." I felt unsatisfied with her responses because I wanted to know why symptoms appeared and what I could do to alleviate them and support my body to be the healthiest it could be.

I spent time learning about alternative healing modalities

(with my scepticism in tow) but it wasn't until I moved to the East Shore that I became familiar with Chinese medicine. Before this, the idea of acupuncture seemed like some far-out concept of which I had only ever seen images in movies and knew virtually nothing about.

After having a treatment at the Chinese medicine school in Nelson I walked away feeling very differently. I read more about it and found that it fit with everything I had been thinking about bodies and health. This medicine looks at all the symptoms and finds the pattern(s) of disharmony.

It then develops a treatment plan which works with

the patient to help create balance within the body. The WHO (World Health Organization) lists many diseases for which acupuncture is proven to be an affective treatment. More information can be found at <http://digicollection.org/hss/en/d/Js4926e/5.html>

MS: Where did you study?

LS: I studied at ACOS (the Academy of Classical Oriental Sciences) in Nelson, now known as Kootenay Columbia College.

MS: What would you like the community to know about your new business?

LS: As an introductory special I am offering initial consults (normally \$90) for the same price as a return visit at \$60 until the end of April. Acupuncture is covered under many medical plans and receives partial coverage through MSP for those who have premium assistance. I look forward to assisting people in the community in their journey to find better health and well-being.

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2018 Wildfire Season Let's get ready!

by Farley Cursons

FireSmart Canada LFR - East Shore Kootenay Lake & Owner: Interface Wildfire Prevention Strategies

The 2017 forest fire season was notable for three reasons; first, for the largest total area burnt in a fire season in recorded history; second, for the largest number of total evacuees in a fire season; and third, for the largest single fire ever in British Columbia

On July 6, the first of many major fires began, starting at two hectares and quickly progressing to be eight times larger by that evening requiring the issue of an evacuation alert that same day. By July 7, 140 had fires started throughout BC with most being in the central interior.

On July 7, a provincial state of emergency was declared by Todd Stone, Minister of Transportation and Infrastructure, on behalf of the Government of British Columbia. The state of emergency was extended on July 19 and again on August 4, and again on August 18, and again on September 1. This was the first state of emergency for British Columbia in 14 years, and the longest state of emergency in the province's history.

By the time the smoke had cleared, wild fire had forced around 65,000 British Columbians to flee their homes. Fires destroyed more than 190 houses and the province spent more than \$560 million fighting the flames in more than 1,256 fires. It was beyond the scope of anything anybody had ever seen.

Much of our provinces identity lies in the rural experience. On the East Shore, we all live next to the forest. By continuing to expand our housing, resource developments and recreational pursuits deeper into forested areas the potential for a forest fire increases. However, with effective and pro-active land management it is possible to reduce the potential impacts of wildfire on our community, homes and properties as well as feel ok about going for a hike with some friends.

One of FireSmart Canada's mandates is to encourage whole neighborhoods to work together in an effort to make their combined properties a larger defensible space against wildland fires. Its grass roots approach offers tools and information for homeowners to assess and mitigate their own wildfire hazards.

If you have more than a few acres of land to manage it can be costly and time-consuming to clean things up. FireSmart principals focus on what is realistic for you to achieve, in order to limit the risk of wildfire to your home. We can integrate FireSmart planning into our long-term home renovation plans and incorporate regular yard clean-ups to reduce the forest fuel accumulation in the short term.

Wildfire will spread rapidly in forests where trees are in close proximity to each other. Fire spreads quickly and directly from tree to tree and can produce sparks and embers that fly ahead of the flames. These embers may land on trees or homes well ahead of the fire and create a multiple fire situation. It is important to be aware of the dangers of sparks and embers when creating a FireSmart property. Fuel reduction within 30 meters of your home will have a significant impact. Fire embers may seem small, but they should not be underestimated — over 50% of home fires caused by wildfires are started by sparks, embers and spot fires. Regular maintenance cleaning the corners and crevices of your home and yard (where needles and debris build up) will leave nothing for embers to ignite. Remember to remove any windblown leaves from under decks, as well as any flammable debris on balconies and patios. Firewood should be kept 10m from your house in the summer.

There are three ways to dispose of the accumulated

forest fuels on your property. It should be stated that one person with a chainsaw will create a lot of material very fast. It's the disposal of the material that is the challenge that will be faced. Thinning small conifers, limbing larger trees to six feet and raking up the dry sticks will be your initial activities. Then what the heck do we do with it? That depends on volume. First, Get yourself a McCloud (image 1) The McLeod rake is a large sharpened hoe-like blade on one side and a tined rake blade on the other. It is a standard yet esoteric tool during wildfire suppression and trail restoration and it is super-efficient at removing debris from the forest floor. Way better than a regular rake. You can find them at the Gray Creek Store. Get a helmet with a face screen while you're at it.

Disposal method 1 - Wood Chipper

A tree chipper or wood chipper is a machine used for reducing wood (generally tree limbs or trunks) into smaller wood chips They are often portable, being mounted on wheels on frames suitable for towing behind a truck or van. Power is generally provided by an internal combustion engine from 3 horsepower (2.2 kW) to 1,000 horsepower (750 kW). There are also much larger industrial chippers.

Disposal method 2 - Hauling

After successfully piloting the project in 2014, the RDCK has made the 'Free Yard and Garden Waste' program permanent! Every year for the months of April and October residents in the East Waste Sub-region will be able to deposit their yard and garden waste with no tipping fee at the following facilities:

- Creston Landfill
- Crawford Bay Transfer Station
- Boswell Transfer Station

It doesn't take much brush to fill a pickup truck or trailer. If you have more than an acre of forest materials you will be making a lot of trips.

Disposal method 3 - Pile Burning

In British Columbia, the Wildfire Act and regulation specify your legal obligations when using fire in, or within, one km of forest land or grassland. A Category 3 open fire is defined as a fire that burns: material at the same time in three or more piles each not exceeding 2m in height and 3m in width; or material in one or more piles each exceeding 2m in height or 3m in width; or one or more windrows; or stubble or grass over an area exceeding 0.2 hectares (more than 2,000 square m).

You need to register your burn with the BC Wildfire Management Office at 1 888 797 1717 Check out their website www.BCWildfire.ca for up to date fire ban information or other restrictions.

Anyone who lights, fuels or makes use of a Category 3 open fire must comply with the Environmental Management Act and Open Burning Smoke Control Regulation (OBSCR). In short you want to maintain a hot fire that burns clear smoke. Do not let your burn pile smoke or smolder for more than is necessary to get it going. Don't burn when it's windy.

For more information about FireSmart Canada they have a very informative website with lot's of useful information - www.firesmartcanada.ca. You can also download your own FireSmart Homeowners Manual at www.bcwildfire.ca/prevention/docs/homeowner-firesmart.pdf.

If after studying the information available in these web links you need some help, consider hiring a professional. Interface Wildfire Prevention Strategies is a locally based business focused on the current issues relating to the wildland/urban interface. We offer our services to both the private and public sectors including landholders, wilderness retreats, building contractors and community developers. Call 250.505.6489 or email interface.strategies@gmail.com.

Climate Action Gathering

submitted by Yasodhara Ashram

The Temple of Light hosted more than 70 people for a community climate action vigil, "Holding Space: Inner Reflection, Outer Action," on January 21. This bright start to our Year of Invitation highlighted the Temple as a space that draws together committed people.

The vigil was part of a week-long speaker and dialogue series offered by the Nelson Interfaith Climate Action Collaborative. Ashram representatives spoke about finding inner balance as a foundation to outer action.

Swami Lalitananda noted, "The way the Ashram can help is to give people a chance to think deeply and to be in a quiet place. You can come here and just be and have time to ask important questions such as, How can I give back?"

"Resilience isn't the ability to do it ourselves, but the ability to link with our neighbours and work together," noted Paris Marshall Smith, Ashram Board member and Sustainability Coordinator for the region.

After small group discussions, participants summarized their personal commitments to climate action, which included rideshares, pressuring politicians, becoming more informed, reducing consumption, improving food storage, avoiding air travel and listening to youth.

2018 promises many memorable opportunities to come together at the Temple.

Save the date - June 23 – for the Public Opening of the Temple of Light combined with the Annual Strawberry Social! It will be a time to cut the ribbons, meet old friends and new, and celebrate a sacred space that will serve the Kootenay community for years to come.

"The Ashram is built on this broad community," Swami Lalitananda notes. "We have a strong commitment to the future and to the region in which we live. We are continually inviting people to come to the Ashram and into the Kootenays. Economic development is part of what we do too."

**Next Deadline:
March 28, 2018**

TAKE TIME FOR YOURSELF
in the peaceful, sacred space of the Ashram

Everyone is welcome; no experience required

NEW! Saturday Reflections

March 17 to May 26 (excl. April 21), 2-4 pm
\$12/workshop or \$108 for 10-week session*

Workshops will include some of the Ashram's yogic practices of breath, mantra, visualization, and reflection.

Wednesday Hatha & Dream Yoga April 11 to May 30

Hidden Language Hatha Yoga, 6:00-7:30 pm
\$10 drop-in or \$70 for 8-week session*

Dream Yoga, 7:45-9:15 pm
\$70 for 8-week session*

**sliding scale available*

Registration: 250.227.9224
or info@yasodhara.org

yasodhara.org/local



Yasodhara Ashram
YOGA RETREAT & STUDY CENTRE

Guest Column

Site C Dam Construction

by Kim Charlesworth, BC Greens

I was so depressed by the NDP's decision to move ahead with construction of the Site C dam that I had to avoid thinking about it for close to a month. They decided to go ahead, even though the final report of the BC Utilities Commission showed overwhelmingly that Site C was unnecessary, was already behind schedule and over budget - and that there was no business case to support it.

Yet the NDP did not cancel it despite many, including Michelle Mungall, campaigning actively to stop it. The reason the NDP gave was that the \$4 billion it would cost to cancel and remediate the land was unaffordable if they were also to fulfill their election promises of funding schools and healthcare. This rationale is so full of holes it doesn't even compare to Swiss cheese.

Why is this important? Why should you care? Even if you narrow the focus strictly to economic impacts (as the BCUC report was mandated to do), in order to have a vision for the future that includes properly funded schools and healthcare, you need to have an economy that will support that. The BCUC clearly supports the BC Greens argument that continuing with Site C will HURT our economy of the future. So once again, the NDP focus is on getting short-term votes rather than on governing sustainably for the long term.

Energy is a huge part of the BC economy. Lowering greenhouse gas emissions is a major focus of companies and governments world-wide, and should be for BC. It has been clearly shown that both mega-construction projects, and the LNG industry to which Site C is tied, are INCOMPATIBLE with lowering greenhouse gas emissions. So to keep our economy competitive we need to shift our thinking and change our actions.

Site C has also been directly linked with weakening the alternative energy sector in BC. Alternative energy is critical to helping us shift and modernize our energy production, foster our job market and encourage a distributed energy grid, which WILL fuel our future economy. Being a leader in that transition is where the economic opportunities lie. Retraining workers is how we support people to make that shift. Partnering in a real way with our First Nations communities is where a just economy for all begins.

In the week after the Site C decision was announced I read a report titled The Future of our Food System by the Institute for Sustainable Food Systems. Although it focuses on Southwestern BC, much is applicable to the province as a whole. To summarize, even if we take ALL the available agricultural land, set aside riparian zones and wildlife corridors, and manage agriculture in an intensive but sustainable way, we will not be able to feed ourselves. And Site C will flood the largest area of prime agricultural land in BC outside of the lower mainland. It's a resource we cannot afford to lose.

The BC Greens and Andrew Weaver have been criticized by some for not stopping Site C, and for confining most of their arguments against the project to economics. I agree - the environmental, social and moral consequences of proceeding with Site C are astounding and should be talked about with a louder voice - but they have never stopped a project in the past. If we can't convince some of the public, who care more about getting the construction and LNG industry jobs, that Site C is the wrong economic choice, they will continue to support it.

The NDP have been able to continue this reckless course of action only because it did not require a vote in the legislature. The BC Greens will have an opportunity in February to vote against the Government's budget. Unfortunately, all that would achieve is another election, with no guarantee of the outcome and certainly no guarantee that the Site C decision would be reversed. What would you do?

Liberal Budget Good News for Wealthy, Bad For Climate Change Says Stetski

press release submitted by office of MP Kootenay Columbia Stetski

Cranbrook - February 27, 2018 - Today's budget does not crack down on tax loopholes for the super-rich, it fails to make real progress on affordable housing, studies universal pharmacare rather than implementing it, and does not take strong enough action to address climate change.

"Today the Finance Minister spoke at length about helping the middle class, but my first impression of the budget plan, is it does little to address the growing inequality in our country" says Kootenay Columbia MP Wayne Stetski. "People in our region are rightfully asking, 'if the economy is doing so well, why am I not feeling those benefits?'"

Stetski is also concerned that the Liberals are failing to respond to the urgency of climate change, by delaying most of the funding until after the next election.

"There seems to be gasp between the plans laid out in the budget, and the money to make them happen." Action on climate change is one example, and pay equity is another" says Stetski. "The legislation on pay equity is long overdue, but there is actually no funding or estimate in the Liberals' budget allocated to the implementation of pay equity legislation for Federal government employees."

The lift in funding to support Parks and conservation is good news.

Stetski continues to voice his concern about the continuing trend of deficit spending; this budget will add another \$18.1 billion dollars to Canada's deficit. "The Liberals continue to spend much more than they promised in the election." says Stetski "I am not sure that the people of Kootenay-Columbia are benefiting today in a way that justifies leaving that burden to the next generation."

Recreation Grant Applications
It's that time of year again

by Doreen Zaiss

If your non-profit group is looking for funding for a recreational project or experience, please mark Thursday April 19 on your calendar. That is the last day to submit grant applications to Rec 9 (Box 208, Crawford Bay). All applications, without exception, must be in the Crawford Bay Post Office by 12 noon on that date.

Seven (7) copies are required. Applications can be downloaded from the RDCK website or picked up at the Credit Union East Shore branch on the bulletin board next to the cash machine. Please refer to the website to see if your application fits the criteria for funding. This might save you time and frustration.

The Rec 9 board will evaluate the applications and hold an open meeting on April 26 at 3:30 at Crawford Bay School.

Many wonderful recreational opportunities have been supported by Rec 9 funding. Let's make the most of RDCK funding by creating and supporting recreation on the East Shore.

Next Deadline:
March 28, 2018
www.eshore.ca



WOOD PALLETS

by Tom Lymbery

Since everything is built of brick and cement wood is scarce in Mexico. This is the bar in Senor Froys Restaurant in Barra de Navidad. The entire bar is assembled entirely from wooden pallets. Note the yellow painted pallet on the wall with holes drilled to display wine bottles. Where wood is plentiful, the many pallets that arrive surplus in Gray Creek sometimes have to be disposed of on a burn pile. Another restaurant in Barra has even used pallets to provide seating.



**RDCK
Recreation
Commission No. 9**

**Call for Grant
Applications**

Non-profit groups can submit recreation grant-in-aid applications to the Rec 9 Commission (Box 208, Crawford Bay) by **no later than 12 (noon) Thursday, April 19**. Late applications will not be considered.

Seven (7) copies of the application are now required. Applications can be downloaded from the RDCK website or picked up at the Credit Union East Shore branch. Please refer to website for evaluation criteria.

The Rec 9 meeting to review applications is **April 26 at 3:30 at the Crawford Bay School**. This meeting is open to the public and applicants are encouraged to attend.

A Completed Regional Economic Strategy Is Near

By: Creston Valley-Kootenay Lake Economic Action Partnership

It's been a busy winter season for community engagement, collaboration, and regional economic strategy building in the Creston Valley-Kootenay Lake area.

The Creston Valley-Kootenay Lake Economic Action Partnership (CV-KL EAP), which is funded by the RDCK Electoral Areas A, B, C, the Town of Creston, Kootenay Employment Services and Lower Kootenay Band, has evaluated and prioritized the community engagement feedback from the Fall and has chosen key focuses to consider for the regional economic strategy. Focuses that have risen to the top include tourism and recreation access, local business development and support, local purchasing and procurement, quality of life and resident attraction, agriculture collaboration and the exploration of new markets.

Some focuses are already underway and destined toward regional collaboration – such as the Fields Forward initiative within the agriculture sector, and the destination development and marketing initiatives within the tourism and recreation access focus. Also, there are focuses that will need extra attention and time to get off the ground, but are as equally important to define in the regional strategy.

To further indulge into the needs of the business community, a business support survey was open to the public for the month of January. Over the four week period, 101 businesses completed the survey – which roughly represents 10% of businesses in our region. Participating businesses ranged in size, sector, location

and structure – which provided a broad spectrum of responses for the CV-KL EAP to utilize in phase three and four of strategy building. To thank the business community, the CV-KL EAP drew (at random) five winners to receive customized business and/or marketing support from local professionals. The results from this survey are currently being analyzed and will be made available for public access in the coming weeks.

February marked the beginning of stakeholder meetings for the six focus strategies. The purpose of convening stakeholder groups is to generate actions which will collectively make up the regional plan.

On February 21, over thirty residents attended the Tourism and Recreation Access Stakeholders Meeting at Wynndel Hall. Current local initiatives were presented, which included destination co-op marketing lead by Service 108 and the enhanced tourism education program in Area A. The meeting closed with small group work which identified key priorities moving forward - such as cross-promotion, joint marketing, improving online presence, destination development, employee training around local hospitality services, and the need for a regional tourism strategy.

Looking to share your knowledge, network with others, and contribute? There are upcoming stakeholder meetings you can attend this March.

On Saturday, March 10, the Fields Forward 3rd Annual Forum & Stakeholders Meeting will take place at the Creston & District Community Complex. This is an opportunity to learn about current initiatives and provide input around barriers and opportunities within the agriculture and horticulture sectors; such as finding labor, staff training, technology, health and dental, and other resources. As well, there will be updates around the Fields Forward Society as a centralized support for agriculture in the region.

There will be two Local Business Matters Stakeholders Meetings, which will provide convenient access for our busy business communities to participate in strategy building. The first meeting will take place on Tuesday March 20 at Jimmy's Pub Banquet Room in Creston. The second meeting is set for Tuesday March 27 at the Kokanee Springs Resort in Crawford Bay. These meetings will provide an opportunity for businesses to create an action list that local government, businesses and community groups can carry out. But, more importantly, talk about implementation and how to make these action a reality.

More information about these meetings, future stakeholder events, and how to RSVP can be found at eap.kes.bc.ca/events.

While the community is generating concrete action items for the regional strategy, the partners of the CV-KL EAP are working hard to determine the entity and ongoing structure of the regional economic development team. Once governance, funding, and implementation structures are decided, the goal is to have the economic development strategy complete by the end of April 2018.

The foreseen role of the CV-KL EAP is not to override work and initiatives being executed in each community, but to rather provide an over-arching communication mechanism between groups and individuals. Having an entity, such as the CV-KL EAP, will provide transparency and build awareness of current happenings within our region – which, in turn, will provide opportunity for collaboration and cross-over support from different communities and groups within each focus area.

With feedback from over a thousand people on how to improve the local economy, and the tireless work of local government, stakeholders, and funders to understand opportunities, our region is within arm's reach of commencing a positive and successful regional economic strategy. Stay tuned!

A Full Plate

by Maureen Cameron

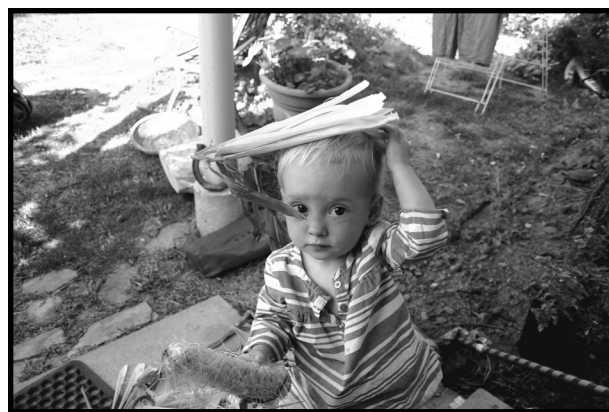
A Full Plate Project for Canada 150 started with an idea of connecting the arts and agriculture together to bring awareness to our local food sector. We are an ad hoc committee under the Community of Creston Arts Council and a Food and Culture Working Group under Fields Forward.

Over the past year Full Plate project volunteers talked, networked, collaborated, hosted events, participated in meetings and Farmers Markets. We partnered with Fields Forward and Creston Valley Fall Fair, wrote articles, promoted local events, interviewed farmers and documented aspects of our local agriculture in video interviews and slideshows. Audiences of all ages and interests participated in a mapping project, art shows, writing and sharing memories and ideas as well as their stories, photographs and resources.

One thing we have in common is that we all eat. Where we source our food and what we choose to nourish ourselves with is an individual choice. We've come to expect the availability of a wide range of foods all year round. At the same time we wonder what the end result will be in what seems a race for cheaper and faster food in our globally connected and consumerized world. Asking "what's on our plate?" might lead to considering what sustains us individually, as families and as a community. The health of the soil, water, marketing systems, land use, regulations and econom-

ics all come into play. Add to that the value added aspect and that's a FULL PLATE indeed.

The Valley's rich history, the players then and now and the growing interest in our future as a 'food basket' clearly informs our identity as a community. The arts express our values and interests and are evident in studios and public art displays and art shows including the fibre arts, photography and of course the literary arts. Over the past year we enjoyed agriculturally themed arts events such as: 2017 Artists Challenge hosted by Alison Masters and Gary Deatherage, The Creston Valley



Quilters Show, Focus on Youth Art Show, A Full Plate Fall Fair booth and a Full Plate Chautauqua. Our social media provided networking, photo gallery, links and slide and video interviews with local food producers.

One of the key partners in this project has been the Creston Museum through the work of Tammy Bradford for displays from our launch in January 2017,

to a summer Museum Art and Agriculture' display, to our Sept Fall Fair presence and our recent Chautauqua. Tammy produced historical placards intriguing and inspiring folks with agricultural timeline key events from the 1867 to the present as well as a Soil installation and a Canada 150 Stories Project.

We barely scratched the surface of using the arts to increase awareness of our local agriculture and certainly don't have room here to acknowledge all the people who've been involved and contributed. Yet we hope this idea inspires you to look around, be curious and see the people that grow and make food for us and those who are mounting initiatives and collaborating

to respect this land and what's been given us to take care of for generations to come.

Your family roots may go back in history for settling here in the Creston Valley and East Shore to Riondel or out to Yahk. Or perhaps you chose to move here for any number of reasons, yet appreciating the natural beauty, clean air, water and nature has been the draw for many of us, and the inspiration for how we express ourselves.

As Randy Meyers encourages in his Ag Aware column in the December/January *I Love Creston*, "It is not too difficult to know and talk to local growers and become more educated on what goes into your food. Be grateful for the variety and quality of food available to us locally."

A Full Plate: Canada 150 was made possible by financial contributions by Community Fund of Canada 150, Creston Kootenay Foundation, the Community of Creston Arts Council and Fields Forward.

www.fullplate.ca
info@fullplate.ca

Facebook: *A Full Plate (Creston)*
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- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL HALL

Booking/info: Rose at 250.223.8288

Creating a Sacred Kitchen

by Yasodhara Ashram

Anne Calder is a Learning Resident in the Ashram kitchen and became inspired to write a series of articles that combines information about the Ashram approach to food with tips for readers. Here is her experience of sacredness in the daily ritual of meal preparation.

‘It is a pleasure to see such a variety of people coming for a taste of the Ashram. I am overjoyed to witness their gratitude towards the food that is served. This invoked a curiosity to look deeper into what makes our meals so remarkable and the Ashram kitchen so sacred.

‘Every time I research recipes, my page floods with options. Cooking has exploded in popularity with no lack of learning resources. Yet a camera fails to capture the love and passion instilled into the meal, allowing the dish to truly stand out.

‘I’ve certainly learned that preparing food can be made into a ritual. It’s like a typical scene of a witch hovering over a bubbling cauldron, chanting incantations and calling out the names of various ingredients to conjure up a magic potion. For me, cooking for the community, and similarly at home, possesses much of this magic.

‘The kitchen environment is a key element. A clear space, listening to mantra or other inspiring sound, is as important as the spices being used. I keep my intentions clear when I enter the kitchen, for I am aware that the energy I carry is transmitted into everything I do. Cooking with love is the secret ingredient. It is what has us reminiscing over home-cooked meals. The Ashram acknowledges this key element through persistent encouragement of bringing spiritual practice into all of our work.

‘Manifesting such a sacred space in your own home is readily attainable. Open up the space, clear away clutter and organize it to make your tools easily accessible. Bring life into the space. Allow fresh herbs to grow. Sprout beans by the windowsill. Ensure that you have what you need to allow fluidity, like keeping paint and brushes by your easel. Create a space welcoming to all.

‘Cooking as spiritual practice has made a fundamental impact on my body and soul. Allowing myself to be guided by Light and channeling it into the food I prepare spreads joy throughout. The ripple effect is clear to see and I invite you in 2018 to witness your own transformation through eating light.’

Anne offers a favourite recipe from the Ashram kitchen for your use.

GOLDEN DRESSING

- ½ C Nutritional Yeast Flakes
- 1/3 C Water
- 1/3 C Tamari
- 1/3 C Apple Cider Vinegar
- 1 1/2 C Olive Oil
- 2-4 Garlic Cloves

Learning Residents such as Anne are an integral part of the Ashram, supporting the day-to-day work while learning tools to help unlock a greater knowledge of themselves and an understanding of others.

The Residencies are for people who have a skill base or experience that lends itself to a particular area of the Ashram. Three-month residencies (with the option to extend) are currently available in Hospitality, Garden, Kitchen, Preserving Kitchen, Lands & Groundskeeping, Infrastructure and Communications.

The Learning Residency program is based on experiential and self-led learning within a mentorship structure. Orientation, weekly classes, daily reflection, morning yoga classes and evening satsangs enrich the program. This is a unique opportunity to support the day-to-day work of the Ashram and is open to all ages. See more information at yasodhara.org/karma-yoga/learning-residencies or call 250-227-9224.

MOVING FORWARD – Riondel Commission of Management

submitted by Gerald Panio

In 2016, in concert with staff at the RDCK offices in Nelson and representatives of the Columbia Basin Trust, the Riondel Commission of Management developed a multi-year plan (2016-2020) to manage the RDCK-owned buildings in Riondel. The plan aimed at reducing expenses, boosting income, patching the main community centre roof, repairing the auditorium roof, and building up a substantial capital reserve fund to allow for major work on our community centre.

The commissioners would like to take this opportunity to provide an update on our long-term plan.

In regards to expenses, every effort has been made to see that costs are held to a minimum without compromising the comfort or safety of community members using our facilities and services. Major steps have included the shut-down of the old Recreation Centre, careful monitoring of heating in the Community Centre, and the replacement of old, inefficient fluorescent lighting with low-cost LED lighting. On the income side, rental fees have been doubled to better cover operational costs and to help ensure long-term sustainability. That these measures have been effective has been proven by last year’s \$17,000 contribution to capital reserves, and our ability to fund the 2017 auditorium roof work without drawing down our current reserves. The Commissioners are very grateful for the cooperation and understanding of Riondel residents and those from neighboring communities who have supported our efforts.

Careful stewardship, along with the substantial Community Centre Repair Fund raised through local efforts, allowed the Commission to hire Howard Sempf to do significant work to repair serious leaks in the Community Centre roof. Mr. Sempf did an excellent job, and the repairs have held up well over two winters. There are still minor issues, and these will be addressed as weather permits. It must be kept in mind, however, that all such repairs are only a temporary solution, and the goal of the long-term plan is to provide for future generations. A year-by-year holding action is not a solution.

A very generous \$17,160 grant from the COLUMBIA BASIN TRUST, combined with the money raised by previous Commissioners and Riondel citizens for roof repair work, made possible a complete re-roofing of the auditorium by Heritage Roofing from Nelson, as well as major repair of the west wall building envelope. The completion of this work allows the Commission to focus on the future of the rest of the Community Centre. It is our hope that we will once again be able to call on the Columbia Basin Trust for support when we are able to show, in two or three years, that we are on-track with our planning and have been successful in increasing capital reserves to the point where major action can be taken on the main Community Centre building.

In the meantime, stakeholders in the Community Centre have been taking the initiative to see that the building becomes an increasingly vibrant hub for Riondel residents. The library has expanded into the adjoining room to substantially increase its operating area, and the Riondel Historical Society has shared the new space for exhibits which will now be available to all library users. The Seniors Room has been repainted, the pool table serviced, and a new home theatre system installed to allow for movie nights and educational presentations (thanks to a \$3300 grant from the NEW HORIZONS FOR SENIORS program). The Art Club has enlivened the halls of the Community Centre with the inspiring work of local artists. Electrical upgrades have been done, and work

is continuing on the replacement of water-damaged ceiling tiles. With the assistance of Grant Christensen and Charles & Elie Reynolds, the playground area has been completely resurfaced with fresh sand, and some equipment repaired. And the long-delayed bocce pit was finally completed by an RDCK Parks crew. The Commission of Management extends its sincerest gratitude to everyone who has helped with these initiatives, including organization members & volunteers, tradespeople, RDCK staff, and granting agencies such as RDCK REC 9, COLUMBIA BASIN TRUST, and NEW HORIZONS FOR SENIORS.

The Commission of Management is always open to suggestions for further improvements to services for the Riondel community and for visitors to our community. A copy of the Commission’s multi-year plan is available at the Riondel Library and the Commission office. The Commissioners look forward to continuing dialogues with RDCK and Columbia Basin Trust staff as we look towards the future and work to provide the best possible infrastructure & services for the residents of Riondel and the surrounding area.



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BEACH CLEANUP

On Saturday April 21, Friends of Kootenay Lake Stewardship Society will be hosting **Earth Day Weekend Beach Cleanups** around Kootenay Lake. Join us at **Crawford Creek Beach, 10am, April 21** to help out your lake by combing the beach for trash. Gloves & bags, refreshments, and fun art/games will be provided.

Nature enthusiasts of all ages welcome!
Please bring a rake, bucket & to-go mug.
More information, visit our website:
www.friendsofkootenaylake.ca
or like us on Facebook and Instagram.



Friends of
Kootenay Lake
Stewardship Society

Oklahoma!

by Footlighters Theatre Society

To conclude a season that took audiences on a stern-wheeler trip on Kootenay Lake (**Nasookin**) and then to the land of Crestonia (**Hansel and Gretel**), it's only fitting that they now spend some time in Oklahoma, with a classic musical concluding the troupe's 23rd season.

"We've been planning to perform **Oklahoma** for several years, intending to coincide with its 75th anniversary," says director Brian Lawrence. "This show basically revolutionized musical theatre, and we wanted to honour that. Plus, it hasn't been performed in Creston since 1988, so the production is long overdue."

Oklahoma opened on Broadway in 1943, the first collaboration between composer Richard Rodgers and lyricist Oscar Hammerstein II. Both had previously enjoyed success with other partners, but when it came to adapting Lynn Riggs' 1930 play, **Green Grow the Lilacs**, they tried something different, using the script, songs and dances to advance character development, and developing a plot that had serious dramatic goals.

"Hammerstein had previously tried that with *Show Boat* in 1927, but this time, it actually influenced other writers and composers," says Lawrence. "Over the next several years, some of musical theatre's most enduring works were created, all using that 'integrated' approach."



Simone Wiebe (as Laurey) and Devan Coward (as Curly) rehearsing a scene...

Set in Oklahoma Territory in 1906, **Oklahoma** tells the story of farm girl Laurey Williams (played by Simone Wiebe) and her courtship by two rival suitors, cowboy Curly McLain (Devan Coward) and farmhand Jud Fry (Brian Lawrence). A secondary triangle concerns the flirtatious Ado Annie (Brittney Boehmer), cowboy Will Parker (Logan Thompson) and peddler Ali Hakim (Christopher Bohn).

Guiding the group through rehearsals is a production team consisting of assistant director Jason Smith (who is also designing the sets), music director Leah Darby and choreographer Kate Webb.

The cast has been enthusiastic about the challenging amount of work required to get their dance steps down, including those in the 10-plus-minute dream ballet that closes the first act, says Webb, who previously choreographed **Beauty and the Beast**, **Nasookin** and **Hansel and Gretel**.

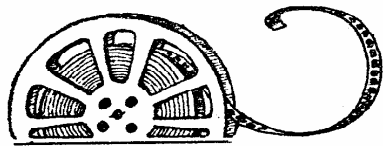
"I had to adapt the original choreography for the group since we have a wide range of dance experience and ability," she says. "I chose to pay homage to Agnes de Mille's original work with some of the choreography but wanted to simplify some of the stylized steps for a more modern look."

For Darby, who moved to Creston last year, taking on the role of music director was an opportunity to make new friends who enjoyed singing and dancing.

"I think the audience will enjoy the classic songs written by Rodgers and Hammerstein — and maybe the rest of the words to the songs. I've known the song 'Oklahoma' for the longest time but always sang it as 'Oklahoma, where the blah blah blah blah blah blah.' Now I know the actual words to it." And with a musical theatre-loving cast and crew, the audience is sure to find the cast's enthusiasm contagious.

"It feels just as fresh as if it was brand new," says Lawrence. "There's a reason this show became a classic — it really is one of the best."

10 **Mainstreet March 2018**



Seldom Scene

by Gerald Panio



A FABULOUS FEAST!

The inmates have taken over the asylum. But we're talking theatre here, so that's a good thing. Two Hexagon Players stalwarts, **Carol Vanr and Galadriel Rael**, stepped forward this year to take on the daunting challenge of sitting in directors' chairs (along with **Doreen Zaiss**) and living up to the expectations of seven years of mind-blowing local theatre productions. Knowing who their mentor is, and the depth and dedication of our East Shore acting talent, I had no doubts that Hexagon's 8th season would be a memorable one.

The players themselves might not have been so sure. Coordinating rehearsals with three directors and 14 actors was probably a bigger challenge than anyone realized when the concept first came up last summer. **Nina Shengold's** script for **Finger Foods** is challenging in itself, metaphorically dancing between irony, wistfulness, loss, and absurdity. **Finger Foods'** 30-plus characters connect with the audience through farce and folly and tragedy. And how exactly does one coordinate rehearsals when the same actors are in three different scenes with three different directors? I heard there were times when friends & family of the players wondered if they were ever going to see their loved ones again.

Even when all seven individual scenes started to come together, there were further challenges: providing the subtle linkages between scenes; orchestrating a dizzying array of wildly inventive, quick-change costumes & make-up & hairstyles; designing sets that were minimal-yet-expressive, mobile enough to allow for rapid scene changes; finally, choreographing all those scene changes so that they themselves became part of the dance. My brain hurts just thinking about it. Kudos to **Galadriel, Carol**, and **Michelle Moss** for Stage Management, to **Michelle** for Set Design, to **Galadriel** for Props, to **Mandy Petrie** for Costumes, to **Mandy, Kate Leishman**, and **Zoe Baetzel** for Hair & Makeup, and to **Will Chapman** for Light & Sound. The fact that almost everyone I've just mentioned was also acting and/or directing makes my brain hurt even more.

The first short play, "**40 to Life**," directed by **Galadriel**, opened with **Michelle Moss** demonstrating that she's watched a few women-in-prison movies in her day. She's the kind of hard as nails authority figure **Gef Tremblay's** character will be cursing a couple of scenes later. Into her not-so-tender hands falls **Kate**

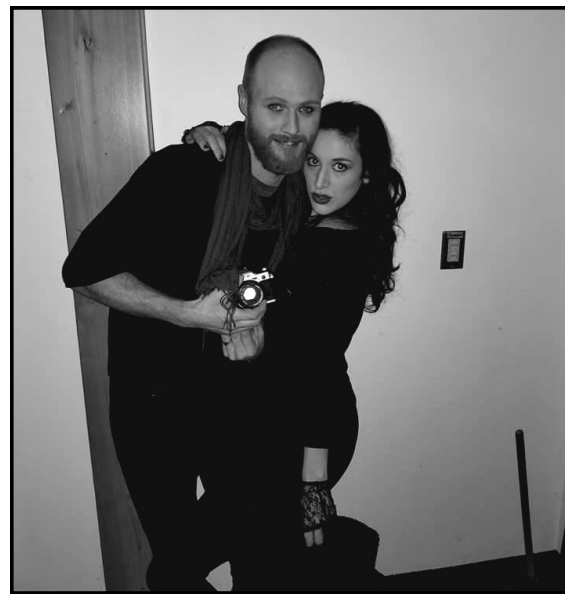
Leishman's Susie Wismer, a 40-but-still-foxy victim of stolen illusions. Her heart's been hit & run too many times to count, and her dating history gives a whole new meaning to the phrase "questionable choices." In the first of two *tours de force* by the new comedy team of **Tim (Miller) & James (Gates)**, Susie is forced to look at a lineup of old boyfriends that had the audience wide-eyed and laughing till it hurt. I laughed even more when watched Kate's facial expressions as each bozo in the Hall of Shame stepped forward. The loser parade comes to a screeching halt when the guy Susie dumped 32 years ago in high school steps onstage. One of playwright Shengold's themes is definitely School is Hell. **Paul (Matt Leishman)**, three failed marriages down the road, still hasn't gotten over Susie's betrayal; Susie reacts to him the way she would to something stuck to the bottom of her high-heeled shoe. Naturally, they're going to wind up handcuffed together in the first of **Finger Foods'** four *pas de deux*. With both of them hitting 40, the perfect mate might be out of reach but love isn't. Kate and Matt have the chemistry and the acting chops to make both their initial outrage and their inevitable pairing completely convincing.

The second piece, "**Finger Foods**," directed by

Carol, was a literal rather than a metaphorical dance. **John Leishman's** slinky, sinuous, bare-footed photographic prowlings and **Maria Latouf's** operatic posings & extravagant digital gestures were joys to behold. John's voice characterization for Denny was spot-on hilarious for someone whose career has been a Dickensian struggle to rise from liverwurst to Beaujolais. Maria's Mona was every bit John's vocal match, her every utterance high drama tinged with pseudo-Italian, making us feel her pain at being forced to prostitute her art for Tuna Fish Friskies. "**Finger Foods**" has some of Shengold's cleverest (and most shameless) writing, good enough to make Molière

chuckle. I'll never think of cat food in quite the same way again. I love Shengold for her ability to skirt cynicism while skewering nostalgia. Cupid's arrows might be crooked as hell, but they still find their mark.

The actors in the third short play, "**Emotional Baggage**," directed by Hexagon founder **Doreen Zaiss**, had better hope that typecasting doesn't start here. I can just hear the conversation at the agent's office: "Yeah, man, I know you can do Samsonite hardbody, but attaché cases are what we need this year. Lose the handle and the attitude, and maybe we can talk." One of the pleasures of working on **Finger Foods** must surely have been the chance to drop into some unique new skins: **Gef Tremblay** channeling Edward G. Robinson as Samsonite, **Kate Leishman** trying to hold up the prim but flimsy façade of Luis Vuitton via Newark, **Matt Leishman's** "lifer" luggage juggling De Niro & Brando while pacing out his tales of epic fails with Guatemalan goats and peeing dogs, **Michelle Moss's** puritan portmanteau clinging to a past that's literally dead and gone, **Mandy Petrie** doing her best Mae West on the new fish, and **Morgana Page-Deal**—brave girl!—throwing her handle in the ring with this carousel of Hexagonal hams. "I coulda bin a container!" is my new favourite line. "Emotional



John Leishman & Maria Latouf as Denny & Mona in "Finger Food"- photo by Ingrid Baetzel

Baggage” also featured the first of three smart uses of back-projection to open up scenes without the cumbrance of physical sets.

Nina Shengold’s not just a clever playwright, she’s a very astute one. She anchors the first act with a piece that causes the laughter to stick in the audience’s throat. “No Shoulder,” directed by Galadriel, reminded me of a couple of my favourite *Twilight Zone* episodes, ending in a twist that hits home even when you know it’s coming. Ingrid Baetzel was flawless as Ruth, a middle-aged Pacific Northwest refugee who in her youth made a choice that robbed her of a life that might have led to something more than driving alone at night through heavy rain in a dark stretch of forest. And could anything have been more perfect than casting Ingrid’s daughter, Zoe Baetzel, as the old-beyond-her-years hitchhiker who draws Ruth out of the protective shell she’s built around her past. Zoe managed to walk the fine lines between vulnerability, resentment, resignation, and explosive anger. Sometimes less is definitely more. Like Ruth, she’s the walking wounded. Their conversation is another dance, but to sadder music. The scene is also graced by Will Chapman’s deft touch on the sound and lighting boards—closing doors, power windows, car radios, windshield wipers, squealing brakes, and searing headlights make it all just that much more real. That Galadriel could so deftly handle the change in tone from directing “40 to Life” to “No Shoulder” is a testament to everything she’s learned over over the years.

Intermission, with a loaded table of delectables provided by the East Shore Youth Network, was followed by “Lives of the Great Waitresses” and the biggest “reveal” of the evening. One could hear the jaws dropping as Gef turned around on his lunch counter stool and launched into Tammy Sue’s salacious soliloquy on truck stop seduction. They say actors are supposed to stretch when choosing their roles; I think Gef can definitely cross that box off on his resumé. The audience’s griddle was thoroughly greased. And to all you makeup and costume people who had a hand in Tammy Sue, thank you, thank you, thank you.

Not to be outdone, Mandy and Ingrid were no slouches in the monologue department. As a born-again waitress who was a cross between Tammy Faye Bakker and Blanche Dubois, Mandy took us to the spiritual mountain top of waitressing. I don’t know where she found that accent, but I’m still hearing it in my head three days later. (And by the way, I’ve seen the world’s greatest waitress. She worked in a corner restaurant near the Atwater market in Montreal, demonstrating the most fluent bilingualism I’ve ever heard as she joked with Québécois and English customers and never missed a beat in handling orders. No coffee cup went unfilled. I was madly in love.) Shifting effortlessly from tragedy to farce, Ingrid gave us a taste of the broken dreams, desperate strivings, naïve seductions, and ephemeral victories on the road to stardom. Not satisfied with just directing this smorgasbord, Carol

Vanr demonstrated she could make us laugh by just walking onstage. That’s because, after all these years, we know there’s more good stuff to come. Her Yetta is a diamond in the rough, cranky as hell, loving every minute of her martyrdom. As her lackadaisical and possibly philandering husband, Tim scored in yet another of what must have been a Hexagon record for most roles in a single production.

“Lush Life” is the second serious anchor point in the play. It’s the last of the duets. Another case of a life that might have been. This time, a life devoured by drugs. Barring a lethal dose, sometimes all that’s left in the end is the husk of a human being. “Lush Life,” directed by Doreen, gave both Tim and Mandy a chance to trade broad comedy for pathos. Jimmy’s hit rock bottom, but his saxophone is a lifeline that’s holding him in there, pulling him out of the dark as much as possible when the past has been obliterated. Even here there’s humour. Jimmy’s a vegan panhandler, with a taste for flan and café con leche, and a practiced eye for a possible infusion of cash. Dignity’s a hard thing to kill.

The last play, “Everything Must Go,” also directed by Doreen, was the perfect bookend for “40 to Life.” Another sardonic

metaphor: a garage sale to purge memories instead of bric-a-brac. Some themes & characters from early in the play get recycled—along with ex-husbands, parents, and boyfriends. Wouldn’t it be something if therapy worked like this? Just haul that old baggage out on the driveway and let it go. Sell that emotional jetsam cheaply enough, and even mildewed lovers and unmissed maidenheads will find new homes. Hell, you can get rid of entire decades. Suburban survivors Karen (Galadriel) and Leila (Ingrid) have hung onto way too many 8th grade humiliations, failed relationships, lost illusions. It’s all there in Leila’s absurd exploded bouffant hairdo, that had people laughing before she’d even uttered a word. The Tim & James comedy tag team made another whirlwind appearance, having way too much fun. By the time Death and the Knight from Bergman’s *Seventh Seal* made their Monty Pythonesque appearance to claim Karen’s soul, the audience couldn’t quit grinning. Tim delivered the *pièce de résistance* with his outrageously hammed arched looks and rollicking fake Swedish (“Gottterdammerung! Kierkegaard! Schnitzel! Volvo!...”). Galadriel’s final look of stupefied incomprehension as Leila calls her name and Death takes her away was priceless.

It should also be noted that *Finger Foods* was a remarkable family affair. The cast & crew included husbands & wives, siblings, and a mother/daughter/granddaughter trifecta. How often does that happen? I said lunacy wasn’t a bad thing in theatre; nepotism seems to have a lot going for it as well.

No handcuffs are required to get the Hexagon Players and their audience to fall for one another. This is indeed, as one character says, as good as it gets. Thank you, Hexagonians, for giving these days of winter doldrums the kick in the ass they deserve.



Gef Tremblay in glorious drag as Tammy Sue in “Lives of the Great Waitresses” - Photo by Ingrid Baetzel

Riondel Arts Club

by Sharman Horwood

The last month has been a busy one for the arts club, both in showing paintings as well as other activities.

Every Tuesday Gerald Panio has given lectures on some art pieces. Two weeks ago, the discussion and examples were of Francisco de Zurbaran, noted for his religious paintings. The next Tuesday was followed by a viewing of Sister Wendy’s discussion of Hieronymus Bosch’s Garden of Earthly Delights. Next week is Pierre Bonnard, a post-impressionist artist.

Our arts club has many different painters, and we try to meet every Tuesday, starting in the morning and carrying on into the afternoon. We have artists specializing in watercolours, coloured pencil and acrylics. We have affordable drop-in rates if you want to come by and do some painting, or if you wish to join the mosaics’ group meets on Mondays. We welcome beginners as well as experienced artists.

At the moment, the art club is showing members’ work in the halls of the Riondel Community Centre. We are installing slot walls to better hang the paintings, and they are for sale. We hope you will stop by to view them.

INTERFACE

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New Internship Program Helps Employers Hire Post-Sec Grads

Columbia Basin Trust program creates and retains jobs in the Basin

press release

Columbia Basin) – Now more than ever businesses and organizations need qualified employees and post-secondary graduates need a kick start to their careers. Enter the new Career Internship Program from Columbia Basin Trust. This program is now accepting applications on a first-come, first-served basis.

“This program supports our strategic priority of economic development in the region,” said Lisa Kilpatrick, Columbia Basin Trust Senior Manager, Economic. “It helps create jobs and increases employment opportunities for recent college and university graduates, a workforce that is essential when it comes to meeting the Basin’s current and future business needs. This will help Basin businesses and organizations grow and become more sustainable over the long term.”

The program provides wage funding for employers to hire college and university graduates in permanent, career-focused positions. By attracting skilled, emerging professionals at a reduced cost to the organization, they can expand their teams and build capacity. The funding is up to 50 per cent of the new employee’s wage over the first seven to 12 months, to a maximum of \$25,000. The intern position must include a training plan that provides structured learning to the new employee and transitions to full-time, permanent employment at the end of the internship.

Learn more and apply at ourtrust.org/internship.

The Trust also supports workforce needs by helping businesses hire students, including apprentices, through its two wage subsidy programs, Summer Works and School Works. Basin residents can also receive the training they need to secure immediate employment through its Training Fee Support program. These are just some of the ways the Trust is helping to create a diverse and resilient Basin economy. Learn more at ourtrust.org/economic.

Columbia Basin Trust supports the ideas and efforts of the people in the Columbia Basin. To learn more about the Trust’s programs and initiatives, and how it helps deliver social, economic and environmental benefits to the Basin, visit ourtrust.org or call 1.800.505.8998.

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Planning For Aging Well **FREE WORKSHOP!**
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Location: Senior's Room,
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This is a free workshop with lunch provided.

About the Workshop:
Do you have a vision of what your later years will look like? Perhaps you see yourself travelling, playing with grandchildren or simply enjoying a happy, healthy life in your community. What do you need to do now to achieve your goals later?

Making plans and decisions today will help you better prepare for tomorrow so you can achieve your goals in your lifelong journey. This interactive workshop will prompt you to think about your future well-being in topic areas such as your health, finances, housing, transportation and social connections to help you make the most of later life.

Hard copy resources to help you plan your aging journey as well as local information about available services and supports will be provided at the event.

Questions about the event? Please contact:
Peggy Skelton
250-227-2262
skelton.peggy@gmail.com

Who Should Participate?
Adults of all ages, caregivers and people who work with older adults are invited to participate in this engaging dialogue.

If you are interested in:
• Developing a plan to help you have a healthy, happy aging journey;
• Learning about resources and information to help actualize your plans; and
• Connecting with new people in your community

We hope to see you there!

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This initiative is supported by BC Healthy Communities Society, the Government of British Columbia, Better at Home, Community Connections, Age Friendly Community of Riondel, and Riondel Seniors Association.



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The Employment Program of British Columbia is funded by the Government of Canada and the Province of British Columbia.

The Little Sasquatch Movie Theatre in Crawford Bay

by Chantal Lunardi

The East Shore has now its own movie theatre - The Little Sasquatch Theatre, located at the Crawford Bay Elementary Secondary School.

Twice a month, primarily on the first and third Sunday (except on some long or special weekends), three community volunteers dress up the performance room as a cafe theatre, where it feels good to get together. Jacqueline Wedge, Bill Miller, and Chantal Lunardi are passionate not just about watching movies (we can all do that in our own homes, alone, downloading, streaming, or binging desperately on Netflix), but watching movies together, eating popcorn (made onsite with real butter), drinking pop (natural pop available soon), and having a friendly discussion. For merely \$10 you can have it all: movie (\$5), pop (\$2), organic popcorn (\$3); and if you add a little bit more, you can even have some pretty nasty colourful candies. A real - but small - movie theatre, with Sasquatch ambitions.

Our first movie was *Loving Vincent*, and by popular demand, we will watch it again. Our second one, in partnership with the *Association des Francophones des Kootenays Ouest*, was a French Canadian production, *Bon Cop, Bad Cop 2*. Unfortunately, it was cancelled because no patrons showed up, likely because of the snowed in conditions. Anyway, three volunteers were there that night, ready, and they still managed to have a good time. You can count on us... We will present blockbuster films, artsy ones, foreign, and French Canadian movies to create an occasion to get together in Crawford Bay, and to raise funds for our school music and science programs.

This is just the beginning. We have so many good movies and partnerships in mind to get some fun on our side of the lake, it can only be amazing. Ideas? Want to get involved? Please come. Buy tickets in advance. Drop some money in our fundraising jar. Anything will help to make sure this amazing community initiative will continue. So much more could be coming our way. Check our program on Facebook (Little Sasquatch Theatre) or on the many posters we will eventually get out there.

When you see Bill, our science guy, give him a hug and perhaps a \$5 bill. He has invested so much in our little movie theatre. He even bought a pretty amazing popcorn machine. The show starts at seven.



Loving Vincent

by Zora Doval

I have heard so many people say, "There's nothing to do on the East Shore". Well, I think there is so much to do and to attend if one is willing to leave home and participate. I had a nice big surprise two weeks ago when I attended our local cinema (the Little Sasquatch Theatre) and watched this extraordinary film called "Loving Vincent".

Cinema on our shore? You might be surprised to know that you can now have a real cinema experience right here in Crawford Bay. Right downtown, in Crawford Bay School, every Sunday evening (watch for possible changes to the dates/times) you can go and have a full on artistic experience. The screen is huge, and the sound is realistic. They even sell popcorn and soft drinks to make it more real.

The first presentation was a unique film that is dedicated to the life of the great painter Vincent van Gogh. The film was made by a clever combination of real footage and hand painted images (by some 100 artists) in a style of van Gogh. The result is stunning. It makes a huge emotional dramatic impact. No, not pleasant... Rather, I found it disturbing. It was about van Gogh after all, a man with a life of great

emotional turmoil. The purpose of this film most probably was not to soothe, but to question and create emotional impact. Who knows? It certainly impacted me. Hearing the crazy facts about Vincent's life made me ponder: How is it possible for geniuses of this calibre to live among us and not be noticed? Why should the artist first be dead before he/she can be truly appreciated and their art properly valued? It is so ironic that it is these artists, these van Gogh's and Mozart's who create art that values in the millions of dollars, yet they die penniless. It is hard enough to be an artist but to

create works of great beauty and never know appreciation is much harder.

The film was hard to watch (through the tears) and it did convey the whole deal about van Gogh: crazy mad genius, passionate about life, nature and flowers, sensitive and tender loving soul, wishing to express the beauty of the world and his loving heart. This painter, almost unknown in his own time is now a household name and certainly a synonym for a crazy artist. Collectors will pay any price for whatever carries his name. No questions asked now, he goes, he is in - forever.

However, Vincent van Gogh was one of the greatest artists, in my humble opinion. When I saw his irises in New York, I almost fainted - in an instant I felt Vincent, his madness, passion, love, whatever, rushing through the pigments out into my eyes, brain, body, soul - inviting me into this vibrant crazy universe, a van Gogh universe. A simple, childlike universe vibrating with colour. So playful, so loving.

I extend a huge thank you to the small crew of dedicated individuals who are bringing the cinema to us - it must be a lot of work. As for the rest of us, here we have another opportunity to be involved with something fun - please come out and support this new venture. Without our participation it won't last.

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will soon be hiring persons interested in Seasonal PART TIME &/OR FULL TIME positions

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19+ Serving-It-Right and Food Safe an asset. Previous grocery/retail experience a plus. Drop off your resume/application at the store or email: cbstorebc@gmail.com

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- Sylvia Horwood: 250-225-3272
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Budding Out Again Soon The Kootenay Food Tree Project

By Bernard Raidt

After a very encouraging start in 2017, the Kootenay Food Tree Project is moving into its second year. For those who have not heard of us, the project is dedicated to reviving and reinvigorating local fruit production, expanding propagation knowledge, and offering practical encouragement to those wanting to start fruit-based businesses in our area. We are using donations and grants to purchase suitable and interesting fruit stocks for free distribution along the East Shore. We are also in the process of attempting our first larger-scale propagation trial using locally-obtained cuttings of some excellent fruit varieties.

Our intention for this year is to continue to bring in new and useful varieties suited to our local climate and soils. To this end, some recipients of fruit trees and bushes are functioning as Variety Test Hosts, evaluating a number of high quality, newer, or less common varieties and species. This year we hope to obtain and distribute, among others, 'Northline' Saskatoon and the newer 'Pablo' selection, both of which have extremely high fruit quality and amazingly delicious Saskatoon flavour.

When the weather warms up a little we will resume distributing plants. If you are interested in receiving fruit plants, please contact us. We will be posting a list of available plants on the project's Facebook page when the snows recede.

To further our project aims we welcome donations of cash (to make some important early purchases), soil, pots, compost, manure, tools, fencing, and plant materials (such as raspberry shoots of good varieties).

Please save your yogurt containers and pass the word on to your friends. They are very useful for planting small seedlings and rooted cuttings later in the spring.

You can contact the project by email: kootenayfoodtreeproject@gmail.com, on Facebook: [KootenayFoodTreeProject](https://www.facebook.com/KootenayFoodTreeProject), or by phone: 227-9111.

About Fencing:

One thing we would like to bring clearly to the attention of all prospective plant recipients is the absolute necessity of having proper and secure fencing to protect young fruit plants. Most of the small tender plants being distributed could be obliterated within minutes by deer if fencing is not in place before or at the time of planting.

Some people have been surprised about the requirement for fencing, as they may have seen large, established fruit trees, with branches starting 6 feet off the ground, completely unprotected. These are simply too tough and too high for the deer to reach! Some people swear by pie plates, soap, or egg spray, but these only partially dissuade deer, or need to be frequently refreshed to remain effective. A fence is the only truly reliable long-term solution.

We have seen too many new gardeners disappointed, disheartened, and in some cases entirely put off gardening by a lost harvest or a destroyed perennial food plant to recommend anything but a sturdy fence of sufficient height. Through the generosity of Tom Lymbery we will have some fencing available at modest cost to help get people started, if required.

Frank Kechinka

by Denny Davis

In 1944, when I was 15, I got a summer job in a logging camp as a signal man (whistle punk.) I wanted to work in the shipyards catching rivets. My mother thought that the job was too dangerous. She knew some loggers, which might explain why she thought that a logging camp would be less dangerous.



Denny Davis, retired in Victoria. Denny worked many years for BC Telephone and came to the East Shore to design our 223, 227, and 225 phone exchanges, which brought our first dial phones.

Photo courtesy of Denny Davis

The camp was owned by Kechinka and Peterson. Peterson was old and retired and lived at the camp. Kechinka ran the show and was considered to be an old woman. I guess that running a gyppo (independent contractor) logging outfit was an all-consuming occupation. He was known by the men as Papa Kechinka. The camp was at St. Vincent's Bay in Jervis (pronounced "Jarvis") Inlet, about 95 km. north of Vancouver. Thanks to Samuel Johnson.

When I was 16, I got a summer job as a chokerman at the same logging camp, the best job I ever had. It paid the princely wage of 98 cents an hour, the highest pay for a labourer in British Columbia at that time.

Two days before I arrived, there was a serious accident at the landing, about six miles from the camp at tidewater. I have forgotten the man's name but I had known him from the previous year. He got caught in the bight of a straw line (3/8 inch cable) and had his leg cut cleanly off just above the knee.

I never saw Frank Kechinka at the landing. He had a hook tender (known as a hooker) who ran the show in the woods. He ran the whole show from the camp at the beach. This day, however, he was at the landing for whatever reason. As soon as the accident happened he fell on the injured man, and clamped his hands on the man's leg. The man would have bled to death in a minute or so otherwise.

A truck was immediately sent to the camp to alert the first aid man and to radio for a plane. Mr. Kechinka held onto the man's leg for dear life. They were both loaded onto the back of a crummy truck which proceeded to the camp where the first aid man applied a tourniquet. He was subsequently credited with saving the man's life.

After this incident no one called him Papa, he was Mr. Kechinka. Also no one thought of him as an old woman any more. He was now a MAN.

HARRY & MARIE

by Wendy Scott

It's not everyone who can say they tripped and slid off an aircraft wing, broke an ankle and had an attack of appendicitis – all at the same time, but Harry seemed to enjoy multitasking. With ankle healed and appendix removed, Harry climbed back into another aircraft and continued with the job he loved.

When the Second World War broke out in Europe, Harry travelled from his home on a farm in the hamlet of Mikado, Saskatchewan, to Regina, to enlist in the Royal Canadian Air Force, and take his training as an air frame mechanic.

Canada's Prime Minister, William Lyon Mackenzie King, announced that air personnel from Australia and New Zealand would travel to Canada for training and these young airmen were presently joined by personnel from the RAF (Royal Air Force) in the United Kingdom. After training, all personnel would return to their respective countries or continue to their postings overseas.

Harry graduated at the top of his class, and, still not much more than eighteen years old, was posted to Bournemouth, England, and spent the rest of the wartime years in the engine shop fulfilling his assigned tasks and being part of an essential air maintenance crew plugging bullet holes and mending flying machines.

Stress levels were high, yes, but rewards were felt as an aircraft again took flight to return to its role in the theatre of war and its essential focus in the elusive search for peace.

Peace achieved by warfare is never comfortable, nor does it sit well with those who's task it is to maintain it, and Harry was still young enough to be sent off, yet again, if and when the need arose.

But his return to Canada was happy indeed, if a bit confusing, as his pay check tended to wander to another Harry. To remedy that faux pas, Harry gave himself an initial: he decided his name would now be, Harry H. Zelinski. What does the middle initial stand for? Just "H" and solvency.

He made his way across the country to Canora, Saskatchewan, where he found The Silver Grill – a restaurant with good food, fresh coffee and a young, attractive waitress, Marie Ludba.

Love at first sight? Perhaps. And by 1948, Harry and Marie were married. When Harry died in 2017 those years of marriage had accumulated to a total of 69 (36 of those, here in Riondel)

They were busy years and by 1955, Harry and Marie had moved from Canora to Edmonton, but in another seven years, Harry left the country again to spend time in Beirut, Lebanon. Marie's treasure from that trip is a delicate silver pendent circled with tiny blue sapphires.

By 1982, retirement was finally reachable and Harry and Marie came west on a camping trip. Their happy holiday nearly ended as they set up their tent in Creston and developed terrible coughs and could not understand why until they realized they were camped by the Mill. Upset, they found the visitors' booth where Kathy Gendron (a former Riondel resident) rushed them off to the house in Riondel that she knew had been vacated by a lady who had, conveniently, left it partially furnished.

The house was a perfect fit for both Marie and Harry. Marie began what would be one of the most beautiful gardens in town and Harry joined the Seniors' Group to become treasurer, served on the TV Society for 10 years and was a member of the Commission of Management. He was not bored.

Marie has moved to an apartment in Edmonton where she will be within five minutes of her daughter Dianne, and where she will find neighbours and friends to chat with and share meals. When warmer weather creeps into Edmonton, Marie will be re-organizing a roof-top garden – a first for her. Roses, Marie? I suspect there will be – and peonies as well. A brilliant garden above you; another spot to admire and tend.

We miss you both. Good luck, Marie – send pictures. "A rose is a rose, but a peony is a friend for ever"

HARRY H. ZELINSKI Feb 4, 1923 – Dec 4, 2017

March 2018 Mainstreet 15

**Next Deadline:
March 28, 2018
mainstreet@eshore.ca**



A Tribute to Sandy Watson

For 30 plus years as our dedicated and skilled
Crawford Bay School Secretary

Sandy happily accepted and wore all the many different hats at CBESS – secretary, adviser, First Aid/nurse, noon hour supervisor, mother, coach and friend. She was always available and willing to help students, teachers and parents. She had a strong work ethic and sense of humour. Showing expertise and knowledge of our school and how it functioned, Sandy was involved and dedicated to a vision for our school.

Lynda Leduc, semi-retired teacher

Sandy Watson was an extremely organized and systems-aware dame. She ran the school for decades and combined a very large heart with a saucy nature. Bless you, Our Ms Watson!

Jim Donald, retired teacher

Sandy was our helmswoman. She kept us on track despite our disparate styles and natures. Her grace, good humour and clarity kept communication flowing. It was a treat to work with her all those years.

Beth McLellan, retired teacher

Sandy contributed a host of inspiring and amazing qualities. She was so competent and reliable and knowledgeable that she was our go-to person for nearly everything, from band-aids to report card glitches. With days filled with interruptions, kindergarten to senior staff all treated with caring respect, she never showed impatience at our requests. She engaged with school activities and contributed – okay, practically ran – the breakfast program. She picked up supplies, dealt with our mail, and sometimes just gave a listening ear and heart that sent various staff and students back to the classroom feeling better about life. Because someone like Sandy was in it. She was a huge positive part of the school.

Alanda Greene, retired teacher

What does it mean when a bunch of people don't change jobs and don't move? Like at Crawford Bay School, where quite a few of us spent 30 years or more. Alvin had the record, at 35 years. That's a long time. What kept him, and the rest of us, going for all those years? I can think of a couple of things. One, the work you're doing makes you happy. It's interesting, it's challenging and you're always learning something new. Two, and this is where Sandy comes in, the people you're working with make you happy. You like them, you respect them, you trust them, and you have fun being around them. You're amazed by their knowledge, their talent, their dedication, and their willingness to help when help is needed. And it's priceless when they can somehow—and it's a miracle they can do it—always manage to remain calm and keep their sense of humour no matter what is going on around them. And in a school, there's always something going on! I want to thank Sandy for the countless ways & times she made my life easier for all those years we worked together, for being the class act that she is. I wish her all the best in the years ahead.

Gerald Panio, retired teacher

**Thank you Sandy,
and many years of happy
retirement!**

***Mainstreet's landline
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Contact ph: 250.505.7697

Increase to Firefighter Remuneration Considered as Part of 2018 Budget

RDCK media release

Nelson, BC: The Regional District of Central Kootenay (RDCK) is considering increased remuneration for firefighters to better reflect higher levels of responsibility, training and commitment that volunteer firefighters are required to meet. Options for increasing remuneration will be reviewed by the Board as part of the 2018 Budget process.

“Day after day, volunteer firefighters are the first to respond to emergency situations with remarkable courage and dedication,” said Karen Hamling, Chair of the RDCK Board of Directors. “They take time away from their own families to make sure ours are protected. The RDCK Directors feel they should be fairly compensated for the time and effort they devote to this critical work.”

The RDCK currently has more than 400 volunteer firefighters who work out of 18 fire departments across the region. Each Director is responsible for setting their own remuneration budgets for their fire services, in consultation with their Fire Chief(s). This has led to a lack of consistency in remuneration across the RDCK. The costs for training, call-outs, on-call requirements and salaries and stipends vary from fire hall to fire hall.

In November 2016, the Central Kootenay Regional Fire Chiefs Association (CKRFCA), which represents the fire departments in the RDCK, brought forward a request for the review of remuneration policies for firefighters. This was prompted in part by changes made by the BC Office of the Fire Commissioner to minimum levels of training and competency for firefighters in its Structure Firefighters Competency and Training Playbook (the “Playbook”).

“Ten years ago, fire departments were staffed by volunteers who spent a few hours a week training in addition to their time spent attending emergency calls,” said Stuart Horn, Chief Administrative Officer for the RDCK. “The landscape is very different today. Volunteer firefighters now spend six to eight hours per week training, and are required to meet the same standards as career firefighters. The volume of calls to our fire departments has also been increasing, putting additional demand on our professional volunteers.”

The remuneration increase proposed by the CKRFCA in 2016 was addressed in part by some remuneration budgets being increased in 2017.

The issue of firefighter remuneration was brought forward again as the Board initiated its 2018 Budget process. The Board has considered an analysis of options of firefighter remuneration prepared by staff. This included an analysis of what impact the different options being considered would have on taxpayers—with due consideration for the distinct needs of each fire service area, the tax impact, and the limits of service bylaws—and how those impacts would vary in different communities. The decision was to leave each Director to set a remuneration budget in 2018 and to work towards a Regional District-wide policy on remuneration for 2019.

“The goal of implementing a remuneration policy for the RDCK fire fighters is not only to compensate current firefighters for their time and effort, but also to allow fire departments to be better positioned to attract and retain firefighters into the future,” said Mr. Horn. “There are some fire department budgets that will be increasing in 2018 due to the additional remuneration costs, resulting in tax increases to our residents. I invite members of the public to attend one of the upcoming open budget sessions to provide their feedback, or to speak to their elected representatives.”

For more information about the RDCK fire service or the 2018 Budget process, please visit www.rdck.ca.

AGING WELL WORKSHOP

Submitted by Peggy Skelton,
Chairperson of the East Shore
Better at Home

Find out about services for seniors on the East Shore at an engaging session on Friday, March 9 in the Senior's room at the Riondel Community Center. This workshop will appeal to young retirees, seniors of all ages and those who work with seniors.

What does the day look like?

Please register at 10:45, session starts at 11 am with an information panel on transportation, housing, social inclusion, community para-medicine program and financial tax support. Lunch is provided from 12 to one, with time to visit with friends. After lunch, we will talk about the services/issues at table groups and then conclude with action items.

We are grateful to BC Healthy Communities for their support and facilitation of this workshop. Please see their on-line program called Aging Well.

We hope you can join us and will appreciate that participants stay for the full program from 11 am to 3 pm. We need your thoughts and ideas!

If you would like more information, please call Peggy Skelton, chairperson of East Shore Better at Home at 250-227-2262.



Holistic Health Tips by Kim Young Six Lifestyle Tips to Help You Age Gracefully

"You don't stop laughing when you grow old, you grow old when you stop laughing."

—George Bernard Shaw

As we age, we look for things we can do to prevent wrinkles, diseases, and improve our cognitive function. The good news is that there are hundreds of things that can be done to help us age in the best way possible. This article outlines six lifestyle tips you can apply to your life today to help you age gracefully.

1 – Invest In Large Sunglasses: The skin around your eyes is the most thin and delicate skin you own. It's also the place that wrinkles tend to appear first. By wearing oversized sunglasses, you're preventing sun damage from occurring around your eyes as well as reducing how much you're squinting. This means you'll have fewer eye wrinkles and fewer forehead wrinkles.

2 – Make Time For Your Friends: We often find our schedules to be so hectic that we neglect to make time for a social life. However, having a social life can help you age gracefully in many ways. Spending time with friends lowers your stress level. Studies have shown that being stressed out damages your skin cells, which leads to premature lines. Stress can also lower your immune system leading you to a more likely chance of becoming ill. As a bonus, making time for your friends also means that you're more physically and mentally active.

3 – Stay Active: It's no secret that as we age our metabolism slows down. Getting at least thirty minutes of activity a day increases your metabolism and can also help to increase bone density, putting you at a lower risk of bone injuries as you age. Going for a walk in nature, gardening, or playing with the grand kids are all great ways to get some exercise.

4 – Take A Fish Oil Supplement Regularly: Fish oil is high in omega-3 fatty acids. A study done by Ohio State University shows Omega-3's can help everything from your joints, eyesight, and hair growth to making your skin look supple and improving your heart and immune functions. If a supplement isn't for you, you can also increase your intake of seeds, nuts, sardines, or salmon to get your Omega-3's.

5 – Keep Your Diet Colorful: We know there are some foods out there that speed up the aging process (i.e. sugar). What many people aren't aware of though, is that there are also some foods that can do the opposite. Kale, broccoli, blueberries, strawberries, oranges, and plums are all rich in vitamins, minerals, and antioxidants that can promote healthy aging. Some of these nutrients include alpha lipoic acid, carotenoids (including vitamin A, β-carotene, lycopene, astaxanthin, and retinol), CoQ10, glutathione, polyphenols, and vitamins C, D, and E which are all important nutrients for our body as we age.

6 – Change Your Opinion Of Old: There is no formal definition of what old means. The word can have many different meanings depending on the context. Don't degrade yourself by talking about your "senior moments" or the things you can no longer do. Having a positive attitude and a good mental outlook is half the battle. When you tell yourself that you are old and can't do things, it becomes the truth. Instead, focus on all the things you can do and remember, age is just a number.

Health is cumulative. In today's busy society, we tend to forget to take care of ourselves because we are so busy taking care of everyone else. Make yourself a priority and begin implementing just one of the above suggestions for now. Once you have mastered one of these points, move onto another. By implementing all of the six suggestions above and sticking to them, they will become part of your normal routine.

Regardless of your numerical age, if you take care of yourself now you can ensure that you will age in a most graceful way.

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

Overdose Alert: Interior Health Region press release

Interior Health (IH) is urging residents using or considering using drugs to reconsider or take steps to prevent overdose in the wake of a recent increase in suspected drug overdose deaths in the IH region.

According to preliminary data provided by the BC Coroners Service, there were seven suspected overdose deaths in IH from January 23-26. The exact causes of death will be confirmed by the BC Coroners Service once their investigations are complete.

The following tips can help reduce the risk:

- Don't mix different drugs (including pharmaceutical medications, street drugs, and alcohol).
- Don't take drugs when you are alone. Leave door unlocked. Tell someone to check on you.
- Use less and pace yourself. Do test runs to check strength – a small sample of a drug before taking your usual dosage.
- Keep an eye out for your friends – stay together and look out for each other.
- Carry a Naloxone kit and know how to use it. A list of locations to get a kit can be found on the Interior Health website or on the Toward the Heart website.
- Recognize the signs of an OD: slow or no breathing, gurgling or gasping, lips/fingertips turning blue, difficult to rouse (awaken), non-responsive.
- If someone thinks they may be having an overdose or is witnessing an overdose, follow the SAVE ME steps and call 9-1-1 immediately, do not delay.

Interior Health has Mobile Supervised Consumption Services available in both Kelowna and Kamloops. More information on these services is available at: <https://www.interiorhealth.ca/AboutUs/Leadership/MHO/PHEmergency/Pages/Mobile-ODPS.aspx>

For more resources and links related to overdose and substance use, visit: <https://www.interiorhealth.ca/AboutUs/Leadership/MHO/Pages/PHEmergency.aspx>

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Want to make a movie?

Come to our **How to Make a Mini-Movie in One Day** camp: you'll learn to write a script, shoot and help edit your short film. Bring your iPhone, iPad or camera and your ideas!

Date: Saturday, February 17, 9:00 a.m. to 4:00 p.m.
Location: Crawford Bay School
Cost: Youth (ages 12 to 18): \$10; Adults: \$20
Deadline to register: February 3, 2018

Youth are also invited to participate in our **How to Make a Movie in 5 Days** camp. You'll write a script, learn how to cast and manage locations for your movie, shoot your script with teams of two to three people, then add music and special effects as you edit.

Dates: March 9, 10, 11, 16 & 17, 9:00 a.m. to 4:00 p.m.
Location: Crawford Bay School
Cost: Youth (ages 12 to 18): \$40
Deadline to register: March 3, 2018

To register, contact Carol Vanruymbeke
(250) 505-3760
or via eastshoreyouthcouncil@gmail.com

The East Kootenays arer once again agog at the theatrical event of the season, the Hemispherical Players' latest production, *Fingered Food*. Initially there was some confusion that the play was a re-mount of Mary Poppins entitled *Fingers As Food*, but instead we were treated to a seven-chapter tour-de-farce that transported us from guffaw to Godot. Bravo Hemisphericals! As it seems cruel to regale readers with a review of the life-changing experience they might have just missed, let's move on to the other big news from Lindero this month.

The Olympics! Like any snow-stricken community, this international winter exertion derby holds a special place in Lindेरians' ice-jammed hearts. Although we love to splay in front of our tellies to admire the twirling, schushing, hurling and leaping, our secret passion is to elevate some of our traditional Lindero winter sports to Olympic status.

With that in mind, the Lindero Olympicish Sports Committee has crafted another dynamite submission to convince the Olympics' Board that Lindero sports are just what the games need. This year, in honor of local photojournalist Frodo Chute receiving a movie camera for Christmas, the presentation has gone multimedia.

I met Frodo, Lindero Olympicish Committee chair Rocky Howse, and a crowd of sportif types down by the town bocce pitch on a particularly snowy East Kootenay afternoon. While Frodo was struggling with

some three-legged thing, Rocky took me and the talent to the first event.

It was subtle but I noticed that everyone was carrying a snow shovel. "Are we going to clear the rink?" I queried plausibly. Everyone chuckled, "No, Lindero's treasured winter sports are mostly shovel-related," Rocky explained. "Like the Shprint event."

We admired an expanse of undriven snow with a chequered flag marking the finish line in the distance. Frodo was stationed beside the trackless track, peering through his lens. A dozen athletes of various genders took their positions at the starting line, bent resolutely over their shovels. Frodo lifted a mittened hand and shouted "Action!", followed a split second later by Rocky's starting whistle, resulting in a confused synopated takeoff.

The plaid-jacketed contestants fell to their shoveling with passion, trenching toward the finish line in a snow flurry so dense it was difficult to make out the individual athletes. Bouncing with excitement, Rocky blurted out random commentary, "See that? It's not just about speed, there's strategy to their shovel-aiming." At that point, one contestant hurled an entire snowload into her neighbour's face, while the adjacent athlete piled snow directly in her path. As this three-way duel unfolded, the player at the far left of the pack surged ahead with little opposition and claimed victory. A muffled cheer went up.

Rocky lowered his arms and led us to the second event, the Shmoguls, held on Mainstreet where the plows had left a series of parallel windrows every 2 meters. This time, everyone leaped ahead on Frodo's call of "Action!" and Rocky pocketed his whistle in defeat. The event progressed much like the Shprint only with harder lumps of snow filling the air as the athletes tunneled through the snowpiles down the block to the mailbox, the winner being the first to slip

an income tax form through the slot. It was a photo finish with the two leaders clearly aiming their loads at each other, the winner emerging with a bloody nose.

As we made our way to the last event, the athletes were visibly flagging. Rocky employed a revivifying talk, "You guys and gals and others are trailblazers! You're in on the ground floor of greatness!" Someone muttered, "You can say that again!" Rocky ratcheted up a notch, "When Lindero Sports make it to the Olympics, you'll be the first to take the Gold!" Another wag snickered, "I'd settle for a beer." Rocky pulled out all the stops, "You get to use snowblowers this time!"

Instantly rejuvenated, the athletes approached the community center parking lot, deep in snow, divided into a huge grid with a snowblower in the middle of each square. As the contestants took their places by their chargers, Rocky explained this event is a test of skill, machines, and wind direction. "The object of the Last Laugh Track event is to clear your square while inevitably shooting your snow into your neighbour's square." "Just like adjacent driveways," I chimed, thinking of my cunning neighbour Manny. Rocky nodded, "Plus this is our big bid for snowblower sponsorships."

I can't accurately report on what happened next. Frodo's shout of "Action!" was obliterated by roaring machines as the entire parking lot instantly became a full-tilt blizzard and he was hit point-blank by three geysers of snow. As Rocky and I took refuge in the Community Centre, he explained how a winner is chosen. "It's pretty much impossible to clear your square so it's a judged event." I mulled over the finer points of adjudicating in a white-out, with the inevitable heart-break and recriminations.

I decided it was best to skip the histrionics and head for the podium, a three-tiered clothesline stand behind Theo Tuxedo's house, also chosen because he's the only person in town who knows all the lyrics to the national anthem. As chairman of the Lindero Hysterical Society and a frustrated National Anthem chorister, Theo has been known to take a pro-active approach to history. "You can get pretty frustrated waiting for history to play out," he whined, "It's like watching paint dry on a train wreck."

To that end, Theo distributed song sheets for what he sees as the inevitable future version of our constantly evolving anthem, as a public service to end to all that memorizing.

So, as the sodden, battered winners mounted the podium to receive their silver medals (in honour of the town's mining history all the medals were silver coins in declining denominations: silver dollar, fifty-cent piece and dime), our hearts swelled with pride and we belted out the Revised Anthem.

"Oh Canada!

Our home on Native land!

True consensual love in all of us request.

With glowing hearts and seas that rise,

The true north strong and affordable.

We guard your crease,

Oh Canada,

A half hour later in Newfoundland!

God keep our health care, glorious and free!

Oh Canada, we say Tanisi to thee!

Oh Canada, oui c'est hiver, notre pays!"

[Filed by Lindero correspondent H. Porpoise]

Tom's Corner

by Tom Lymbery
Green Porridge



Recent bread price scandals bring back memories of the years when the War-time Prices and Trade Board kept the price of all store-bought goods at 1929 – 1939 Depression levels. A 16-ounce loaf in Vancouver was five cents for unwrapped and six cents for wrapped. (Five cents in 1942 equals 80 cents in 2018 – so why is bread now \$3 to \$4?)

In September 1942 I was off to North Shore College, a small North Vancouver boarding school, for my high school grades. Some teachers had had to create their own jobs in the Great Depression by operating schools like North Shore College. Headmaster Paul Dale was trying to make his school finances break even, and rationing was just starting. I very soon found that the school meals were insufficient for a growing 14-year-old. Paul Dale had been told that grass contributed vitamins, so he had powdered grass added to the breakfast porridge. Green porridge looked odd at first but tasted OK, but second helpings were very hard to come by. The second course was half a slice of toast with creamed peas on it. I'm sure I could have eaten six of those but only got one. While we were all wishing for more, the master (teacher) at the end of the table had bacon and eggs!

At North Shore College we were closely supervised, with nearly every minute occupied with classes, soccer and homework. We were not allowed bicycles, but on weekends we could walk anywhere we wanted to around North Vancouver, or even across the Lions Gate Bridge where the toll was five cents. But we would much sooner use that nickel for a loaf of bread.

At Christmas I came home to Gray Creek on the Kettle Valley train, and once I was home I planned to sweeten that Vancouver bread. We had personal shelves in the school basement, so I bought screws, hinges, a hasp and padlock from our store, and made a door to fit. These, along with a four-pound can of McDonald's raspberry jam, were packed into my suitcase for the trip back on the train.

Some Saturdays a schoolmate and I would get a loaf of bread and a 12-cent can of pork and beans and hike along West 29th Ave. to a space in the bush where a house had burned completely, leaving a flat area. There we would build a fire and open the pork-and-beans with my trusty jackknife to heat by the fire. Then we could have a pleasant (and filling) lunch of beans, bread and jam. We might also walk down some back alleys to look for discarded beer bottles (two cents refundable) and an ever elusive soda bottle that was reported to bring a 25-cent refund. There was also an old movie theatre on Lonsdale Street where, if we had funds, we could see a black-and-white movie, long before colour. That theatre balcony was rickety, so how long that edifice survived I can't guess.

All over North Van the sound of riveting was incessant. Our school was on West 29th Avenue, high above Burrard Inlet, but within range of the sound of the rivet guns that were assembling ships day and night. North Van shipyards, notably the Burrard Dry Dock company, were racing to produce enough 10,000 ton cargo ships to keep Britain supplied with food, fuel, tanks, planes and equipment to hold out against the war with Germany. So many were sunk by German U-boats, despite efforts by corvettes such as Johnny Oliver's HMCS Weyburn, that it seemed the war could be lost. A 10,000 ton supply ship had enormous capacity, and these were also loaded with a deck cargo of lumber, with tanks and trucks tied down on top.

Crossing on the North Van Ferry we often saw a ship's hull being launched at Burrard Dry Dock's

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pebbles

by Wendy Scott

Mexican Legend

It was March, 1997, and nearly ten months after selling our house in Ladysmith, BC, we left in our Fifth Wheel and began a leisurely journey through this country of ours; leisurely, that is, until we reached the chilly forerunners of a normal Canadian winter, then a sharp right turn took us quickly south.

With frost nipping at our heels we crossed Texas into the Mexican State of Coahuila, past dense fields of broom corn twice the height of a grown man. The following year we would see the result of their harvest at a very different place. By then North Woven Broom in Crawford Bay would be very close to our home in Riondel.

Crossing the Sierra Madre Oriental it is difficult to recognize these rolling hills as southerly extensions of our snow-capped Rockies although we often noticed road workers clad in parkas. They would be uncomfortable until the Paloverde tree unfolded its golden blossoms.

Santuario del Comionero is a road-side shrine built of rocks. Poinsettias grow in front of the walls and bougainvillea cascade from the gardens. In this ancient country the shrine has been a stopping place for travelers and a refuge for those in need. It is well known to long distance truckers as well as individuals who seek direction or, simply, solitude.

To those of us who have spent considerable chunks of our lives in the Great White North – even though we hug the southerly border – it is odd to pass a sign that, unlike many of our own highway notices, will not move; The Tropic of Cancer will stay put (no, do not mention flipping magnetic fields and tipping poles – we won't go there)

No need to rush now, we were in warm country, parked beside a fence with a herd of goats peering through expecting a hand-out just because, in San Luis

Potosi, that's what tourists are for. Glossy Grackles, black with impressive fans of purple feathers chat whistle and fuss around this new arrival as well, while pelicans cruise overhead.

We left the tedious behind us a few months back and survived a long enough drive that the thought of a quick flight by air no longer sounded boring. But the surprise over the tip of a mountain and half way down a circuitous road was a warm crater lake circled by a walking path and approached from a row of bungalows at the top of a grassy slope.

We had reached La Laguna de Santa Maria del Oro in the State of Jalisco and cactus farms are an important part of the economy here, although the plant is blue agave and a mezcal rather than cactus, but prickly, just the same. The blue agave is destined for harvesting and processing into tequila.

Tales and legends tangle in the air above and around this place. They hide in the immensity of roots as old as their world. It is a home to shamans and Huichol Indians and stories. A place where autumn arrives with no warning, dropping plump green leaves from mango, grapefruit and orange trees and tempting with an entire super market on a single branch of a banana tree.

A city, some say, is buried at the bottom of this lake and sometimes during the night glittering lights can be seen. Divers have not found the bottom, not surprising since this is a crater lake, but when people have drowned here their bodies have turned up about 700 km away in San Blas on the Pacific Ocean – from mountain top, somehow, to ocean shore.

Rivers flowing into the lake were said to be filling it with gold. Middle American Indians had no use for it, and the governor in 1530, *Nuño de Guzmán*, tried unsuccessfully to gather it.

Sanguuguay was a very big man. He went to visit the town of Tequepexpan (Santa Maria), The king of the town had a beautiful daughter, and Sanguuguay fell in love with the princess. Sanguuguay had not come in a warlike manner and the king received him as a friend and organized a fiesta.

Sanguuguay enjoyed the party but was not affected

as quickly by alcohol as other guests; he waited until they were all drunk then he stole the princess. Soldiers were sent after him, a battle ensued and many died. But the king rescued the princess and managed to find a jail cell to fit his guest.

The volcano was erupting and the gods decreed that this big man would make a good cork – half in, half out. The princess wept so many tears they formed an arroyo until the cascade formed so many fountains that they grew into the Rio Mulalar that now flows past Tepic into the Rio San Diego and from there into the Pacific Ocean 700 miles away.

Some say the lake is magic. The Huichol tell of a time when a turquoise colour spread gradually from one side to the other and they would not go near it. I heard of artifacts found in mountain caves – daggers, sword heads, etc. and pottery shards dated by the University of Guadalajara to pre-Columbian times and at a location placing the item on the south side of the lake at 30 metres precisely. There are abandoned mines in the hills and tales of gold washing down into the lake.

A Canadian woman from BC, training to become a shaman, said there was a goddess dwelling in a cave at the bottom of the lake. The woman went to a secluded spot and left offerings for two weeks. Coco, her Huichol mentor called the goddess, chanting for fourteen hours. Three messages appeared first, then the lake surface began to glitter and shimmer and the goddess arose and said, "I know this white woman, she has left many offerings. Why is she here?" Coco told her that she came to learn the healing power and the goddess replied, "She is Un Milagrosa" a miracle.

An old church in Santa Maria holds records of a town and a gold mine buried by the volcano. An archaeologist has dated volcanic activity in this location as far back as 12,000 years.

Shamans refer to the lake as Narrika, the mirror of the earth, when the lake is cloudy, the earth is sick.

Time comes eventually to bid good bye to this Narrika; adios to our gentle resting place and gracias, may your days multiply and your people mine an abundance in their golden years.

Smarter Than Jack or Jill

by Sharman Horwood

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

Intrepid Tink

I should have realized immediately that Tink was unusual. She was part tabby, part white. Right from the start, she knew what she wanted and what she didn't. She grew up to be the bossiest cat I've ever known, and the smartest.

A woman I worked with, Avril, told me her cat had had kittens at the farm. I immediately claimed one of them. I was looking for a kitten. Avril's farm was just outside of Calgary, and she said she would let me know as soon as the kittens turned six weeks old. She said the mother was already teaching them: she watched the cat bring a garter snake into the barn and showed the kittens exactly how to kill it. I think Tink was very like her. Tink had the same no-nonsense attitude.

As soon as Avril told me the kittens were ready, I made plans to pick one up. She said I could take any one of them--or all--if I wanted. I said, no, just the one, the female. I'd already picked out a name, and I'm ashamed to say it was Tinkerbelle, not a suitable name for a cat at all. I soon shortened it to Tink.

I drove to Avril's farm, taking along another colleague, Janice. She was about the same age as I was, and was looking forward to a day away from the city. Avril had a horse at the farm and Janice wanted to go horseback riding. She was braver than I was: Avril told her the horse was big and temperamental. Avril herself wouldn't get on him. But Janice did. As soon

as she was on his back, he tried to buck her off. She was brave and strong, and after a few short words, her hands firmly tugging the reins, she persuaded him to settle down and take her for a bit of a ride. She was quite happy. When it came to the ride home, though, she wasn't.

I'd brought an empty fruit box from the local supermarket to carry the kitten, the kind with holes in the sides. Tink did not want to be in it, and as soon as I started the car, she immediately began to strike out at anything she could reach. Unfortunately, that was Janice's legs. I was in the driver's seat, and the box was on the passenger side of the car. This kitten meant business. She had her claws out and was prepared to tear into Janice's legs as much as she could, anything to stop this strange ride. She was quite successful. Janice had to put her legs up on the seat to protect them. The horse she'd ridden hadn't scared her, but that little kitten did. I did briefly wonder if I was doing the right thing.

That was my first experience with Tink and as she grew up she became a very unusual cat. She climbed clothes in the closet so she could sleep on the top shelf. She ran after balls and brought them back for them to be thrown again. She liked climbing around in the wrecked car behind the house next door. Once she'd accepted her new home, she was affectionate and loyal.

But she always demanded what she wanted out of life. Unfortunately, what I wanted just wasn't as important.

She liked to go out to hunt mice at around 9:00 at night. She was usually successful, too, and sometimes brought them inside to give me a treat. More than once I'd get up in the morning to find mouse entrails primly displayed in her bowl: feet, tail and inner organs.

Though she went out at 9:00, she wanted to come back in at 2:00 or 3:00, whether I was willing or not. Of course, I was in bed, and sound asleep, so she'd wail outside my window until I woke up, opened the door for her, and crawled back into bed, cursing her roundly in the process. She didn't care. She was doing what all cats are supposed to do: catching mice.

One night, however, I had company come to stay. I gave them my bed to sleep in, since it was a double. I went to the spare room to sleep in a single bed there. I completely forgot about Tink and her habits.

At 3am. I heard the first wail. I turned over. It didn't stop. I thought she was about to wake up my guests and considered what I should do. The howl went on. I turned on the light and realized that the wails were coming from my bedroom window. There was Tink, her little nose pressed against the window, gripping the outside sill and firmly hanging there. That windowsill was eleven feet off the ground and even I would have needed a tall ladder to reach it.

To this day I don't know how she found me: she'd gone out before I'd gone to bed so she couldn't have seen me go into a different room. My guests told me she hadn't howled at their window. They'd slept soundly. I don't snore—really, I don't—so I didn't make any noise. But somehow she figured out that I was in that room and knowing that it was my duty to get up, and let her in, she'd made the extra effort.

She was an amazingly intelligent cat. She ruled my household for many years.

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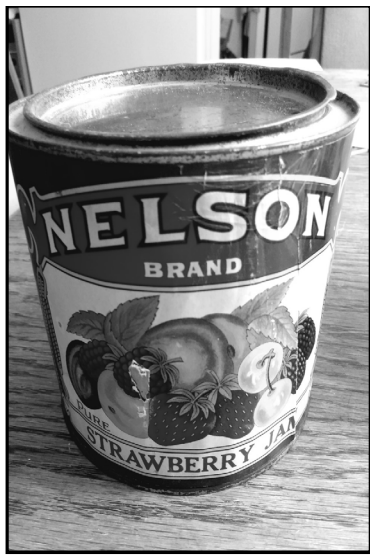
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Growing communities one idea at a time.

Continued from page 18



McDonald Jam Co. Ltd. shipped rail carloads of their 4 lb tins of jam all over Canada during the fruit-growing years of Kootenay Lake. The former jam factory, a Nelson landmark, is now occupied by the Academy of Classical Oriental Sciences, 303 Vernon Street, Nelson.

south side shipyard to be completed while afloat, while the next one was being worked on as fast as possible. These 10,000 ton "Fort" and "Park" type freighters, each held together with 390,000 rivets, were built in just 100 days. Canadian riveted ships were actually stronger than the US-built Liberty ships which were fully welded, and some came apart at the seams in mid-ocean. Denny Davis' father Binty had moved his family to Vancouver so that he could get work shipbuilding.

We heard that 15-year-olds could earn as much as 60 cents an hour passing red-hot rivets with tongs to the riveters.

Most of these cargo ships were powered by coal or oil-fired steam engines, and a few by Vivian Diesel engines – that same company built the first engines for the Kootenay Lake ferry MV Anscorb. And the Anscorb was built almost the same as the North Van

ferries, with cars on both sides of a central stairway leading to the upper passenger deck. Wartime Canada built at least 876 of those freighters – see next month's book review for more on this.

There were two other institutions boarding boys in North Vancouver – Chesterfield and Kingsley. Like me, Grant Dominy spent one year in North Van, but he was at Kingsley where one teacher was a pedophile. Grant's father worked for the Northern Alberta Railway, and so they lived in the isolated town of McClenan. I first met Grant at St. George's School on West 29th Avenue in the Dunbar district, where my dad had arranged to have me transferred the following year.

At St. George's the meals were plentiful, in spite of food rationing, and you didn't need to lock up any snacks. Each boy had to turn in their ration book to the school office so that stamps for tea, butter, sugar and meat could be used. Beef liver wasn't rationed so we frequently had that. Two meals a week were supposed to be fish to extend the meat. We also ate horse and whale – horse was preferred to whale, which was fishy and had a coarse grain. Meat was in really short supply – at our store we had to return any full cases of corned beef, and a partial case had to be put aside in case it too was needed. Bikes were allowed at St. George's, so I rode my trusty CCM Cadet all over Vancouver and even New Westminster. I could save the six-cent streetcar fare by riding downtown to see double feature movies, which cost 18 cents before one pm. I was trying to catch up on some of the shows. Having had only one or two trips to town from Gray Creek had left me movie short-shipped, as in those years everyone else saw at least one show a week.

Tom Sez

by Tom Lymbery

Many thanks to all the sympathy they expressed in the passing of my sister, Alice Bruce, and especially to those who helped put on the event at the Gray Creek Hall. My maternal grandfather, Ernest Warren had a large farm with many sheep, cattle and horses. He sometimes reminded his family "where there's life, there's death" for that comes to all of us, our friends whether they are humans or pets.

If you were able to enjoy some ice time at the Fraser Pavilion in the park, please thank Monte Skelton of Gray Creek who spent quite some time carefully sprinkling to make smooth ice. March 31 sees the lake level dropped to zero, so March and early April are the times to work on docks and clean beaches. Our store has all the tools and items you may need such as dipped galvanized chain, staples and bolts.

Thanks to Elisa Rose for her article on making butter in the last *Mainstreet*. As we had cows I was often set to crank the butter churn – which sometimes formed solids soon and sometimes took much too long – because we had never known of the necessity of using a thermometer, as temperature is critical. 55 degrees Fahrenheit to 65F is necessary – colder or warmer cream can take too long.

March winds can set your chimney afire, please have it cleaned before a fire happens. Grass fires can be very dangerous so please pick a windless day and have hoses ready. Four Mexican boys across the street from us in Barra de Navidad have nicknamed me *Grandpa Fireworks* (*Grandpa Fuegos in Spanish*) as I have often joined them on the street at Christmas and New Years when fireworks abound.

I don't feel that the latest revision of "O Canada" is grammatically correct. They ask that it be changed from "all thy sons command" to "in all of us command". Shouldn't it be "in all of our command"? And why the devil's Jennings does it need to be changed?

The 1000 mile Yukon Quest – alternating years the sled dog race from Whitehorse to Fairbanks can be followed on Trackleaders.com, the same online system that allows you to track the 1000 kilometre cycle race from Merritt to Fernie. It goes up the Gray Creek Pass on June 30, 2018 (if we can persuade Forestry to make sure the road is clear of snow? – as they did in 2017)

Even Highways seems to be trying to call our Kootenay Lake Ferry the "Balfour Ferry". If there was a Balfour Ferry, it would be only going to Procter. Continual downgrading of the ferry service has already affected traffic. Look how many vehicles turn around and leave the Balfour parking lot.

February 9 gave us a 6.0 earthquake in Barra de Navidad, Mexico – centered 51 kilometres offshore in the ocean. The first *trembler* we have had for some years. No damage reported but felt for quite a distance on the west coast. The funniest was a large, long tailed squirrel walking along a phone wire – it was bouncing in the quake and the squirrel didn't know which way he was going.

Grandson Adam who many know as he has worked summers in the store for five years, celebrated his 19th birthday February 9 so is now of legal drinking age.

Clarence Louie, Chief of the Osoyoos Band spoke to an indigenous conference in northern Alberta saying what a non-native couldn't – "Get a job and don't keep relying on the Queen, any more." He has brought Osoyoos up to snuff – now with a golf course, winery and more, producing much employment and profit for the Band so he is challenging others to get cracking and "don't let the Band office be the most important employer."

Allen Moore of Two Rivers, Alaska won the Yukon Quest 2018 sled dog race for the third time with a time of 9 days and 20 hours arriving in Whitehorse with his full team of 14 dogs who soon set into a bucket of steaks. He wins two ounces of gold for being first into Dawson City and \$23,000.

This month's story about bread doesn't include taking about 30 loaves of bread from Rhonda of the Argenta Bakery (close to Argenta wharf so it was popular with boaters) as a down payment on an X Changer – a wood stove built in Balfour by Peter Misan. These had an 8" hole right through the middle of the stove.



Panoramic view of cargo ships being built at Burrard Dry Dock in North Vancouver, 1944. Photo courtesy of City of Vancouver Archives AM54-S4: PAN P77

Book Review

by Tom Lymbery

***GOLD RUSH QUEEN - The Extraordinary Life of Nellie Cashman*, by Thora Kerr Illing, publisher Touchwood Editions, 212 pages, \$18.95.**

An amazing woman, Nellie Coleman became a dedicated prospector and knowledgeable miner. She was often the only attractive woman in an entirely male mining camp and yet all the men treated her with real respect. Perhaps some of the "me too" females today could learn from Nellie?

The Great Hunger, the terrible Irish potato famine that starved to death so many people, drove Nellie, her sister and their mother to emigrate to the US in 1852 when Nellie was seven years old. They made their way to Boston. Her mother worked as a cook as the girls grew up in Boston and remained solidly Catholic. But the word was Move West so they did just that, taking ships and crossing Panama by train to get to towns north of San Francisco where Nellie worked as a camp cook – learning about prospecting from the miners she fed.

Moving to mining towns in Nevada, Nellie caught mining fever from prospectors whose claim was always, "I'll stake it big soon." A miners coin toss decided them to go north instead of south – and north

it was to the incredibly difficult access - up the Stikine River to Dease Lake in the Cassiar district. Nellie did well, cooking at her boarding house, as well as staking her own claims. One of the largest gold nuggets ever found, 72 ounces, was discovered on McDame Creek in the Cassiar. That wasn't Nellie's but the excitement kept more miners coming.

Nellie did well enough to go to Victoria for the winter and her fame had preceded her so she was featured in an article in the Daily British Colonist. Nellie went to the Yukon and arrived in Dawson in 1898. She ran a boarding house and staked other prospectors. After seven enjoyable years in Dawson Nellie moved to a much more isolated district – up the upper Koyukuk River that flows south into the Yukon. There she spent the rest of her life, forever looking for gold as well as helping others. Amazing story – Great Read.

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Hospice Care Available On The East Shore

submitted by Maggie Kavanaugh

The following information was taken from the East Shore Hospice Volunteer Training Manual. This course was offered here on the East Shore in September 2017 and was put on by Interior Health Hospice Partnership WG. A total of nine participants were in attendance.

"The word hospice is often used in connection with palliative care but has a far broader meaning. Palliative care is the term used to describe the relieving of the symptoms of disease when there is no longer hope for a cure. Palliative care neither hastens nor prolongs death.

"Hospice, is not a place or an institution, but is a philosophy of care where the individual is the center of care and the disease is secondary. While controlling the person's symptoms with palliative care, hospice provides an atmosphere in which it is possible for people to live as fully as their condition allows even in the process of dying."

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.

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 Medical Clinic Hospice Office at 250 227-9006. In addition, there is a free library with hospice related books and some DVD's on care, grief and mourning. The Library is best accessed at the Hospice Office on Tuesdays between 10am-2pm.

Watch for more articles and information on Hospice care that will be posted regularly in *The East Shore Mainstreet* by Maggie Kavanaugh and/or Barb Kuhn or any one of our other volunteers.

Notice of Passing

Dorelda (Ding) Lou Fiedler
Aug 1, 1949 - Nov 24, 2017

Ding passed away suddenly and unexpectedly on November 24, 2017 in Creston, B.C at the age of 68.

Ding was born in Merritt TWP, Ontario and raised in North Bay, Ontario. Moving to B.C in the early 70's she settled into Elkford B.C, taking on a job at Fording Coal to raise her three children and where she met and fell in love with Bob Fiedler. They moved to Riondel, B.C in 1981 where she was actively involved with the community and working various jobs over the next 30 years. She had many hobbies such as wine making, knitting, singing, playing guitar and ukulele and bread making.

Ding is survived by her mother Marilyn, husband Bob, daughters Loretta (John), Angie (Dennis) and Candy (Stacey) and her son Gary. Sisters Merle, Sandie, Connie, Wendy, Annie, Jennifer, Caroline, Roselyne, Margaret, Suzy, Deborah and brothers Greg and Dan. Grandchildren Darrell, Aaron, Shane, Jamie, Justin, Dayna, Alexis and Victoria, great grandchildren Sophia and Jaxon and numerous nieces and nephews. She is predeceased by her father Len, brothers Eldon and Calvin and sister Becky.

Our family would like to thank everyone for the amazing love and support. Special thanks to all the doctors and nurses at the Creston Valley Hospital and the staff at G.F Oliver Funeral Home.

A private celebration will be held with family and friends in 2018.

Notice of Passing

Cora Fowler
Dec. 7, 1924 - Feb. 12, 2018



With great sadness and love we say goodbye to Mom, Cora Fowler (nee Arbuckle). She passed away peacefully surrounded by her loved ones on this beautiful Family Day.

Cora was born in Coal Creek, a coal miners daughter, the youngest of eleven siblings.

Cora married David Fowler and they were blessed with eight children. Most of Mom's life was spent in the Kootenays, mainly in Creston, Riondel and Nelson. Cora was predeceased by her parents and her sibling, her husband Dave, sons Jordy and Dennis, daughter Judy, son in law Mick Fisher and granddaughter Tracy. She is survived by sons David (Lynn) of Kamloops and John (Susanne) of Black Creek, daughters Heather Fisher, Cora (Ryan) Leduc and Cathy (Rick) Taylor and a son in law Bob Bourdon all of Nelson, BC.

Cora also has about 100 grandchildren and a gaggle of great grandchildren, innumerable cousins, nieces, nephews and people who may or might not be related but are well loved by the entire family.

Cora never backed down from a fight nor ever turned down someone who needed a hand. She delighted in close family and dear friends, loved music and laughter and an occasional road trip with her daughters.

Cora was fortunate to call Lakeview Village her home. She was able to live independently and enjoy the new friends she met.

To Mom, family was everything and to her family Mom was everything.

In lieu of flowers a random act of kindness would be a nice way to remember Cora. You are invited to leave a personal message of condolence by visiting the family's online register at www.thompsonfs.ca

Better At Home

by Rebecca Fuzzen

It's March 2018 and East Shore Better at Home Program continues to provide and offer transportation for seniors. When a person does not drive their need for a ride can be met by another person. Parents (for those still in adolescent years) friends, family and volunteers are all drivers for those who do not drive and they fill in this transportation gap. Our gap here on the East Shore is especially noticeable because there is no public transportation.

People on the East Shore already help each other out: Fetching things for neighbors from town, plowing each-other's driveways and offering a ride or carpooling when necessary. But did you know that if you are driving your senior neighbor around and both you and the senior are registered in the Better at Home Program that the driver can get money for mileage? Also when there is a log of kilometers being driven for those who don't drive it helps us to attain data that can be put towards attaining future funding for things like public transportation on the East Shore. This is just a thought.

Some seniors in our area do not have family living near or a strong network of friends and neighbors to help them out and this is where Better at Home can help especially when it comes to getting groceries and a ride to the doctor.

As the Better at Home Program continues to grow we continue looking for and recruiting fresh blood. For people thinking of joining now is a great time because there will be training for volunteers coming up in the spring. We are also looking one or two more committed people to join our advisory board.

If you have questions or comments please don't hesitate Tel: 250-505-6717. E-mail: betterathomeeastshore@gmail.com

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.

Remembrance Garden

Winter lingers; snow hardens; icicles glitter; but underfoot, just a few inches below the surface, spring stretches and waits for the sun to do its job.

Yes we are four seasons, each distinct, and we wait as well.

Watch for at least one more plaque in the Remembrance Garden. Our friends at Mountainview Stone-works in Wyndell are choosing the marble and engraving a message chosen for Harry Zelinski by his family.

Clean-up will happen once the weather warms a bit. We'll put a notice on the board at the store.

Any inquiries? Give us a call:

Wendy Scott - 250-225-3381

Muriel Crowe - 250-225-3570

March 2018 Mainstreet 21

Meet the Mountain



Some people call him **Stickman** but his name is the **Versa Climber**.
Need a challenge? Come on in and try him out for an intense workout.

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

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

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

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

April & November 3 for 2 Specials: \$60

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

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

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

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

Contact us! eastshorefacilities@gmail.com

SERVICES DIRECTORY/CLASSIFIEDS

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

AUTOMOTIVE/MARINE

EASTSHORE AUTOMOTIVE - Service & Repair 250-227-9370

NORTHSTAR CRESTON - 1-800-551-9351 Full service 8-bay shop featuring Certified Service lube, oil and filter starting at \$22.95 plus parts & eco fees. Full line of major tire brands, GM & AC Delco parts and batteries.

BUSINESS SERVICES

MUTUAL FIRE INSURANCE of B.C. Quotes on Homes, Mobiles, Farms & Tenants. Seniors discounts at 55. Home Protection; No Claim; New Home. ph/fax 250-428-7937, broker Virginia Harder.

CONSTRUCTION/CONTRACTORS/TRADES/REPAIRS/GENERAL HELP

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

GRAY CREEK MECHANICAL - Marine Repairs and Surveyor: Serving the Eastshore since 1994 15295 Oliver Rd. Gray Creek. 250-227-9285 - Jerry or Sharon

HULLAND AND LARSEN CONSTRUCTION

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

STEEL WHEELS - Septic systems planned & installed. We dig too, mini hoes for you. Dave/Donovan. 250.354.8498

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

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

PERSONAL CARE/HEALTH

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

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

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

EAST SHORE HOSPICE - Palliative care for anyone facing life threatening illness. Confidential support for individuals and their loved ones. Hospice can also provide grief and bereavement support. 250 227 9006 ext 29 - eastshorehospice@gmail.com. Volunteers needed - volunteer training offered once a year. Please contact for more info

FIRST CONTACT EAST SHORE MID-WIFERY - Sylke Plaumann, registered midwife. 250-227-6846.

WELLNESS FOR WOMEN - Energetic reflexology, European deep tissue-rebutology®, Breuss® spine-vertebra's muscles massage, relaxing massage, hot stone therapeutic massage, Reiki. I am a professional therapist certified in Europe since 1999. Geraldine Alter, 250-227.9890

KOOTENAY SOUND HEALING CENTRE on Riondel Road, offering sound healing treatments, gong meditations and Acutonics® classes. Theresa Lee, certified Acutonics® teacher and practitioner, 250-225-3518 kootenaysoundhealing.com

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

REGISTERED MASSAGE THERAPIST: Harrison Tanner - Over 30 years clinical experience. Treatment of Lumbo/Sacral Strain, Whip Lash, Frozen Shoulder, Migranes/

Headaches, TMJ problems, & Stress. No doct refl req'd. 227-6877/cell: 505-6166.

SUSAN SNEAD - MASSAGE: Certificates/training in Ayurvedic massages, Reflexology, Polarity Therapy, Acutonics Practitioner, Fibonacci tuning fork alignment, Astrological Counselling. 250- 225-3520

RESTAURANTS

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

NEWKEY'S PLACE - Hwy 3A in Crawford Bay, licensed area. Open 10 am til close Monday to Sunday. Food Specials all day. 227-6911.

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

YARD/LANDSCAPING/SITE PREP

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

INTERFACE WILDFIRE PREVENTION: FireSmart Canada Consultant - Assessment and Mitigation of Wildfire Hazards - Brushing, Thinning, Limbing, Clearing - Burning Permits - Multi-Use Trail and Access Road Clearing/Maintenance. Farley Cursons - 250.505.6489/interface.strategies@gmail.com

• Planning a wedding?
• Holding a meeting?

Consider renting the
BOSWELL HALL

Booking/info: Rose at 250.223.8288

Thinking of Renovating?



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

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

Kootenay Insurance Services Ltd.

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

YOUR HALL IS AVAILABLE!

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

Booking: Kathy Donnison - 250.227.9205

CRAWFORD BAY HALL

Your community hall

A non-smoking facility

CLASSIFIED ADS

BUSINESS ANNOUNCEMENTS

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

BUSINESS SERVICES

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

EMPLOYMENT/JOB OPPS

Job Opportunities: Black Salt Cafe is considering applications for the following positions: line/prep cook, dishwasher, barista & server. Contact Terry or Todd (email) soyoucansendmemail@gmail.com or call 250.551.3455.

NOTICES

Riondel Library Open House in April... 4 authors with 4 new books! Watch for it.

Boswell Vintners Soiree: March 24, 6pm. A delicious four course meal. Tix at Boswell Post Off.

Next Deadline:
March 28, 2018
mainstreet@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



Creston Veterinary Clinic

Your Hometown Vet
1 (250) 428-9494

Mobile veterinary clinic available in Crawford Bay.

Please call Creston Veterinary Clinic to book appointment & for more details.

NEW LOCATION! We now have our clinics at the Crawford Bay Motel, Unit 6

Mobile Clinic Dates:
March 6 and April 3, 2018

BULLETIN BOARD

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

CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

Will be at the East Shore Health Centre monthly.
For information, call Creston Health Unit at 250-428-3873.
EAST SHORE HEALTH CENTRE Call 227-9006
See calendar for doctor days - Doctor hours are from
9:30am to 4:30 pm. Please call 227-9006.
Interior Health Authority, Community Care Nursing
and Home Support Services - 250-352-1433.

PHYSICIAN COVERAGE FOR March 2018

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

Mar 1, THURS, Dr. Lee
Mar 6, TUESDAY, Dr. Piver
Mar 7, WEDNESDAY, DR MOULSON
Mar 8, THURSDAY, DR LEE
Mar 13, TUESDAY, DR PIVER
Mar 14, WEDNESDAY, DR MOULSON
Mar 15, THURSDAY, DR LEE
Mar 20, TUESDAY, DR PIVER
Mar 21, WEDNESDAY, DR MOULSON
Mar 22, THURSDAY, DR LEE
Mar 27, TUESDAY, DR PIVER
Mar 28, WEDNESDAY, DR MOULSON

Mar 29, THURSDAY, DR. Lee

**Please Note: Lab hours 7:30 - 10:30 am, Weds
Call to make appointments at 227-9006
on doctor days and Thursday morning.
Tues, Weds & Thurs (8:30 to 12:30)
Phone: 250-227-9006 Fax : 250-227-9017**

HEALTH PHONE NUMBERS

ES Health Centre: 227-9006
Drug & Alcohol: 353-7691
Child & Youth: 353-7691
Community Nursing: 352-1433
Public Health Dental Screening/Counseling: 428-
3876 Hospice: 227-9006
Baby Clinics: 428-3873
Mammography Screening: 354-6721
Physiotherapy: 227-9155
Massage Therapy: 227-6877
Mental Health Crisis line - 1-888-353-CARE (2273)

BOSWELL HALL HAPPENINGS

Yoga - Wednesdays, 9:30 - 11:00am. Contact is Meri-
lyn Arms 250-223-8058
Fitness - Mondays and Thursdays, 9 - 10am, Con-
tact is Darlene Knudson 250-223-8005
Carpet Bowling - Tuesdays at 7pm. Contact is
Tom Sawyer - 250.431.8404
Book Club - Thurs Mar 8 at 2pm. Contact is
Melody Farmer - 250.223.8443
Quilters Guild - Tuesday, Mar 20 at 1pm. Contact
is Linda Brown: 250.223.8607
Vinters - Sunday, March 18 at 2pm. Contact is Alan
Mader: 403.467.5720
BADEV - Monday, Mar 5 at 10am. Contact is Rod
Stewart - 250.223.8089
FOCUS ON HEALTH - Mar 26 at 10:30am. Con-
tact is Margaret Crossley. 250.223.8455

BOSWELL HALL SPECIAL EVENTS

Mar 24, 6pm: Boswell Vintners Soiree - a delectable
four course meal. Tix available at Boswell Post Office.

**Riondel Library Open House coming up
in April -- Four authors with four new
books!! Watch for it.**

WANT TO SUBSCRIBE AND GET MAINSTREET DELIVERED RIGHT TO YOUR DOOR OR INBOX?

You can buy a one year digital subscription and get your news-
paper online, nearly a week before it comes out in stores! Go
to www.eshore.ca and click Subscribe! Then follow the steps to
purchasing a digital subscription. A link will be sent to your inbox
once a month and your fresh, new Mainstreet is a click away.

Planning For Aging Well

FREE WORKSHOP!

Date: Friday, March 9, 2018
Time: 10:45 am
Location: Senior's Room,
Riondel Community Centre

This is a free workshop with lunch
provided.

About the Workshop:

Do you have a vision of what your later years will
look like? Perhaps you see yourself travelling,
playing with grandchildren or simply enjoying a
happy, healthy life in your community. What do you
need to do now to achieve your goals later?

Making plans and decisions today will help you
better prepare for tomorrow so you can achieve
your goals in your lifelong journey. This interactive
workshop will prompt you to think about your
future well-being in topic areas such as your health,
finances, housing, transportation and social
connections to help you make the most of later life.

Hard copy resources to help you plan your aging
journey as well as local information about available
services and supports will be provided at the event.

Questions about the event? Please contact:

Peggy Skelton
250-227-2262
skelton.peggy@gmail.com



Who Should Participate?

Adults of all ages, caregivers and people who work with
older adults are invited to participate in this engaging
dialogue.

If you are interested in:

- Developing a plan to help you have a healthy, happy
aging journey;
- Learning about resources and information to help ac-
tualize your plans; and
- Connecting with new people in your community

We hope to see you there!

This initiative is supported by BC Healthy Communities Society, the Government of British Columbia, Better at Home, Community
Connections, Age Friendly Community of Riondel, and Riondel Senior's Association.



**CELEBRATING
30 YEARS OF
TIPI CAMP!**

**Silent
Auction**

COME SUPPORT THIS GREAT
FUNDRAISER FOR TIPI CAMP
AND ENJOY SOME DELICIOUS
GREEK FOOD, MUSIC, AND
GO HOME WITH AMAZING
AUCTION ITEMS!
DONATE YOUR QUALITY GOODS!

APRIL 7, 2018
5:00 - 8:00 P.M.
CRAWFORD BAY HALL

250-505-3173
TIPICAMP.BC.CA

WOW!
enjoy every moment.
amazing
do something
all day

**TAKE CHARGE
OF YOUR MONEY**

Nelson & District
CREDIT UNION

nelsoncu.com/pfm

ONLINE
BANKING
TOOLS THAT
ALLOW YOU
TO SEE THE
BIG PICTURE
SO YOU CAN
TAKE CHARGE.

**Boswell
Vintners'
Soirée**

Join us for a delectable four course meal,
starting with crudité's with garlic aioli and a
caramelized onion dip, green salad with a red
wine vinaigrette, Boeuf Bourguignon served
with French baguette and butter, followed by a
chocolate truffle with crème de glacée drizzled
with a red wine reduction, and quality coffee.

Saturday, March 24th, Doors open at 5:30
Tickets \$20.00 each, available at the Boswell
Post Office from March 12th.

Door Prizes and raffles aplenty
All proceeds to the Boswell Memorial Hall

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH March 2018 SCHEDULE

Mar 4: Ramona Danhauer, 1pm
Music: Richard and Ramona
Mar 11: Catherine Rose, 11am
Music: Deberah Shears
Mar 18: No Service
Mar 25: Derrick Smith, 11am
Music: Marie Gale

CHRIST CHURCH & EAST SHORE CONGREGATIONS

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

HARRISON MEMORIAL COMM. CHURCH, ANGLICAN

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

KOOTENAY LAKE COMMUNITY CHURCH A Lighthouse on the East Shore

Come & join us Sundays at 10 am.
Coffee fellowship after the service.
Pastors Richard and Ramona Dannhauer
16190 Hwy 3A, Crawford Bay 250.227.9444

YASODHARA ASHRAM

Satsang (non-denominational, "in the company of the
wise"), each evening 7:30pm. Everyone welcome,
250.227.9224

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Fr. Sylvester Ibekwe Phone: 428-2300 Fax: 428-4811
Sun Mass at 2pm. 1st Sunday of month,
Fellowship Sunday.

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.
Meetings begin at 10 am, every Sunday.
Info call, 250-227-9522

CHRISTIAN SCIENCE CHURCH SERVICES

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

MEETING PLACES

LIONS CLUB - meets at the Kootenay Lake Community
Church - 16190 Highway 3A, Crawford Bay.


Meeting Times: 7 pm. Second and Fourth Tuesday of the Month
For More info call Lion Mike Jeffery - 250-227-6807 or Lion David
George at 250-227-9550 or Lion Jim at 250-227-9622.

TOPS - Take Off Pounds Sensibly: meets every Monday morning
at 8:30 am in the Kootenay Lake Community Church basement.
Call Myrna for more info: 227-9420

PARENT ADVISORY COMMITTEE

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

March 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
						3
4	5	6	7	8	9	10
		Karma Yoga Program Intake, Ashram * Creston Vet, CB Motel, Unit 6 Dr. Piver	* Volleyball, CB School, 7pm * Yoga @ Bos Hall, 9:30-11 DR MOULSON	DR LEE	Planning for Aging Well, Rio CC, 10:45 Movie Making Course, CBESS	Fields Forward Stakeholder Meeting, Creston Movie Making Course, CBESS * Lebanese Dinner, GC Hall Taste of the Ashram
11	12	13	14	15	16	17
Movie Making Course, CBESS BC Greens Event, Tara Shanti, 2-5pm		* Lions Meeting 7pm DR PIVER	* Volleyball, CB School, 7pm * Yoga @ Bos Hall, 9:30-11 DR MOULSON	DR LEE	KMA's, Bloom Nighclub Movie Making Course, CBESS Opportunities for Action, CBESS, 9:30-4pm Equinox Retreat, Ashram	Riondel Heritage Trail Fundraiser, Bob's Bar Cabin Fever Olympics, Hub Movie Making Course, CBESS Saturday Reflections, Ashram Equinox Retreat, Ashram
18	19	20	21	22	23	24
Equinox Retreat, Ashram		DR PIVER	* Yoga @ Bos Hall, 9:30-11 DR MOULSON	Oklahoma! PCSS Creston DR LEE	Oklahoma! PCSS Creston	Saturday Reflections, Ashram Oklahoma! PCSS Creston
25	26	27	28	29	30	31
Osprey Out of Service until April 7		Lions Meeting 7pm DR PIVER	MAINSTREET DEADLINE DR MOULSON	DR LEE		 Saturday Reflections, Ashram

THE HISTORIC GRAY CREEK STORE
EST. 1913

250-227-9315
graycreekstore.com



Mon-Sat 9-5:30 & Sun 10-5

Jotul Days are Here Again!
March 23-25
15% Savings on ALL Wood, Natural Gas & Propane Models and Accessories!
Drop in and See the New Showroom!



Think Spring! Clearing Debris?
Come and Check Out the McLeod Tool that Farley Is Talking About!



PLUS: WETT inspections & Free In Home Consults

Kootenay Lake Ferry Schedule

Winter: Sept 6/17-June 13/18
All times listed in East Shore time.
Subtract one hour on Balfour side for PST.

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

Transfer Station Hours

CR. BAY: Sun and Tues, 9am-3pm
BOSWELL: Weds/Sat 11-3
Bottle Depot at CB Market, Sunday/Thursday, 10am-3pm

East Shore Reading Centre:

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

Riondel Library:

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